

# Dr. MUHAMMAD SAJJAD ALI GILL

[sajjad.sspe@pu.Edu.pk](mailto:sajjad.sspe@pu.Edu.pk), [drsajjadligill@gmail.com](mailto:drsajjadligill@gmail.com)

House # 34, Street # 30, Abdul Karim Road, Qilla Gujar Singh, Lahore. Pakistan  
Office Phone 92 42 99231746 Mobile # 92-0321-4443002, 92-0300-4443002,

## EDUCATION

- **M.Phil. (3.82) leading to Ph.D. (3.88) Punjab University**
- **MSC Sports Sciences (Gold Medalist, CGPA 3.72) THE UNIVERSITY OF PUNJAB**
- **MS Computer Science, (University of Central Punjab) Marks 72.4 %, Lahore 2000-03**
- **BSc.(Govt College University (GCU) Lahore) Marks 69.8%, Lahore 1997-99**

## PROFESSIONAL ACHIEVEMENT IN SPORTS

- Physical Trainer of Pakistan National Cricket Teams (2007, WARID Series)
- Physical Trainer of Pakistan U-19s World Cup Squad (2008)
- Physical Trainer of National Cricket Academy (2005-2010)
- Physical Trainer of Pakistan U-19s (2006 to 2010)
- Roll of Honor (Govt. College University, 2001)
- University Blue (Punjab University 2001-2002)
- Physical Trainers course Head (Lahore & Multan, 2009-2010)
- Certified Level 1 & Level 2 trainer's course (Pakistan Cricket Board)
- Working as a resource person of the Punjab University's Sports Management

## Teaching Experience

- Working on different Sports injuries, rehabilitation methods and recovery
- More than 25 research publications in different National & International Journals with and without impact factors
- Received "BEST RESEARCHER AWARD" by **International Conference for Awards Winners on Engineering, Science and Medicine** 12-Nov-2021 | Chennai, India (2021).

## Research Supervision

**MSc Thesis Supervised (Total = 90)**

S.No.	Thesis Title
1	The phenomena of injury fear in contact sports
2	Interest of Athlete in Football at school and college level in Lahore
3	Stress management during Volleyball Competition in females at University level
4	Effects of family pressure and anxiety on Athletes at 12-16 years age Swimmers

5	The Role of sports in controlling depression in society
6	The awareness of preventing cardiovascular disease among Punjab University teachers regarding exercise
7	Effectiveness of Social Media and decline of sports in Pakistan
8	Effects of sports failure on player's performance after competitions
9	Impact of violence in sports at college level
10	Perception of youth(female) participation in Rugby at University level
11	Players perception of factors that causes Aggression in sports
12	Effects of trait anxiety on the performance of athletes
13	Decline of Men's Field Hockey in Pakistan
14	Perception of university students for promotion of hockey through media at university level.
15	Effects of isometric Exercises on ankle sprain injury of Cricket.
16	Perception of people about rehabilitation through Physical training of ankle sprain injury at grass root level (12 to 16 years)
17	Ankle Sprain causes, symptoms & treatments of athletes in sports during competition (An Exploratory Study).
18	Perception of coaches about the rehabilitation of Lateral ankle sprain treatment through physical training at club level.
19	Rehabilitation through strength training of acute ankle sprain of amateur cricketers.
20	Rehabilitation of acute and chronic ankle sprain of male Footballers at club level through strength training
21	Rehabilitation of chronic ankle instability, injury of female athlete at University level through hydrotherapy
22	Awareness of rehabilitation among male and female (general population) at Punjab University Level: An explanatory study.
23	Effects of isokinetic exercises on ankle sprain injury of Crickets.
24	Rehabilitation of ankle sprain injury in general population through strength training.
25	Perception of hockey players about the importance of rehabilitation of shooting at club level
26	Perception of Modern and classic rehabilitation techniques of ankle sprain at university level
27	Rehabilitation of ATFL (anterior tibiofibular ligament,) of male foot bowlers' athlete at Professional level
28	Rehabilitation of acute and chronic ankle sprain injury of (Marshall Arts) players through strength training.
29	Ankle Sprain causes, symptoms and treatments of athletes in sports during competition (An Exploratory Study).
30	Perception of coaches about the rehabilitation of Lateral ankle sprain treatment through physical training at club level.
31	Rehabilitation through strength training of acute ankle sprain of amateur cricketers.
32	Rehabilitation of acute and chronic ankle sprain of male Footballers at club level through strength training
33	Perception of female coaches (Sports) about physical education.
34	Strategies adopted by basketball clubs in team organization
35	Awareness and practices of emotional labor among university athletes.
36	The socialization of blind athletes in sports.
37	Causes, symptoms and treatments of injuries in Table Tennis (An exploratory research)
38	Perception of Players about influence of coaches on the performance of badminton players.
39	The role of social media in optimizing learning of physical education students at collage

