



CURRICULUM VITAE

Personal Data:

Name in full: Muhammad Zafar Iqbal Butt
Father's Name: Muhammad Iqbal Butt
Date of Birth: 24-11-1966
Designation: **Chairman/Professor/Acting Director Sports**
Mailing/Postal Address: House No. 12, Makkah Street, Muslim Road, Samanabad, Lahore, Pakistan
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| Degree | University | Subject | Year |
|--------|---|--------------------------------------|------|
| Ph. D. | University of Punjab, Lahore | Sports Sciences & Physical Education | 2016 |
| M.B.A. | Lahore College of Business Administration, Lahore, Pakistan | Financial Management | 2005 |
| M.A. | University of Punjab | Physical Education | 2003 |
| M.A. | University of Punjab | Urdu | 1989 |
| B.A. | University of Punjab | Urdu and Political Science | 1986 |

CORE COMPETENCIES/SKILLS

- ✪ Scientific Coaching
- ✪ Sports Nutrition
- ✪ Sports Wellness and Fitness
- ✪ Sports Physiology
- ✪ Sports Anatomy
- ✪ Sports Management and Administration
- ✪ Sports Planning
- ✪ Sports Facility Management
- ✪ Sports Business Development
- ✪ Sports Event Management
- ✪ Sports Marketing Management
- ✪ Sports Research and Development
- ✪ Human Resource Management in Sports
- ✪ Managing Sports Meetings.
- ✪ Preparing Sports and Event Proposals
- ✪ Arranging Sports Symposia
- ✪ Doping Control Management
- ✪ Effectively getting things done by creating a teamwork environment.
- ✪ Presentation in different Sports Courses and Congresses.
- ✪ Sports Coordination and Budgeting

HONORS AND AWARDS

- ❖ Received Pakistan Hero Award 2018 for Tremendous Achievements for Pakistan in Sports Sciences & Social Responsibilities from Pakistan Police Welfare Civil Society Trust
- ❖ Worked as a Member Organising Committee of the 1st International Conference on Sports, Exercise & Health Sciences in Gomal University Dera Ismail Khan on October 25-26, 2022
- ❖ Worked as a Member Organising Committee of the Virtual International Conference of "Emerging Trends in the Arts and Humanities" in Punjab University Lahore on October 15-16, 2021
- ❖ Worked as Associate Secretary of the 2nd Euro-Pak International Conference of Sports Sciences & Physical Education by Sarhad University in Islamabad on October 11-13, 2019.
- ❖ Worked as Associate Secretary of the 1st Euro-Pak International Conference of Sports Sciences & Physical Education by Sarhad University in Islamabad on October 6-8, 2017.
- ❖ Awarded Research Project "Social Impact Evaluation of Young Athletes Program in Pakistan" as a Local Implementing Partner with the Asian Institute of Technology (Thailand) by Special Olympics (2017).

Prof. Dr. Muhammad Zafar Iqbal Butt

- ❖ Reviewed/wrote A Chapter of National Education Policy 2016 About Physical Education, Health and Sports in Education
- ❖ Research Performance Award 2015 (As a non-PhD Teacher) from Punjab University
- ❖ Performance Evaluation Award 2018 (As PhD Teacher) from Punjab University
- ❖ Performance Evaluation Award 2019 (As PhD Teacher) from Punjab University
- ❖ Received Incentive Award based on Research Publication for the Year 2020
- ❖ Received Incentive Award based on Research Publication for the Year 2021
- ❖ HEC Approved PhD Supervisor since 17-12-2019
- ❖ Worked as An External Reviewer of the Sports Sciences and Physical Management Degree Programme-Sri Lanka of Sabaragamuwa University of Sri Lanka
- ❖ Reviewer and Member National Advisory Board of the Journal "The Spark."
- ❖ Member of the Editorial Board of the Turkish Journal of Kinesiology
- ❖ Reviewer of the Journal " International Journal of Human Movement and Sports Sciences."
- ❖ Peer Reviewer of Journal International Journal of Physical Education and Sports Sciences (IJPESS)
- ❖ Peer Reviewer of the Journal "Science International."
- ❖ Peer Reviewer of Journal International Journal of Physical Education & Sports Science "The Shield"
- ❖ Elected President of the Pakistan Council of Sports Science (P-COSS) of Punjab Province
- ❖ Elected President of Pakistan Council of Sports Science (P-COSS) of Lahore Division
- ❖ President of Punjab Powerlifting Association Affiliated with Pakistan Powerlifting Federation
- ❖ 1st Position in the Order of Merit in MA Physical Education in 2003
- ❖ Certification of International Fitness Association (IFA) for Aerobics and Fitness Instructor (Securing 100 % Marks)
- ❖ Certification of International Fitness Association (IFA) for Sports Nutritionist (Securing 100 % Marks).
- ❖ Certification of International Fitness Association (IFA) for Senior Fitness Instructor (Securing 100 % Marks)
- ❖ Pakistan Cricket Board Intermediate Fitness Trainer Course (Got 2nd Position All Over Pakistan).
- ❖ Pakistan Cricket Board Level One Fitness Trainer Course (Got Top Position All Over Pakistan).
- ❖ Did Sports Administration Course of the Olympic Council of Asia (OCA) Continental Program Securing Top position.

SERVICE RECORD

| Institute | Position Held | Period | | Total Period |
|--|--|------------|------------|--------------------|
| | | From | To | |
| University of Punjab | Chairman | Dec-2018 | Date | |
| University of Punjab | Acting Director of Sports | Nov-2022 | Date | |
| University of Punjab | Incharge | June-2011 | Nov-2018 | 07 Years 05 Months |
| University of Punjab | Acting Director of Sports | April-2017 | Sep-2018 | 01 Years 06 Months |
| University of Punjab | Professor | May-2022 | Date | |
| University of Punjab | Associate Professor | Aug-2018 | May-2022 | 03 Years 09 Months |
| University of Punjab | Assistant Professor | April-2016 | Aug-2018 | 02 years 04 Months |
| University of Punjab | Lecturer | Mar-2010 | April-2016 | 06 Years |
| Lahore Leads University | (Visiting Faculty) Weekend Program(M.Phil) | Nov-2014 | Aug-2016 | 22 Months |
| Sarhad University | (Visiting Faculty) Weekend Program (M. Phil) | Feb-2015 | June-2015 | 05 Months |
| Riphah International University Faisalabad | (Visiting Faculty) Weekend Program (M. Phil) | Oct-2016 | Mar-2017 | 06 Months |
| Imperial College of | (Visiting Faculty) | Oct-2016 | Aug-2019 | 02 Years 10 |

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|---|--|----------|----------|----------|
| Business Studies, Lahore | Weekend Program (M. Phil) | | | Months |
| University College of Lahore (UCL) | Teaching/Sports In-charge | 2005 | 2010 | 05 Years |
| Pakistan Body Building Federation | Coaches Course Coordinator | 2011 | 2013 | 02 years |
| Pakistan Powerlifting Federation (PPLF) | Incharge | Jan-2000 | Feb-2010 | 10 Years |
| University of Punjab | (Visiting Faculty) | 2004 | 2009 | 05 years |
| Six Sigma Apparel Network | Physical Instructor | 2004 | 2010 | 06 years |
| Model Town Spots Club Lahore | Director Sports/Physical Instructor & Nutritional Consultant | 1992 | 2002 | 10 years |
| Iron Man Gym Lahore | Physical Instructor for Aged and Obese People and Nutrition Consultant | 1997 | 2000 | 04 Years |

ADMINISTRATIVE EXPERIENCE

| Institute/Organisation | Position Held | Period | |
|---|--------------------------|---------------|----------------|
| | | From | To |
| Department of Sport Sciences & Physical Education, University of the Punjab, Lahore | Chairman | December 2018 | Date |
| Department of Sport Sciences & Physical Education, University of the Punjab, Lahore | Incharge Chairman | June 2011 | November 2018 |
| Department of Sports, University of the Punjab, Lahore | Director Sports | April 2017 | September 2018 |

ADMINISTRATIVE MEASURES AS HEAD OF DEPARTMENT

I took charge as Incharge/Chairman of the Department of Sport Sciences and Physical Education in May 2011 and took the following key measures by keeping Merit as a core value.

1. Developed the Infrastructure of the Department, Starting from 02 Classrooms to 10 Fully Multimedia Equipped Classrooms.
2. Upgraded the Examination System of the Department and Took Measures to Minimize the Copying Cases in the Examination.
3. Developed Practical Infrastructure for the Students Likewise Lawn Tennis Court, Basketball Court, Weightlifting Arena, Cricket Practice Pitches, Volleyball Court, Table Tennis Arena, Table Soccer Arena, Football Ground, Hockey Ground, and Other Multi-Sports Activity Facilities Which are Much Needed for The Practical Part of The Curriculum of BS and MSc Educational Programs.

