

## NHRC Employees Hold Training Session Ahead of National Sport Day



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Employees of the National Human Rights Committee conducted a pre-event training session for the fifteenth edition of National Sport Day at the committee's gymnasium at its headquarters.

Mr. Sultan Hamad Al-Hajri, Director of Public Relations and Media at the Committee, stated that the National Human Rights Committee annually invites its employees to take part in this training,

which helps set the stage for the festive and competitive atmosphere that characterizes National Sport Day. He noted that the Committee considers sport to be one of the most important tools for safeguarding fundamental human rights, foremost among them the right to health.

Al-Hajri added that although the Committee's employees usually exercise individually in the gym at different times, this training session brings them together at one time and provides them with psychological motivation for the activities of National Sport Day.