40	Perception of coaches about downfall of Bodybuilding in Pakistan.
41	Student's perception about new coaching techniques utilized at grass root level.
42	Performance of athletes and family background: a study on the performance of athlete tracing their background and how it affects their performance.
43	An investigation into fitness level of badminton players of Pakistan.
44	Effect of mental imagery techniques on the performance of taekwondo players of Pakistan.
45	A competitive study of VO2 max among the Wrestling, judo and jujitsu male Players.
46	Effects of team cohesion on the performance of cricket players
47	Influence of self-efficacy on cricket umpiring
49	Qualitative analysis of sports as a social development tool
49	Sports is a better tool to enhance confidence among students
50	Awareness of female athletes about wellness in sports in different universities
51	Effects of self-catharsis on handball player's performance
52	Effects of de-individualization on team sports
53	Effects of ethical value of coaches for player's performance at university level
54	Role of institute for player's development in professional sports
55	Perception of female players about doping in the Punjab University
56	Optimistic and pessimistic approach of coaches in player's performance
57	Evaluate the relationship between obesity and sports
58	The Institution played a major role in character building: An exploratory study
60	The causes and results on Anxiety: An explanatory study
61	How goal setting enhances the concentration of mind in competition
62	Safety in sports: An exploratory Study
63	A comparative study between elite and non elite athlete performance in studies
64	Development of self-confidence through Goal Setting
65	Does sport play a role in character building of an athlete?
66	Effects of exercise in developing mental toughness in General Public.
67	Problems facing by women athletes about ideology of sports & Islam In Pakistan.
68	Impact of cricket on social media and how-to people would react to social platform at domestic and national level.
69	Development of a plan for implementation of inclusive sports for students with special needs at school level.
70	Effects of lack of sleep on behavior of female athlete performance.
71	Effects of state anxiety on performance of basketball players.
72	Player's perception about the effects of media publicity on the psychological condition of athletes.
73	Effects of anxiety on sports performance among athletic players.
74	Safety in Cricket (An exploratory study).
75	The effect of the physical education and sport on the self-concept of the children's with mild mental disabilities.

76	Kinematic analysis of front foot drive in (V-Position) of cricket player.
77	A study on Psychological barriers of female athletes on participation In international competitions.
78	Comparison of stress management on female & non female sports persons.
79	Perception of athletes about more mental pressure and enhancement in aggression during Covid-19 lock down.
80	The Effects of the Covid-19 lock down on a soccer player performance
81	The Effects of the Covid-19 lock down on a swimming athlete's practice and their performance
82	Obesity the result of imbalance nutrition or lack of physical activity during Covid-19
83	Sports problems of hearing-impaired children during Covid-19
84	Perception of coaches about impact of Covid-19 on sports events and high-performance athletes.
85	A Curse faced by Punjab University Female Athletes during year 2019 and 2020. An Exploratory Study
86	The effectiveness of Covid-19 lockdown on athletes and non- athletes' performance
87	Effects of teaching abilities in school, Colleges and Universities during covid-19
88	Problems Facing by Women Athletes About ideology of Sports & Islam in Pakistan during Covid-19.
89	The Effects of the Covid-19 Pandemic on Sport: Mental Health Implications on Athletes, Coaches and Support Staff.
90	A comparative study of perception of people about teaching methodology in rural area and urban area during Covid -19.