4. Established A Computer Lab with the Latest Computers for Student's Computer Related Academic Activities.
5. Developed A Well-Updated Library According to the Demand of Time for Sports Sciences and Physical Education.
6. Provided Well-Established Offices for Faculty Members and Administrative Staff.
7. Established A Hygienic Cafeteria and Photocopy Shop According to the Need of Students and Staff.
8. Established A Foolproof Security System Through HD CCTV Camera System.
9. Trained Students and All Staff to Meet Any Emergency by Installing an Emergency Alarm System.
10. Installed Fire Extinguishers and Trained Staff to Meet Any Emergency of Fire.
11. Established a First Aid Facility and Trained Staff for the Provision of First Aid Needed to Any Person.
12. Regularly Organised National and International Conferences, Seminars, Workshops and Coaching & Refreshing Courses.
13. Started BS (04 Year) Program In 2013 With the Addition of Replica Program In 2017 As Per the Demand of Community And HEC.
14. Specially Facilitated Academically to Sports Students by Starting Separate Sections/Classes for Them by Adjusting the Time of Their Classes According to Their Sports Training Camps.
15. Developed Research Culture by Making Compulsion of Research Thesis In BS And MSc Program Instead Of Projects From 2012 To Onwards.
16. Took the Best Measures for Online/Virtual Classes and Examinations During Covid-19 To Minimize the Loss of Study of Students During This Pandemic.
17. Took the Measures for Global Warming and Clean & Green Pakistan by Maximizing Plantations.
18. Vigilantly took steps to Keep Dengue in Control for The Health Care of Students And Staff
19. Continued PhD Program in 2020, Which Was Discontinued Since 2005
20. Revised and Updated the Curriculum/Syllabi of BS 4 Years Program, MSc 2 Years Program, MPhil and PhD Programs After Every Three Years
21. Started the MPhil Regular and Replica Program after obtaining NOC from HEC since 2022

ADMINISTRATIVE MEASURES AS DIRECTOR OF SPORTS

I took the additional charge as Acting Director of Sports at the University of Punjab in April 2017 and took the following critical measures by keeping Merit as a core value.

1. Managed And Suppressed the Internal Politics Among Staff Members
2. Established The System to Rectify Hierarchy Mismanagement
3. Established A Proper Check and Balance System to Manage the Weakness of Staff Management
4. Established the Monitoring System to Manage the Weakness of Infrastructure for Coaches and Managers for Sports

5. Established A System to Identify Ghost / Fake Players' Admission and Rectified Them.
6. Benefitted University Financially to Minimize the Misuse of Sports Scholarships.
7. Maintained and Renovated (Where Needed) Sports Facilities and Sports Equipment
8. Minimized the Misuse of Consumable/Volatile Commodities by Sports Management
9. Minimized the Misuse of Finances.
10. Established A Time Mismanagement System for the use of Facilities for Male and Female Players.
11. Organization of Three Days Inter-Department Sports Gala Every Year with the Purpose of a Talent Hunt for Intervarsity Championships.
12. Organization of Three Days Inter-Collegiate Sports Gala Every Year with the Purpose of a Talent Hunt for Intervarsity Championships.
13. Conduction of Training Camps for the Appropriate Time for Players' Preparation for Intervarsity Championships.
14. Appointment of Qualified Coaches Through A Rigorous Procedure on an Annual Basis with A Contract Period of 4 Months (For Up To 80 Points Sport) and 6 Months (For Above 80 Points).
15. The Right Selection of Teams and Team Captains in Mutual Consensus with Coaches and Game In-Charge Under My Supervision.
16. Planned to Develop Commercial Sports Academies for All Sports and Permission for Coaches to Run Those Academies to Earn for University and Themselves and Identification of New Talent, Grooming Them and Giving Admission to the University for Sports Participation.
17. Developed Sponsor Hunting Campaign and Its Utilization for Players and Infrastructure Development to Get Required Tasks in Sports Activities.
18. A Motivational Cash Award of The Amount of Rs.10000/- Once A Year for Coaches on Getting A Gold Medal Of A Team In An Intervarsity Championship.
19. Free Food Supplements Facility According to Games Requirements and Recommendations of Coaches Under the Supervision of the Director of Sports.
20. Developed An Executive Fitness Center for Males and Females in The Old Campus and A New Campus For The Better Facility of Health Of Teachers And Staff
21. Heavy Repair and Maintenance of Swimming Pools (Both Males on the New Campus and Females On the Old Campus)
22. Established Weightlifting and Powerlifting Academy/Club for Females on Old Campus
23. Laid Down Three Cemented Cricket Practice Pitches for Students Who Want to Play Tape-Ball Or Tennis Ball Cricket Other Than Regular Turf Pitches.
24. Revised And Enhanced the Rates of Cash Incentives for Coaches, Players and Technical Officials to Get Better Results in Performance
25. Started Coaches and Technical Official's Education Program Through Workshops and Refresher Courses

HEC-APPROVED SUPERVISOR IN ARTS & HUMANITIES

<https://www.hec.gov.pk/english/scholarshipsgrants/ASA/Pages/APS-EPORTAL.aspx>

RESEARCH SUPERVISION:

**Total Completed=01
In Progress= 04**

Ph. D Thesis Supervised

| # | Thesis Title |
|---|---|
| 1 | Yasmin Tabassum (Co-Supervisor), 2021. Influence of Playing Venue on Hormonal Responses, Psychological State and Perception of Effort in Inter-University Volleyball and Basketball Players |
| 2 | Muhammad Abdul Jabar Adnan (Supervisor), 2022. Effect of Iron Bisglycinate (Ferochel) Supplementation on Weightlifters and Powerlifters of Pakistan (In Progress) |
| 3 | Badar Mohy ud Din (Supervisor), 2022. Investigating Effects of Caffeine on Hormonal Responses, Cognitive Functions and Physical Performance of University Football Players (In Progress) |
| 4 | Hurria Hussein (Supervisor), 2022. Investigating Effects of Physical Training on Players' Competitive State Anxiety, Cortisol and Heart Rate Variability before Competition (In Progress) |
| 5 | Irfan Munir (Supervisor), 2022. Exploring the Effect of Exercise on Blood Redox State (In Progress) |

RESEARCH SUPERVISION:

Total Completed=54

MSc Thesis Supervised

| # | Thesis Title |
|----|---|
| 1 | Decline of Men's Field Hockey in Pakistan |
| 2 | Carbohydrate Load-Up for Athletics |
| 3 | Violence of Female During Sports Competitions in Pakistan |
| 4 | Carbohydrates Loading for Long Distance Runner |
| 5 | Role of Nutrition to Enhance Sports Performance |
| 6 | The Impact of the South Asian Games on the Development of Sports in Pakistan |
| 7 | Standard of Sports at School Level in Lahore City |
| 8 | History and Development of Women Sports at Punjab University |
| 9 | Sports Facilities in Girls Secondary and Higher Secondary School of District Pakpattan Sharif |
| 10 | Role of Nutrition to Enhance Sports Performance |
| 11 | Stress Effect on Sports Performance |
| 12 | Effect of Exercise on Hypertension |
| 13 | Female Student's Attitude Towards Physical Activity |
| 14 | Resistance Training |
| 15 | The Administrative Structure of the Pakistan Football Federation |
| 16 | Stress Management and Sports Performance |
| 17 | Importance of Hydration in Sports |
| 18 | Training Program for High-Performance Volleyball Players |
| 19 | Effect of Psychological Pressure on Sports Performance |
| 20 | Role of Physical Education Teacher at the Secondary School Level |
| 21 | Role of Protein in Bodybuilding |
| 22 | Development of Netball in Punjab |
| 23 | A Comparative Study in IQ Level of Sports and Non-Sports Women |

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|----|--|
| 24 | Imagery Improves Reaction Time in Sprinting |
| 25 | Scientific Coaching and Sports Performance |
| 26 | Development of Youth Hockey Training Program |
| 27 | Rehabilitation of Cricketers with Ankle Sprain |
| 28 | Bio-Mechanical Analysis of Long-Distance Throw in Cricket |
| 29 | Rehabilitation of Shoulder Injury in Field Hockey Players |
| 30 | Role of Systematic Training in the Long Jump |
| 31 | Social Constraints on Female Participation in Sports |
| 32 | Performance Enhancement in Soccer Through Imagery |
| 33 | Influential Role of Acute Stress on Athlete's Performance |
| 34 | Effects of Iron Bisglycinate (Ferrochel) Supplementation on Power Lifters with Special Reference to Pakistan, Punjab |
| 35 | Case Study of Pakistan Hockey Women Wing |
| 36 | Meta-Analysis of Post-Graduate Students of the Department of Sport Sciences and Physical Education in Job Placement |
| 37 | Effects of Social Media on Sports |
| 38 | Problems Faced by Managing Authorities Regarding Players of the University of Punjab |
| 39 | Difficulties for Female Sport Participation at Secondary Level in Lahore |
| 40 | Effect of Anxiety on Athletic Performance |
| 41 | Sports Facilities Provided by Private Sector Universities |
| 42 | Players' Perception About Their Coaches |
| 43 | Perception of Students About Physical Activities at the University of Punjab |
| 44 | Comparison Between Public and Private Schools Regarding Sports Facilities |
| 45 | Practices of Stress Management Adopted by University Students |
| 46 | Attitude of Punjab University Students Towards Sports |
| 47 | Sports Promoting Leadership Behavior Within Students: An Explanatory Study |
| 48 | Self-Efficacy of Sports Persons |
| 49 | Difficulties of Players in Taekwondo: An Exploratory Study |
| 50 | Causes of Injuries of Right Arm Medium Fast Bowler in Pakistan |
| 51 | The Effect of Tables Tennis Racket Design on Wrist Motion |
| 52 | Difficulties of Sports Students at the University of Punjab |
| 53 | Neoliberalism and sports: Effects on University Sports |
| 54 | Effects of Goal Setting on player's performance |

RESEARCH SUPERVISION:

Total Completed=23

BS Thesis Supervised

| # | Thesis Title |
|----|---|
| 1 | Teacher's Perception About the Effect of Sports on Disabled Students |
| 2 | Qualitative Study Analysis Using Sports as A Tool for Development |
| 3 | Practices of Physical Education at the Primary School Level |
| 4 | Perception of Secondary Level Students About Physical Education as an Academic Discipline |
| 5 | Relationship Between Social Control and Sports |
| 6 | Effects of Cross-Fit Exercises on Weight Loss of Males in Lahore |
| 7 | Effects of Sports on Ethics and Morality of Players |
| 8 | Perception of Leadership Styles Adapted by Their Coaches |
| 9 | Problem Regarding Fitness in Female Hockey Players |
| 10 | Perception of Physical Education Student About Their Teacher's Caring Behavior |
| 11 | Special People in Sports: Barrier and Breakthroughs |

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|----|---|
| 12 | Circumstances Causes Confliction Between Coach and an Athlete |
| 13 | Sports are better tool to reduce fear factors among students |
| 14 | Impact of social media on the relationship between sports fans and professional athletes. |
| 15 | Effects of recreational sports on behaviour Patterns on university students |
| 16 | Role of self-efficacy in the athletic achievement of Punjab university athletes |
| 17 | Perception of coaches about team building |
| 18 | Effect of favouritism on the player's performance |
| 19 | Players' perception of the ethical values of their coaches |
| 20 | Identification of problems faced by university students learning the English language |
| 21 | Role of Punjab sports board in the promotion of sports in Punjab |
| 22 | Effect of sports on deviance in society: An Explanatory Study |
| 23 | Effect of athletic participation on students' self-concept. |

RESEARCH PROJECTS

Research Projects from Punjab University and Other Organizations

| # | Project Title | Principal Investigator | Co-Principal Investigator | Amount (Rs.) | Sponsoring Agency | Duration |
|---|--|------------------------------|---------------------------|--------------|----------------------|----------|
| 1 | Effects of Vitamin D ₃ Supplement on Bone and Muscle Health of Weightlifters and Powerlifters in Pakistan | Dr Muhammad Zafar Iqbal Butt | Dr Tanveer Akhtar | 1.0 Million | University of Punjab | 2015-16 |
| 2 | Young Athlete Development Program | Dr Muhammad Zafar Iqbal Butt | Mr. Nauman Saeed | 5.8 Million | Special Olympics | 2017-20 |

LIST OF PUBLICATIONS (Research Articles):

Grand Total = 93

1. **Butt, Z. I.**, Akhtar, T., Rashid, K., Saeed, N., & Adnan, M. A. J. (2015). Role of vitamin D₃ supplement as an ergogenic aid for bone and muscle health of powerlifters from Punjab, Pakistan. *Science International* 27(3),2189-2193 (**Impact Factor=0.75**) (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=50> ISSN 1013-5316
2. **Butt, Z. I.**, Akhtar, T., Adnan, M. A. J., & Saeed, N. (2015). Synergetic effect of vitamin D₃ supplementation for muscle health of weightlifters in Pakistan. *Science International* 27(4),3311-3317 (**Impact Factor=0.75**) (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=53> ISSN 1013-5316
3. **Butt, Z. I.**, Rashid, K., Saeed, N., Adnan, M. A. J., & Shah, A. J. (2015) Effect of anxiety on athlete's performance (A case study). *Science International* 27(5),4177-4180 (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=57> ISSN 1013-5316
4. Khalil, U., **Butt, Z. I.**, Haider, S., Naweed, N., & Khan, A. (2015). Quality of teaching & learning at the directorate of staff development (DSD) in the Punjab province: Practices and problems. *Science International* 27(5),4763-4766 (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=58> ISSN 1013-5316
5. **Butt, Z. I.**, Rashid, K., Akhtar, T., Saeed, N., Adnan, M. A. J., Mansoor, N., & Butt, R. H. (2015). Practices of stress management adopted by university students. *Science International* 27(6),6211-6218 (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=59> ISSN 1013-5316
6. Rashid, K., **Butt, Z. I.**, Khalid, N., Saeed, N., Adnan, M. A. J., Butt, R. H. & Mansoor, N. (2015). A study of teaching and displaying ethics by the teachers. *Science International* 27(6),6413-6422 (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=60> ISSN 1013-5316

7. Rashid, K., **Butt, Z. I.**, Amin, Q., Saeed, N., Adnan, M. A. J., & Butt, R. H. (2015). Investigation of pedagogical beliefs of secondary school English teachers working at public schools of Lahore and Kasur. *Science International* 27(6),6319-6325 (**HEC Recognised Journal Z Category**) <http://www.sci-int.com/Search?catid=60> ISSN 1013-5316
8. **Butt, Z. I.**, Rashid, K., Mansoor, N., Akhtar, T., Saeed, N., & Adnan, M. A. J. (2016). Effects of sports on the social behaviour of university students. *Science International* 28(2),1525-1529 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=65> ISSN 1013-5316
9. **Butt, Z. I.**, Rashid, K., Mahanoor, Akhtar, T., Saeed, N., Adnan, M. A. J., & Hashmi, S. (2016). Relationship between psychological wellbeing and exercise. *Science International* 28(2),1569-1574 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=65> ISSN 1013-5316
10. Malik, A., **Butt, Z. I.**, Rashid, K., Saeed, N., Adnan, M. A. J., & Butt, R. H. (2016). Identification of leadership styles traits and competencies of secondary school heads. *Science International* 28(2),1597-1601 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=65> ISSN 1013-5316
11. **Butt, Z. I.**, Akhtar, T., Adnan, M. A. J., Munir, I., Mughal, A. W., Saeed, N., Butt, R. H., & Fozia, T. (2016). Effect of doping belief on purchase intention of sports consumers (SC)- In purchase of athletes' brand image. *Science International* 28(4),3735-3741 (**Impact Factor=0.75**) (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=71> ISSN 1013-5316
12. **Butt, Z. I.**, Din, B. M. U., Adnan, M. A. J., Khan, A., Saeed, N., Naim, J. A., Asghar, W. (2016). Measuring the effect of imagery on 60M hurdler. *Science International* 28(4),3681-3688 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=71> ISSN 1013-5316
13. **Butt, Z. I.**, Din, B. M. U., Adnan, M. A. J., Munir, I., Mughal, A. W., Saeed, N., Nazeer, M. T. (2016). Comparative study of physical variables between Greco-roman and freestyle wrestlers of Punjab, Pakistan. *Science International* 28(4),131-142 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=73> ISSN 1013-5316
14. Malik, A., **Butt, Z. I.**, Baig, I. A., Rashid, K., Saeed, N., Adnan, M. A. J. (2016). Higher secondary level students' perceptions about the education system of Pakistan. *Science International* 28(3),2545-2550 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=68> ISSN 1013-5316
15. Baig, I. A., **Butt, Z. I.**, Rashid, K., Saeed, N., Adnan, M. A. J., Khalid, N. (2016). Exploring what remains contributive from the headteachers' end towards teachers' burnout. *Science International* 28(4),147-155 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=73> ISSN 1013-5316
16. **Butt, Z. I.**, Adnan, M. A. J. (2016). Effect of iron bisglycinate on muscle strength in weightlifting. *International Journal of Science Culture and Sport* 4(4),422-430 (**Impact Factor=0.22**) <https://dergipark.org.tr/en/pub/intjscs/issue/28254> ISSN 2148-1148
17. Saeed, N., **Butt, Z. I.**, Rashid, K., Baig, I. A., Adnan, M. A. J., Mansoor, N. (2016). Neoliberalism and sports: Role of universities of Lahore. *Science International* 28(4),207-211 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=73> ISSN 1013-5316
18. **Butt, Z. I.**, Asghar, E., Butt, R. H., Saeed, N., Adnan, M. A. J., Munir, I., Fozia, T. (2016). Special children and sports: Barriers and breakthroughs. *Science International* 28(4),4249-4253 (**HEC Recognised Journal Y Category**) <http://www.sci-int.com/Search?catid=72> ISSN 1013-5316
19. **Butt, Z.I.**, Mughal A.W., Adnan M.A.J., Saeed, N. (2016). Sports and Social Well-being: Perception of Universities' players. *The SPARK* 1(1), 23-42. (**HEC Recognised Journal Z Category**) <https://journal.suit.edu.pk/index.php/spark/issue/view/10> ISSN 2520-7814

