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## National Human Rights Committee Participates in National Sport Day 2026



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Maryam Al Attiyah: Sport is a Fundamental Human Right

Doha – The National Human Rights Committee (NHRC) actively participated in Qatar’s National Sport Day 2026, held under the slogan “I Chose Sport,” reaffirming its commitment to promoting

physical activity as a fundamental human right and a cornerstone of public health and quality of life.

HE Maryam bint Abdullah Al Attiyah, Chairperson of the NHRC, emphasized that sport is an inherent human right, playing a vital role in safeguarding human dignity, enhancing physical and mental well-being, and fostering equality and social inclusion, especially for vulnerable groups. She noted that Qatar's annual National Sport Day, marked by comprehensive participation from ministries, institutions, and government entities, demonstrates a strong institutional commitment to embedding sport into daily life. This initiative has successfully transformed sport from a seasonal activity into a sustainable social practice, fully aligned with national health and human development strategies.

Al Attiyah highlighted that this commitment persisted even during exceptional circumstances, with activities conducted under strict health protocols to balance public safety and the continuation of physical activity, in line with international recommendations emphasizing the importance of maintaining physical and mental well-being during crises.

Sport, she added, is also a powerful tool for youth empowerment, women's inclusion, peacebuilding, tolerance, and respect for diversity. She referenced the UN Human Rights Council's unanimous adoption of the resolution "Empowering Women and Girls in and through

Sport,” presented by Qatar along with Indonesia and Morocco during its 59th session.

The NHRC has leveraged sport as a platform for awareness, organizing sporting activities and the exhibition “Human Rights and Football,” held in Geneva, Doha, and multiple international capitals. The exhibition highlights shared values between sport and human rights, including dignity, equality, respect, and non-discrimination. Football, as the world’s most popular sport, serves as an effective medium for spreading these messages and promoting international dialogue on the role of sport in protecting human rights.

Al Attiyah concluded that National Sport Day strengthens partnerships between institutions and society in promoting healthy lifestyles. Integrating human rights concepts into sporting activities fosters a rights-based culture, builds societal awareness, and reinforces sport as a unifying platform for shared human values, preventive healthcare, and social stability.