### BS Thesis Supervised (Continue'd)

total = 100

Sr. No.	Thesis Title
1	Problem faces by female athletes due to their cultural Background.
2	Effects of teacher behavior on self-confidence of physical education students.
3	Factors affecting players while playing away on the grounds.
4	The relationship between body image and obligatory exercise behavior among physically achieve women of various ages.
5	Personality difference between athletic and non-athletic population in Punjab University.
6	Personality difference between athletes and non-athlete population of Punjab University.
7	Factors affecting the players while playing at home and away ground.
8	Effects of teacher's behavior on self-confidence of physical education students.
9	The relationship between body image and obligatory exercise behavior among physically active women of various ages
10	Problems faced by university female athletes due to their cultural background.
11	Impact of violence in cricket on performance of cricketers
12	Impact of flexibility exercises on the performance of wicketkeeper
13	Problem faced by U-16 cricket players at club level
14	Impact of Captain Qualities on team sports management
15	Comparative study between fast and spin bowler injuries

16	Impact of social problems facing by female athletes at competitive level?
17	Stress management in table tennis Competition in females at University Level
18	Strategies Adopted by Coaches to manage the team Cohesion at University Level?
19	Comparison of Motivational factors between Sports and leisure activity.
20	Awareness of rehabilitation among male athletes at university level.
21	Perception of physical education students about talent Supervision at university level.
22	Psychological effects of Caffeine on players' performance
23	Interest of cricket participation at school and college level in backward areas
24	Comparative study of male and female athlete about effect of stretching exercises for flexibility
25	Effect of stretching exercises for flexibility of female athlete at Punjab university level
26	Effect of stretching exercises for flexibility of male athlete at Punjab university level
27	Relationship between physical activity and sports of daily life among university students
28	Influences of obesity and non-sports activity on athlete at Punjab university level
29	Hurdles and difficulties faced by young cricketers at club level
30	How motivational factors influence between indoor and outdoor games at university level
31	Perception of female students about pressure handling in Sports competition
32	Effect of Goal Setting strategies on performance of karate players at University level
33	Barriers and difficulties faced by the backward players going to compete in international competition: An Exploratory Study
34	Effects on anxiety on gymnastic players' performance before and during competition
35	Perception of Taekwondo players about Core-Stability training on performance
36	Perception of physical education teachers about children health and absentees.
37	Comparative study of male and female athlete about effect of stretching exercises for flexibility
38	Effect of stretching exercises for flexibility of female athlete at Punjab university level
39	Effect of stretching exercises for flexibility of male athlete at Punjab university level
40	Relationship between physical activity and sports of daily life among university students
41	Influences of obesity and non-sports activity on athlete at Punjab university level
42	Hurdles and difficulties faced by young cricketers at club level
43	How motivational factors influence between indoor and outdoor games at university level
44	Perception of female students about pressure handling in Sports competition
45	Effect of Goal Setting strategies on performance of karate players at University level
46	Barriers and difficulties faced by the backward players going to compete in international competition: An Exploratory Study
47	Effects on anxiety on gymnastic players' performance before and during competition
48	Perception of Taekwondo players about Core-Stability training on performance
49	Perception of Physical education teachers about Effect of absentees on children's health
50	Comparative study of male and female athlete about effect of stretching exercises on flexibility

51	Effect of stretching exercises for flexibility of female athlete at Punjab university level
52	Effect of stretching exercises for flexibility of male athlete at Punjab university level
53	Relationship between physical activity and sports of daily life among university students
54	Influences of obesity and non-sports activity on athlete at Punjab university level
55	Hurdles and difficulties faced by young cricketers at club level
56	How motivational factors influence between indoor and outdoor games at university level
57	Perception of female students about pressure handling in Sports competition
58	Effect of Goal Setting strategies on performance of karate players at University level
59	Barriers and difficulties faced by the backward players going to compete in international competition: An Exploratory Study
60	Effects on anxiety on gymnastic players' performance before and during competition
61	Perception of Taekwondo players about Core-Stability training on performance
62	Perception of Physical education teachers about Effect of absentees on children health
63	The effects of transformation of coaching ethics of Basketball player by a coach
64	Effects of Visual Exercises on improving the Skill (serve) performance levels for junior volleyball male players
65	Effects of External Motivational Climate on fear of failure and anxiety in university level field hockey players
66	Effects of sports on academic performance of students
67	Perception of sports professionals about utilization of anabolic steroids in powerlifting of University athletes
68	Prevalence, Knowledge and attitude towards using supplements among university athletes
69	Role of media in popularizing game of cricket at university level
70	Comparative Analysis of physical fitness between Hockey players of District Bannu and District Peshawar Teams of Khyber Pakhtunkhwa
71	The Coaching behavior of basketball players of different universities and colleges of Punjab
72	Types of injury in male contact sports in university level athletes /players
73	Problems regarding to fitness in Basketball Players
74	Lack of fitness center for aged people
75	Is Obesity “The Result of Wrong Nutrition or Lack of Activity”.
76	Relation between sports participation and academic achievement in Baseball players.
77	What effective steps and strategies can be implemented to avoid injuries in different types of sports?
78	Effects and rehabilitation of 100m and 200m and 400m athlete injuries and their exploratory studies...
79	Investigate perception of students about effect of physical activity on mental health.
80	Effects of Violence in rugby at university level
81	What is the Impact of cohesion on handball players
82	Problems faced by young cricket players at university level
83	Measuring the effect of injury in long jump
84	Interest of athletes in volleyball at grass root level