20. **Butt, Z.I.**, Mughal A.W., Adnan M.A.J., Saeed, N. (2017). Self-efficacy and Sports: Perception of Punjab University Athletes. *The SPARK* 2(1), 72-81. **(HEC Recognised Journal Z Category)** <https://journal.suit.edu.pk/index.php/spark/issue/view/11> ISSN 2520-7814
21. **Butt, Z.I.**, Mughal, A.W., Adnan, M.A.J., Saeed, N., Butt, R. H., Fozia, T. & Suhail, M. U. (2018). Effect of Cross Fit Exercises on Weight Loss of Males in Lahore. *The SPARK* 3(1), 30-42. **(HEC Recognised Journal Z Category)** <https://journal.suit.edu.pk/index.php/spark/issue/view/12> ISSN 2520-7814
22. Adnan, M.A.J., **Butt, Z.I.**, Mughal, A.W., Saeed, N., Butt, R. H., Fozia, T. & Suhail, M. U. (2018). Relationship Between Social Control and Sports. *The SPARK* 3(1), 80-91. **(HEC Recognised Journal Z Category)** <https://journal.suit.edu.pk/index.php/spark/issue/view/12> ISSN 2520-7814
23. **Butt, Z.I.**, Adnan, M.A.J., Hina, M. (2018), Perception regarding sports participation of females of Gilgit Baltistan. *The Shield-Research Journal of Physical Education & Sports Science* 13 (1), 37-62. **(HEC Recognised Journal Y Category)** <https://sujo.usindh.edu.pk/index.php/THE-SHIELD/issue/view/19> ISSN 1991-8410
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89. Adnan, M. A. J., **Butt, M. Z. I.**, Tabassum, Y., Sattar, S., Khan, A., Hussein, H., Najam, K., Afzal, S., Umer, U., Iqbal, Y., Arif, N., Khalid, M. A. (2023). Role Of Iron Polymaltose Complex (IPC) On Strength Of Powerlifters In Pakistan. *Journal of Positive School Psychology* 7(4), 1354-1362 (HEC Recognised Journal X Category) <https://www.journalppw.com/index.php/jpsp/article/view/16593> ISSN: 2717-7564 (Online)
90. Ilyas, M., Khalid, S., Waqas ul Nisa, Ttariq, B., Shah, K. J., Khan, M. M., **Butt, M. Z. I.**, Khan, A., Jamil, M., Adnan, M. A. J., Tabassum, Y., Qureshi, T. A., Chaudhry, B., Fozia, T. (2023). Physical And Psychological Health Consequences Associated With Violent Health Behaviors Among Universities Students' Athletes. *Journal of Positive School Psychology* 7(5), 305-310 (HEC Recognised Journal X Category) <https://www.journalppw.com/index.php/jpsp/article/view/16757> ISSN: 2717-7564 (Online)

91. Khan, A., **Butt, M. Z. I.**, Jamil, M., Iftikhar, M., Soomro, J. A., Ahmad, M.A., Inamullah, Adnan, M. A. J., Tabassum, Y., Arif, N., Chaudhry, B., Fozia, T. (2023). Estimation Of Key Parameters Of Liver Among Healthy Volunteers Of Endurance Exercise. *Journal of Positive School Psychology* 7(5), 311-318 (**HEC Recognised Journal X Category**) <https://www.journalppw.com/index.php/jpsp/article/view/16758> ISSN: 2717-7564 (Online)
92. Tabassum, Y., Burki, M. H. K., Jahangir, M. Z., Usman, M., **Butt, M. Z. I.** (2023). A Comparative Study On The Selected Physical Fitness Components Of Bs Physical Education Students. *Journal of Positive School Psychology* 7(4), 741-746 (**HEC Recognised Journal X Category**) <https://www.journalppw.com/index.php/jpsp/article/view/16431> ISSN: 2717-7564 (Online)
93. Mohy ud Din, B., **Butt, M. Z. I.**, Tabassum, Y., Shafqat, M. (2023). Exploring The Effects Of Caffeine On The Sprint Performance Of University Football Players. *Journal of Positive School Psychology* 7(4), 1614-1625 (**HEC Recognised Journal X Category**) <https://www.journalppw.com/index.php/jpsp/article/view/16672> ISSN: 2717-7564 (Online)
- 94.

LIST OF COLUMNS/ARTICLES WRITTEN IN NEWSPAPERS

- ❖ Article Written in THE EDUCATIONIST Under the Tittle" Nutrition and Sports Performance"
- ❖ Article Written in THE EDUCATIONIST Under the Tittle" Role of Sports, and Exercise in Healthy Lifestyle"
- ❖ Article Written in THE EDUCATIONIST Under The Tittle" Psychological Barriers and Sports"

INTERNATIONAL CONFERENCE PAPERS

Grand Total = 49

1. **Butt, M.Z.I.**, Adnan, M.A.J., Atta, H., Saeed, N., Munir, I., Mushtaq, M. (2016) Comparative study of achievement motivation between Pakistani male and female university-level basketball players. (**4th International Conference on Research in Education (ICORE 2016) on November 23-25, 2016, Lahore, Pakistan**)
2. Ali, M.S., Mughal, A.W., **Butt, M.Z.I.**, Khan, A.Q., Sheeraz, M.I. (2016) The effects of aerobic training on haemoglobin and cardiovascular fitness in 12–16-year boys. (**The International Conference of Sports Science and Sport as a Regular Component of the Lifestyle on November 1-3, 2016, Sharm El-Shaikh, Egypt**)
3. Mughal, A.W., **Butt, M.Z.I.**, Khan, A.Q., Shami, P.A. (2017) The psychological profile of young players in urban and rural areas of Pakistan. (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
4. **Butt, M.Z.I.**, Mughal, A.W., Adnan, M.A.J., Saeed, N. (2017) Effect of cross-fit exercises on weight loss of males in Lahore. (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
5. Mughal, A.W., **Butt, M.Z.I.**, Khan, A.Q., Shami, P.A. (2017) The psychological profile of young players in urban and rural areas of Pakistan. (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
6. Adnan, M.A.J., **Butt, M.Z.I.**, Mughal, A.W., Saeed, N. (2017) Relationship between social control and sports. (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
7. Khan, A.Q., Mughal, A.W., **Butt, M.Z.I.** (2017) Developmental variations in physical abilities of Pakistani children through 11 to 15 years of age. (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
8. Ali, M.S., Khan, A.Q., Mughal, A.W., **Butt, M.Z.I.**, Bibi, S. (2017) The effects of aerobic training on RBC and aerobic capacity among 12-16 years boys. (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
9. Tabassum, Y., Fatima, H., **Butt, M.Z.I.**, Nazeer, M.T., Gill, S.A., Din, B.M.U., Ilyas, M. (2017) Effect of self-efficacy on the performance of football referee in Pakistan (**1st Euro-Pak**

International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan)

10. Din, B.M.U., **Butt, M.Z.I.**, Akhtar, T., Naim, J.A., Adnan, M.A.J., Khan, A., Munir, I. (2017) A biomechanical analysis of running sequence on 60m hurdles male and female at world indoor championships, Portland 2016 (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
11. Munir, I., **Butt, M.Z.I.**, Adnan, M.A.J., Sohail, M.U., Abbass, T., Saeed, N. (2017) Effect of consumer (Impulsive) buying behaviour on brand loyalty in the sports market (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
12. Yamin, M., Asghar, E., **Butt, M.Z.I.**, Javed, M. (2017) Effect of sports practices on the academic performance of children with hearing impairment (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
13. Saeed, N., Kaynat, S., **Butt, M.Z.I.**, Adnan, M.A.J., Mansoor, N., Nizami, S.M., Mahnoor, R. (2017) Obesity and physical activity: Perception of visually impaired students (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
14. Rajput, M., Saeed, N., **Butt, M.Z.I.**, Adnan, M.A.J., Mansoor, N., Rahman, S. (2017) Effect of social anxiety on newly entered University players (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
15. Gill, S.A., Amir, H.M., **Butt, M.Z.I.**, Nazeer, M.T., Tabassum, Y., Ilyas, M., Adnan, M.A.J., Shahid, H. (2017) Rehabilitation of Ankle Sprain (Interior Tibiofibular Ligament -ATFL) of Male Cricketers through Physical Training (**1st Euro-Pak International Conference of Sports Sciences & Physical Education on October 6-8, 2017, Islamabad, Pakistan**)
16. **Butt, M.Z.I.**, Din, B.M.U., Javed, S., Sultan, B., Tabassum, Y., Sultan, J., Naim, J.A. (2017) A study of sexual harassment among elite sportswomen in Pakistan. (**4th International Conference on Computational and Social Sciences (ICCS-17) on November 15-17, 2017, Pekalongan, Indonesia**)
17. Atta, H., **Butt, Z.I.**, Kamil, B., Mushtaq, M. (2018) A comparative study of achievement motivation between Pakistani male and female university-level basketball players. (**9th Kuala Lumpur International Communication, Education, Language and Social Science Conference (KLICELS 9) on March 24-25, 2018, Bangi, Malaysia**)
18. **Butt, M.Z.I.**, Adnan, M.A.J. (2018) Perception of physical educationist about the inclusion of students with disability in physical education. (**International Conference on Healthiness and Fitness Across the Lifespan on September 12-15, 2018, Magdeburg, Germany**)
19. Adnan, M.A.J., **Butt, M.Z.I.** (2018) Effects of Goal Setting and Player's Performance at University level: An Exploratory Study. (**4th International Multidisciplinary Research Conference 2018 on October 9-11, 2018, Peshawar, Pakistan**)
20. **Butt, M.Z.I.**, Adnan, M.A.J., Mughal, A.W., Khan, M.E.A., Hamza, M. (2019) Effect of lactate threshold training program on optimizing players' fitness through lactate threshold improvement. (**2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan**)
21. Adnan, M.A.J., **Butt, M.Z.I.**, Mughal, A.W., Shahbaz, A., Altaf, B. (2019) Coaching behaviour, motivation and psychological wellbeing in young athletes. (**2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan**)
22. Din, B.M.U., Javed S., **Butt, M.Z.I.**, Saeed, A., Din, R.M.U., Tabassum, Y., Ali, S. (2019) An investigation of elite officials' perception regarding referee and general self-efficacy in Pakistan. (**2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan**)

