

# MAN OF THE MONTH FOR FEBRUARY 2014

**SH. FAROOQ IQBAL OF PAKISTAN**

**Name: Sh. Farooq Iqbal**

**Nick Name: Sh. Bhola**

**Date of Birth: 1st January 1959**

**Profession: Businessman**

**Farooq Iqbal was born in the city of Lahore. He is a Lahori. Lahore is Pakistan's second largest city, and the capital of the north eastern Punjab province.**

**He is involved in Bodybuilding since 1977 and was inspired by his Master Mr. Pakistan. Farooq is a bodybuilder and trains regularly in one of the top gym in Lahore.**





**Farooq is married with a lovely wife and 4 beautiful children.**

**He was elected as the General Secretary of the Pakistan Bodybuilding Federation in the year 2006 and was re-elected again in 2010. Farooq is an easy going gentleman, a social and friendly person by nature and mixes with all the officials and bodybuilders in his country and throughout the world. He is greatly respected by members of the WBPF and ABBF.**

**At international level, he hold the following positions:**

**1. Executive Vice-President of the South Asian Bodybuilding and Physique Sports Federation (SABBF);**

**2. Executive Member of the Asian Bodybuilding & Physique Sports Federation (ABBF);**

**3. Member of the Technical Committee in the World Bodybuilding & Physique Sports Federation (WBPF);**

**4. International Judge**

**According to Farooq the sport of bodybuilding is popular in Pakistan and people are taking keen interest in this sport similar to Cricket and Hockey. Bodybuilding is a fast growing sport in his country.**

**The Mr. Pakistan competition is the premier event in Pakistan and there were several other competitions organized by the affiliated units at Districts, Divisions, Provincials . Another big event is the National Day Celebration Championships held annually.**



**PBBF's goal is to achieve as many medals as possible at Asian and International level. Their primary goal is also to target the masses to take up this healthy sport of bodybuilding to keep fit and strong.**

**PBBF is recognized by their Pakistan Olympic Committee and by their Ministry of Sports.**



**Pakistan is one of the founder member of ABBF and the late Ch. Mohammad Amin contributed to the success of this continental federation immensely. Farooq and his officials are comfortable working with the ABBF and WBPF and they find the officials of these two organizations have keen interest for the development and promotion of bodybuilding in Asia and World level. Farooq greatly appreciate the sacrifices of some officials in the ABBF and WBPF for their tireless services.**

**Farooq's idol in bodybuilding is Ch. Mujhammad Younas (Mr. Pakistan).**

**Foods: Fish and Chicken are his favorite dishes.**

**Music: Madam Noor Jahan who sing Pakistan songs.**

**Favorite color: Off white.**

**This year the 10<sup>th</sup> South Asian Bodybuilding Championships and Congress will be held in Lahore, Pakistan from 6th to 10th March which is funded by the Government of Pakistan.**

**PBBF bid to host this event because of two main reasons:**

- 1. to strengthen the relations amongst the South Asian Association for Regional Cooperation (SAARC)**
- 2. to raise the standard of the sport in Pakistan**

**Farooq and his Organising Committee of the 10th SAABC welcome all friends of bodybuilding to witness this great regional event, and also to visit the historic places of Lahore and as well as the beautiful mountain resorts and tourists destinations of Pakistan.**