85	Effects of state anxiety on boxing player
86	Rehabilitation of Rotator Cuff Injury in Sports
87	Awareness of Rehabilitation among female coaches and Athletes
88	Effect of Fitness training on the fast bowler's Run Up
89	Social Problems faced by females in Sports)
90	Stress management during the Covid 19 among university athletes)
91	Importance of Physical activity for school level kids
92	Parents perception about participation of female athletes in Punjab during Covid -19
93	Perception Impact of Strength training on Baseball player at University Level.
94	Mental toughness in female athletes at university level
95	Factors affecting the academic performance of female athletes at University
96	Factors affecting the academic performance of female athletes at University
97	Problems faced by players at University level
98	Role of media in highlighting sports activities at university level
99	Perception of athletes about sports barriers faced by University athletes during Covid-19
100	Rehabilitation of Rotator Cuff Injury in Cricket

**External Examiner for MSc Thesis Total = 20**

S.No	Topic	P.U University
1	Socialization Process in Sports	Punjab University
2	Behavior intervention for Stress Management in Sports	Punjab University
3	Role of nutrition to enhance the sports performance at university Level	Punjab University
4	Effects of concentration on sports performance at university Player	Punjab University
5	Effects on mental toughness on sports performance	Punjab University
6	Examination of eating disorder in female athletes through psychological and Physiological Parameter at University Level	Punjab University
7	Effects of Self-Efficacy on intuition environment and Academic performance	Punjab University
<b>OTHER UNIVERSITIES</b>		
8	Effects of weight training on smashing skill of Volleyball Players at college level.	GC University
9	The impact of dynamic stretching on Vertical Jump to develop smash skills among Volleyball player	GC University
10	Assessment of sports Nutrition awareness in Fitness Centers of Lahore	GC University
11	Biography on the National and International Disables Athletes: A Case Study of few Disable Athletes living in District Bannu KPK	GC University
12	Impact of parks in Lahore on Physical Activity among senior citizens	GC University
13	Impact of Strength training on long jump Athletes performance	GC University
14	Role of physical activity in preventing Obesity	GC University
15	Influence of strength training on 100 m Sprint performance	GC University
16	Impact on daily exercise on skeletal muscles Atrophy	GC University
17	Physical activity and sedentary behavior of teaching faculty of Govt College University Lahore.	GC University
18	A case study of sports injuries sustained by kinder garden students	GC University

19	Balance Impairment among obese adults	GC University
20	Arsalan Abid GCU Lahore Field hockey players: 4 week maximum strength Meso cycle	GC University