23. Yamin, M., Javed, M., Asghar, E., **Butt, M.Z.I.**, Abid, S.P. (2019) Role of Pakistani women in sports journalism. **(2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan)**
24. Mehmood, A., **Butt, M.Z.I.**, Adnan, M.A.J., Shahbaz, A., Ijaz, R. (2019) Players' perception about the burnout of athletes at university level. **(2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan)**
25. Munir, I., **Butt, M.Z.I.**, Adnan, M.A.J., Arshad, M.D., Nazeer, N., Muntaha, S.T. (2019) Sports develop patriotism among sports consumers: an exploratory study. **(2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan)**
26. Khan, M.U., **Butt, M.Z.I.**, Adnan, M.A.J., Suhail, M.U. (2019) Players' perception about problems in cycling sports of Pakistan. **(2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan)**
27. Butt, R.H., **Butt, M.Z.I.**, Adnan, M.A.J., Abbass, M.T., Yousaf, S. (2019) Role of gym training on academic performance of sportspersons at university level: an exploratory study. **(2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan)**
28. Hashmi, S., **Butt, M.Z.I.**, Mughal, A.W., Feroz, S. (2019) Impact of PETTLEP imagery technique on the execution of drag flick: a comparison among male and female drag flickers of Pakistan. **(2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan)**
29. Naz, S., **Butt, M.Z.I.**, Adnan, M.A.J., Aslam, M., Khan, M.u., Abbass, M.T. (2019) Perception about the role of aerobic exercises on cardio-respiratory health risk management in weight compromised patients. **(2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan)**
30. Matila, U.J., **Butt, M.Z.I.**, Adnan, M.A.J., Yaseen, S., Ilyas, I., Saleem, S. (2019) Benefits of swimming in the daily life of university students: An exploratory study. **(2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan)**
31. Farooq, U., **Butt, M.Z.I.**, Adnan, M.A.J., Idrees A., Arshad, M.D. (2019) Role of information communication technology on sports of university students. **(2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan)**
32. Mujahid, K., **Butt, M.Z.I.**, Adnan, M.A.J., Farooq, U., Yaseen, S., Shafa, K. (2019) Administrative reasons for the decline in Olympic sports of Pakistan: an exploratory study. **(2nd Euro-Pak International Conference of Sports Sciences & Physical Education on October 11-13, 2019, Islamabad, Pakistan)**
33. **Butt, M.Z.I.**, Butt, R.H., Adnan, M.A.J. (2019) Do social anxiety affect the newly entered university players? an exploratory study. **(1st International Conference on Physical Activity, Sports and Recreation on December 17-18, 2019, Faisalabad, Pakistan)**
34. Adnan, M.A.J., **Butt, M.Z.I.** (2019) Do consumer (Impulsive) buying behaviour develops brands loyalty in the sports industry? An exploratory study. **(1st International Conference on Physical Activity, Sports and Recreation on December 17-18, 2019, Faisalabad, Pakistan)**
35. **Butt, M.Z.I.** Adnan, M.A.J., Qureshi, A. K., Tabassum, Y., (2021) Exploration of the role of information communication technologies (ICT's) on sports of university students. **(Virtual International Conference Emerging Trends in the Arts and Humanities on June 15-16, 2021, Lahore, Pakistan)**
36. Adnan, M.A.J., **Butt, M.Z.I.** Qureshi, A. K., Munir, I., Hussain, H., Mohyuddin, B., (2021) Role of gym training on academic performance of sportspersons at university level: an exploratory study. **(Virtual International Conference Emerging Trends in the Arts and Humanities on June 15-16, 2021, Lahore, Pakistan)**

37. Mohyuddin, B., **Butt, M.Z.I.** Naseer, A., Qureshi, A. K., Adnan, M.A.J., Munir, I., Hussain, H., (2021) A comparative study of referee and general self-efficacy between football and hockey elite referees of Pakistan. (**Virtual International Conference Emerging Trends in the Arts and Humanities on June 15-16, 2021, Lahore, Pakistan**)
38. Mohyuddin, B., **Butt, M.Z.I.** Tabassum, Y., Qureshi, A. K., Adnan, M.A.J., Munir, I., Hussain, H., (2021) Examining the difference of referee and general self-efficacy between volleyball and athletics elite referees/technical officials of Pakistan. (**3rd EURO-PAK International Online Conference on Sports Sciences & Physical Education Held on October 9-10, 2021, At Sarhad University, Peshawar, Pakistan**)
39. Hussain, H., **Butt, M.Z.I.** Adnan, M.A.J., Khadka, S., Tabassum, Y., Mohyuddin, B., Munir, I., (2021) Perception about benefits of swimming on the daily life of university students. (**3rd EURO-PAK International Online Conference on Sports Sciences & Physical Education Held on October 9-10, 2021, At Sarhad University, Peshawar, Pakistan**)
40. Munir, I., **Butt, M.Z.I.** Adnan, M.A.J., Tabassum, Y., Khadka, S., Hussain, H., Mohyuddin, B., (2021) Perception about benefits of swimming on the daily life of university students. (**3rd EURO-PAK International Online Conference on Sports Sciences & Physical Education Held on October 9-10, 2021, At Sarhad University, Peshawar, Pakistan**)
41. Adnan, M.A.J., **Butt, M.Z.I.** Khadka, S., Tabassum, Y., Hussain, H., Munir, I., Mohyuddin, B., (2021) Perception about the role of information communication technologies (ICTs) on sports of university students. (**3rd EURO-PAK International Online Conference on Sports Sciences & Physical Education Held on October 9-10, 2021, At Sarhad University, Peshawar, Pakistan**)
42. **Butt, M.Z.I.**, Adnan, M.A.J., Mujahid, K., Khadka, S., Munir, I., Mohyuddin, B., Hussain, H., Tabassum, Y., (2021) Players' perception about reasons for the decline in Olympic sports of Pakistan. (**3rd EURO-PAK International Online Conference on Sports Sciences & Physical Education Held on October 9-10, 2021, At Sarhad University, Peshawar, Pakistan**)
43. Hashmi, S., **Butt, M.Z.I.**, Adnan, M.A.J., Khadka, S., Hussain, H., Mohyuddin, B., Munir, I., (2021) Perception of university students about the development of patriotism through sports: An exploratory study. (**3rd EURO-PAK International Online Conference on Sports Sciences & Physical Education Held on October 9-10, 2021, At Sarhad University, Peshawar, Pakistan**)
44. Tabassum, Y., **Butt, M.Z.I.**, Adnan, M.A.J., Khadka, S., Hussain, H., Mohyuddin, B., Munir, I., (2021) Reasons about burnout of athletes at university level: An exploratory study. (**3rd EURO-PAK International Online Conference on Sports Sciences & Physical Education Held on October 9-10, 2021, At Sarhad University, Peshawar, Pakistan**)
45. **Butt, M.Z.I.** Adnan, M.A.J., Khan, A., Tabassum, Y., Hussain, H., Munir, I. Mohyuddin, B., (2022) Role of coaching etiquette, motivation and mental wellbeing among novice athletes. (**1st International Conference on Sports, Exercises & Health Sciences Held on October 25-26, 2022, At Gomal University, Dera Ismail Khan, Pakistan**)
46. Mohyuddin, B., **Butt, M.Z.I.** Khan, A., Tabassum, Y., Adnan, M.A.J., Hussain, H., Munir, I. (2022) Effect of Imagery on an Archer's Performance Ability of South Punjab. (**1st International Conference on Sports, Exercises & Health Sciences Held on October 25-26, 2022, At Gomal University, Dera Ismail Khan, Pakistan**)
47. Hussain, H., **Butt, M.Z.I.** Khan, A., Tabassum, Y., Adnan, M.A.J., Mohyuddin, B., Munir, I. (2022) Role of social anxiety on novice university players: an exploratory study. (**1st International Conference on Sports, Exercises & Health Sciences Held on October 25-26, 2022, At Gomal University, Dera Ismail Khan, Pakistan**)
48. Munir, I., **Butt, M.Z.I.** Khan, A., Tabassum, Y., Adnan, M.A.J., Mohyuddin, B., Hussain, H. (2022) University sports development through information communication technologies (ICTs): an exploratory study. (**1st International Conference on Sports, Exercises & Health Sciences Held on October 25-26, 2022, At Gomal University, Dera Ismail Khan, Pakistan**)

49. Adnan, M.A.J., **Butt, M.Z.I.** Khan, A., Tabassum, Y., Mohyuddin, B., Hussain, H., Munir, I. (2022) Development of Brand Loyalty through Impulsive Buying in Sports Industry. (1st **International Conference on Sports, Exercises & Health Sciences Held on October 25-26, 2022, At Gomal University, Dera Ismail Khan, Pakistan**)

BOOKS AUTHORED

Total: 06

| # | Title of the Book | Year, Publisher |
|----|--|--|
| 1. | Nutrition for All | 2004, Iron Man Publishing |
| 2. | Guideline for Jumpers & Throwers | 2004, Iron Man Publishing |
| 3. | How to improve the Speed | 2004, Iron Man Publishing |
| 4. | Basics of Weight Training | 2009, Iron Man Publishing |
| 5. | Key to Success for Sports Sciences and Physical Education | 2017, Final Touch Communication |
| 6. | Assan Sports Sciences and Physical Education (Updated and Solved MCQs) | 2022, Umar Graphics & Printing Service |

ADMINISTRATIVE RESPONSIBILITIES

- ❖ Chairman of Sport Sciences & Physical Education Department, University of the Punjab, Lahore
- ❖ In charge Chairman of Sport Sciences & Physical Education Department, University of the Punjab, Lahore
- ❖ Served as Acting Director of Sports, University of the Punjab, Lahore
- ❖ Chairman Departmental Research Ethical Committee, Of Sport Sciences & Physical Education Department, University of the Punjab, Lahore
- ❖ Member National Curriculum Revision Committee (NCRC) of HEC 2014
- ❖ Member Senate of University of the Punjab, Lahore
- ❖ Member Academic Council of University of the Punjab, Lahore
- ❖ Member Board of Faculty of Arts & Humanities of University of the Punjab, Lahore
- ❖ Convener Board of Studies of Physical Education University of the Punjab, Lahore
- ❖ Member Sports Steering Committee of University of the Punjab, Lahore
- ❖ Member Sports Admission Committee of University of the Punjab, Lahore
- ❖ Served as a Member Affiliation Committee of Punjab University in the Subject of Sport Sciences & Physical Education
- ❖ Serving as a Member of the Board of Studies of Sports Science & Physical Education at Sargodha University.
- ❖ Serving as a Member of the Board of Studies of Sports Science & Physical Education University of Azad Jammu & Kashmir (UAJ&K).
- ❖ Serving as a Member of the Board of Studies of Sports Science & Physical Education Gomal University Dera Ismail Khan.
- ❖ Serving as a Member of the Board of Studies of Sports Science & Physical Education Islamia University Bahawalpur
- ❖ Serving as Co-opted Member for Board of the Board of Faculty for the Division of Arts and Social Sciences of the University of Education, Lahore
- ❖ Serving as a Member of the Board of Studies of Sports Science & Physical Education Government College University Faisalabad
- ❖ Served as a Member of the Board of Studies of Sports Science & Physical Education Government College University Lahore.

- ❖ Serving as Member Board of Studies of Sports Science & Physical Education Sarhad University of Science & Information Technology (SUIT) Peshawar
- ❖ Served as Member Board of Studies of Sports Science & Physical Education Riphah International University Faisalabad
- ❖ Convener Departmental Doctoral Program Committee University of the Punjab, Lahore
- ❖ Library (Deptt. Of Sport Sciences & Phy. Edu.) Stock checking supervisor
- ❖ Chairman, Purchase Committee, Deptt. Of Sport Sciences & Phy. Edu, University of the Punjab, Lahore
- ❖ Chairman Admission Committee, Deptt. Of Sport Sciences & Phy. Edu, University of the Punjab, Lahore
- ❖ Member, Board of Examiners, MSc Physical Education from 2011 to Date
- ❖ Member of Federal Public Service Commission as Subject Specialist /Physical Education
- ❖ Advisor/Examiner Punjab Public Service Commission as Subject Specialist /Physical Education
- ❖ Student Advisor, Deptt. Of Sport Sciences & Phy. Edu, University of the Punjab, Lahore
- ❖ Chairman Disciplinary Committee, Deptt. Sport Sciences & Phy Edu, University of the Punjab, Lahore
- ❖ Chairman of Post Graduate Curricula/Syllabi, Deptt. Of Sport Sciences & Phy. Edu., University of the Punjab, Lahore
- ❖ Chairman Departmental Inquiry Committee

SPORTS ACHIEVEMENTS

ACADEMIC SPORTS ACHIEVEMENTS

| | |
|-------------------|---|
| CRICKET | Participation in Cricket in Punjab University Inter-Department Championship. |
| HOCKEY | Winner in Hockey in Punjab University Inter-Department Championship. |
| BADMINTON | Winner in Badminton in Punjab University Inter-Department Championship. |
| FOOTBALL | Runner Up in Football in Punjab University Inter-Department Championship. |
| BASKETBALL | Runner Up in Basketball in Punjab University Inter-Department Championship. |
| HANDBALL | Third in Handball in Punjab University Inter-Department Championship. |
| ATHLETICS | Third in Athletics (Shot Put) In Punjab University Inter-Department Championship. |

GENERAL SPORTS

INTERNATIONAL LEVEL

- ❖ Participation in Asian Power Lifting Championship
Held in New Delhi (India)

NATIONAL LEVEL

- ❖ Winner of National Powerlifting Championship.

PROVINCIAL-LEVEL

- ✪ Winner of Punjab Powerlifting Championship.

DIVISION LEVEL

- ✪ Winner of Lahore Division Powerlifting Championship.

DISTRICT LEVEL

- ✪ Winner of Lahore District Powerlifting Championship.
- ✪ Winner of Lahore District Body Building Championship.
- ✪ Winner in Lahore District Inter-Club Badminton Championship.

SEMINARS, CONFERENCES, SPORTS AND OTHER CERTIFICATIONS

1. Certification of International Fitness Association (IFA) For Aerobics and Fitness Instructor (Securing 100 % Marks)
2. Certification of International Fitness Association (IFA) For Sports Nutritionists (Securing 100 % Marks).
3. Certification of International Fitness Association (IFA) For Senior Fitness Instructor (Securing 100 % Marks)
4. Pakistan Cricket Board Intermediate Fitness Trainer Course (Got 2nd Position All Over Pakistan).
5. Pakistan Cricket Board Advance Level One Fitness Trainer Course.
6. Pakistan Cricket Board Level One Fitness Trainer Course (Got Top Position All Over Pakistan).
7. Pakistan Cricket Board Introductory Course for Fitness Trainers.
8. Did Sports Administration Course of the Olympic Council of Asia (OCA) Continental Program Securing Top position.
9. Diploma of Honour in Recognition of Outstanding Services Towards the Growth and Development of the Sport of Bodybuilding & Fitness by the International Federation of Bodybuilding & Fitness (IFBB)
10. Pakistan Bodybuilding Federation Coaches Course Level One.
11. Pakistan Bodybuilding Federation Technical Official Course.
12. Seminarian Certification on Sports Injuries and Sports Medicine.
13. First Aid Course for "Handling Different Emergency Situations" From Shaukat Khanum Memorial Cancer Hospital and Research Centre.
14. Workshop for Badminton Officials Organized by Pakistan Sports Board.
15. Workshop for "Promoting Quality Education for Prosperous Pakistan" Organized by National Productivity Organization & Iqbal Academy Pakistan.
16. Certification for "Professional Enhancement Workshop for in-Service Faculty Members of Universities and Colleges" Organized by Punjab University from 21st-22nd June 2010.
17. Participated In the 3rd International Conference on Assessing Quality in Higher Education 6th – 8th December 2010 In Lahore- Pakistan.

18. Certification Workshop on Awareness of Small Area Games Organized by Punjab University on 3rd & 4th June 2011.
19. One Week Training Course on" Pc-1 Preparation" for Officers Organised By the Management and Professional Development Department(Mpdd) of the Government of Punjab.
20. Workshop for Young Researchers on" Qualitative Research Using Nvivo 9 Software" Organised By the Institute of Quality & Technology Management(Iqtm) in Collaboration with the Office of Research Innovation & Commercialization (ORIC) at the University of Punjab.
21. Workshop on" Research Ethics, Endnote and Turnitin" Organised by the Department of Library And Information Science at the University of Punjab.
22. Participated in National Conference on Causes, Impacts and Management of Disaster Held On 25-05-2013, at the University of Punjab.
23. One Day Training Workshop on" Quality Assurance in Education" Held On 15th April, 2014 At the University of Punjab.
24. Participated in the" Indigenous on-Campus Training Program For Management Team" Held on October 27-31, 2014 Organised by HEC At the University of Punjab.
25. Participated in a World Quality Day Seminar Held on 22-12-2014 At the University Of Punjab.
26. Participated in Seminar on" Quality Assurance in Education", Held on 03-04-2015 at the University of Punjab.
27. Participated in a Dengue Vectors Control Seminar on 08-04-2015 at the University of Punjab.
28. Participated in FISA Level-1 Solidarity Rowing Coaching Course under the patronage of the International Olympic Committee (Olympic Solidarity), World Rowing Federation (FISA) and Pakistan Olympic Association (POA) in Pakistan from 10th December, 2016, to 16th December, 2016, at Riphah International University Faisalabad.
29. Participated in One Day Webinar on the Socio-Economic Challenges of Covid-19 And Sustainable Response Towards the "New Normal" Held on 25th May, 2021, Organized by the Office of Research, Innovation & Commercialization (ORIC) Virtual University of Pakistan.
30. Participated in One Day Webinar on Governance in The Era of Covid-19: Disease Prevention, Economic Management and Budgeting Held on 16th June, 2021, Organized by the Office of Research, Innovation & Commercialization (ORIC) Virtual University of Pakistan.
31. Participated in One Day Webinar on Science Diplomacy Held on 25th June, 2021, Organized by the Virtual University of Pakistan in collaboration with Pakistan Nuclear Society.
32. Participated in One Day International Webinar on World Food Safety Day-2021 "Theme: Safe Food Now for A Healthy Food Tomorrow Food Safety is Everyone's Business" Held on 7th June, 2021, Organized by the Department of the Food Sciences University of Punjab in Collaboration with The National Alliance for Safe Food.
33. Participated in One Day Seminar on the Chinese Economic Development Model and CPEC Held on 25th August, 2021, Organized by the Office of Research, Innovation & Commercialization (ORIC) Virtual University of Pakistan.
34. Attended 3rd International Seerat Conference Titled: Women's Right of Recreation and Seerat-E-Tayyaba صلى الله عليه وسلم (ICWRRST-2021) Held on November (3rd & 4th), 2021 Organized by Seerat Chair-Gender Studies and Women Rights (HEC), Institute of Islamic Studies, University of Punjab.