### LIST OF PUBLICATIONS (Research Articles & Abstract)

- ✓ AKHTER, S., RAUF, S., AKHTER, B., GHIAS, M., PARVEEN, N., IBRAR, I., and ALI, Q. (2021). VARIABILITY ASSESSED IN RED ROT RESISTANT SOMACLONES OF SUGARCANE GENOTYPE S97US297 IN R1 AND R2 GENERATIONS. *PLANT CELL BIOTECHNOLOGY AND MOLECULAR BIOLOGY: 22(59 & 60)* 17-29. **(HEC Recognized Journal, Y)**
- ✓ AKHTER, S., RAUF, S., AKHTER, B., GHIAS, M., PARVEEN, N., IBRAR, I., and ALI, S. A. G. Q. (2021). MICROSATELLITE (SSR) MARKERS A TOOL; FOR GENETIC DIVERSITY ASSESSMENT AMONG SUGARCANE ACCESSIONS. *PLANT CELL BIOTECHNOLOGY AND MOLECULAR BIOLOGY: 22(59 & 60)*1-7.**(HEC Recognized Journal, Y)**
- ✓ Gill, S. A., Akhtar, T., Rafique, T, M., Naseer, A., Javed, S., and Shahid, H. (2021). Rehabilitation of Acute and Chronic Ankle Sprain of Male Cricketers Through Headway (Isometric, Isotonic and Proprioception). Exercise. *Journal of the Research Society of Pakistan Vol. No, 33(39B):*250-264. **(HEC Recognized Journal, Y)**
- ✓ Sherwani, R. A. K., Aslam, M., Gill, S. A. Frooq, M., Saeed, S., and Shahid, H., (2021). Knowledge Attitude and Practices in Community Health Programs by the Pharmacists in Lahore, Pakistan, *Journal of Pharmaceutical Research International,33(35A):*145-151. **(HEC Recognized Journal, Y)**
- ✓ Javed, S., Naseer, A., Gill, S. A., Ayub, F., ud Din, B. M., Sonfada, U. I., and Javed, W. (2021). Perceptions of Athletes about Usage of Painkiller Medications for Fatigue Slackening during Sport Trainings. *Journal of Pharmaceutical Research International, 33(31A):*141-145. **(HEC Recognized Journal, Y)**
- ✓ Saeed, N., Gill, S. A., and Sherwani, R. A. K., (2021) A confirmatory Factor Analysis about the System of Dowry in Pakistan, *Journal of the Research Society of Pakistan Vol. No, 56(2):*25-32. **(HEC Recognized Journal, Y)**
- ✓ Sherwani, R. A. K., Gill, S. A., Abbas, S., Saeed, S., and Shahid, H., (2021). Hospital Characteristics and the Patient Satisfaction in Lahore, Pakistan, *Journal of Pharmaceutical Research International,33(20B):*64-69. **(HEC Recognized Journal, Y)**
- ✓ Sherwani, R. A. K., Gill, S. A., Younas, S., Saeed, S., Saeed, N., and Shahid, H., (2021). Risk Factors and Quality of Life of Lung Cancer Survivors in Lahore, Pakistan, *Journal of Pharmaceutical Research International,33(18):*68-71. **(HEC Recognized Journal, Y)**
- ✓ Sherwani, R. A. K., Gill, S. A., M., Saeed, N., Saeed, S., Habib, A., and Shahid, H., (2021). Functional Limitations of Hyper and Hypothyroid Patients in INMOL Hospital Lahore, Pakistan *Journal of Pharmaceutical Research International, 33(18):*84-92. **(HEC Recognized Journal, Y)**
- ✓ Almas, M., Tahir, U., Zameer, M., Shafiq, M. I., Farrukh, S. Y., Zahra, N., Mazhar, M., Gill, S. A., Hadi, F., Muhammad, T., Ali, Q., and Malik, A., (2021). Detection of INVA Gene and Cytotoxin of Salmonella enteritidis in Food Samples Using Molecular Methods, *Journal of Pharmaceutical Research International,33(12):* 20-28. **(HEC Recognized Journal, Y)**
- ✓ Iqra, L., Prem, A., Sana, K., Afzal, K., Saher, M., Akhtar, T., Anjum, H. S., Rasool, M. G., Khalil, R., Hameed, S., and Gill, S. A., (2021). Effect of Salt On Different Morphological Traits In Wheat Varieties, *Plant Cell Biotechnology and Molecular Biology, 22(17 & 18):* 25-32. **(HEC Recognized Journal, Y)**
- ✓ Anwer, S., Zeeshan, A., Gill, S. A., Raza, A. S., and Naqvi, H. A., (2021). Impact of Corporal Punishment on Students' Academic Performance at Elementary Schools level, *Psychology And Education, 58(3):*1846-1852. **(HEC Recognized Journal, Y)**