35. Attended Hybrid National Conference on Challenges of Governance in Pakistan Amid the Covid-19 Pandemic Held on July 7-8, 2021 Organized by the Department of Political Science University of Punjab.
36. Participated in One Day International Webinar on World Environment Day-2021, Held on 7th June, 2021, Organized by the College of Earth and Environmental Sciences (CEES) University of Punjab.
37. Attended 4th PU International Conference on Gravitation and Cosmology (4th PUICGC) Held on November 22-25, 2021, Organized by The Dean, Faculty of Science, University of The Punjab, Lahore.
38. Attended Online International Conference Culture: Exploring New Frontier of Sino-Pakistan Friendship Held on 28th July, 2021, Organized by Pakistan Research Center for A Community with Shared Future, Communication, University of China (CUC), Beijing, China
39. Attended Seminar on Defense Day Reminiscences of 1965 War Held on 6th September, 2021, Organized by History Forum, Department of History & Pakistan Studies, University of the Punjab, Lahore.
40. Attended 3rd International Conference on Emerging Trends in Earth & Environmental Sciences (ETEES) Lahore, Pakistan. Held on November 16-18, 2021 Organized by the College of Earth And Environmental Sciences (CEES) at the University Of Punjab.
41. Attended Webinar on Publishing Research in High-Ranked Journals Held on 25th August, 2021, Organised by the Office of Research, Innovation & Commercialization (ORIC) Riphah International University, Islamabad, Pakistan.
42. Attended Webinar on Humanitarian Crisis in Palestine: The Way Forward??? Held on 26th May, 2021, Organised by the Human Rights Chair, University of Punjab.
43. Attended International Conference on Gender Studies (ICGS 2021) Contemporary Gender Issues: Challenges and Opportunities Held on March 8-9, 2021, Organised by the Department of Gender Studies, University of Punjab.
44. Attended Webinar on Diabetes, Its Types and Management Held on 1st July, 2021, Organized by the Institute of Applied Psychology, University of Punjab.
45. Attended Webinar on How the World's Psychologists Are Tackling Covid-19?? Held on 22nd May, 2021, and Organised by the Institute of Applied Psychology, University of Punjab.
46. Attended Webinar on Health Literacy and Public Policy of Pakistan in Covid-19: Challenges in Communication, Action and Advocacy in Digital Age Held on 4th June, 2021, Organized by the Department of Development Communication in Collaboration with the Department of Digital Media, University of Punjab.
47. Attended Webinar on Demographic & Clinical Aspects of Dengue in Pakistan Held on 23rd June, 2021, Organized by the Department of Entomology Faculty of Agriculture Sciences, University of Punjab.
48. Attended Webinar on Bureaucratic Hurdles in Materializing Higher Education DREAM for Pakistan Held on 1st July, 2021, Organized by Seminar Committee Punjab University Academic Staff Association, University of Punjab.
49. Attended International Webinar on Mushrooms as a Future Diet Held on 7th July, 2021, Organized by the Department of Plant Pathology Faculty of Agricultural Sciences University of Punjab.

50. Attended International Webinar on Cousin Marriages in Pakistan & Genetic Disorders: History, Current Status & Solution Held on 16th July, 2021, Organized by Pakistan Science Foundation.
51. Attended Online Aman Conference on Religion, Peace and Violence in the 21st Century Pakhtunkhwa Held on 24th August, 2021, Organized by the Department of Social Work, University of Peshawar.
52. Attended One Day International Webinar on Marine Geosciences and Quaternary Geology Held on 18th June, 2021, Organized by the Institute of Geology, University of Punjab.
53. Attended Social Work Festival with Thalassaemia Children Held on 29th June, 2021, Organized by the Department of Social Work, the University of Punjab, in Collaboration with Sundas Foundation.
54. Participated as Keynote Speaker at the National Conference of Physical Education, Health and Sports Held on October 21-22, 2021, Organized by Iqra University Karachi.
55. Attended Online Policy Seminar on Pak-Morocco Development Vision: Strategic Cooperation for Education, Technology and Trade Held on 25th August, 2021, Organized by Riphah Public Policy Institute, Islamabad.
56. Attended the Webinar on Plastic Pollution Free Pakistan Held on 8th July, 2021, Organized by the College of Earth and Environmental Sciences (CEES) University of Punjab.
57. Attended the Online International Vatican Youth Symposium Held on December 15-17, 2021, Organized by the Global Events & Partnerships Team, Pontifical Academy of Social Sciences (PASS) and UN Sustainable Development Solutions Network (UNSDSN).
58. Participated in the Virtual Webinar as an Invited Speaker on the Power of Sports and Sports Sciences in Uplifting Community Health on 18th January, 2022 Organised by Sarhad University of Science and Information Technology, Peshawar.
59. Attended the Seminar on Celebrating 50 Years of Media Mentorship Excellence Held on 24th February, 2022 Organised by School of Communication Studies, University of Punjab.
60. Attended the Webinar on Parenting Matters in Mental Wellbeing of Children and Adolescents: Challenges and Way Forward Held on 3rd March, 2022 Organised by Institute of Applied Psychology, University of Punjab.
61. Attended the Seminar on How to Indulge SDG in Research & Curriculum Held on 7th March, 2022 Organised by the Office of Research & Commercialization (ORIC), University of Punjab.
62. Attended the Seminar on Women and Migration Held on 8th March, 2022 Organised by the Institute of Social & Cultural Studies, University of Punjab.
63. Attended the international Conference on Ionic Liquids for Sustainable Future Held on 10th March, 2022 Organised by Center for Research in Ionic Liquids, University of Punjab.
64. Attended the Seminar on Challenges to Higher Education & Autonomy of the Public Sector Universities Held on 14th March, 2022 Organised by the Academic Staff Association, University of Punjab.
65. Attended the Seminar on Creation of Pakistan: Role of Provinces Held on 22nd March, 2022 Organised by History Forum & Ibn-e-Khaldun Society, Department of History & Pakistan Studies University of Punjab.
66. Attended the Seminar on GIS and Space Application in Geoscience Held on 24th March, 2022 Organised by Remote Sensing, GIS and Climate Research Lab (RSGCRL), Center for Remote Sensing, University of Punjab.
67. Attended National History Workshop on Emerging Trends in History Writing & Teaching Held on 28th March, 2022 Organised by the Department of History & Pakistan Studies University of Punjab.
68. Attended the Seminar on Gujranwala Through Ages Held on 28th March, 2022 Organised by Office of the Industrial Linkages, Faculty of Arts & Social Sciences, University of Punjab.

69. Attended the Seminar on Harassment & Bullying Held on 29th March, 2022 Organised by the Institute of Applied Psychology, University of Punjab.
70. Attended Workshop on Critical Thinking Held on 31st March, 2022 Organised by Center for Leadership and Decision Making, University of Punjab.
71. Participated as Guest Speaker in the International Virtual Workshop on Comparing the Advantage of Using a Program of Corrective Exercises or Yoga Exercises in the Process of Medical Rehabilitation in Sports Injury to Return to the Stadiums Held on 10th May, 2022 Organised by Al Qadisiya University Iraq.
72. Participated as Keynote Speaker in International One Day Symposium on Post Effects of COVID-19 on Healthy Activities (Sports) of Youth Held on 1st June, 2022 Organised by Government College University Faisalabad.
73. Attended International Media Conference on Balancing the Expression: Exploring Antagonism in World Media Ecosystem (IMC 2022) Held on 8-9 June, 2022 Organised by the Department of Communication & Media Research, University of Punjab.
74. Attended Online International Workshop on Publishing Impactful Research Held on 10th June, 2022 Organised by Association for Information Science & Technology.
75. Participated as Invited Keynote Speaker in Online International Conference on Yoga, Nutrition and Health Held on 21st June, 2022 Organised by Manav Rachna International Institute of Research and Studies, Faculty of Allied Health Sciences, Department of Nutrition and Dietetics, India, in Collaboration with Iraq Ministry of Higher Education and Scientific Research, Iraq.
76. Attended International Symposium on Camel as an Amazing Species Held on 22nd June, 2022 Organised by Virtual University of Pakistan.
77. Attended International Conference on Significance of the Belt & Road Initiative in Regional Connectivity Held on 6-8 July, 2022 Organised by Regional Integration Centre, University of the Punjab, Lahore & Embassy of the People's Republic of China to Pakistan.
78. Attended Post Graduate Student's Conference on Transforming Higher Education: Theory to Skill Held on 11th August, 2022 Organised by Institute of Educational Research (IER), University of Punjab.
79. Attended Webinar of IEEE Xplore Training Series on IEEE Xplore Digital Library on 31st August, 2022 Organised by the Institute of Electrical and Electronics Engineers (IEEE).
80. Attended National Seminar on Food Safety: Our National Responsibility Held on 7th September, 2022 Organised by Department of Food Sciences, University of Punjab.
81. Attended the Seminar on Mapping Archaeological Heritage in South Asia (MAHSA) Held on 8th September, 2022 Organised by the Department of Archaeology, GIS and Climate Research Lab (RSGCRL), Center for Remote Sensing, University of Punjab.
82. Attended the Workshop on Integrated Solid Waste Management Through EASEWASTE, A life Cycle Assessment Model Held on 19th September, 2022 Organised by GIS and Climate Research Lab (RSGCRL), Center for Remote Sensing, University of Punjab.
83. Attended 1st International Conference on Sports Tourism (Sports for sustainable Tourism) Held on 23-25 September, 2022 Organised by Karakoram International University, Gilgit-Baltistan, Pakistan.
84. Attended Webinar of IEEE Xplore Training Series on From Research to Publication: An overview on IEEE Publication Process on 14th September, 2022 Organised by Institute of Electrical and Electronics Engineers (IEEE).
85. Attended Webinar of IEEE Xplore Training Series on Preparing your research paper for publication: An IEEE Perspective on 12th October, 2022 Organised by Institute of Electrical and Electronics Engineers (IEEE).
86. Attended Webinar on Applied HE 2022: New Strategies on the New Norm Held on 31st May, 2022, Organised by Applied HE Xchange in Partnership with the University of Lahore.
87. Participated as National Invited Speaker and Chaired the Session at the 1st International Conference on Sports, Exercise & Health Sciences Held on October 25-26, 2022, Organized by Gomal University, Dera Ismail Khan.

88. Attended International Conference on South Asia @ 75: Past, Present and Future Held on 26-28 October, 2022, Organised by the Department of History & Pakistan Studies, University of Punjab.
89. Attended 5th International Conference on World Religions (ICWR-22) Held on 29-30 October, 2022, Organised by the School of Religion & Philosophy, Minhaj University Lahore.
90. Attended Webinar of IEEE Xplore Training Series on IEEE Xplore Digital Library on 23rd November, 2022 Organised by the Institute of Electrical and Electronics Engineers (IEEE).
91. Attended International Conference on Trauma Resilience & Growth: Navigating the Road to Psychosocial Rehabilitation Held on 24 November, 2022, Organised by Center for Clinical Psychology, Punjab University Lahore.
92. Delivered Online Lecture as Resource Person in the Seminar on the Topic of **Physiological consideration towards sports performance** on 4th April 2023 Organised by the Isra Institute of Rehabilitation Sciences (IIRS) ISRA University, Islamabad Campus.



OFFICIAL DUTIES

- ❖ Evaluated a Lot of MSc, Mphil, PhD Thesis as an External Examiner
- ❖ Serving as Paper Setter And Examiner for MSc Sport Sciences And Physical Education at the University of Punjab for the Last Twelve Years
- ❖ Serving as Paper Setter And Examiner for B.A Health And Physical Education at the University Of Punjab for the Last 12 Years
- ❖ Served as Paper Setter and Examiner for MSc Sport Sciences and Physical Education at the University of Sargodha.
- ❖ Served as Paper Setter and Examiner for MSc Sport Sciences and Physical Education at the Islamia University of Bahawalpur.
- ❖ Serving as President of the Punjab Powerlifting Association from 2017 to Date.
- ❖ Served as General Secretary of the Punjab Powerlifting Association from 2010 to 2016.
- ❖ Chief Referee of Referees Panel since 2003 in Pakistan Powerlifting Federation.
- ❖ Manager HEC Athletics Team of Men in 2nd National Junior Athletics (Men & Women) Championship – 28-29 October 2017 –Islamabad
- ❖ Delivered Lecture as Resource Person on" Nutritional Needs of an Athlete" in 2nd Coaching Course for Emerging Athletes 2020Organised by Punjab Athletic Academy of PakistanWith Collaboration of Divisional & District Sports Office Lahore on 24th October, 2020, at Punjab Stadium, Nishter Sports Complex, Lahore.
- ❖ Delivered Lectures as Resource Person on" Strength and Conditioning" for Training Programme for Newly Recruited Coaches Organized by Sports Board Punjab On September 17-20, 2017 in Lahore.
- ❖ Delivered Lectures as Resource Person on" Energy Needs for Special Children" and" Leadership Role in Special Children" at 5 Days Training Workshop for Teachers of Disabled Children Held on May 11-15, 2015 at Lahore.
- ❖ Delivered Lectures as Resource Person on Role of Nutrition At" PSB Annual Conference on Sports and Physical Education-2014" Held on June 20-21, 2014 in Islamabad.
- ❖ Attended Meeting as Member National Curriculum Committee in Health and Physical Education Held on May 07-09, 2014 at HEC Regional Center Peshawar.

- ❖ Delivered Lectures as a Resource Person on the Introduction of Physical Education and Health & Hygiene at the " Punjab Staff Development Course" in Lahore Organized by the Punjab Staff Development Board Held on April 21-23, 2014.
- ❖ Attended an International Seminar on " Political Development and Violent Conflicts" Held on 9th April, 2014 at the Institute of Social & Cultural Studies, University of Punjab.
- ❖ Organised, Conducted and Delivered Lectures as Resource persons in a Workshop on " NTS Test Preparation for Educators" in the Department of Sport Sciences and Physical Education, the University of Punjab on 21-12-2013.
- ❖ Served as Tournament Director (Bodybuilding) at Punjab Youth Festival in Oct 2012.
- ❖ Delivered Lecture as Resource Person at " Punjab Staff Development Course" in Lahore Organized by Punjab Staff Development Board on 8th September 2012 on Health, Hygiene and Dengue.
- ❖ Served as an Official At Punjab International Youth Festival in Nov 2012.
- ❖ Organised and Officiated National Powerlifting Championship 2009 as Competition Director.
- ❖ Managed and Conducted " Handball at School Course 2012", an International Course on Handball with Collaboration of the Pakistan Handball Federation in Deptt. of Sport Sciences & Physical Education from 08-11-2012 To 10-11-2012.
- ❖ Managed and Conducted a Workshop on " Awareness of Small Area Games" as A Course Coordinator And Resource Person on the 3rd & 4th of June 2011.
- ❖ Delivered Lectures as Resource Person at the " Punjab Staff Development Course" in Lahore, Organized By Punjab Staff Development Board from 22nd December 2010- 17th January 2011 on Nutrition And General Fitness.
- ❖ Delivered Lectures as Resource persons at the " 6 Days Professional Development Course" in Khanuspur Organized By Higher Education Commission from 2nd - 7th August 2010.
- ❖ Delivered Lectures as Resource persons at " Talent Identification, Organizing an Event and Developing Coaches Course 2010" In Mehran University Jamshoro, Organized by Higher Education Commission from 28th June to 2nd July 2010.
- ❖ Elected Member of Punjab Weightlifting Association from 26th July, 2010 to Date.
- ❖ Delivered Lectures as Resource Person on " Co-Ordination Exercises for Special Children" in Teachers Training Center for Special Education Rewas Garden, Lahore, in May 2010.
- ❖ Managed and Conducted Two Days Level One Weight Training Course as a Course Director and Resource Person on 18th & 19th July 2009 Organised by HEC.
- ❖ Managed and Conducted Two Days of Level One Weight Training Course as a Course Director and Resource Person on 21st & 22nd July 2009 Organised by HEC.
- ❖ Served as Technical Official in Punjab University Interdepartmental Athletics Championship 2009-2010.
- ❖ Served as Technical Official in Punjab University Interdepartmental Athletics Championship 2008-2009.
- ❖ Served as Technical Official at Inter Universities Athletics Championship 2008-2009.
- ❖ Managed and Conducted Bodybuilding Coaching Course Level One as a Course Coordinator and Resource Person from 31st May 2008, to 1st June 2008.
- ❖ Managed and Conducted a Technical Official Course of Bodybuilding as a Course Coordinator and Resource Person on 21st June 2008.
- ❖ Managed and Conducted Bodybuilding Coaching Course Level Two as a Course Coordinator and Resource Person from 4th August 2008 to 13th August 2008.

Prof. Dr. Muhammad Zafar Iqbal Butt

- ❖ Served as Technical Official at Punjab University Interdepartmental Athletics Championship 2007-2008.
- ❖ Served as Technical Official in Inter Universities Athletics Championship 2007-2008.
- ❖ Served as Technical Official in Intercollegiate Athletics Championship 2007-2008.
- ❖ Served as Technical Official in Lahore Marathon International 2007.
- ❖ Served as Technical Official in Swimming Gala Held in UCL 2006-2007.
- ❖ Organised Annual Sports Day of Bloomfield Hall Model Town Branch in 2006-2007.
- ❖ Served as Fitness Trainer for U-15 Boys Cricket Team Camp(Lahore Region 2006-2007).
- ❖ Served as Technical Official in Intercollegiate Athletics Championship 2006-2007
- ❖ Served as Technical Official in Lahore Marathon International 2006.
- ❖ Served as Technical Official in Punjab University Interdepartmental Athletics Championship 2005-2006.
- ❖ Served as Technical Official in Intercollegiate Athletics Championship 2004-2005.
- ❖ Served as Technical Official in Punjab University Interdepartmental Athletics Championship 2004-2005.
- ❖ General Secretary Punjab Powerlifting Association (PPLA) (2010-2016)
- ❖ President Punjab Powerlifting Association (PPLA) since 2017
- ❖ President of Pakistan Council of Sports Science (P-COSS) Lahore Chapter since August 2019.
- ❖ President of Pakistan Council of Sports Science (P-COSS) Punjab Chapter since September 2019.
- ❖ General Secretary of Pakistan Council of Sports Science (P-COSS) since October 2019.
- ❖ President Pakistan Powerlifting Federation (PPLF) since July 2022