- ✓ Gill, S., Zeeshan, A., Gill, S. A., Raza, A. S., and Naqvi, H. A., (2021). Relationship between Elementary School Teachers' Emotional Intelligence and Job Satisfaction, *Psychology And Education*,**58(2)**:10117-10123. **(HEC Recognized Journal, Y)**
- ✓ Khan, A., Gill, S. A., and Asghar, Ijaz., (2021). Perception of Physical Education Students regarding Online Physical Education Classes and Its Influence on Academic Performance, *International Review of Social Sciences*, **9(3)**: 327-335. **(HEC Recognized Journal, Y)**
- ✓ Sherwani, R. A. K., Gill, S. A., Raza, A. S., Abbas, S., Farooq, M., Saeed, S., and Shahid, H., (2021). One Factor SEM and Multilevel SEM Model for Patient Satisfaction Data, *Journal of Pharmaceutical Research International*,**33(17)**:39-49. **(HEC Recognized Journal, Y)**
- ✓ Abbas, K., Gill, S. A., Sherwani, R. A. K., Qazi, T., Feroz, N., Adil, R., And Shahid, H., (2021). Prevalence of Obesity and Trends of Body Mass Index in Azad Jammu and Kashmir, *Journal of Pharmaceutical Research International*,**33(15)**: 69-82. **(HEC Recognized Journal, Y)**
- ✓ Rashid, K., Gill, S. A., and Rashid, G. M. A., (2021). A Follow up Study for Inclusion of Students with Visual Impairment in Regular Schools of the Punjab, *International Review of Social Sciences*, **9(3)**: 327-335. **(HEC Recognized Journal, Y)** **Cited 200**
- ✓ Gill, S. A., Noor, S., Naseer, A., Javed, S., Rajab, S., Ayoob, F., and Ali, Q. (2021). Effect of Stretching Exercises Plus Caflam on Flexibility of Female Athletes. *Journal of Pharmaceutical Research International*, **33(15)** 9-15.**(HEC Recognized Journal, Y)** **Cited 300**
- ✓ Gill, S. A., Shahbaz, K., and Nazeer, M. T. (2020). Psychological effects of caffeine on players performance. *The Sky*, **4(1)**:183-192. **(HEC Recognized Journal, Y)** **Cited 50**
- ✓ Hassan, H. A., Mahmood, S. A., Batool, S., Amer, A., Khurshid, M., Yaqub, H., and Gill, S. A., (2020). Generation of Digital Surface Model (DSM) USING UAV/ QUADCOPTER, *International Journal of Innovations in Science & Technology*,**2(3)**:89-107. **(HEC Recognized Journal, Y)**
- ✓ Amen, H., Mahmood, S. A., Batool, S., Amer, A., Khurshid, M., Sadiq, S., and Gill, S. A., (2020). River Profile Modeling Through Surface Deformation Using RS/GIS, A Case Study Swat River, *International Journal of Innovations in Science & Technology*,**2(3)**:75-88. **(HEC Recognized Journal, Y)**
- ✓ Raza, A. S., Naqvi, H. A., and Gill, S. A., (2020). An Investigation of the Corporate TQM Practices and Corresponding Results in Pakistani Perspective: Implications for Business Education, *Bulletin of Education and Research*, **22(3)**:51-77. **(HEC Recognized Journal, Y)**
- ✓ Tallet, S., Gill, S. A., and Arshad, Zain., (2018). Comparative Study of Male and Female Athletes about Effect of Stretching Exercises on Flexibility, *Pakistan Social Science Review*,**2(2)**:312-319. **(HEC Recognized Journal, Y)**
- ✓ Gill, S. A., Noor, S., and Eqra, A., (2019). Effect of Stretching Exercises on Flexibility of Male Athletes of Punjab University. *Pakistan Social Science Review*, **3(1)**:627-632. **(HEC Recognized Journal, Y)**
- ✓ Gill, S. A., Akhtar, T., Nazeer, T., and Shahid, H. (2019). Rehabilitation of Acute and Chronic Ankle Sprain of Male Cricketers Through Aqua Exercise. *Journal of the Research Society of Pakistan Vol. No*, **56(2)**:387-400. **(HEC Recognized Journal, X)** **Cited 100**
- ✓ Nazeer, M. T., Ilyas, M., Butt, Z. I., Gill, S. A., Shoaib, Y., Rabia, M. F., and Jabbar, A. IMPACT OF FITNESS AWARENESS ON PHYSICAL FITNESS AND EXERCISE ACTIVITIES OF VISITORS IN PUBLIC PARKS (Science International) **(HEC Recognized Journal, Y)** **Cited 2500**
- ✓ Effect of self-efficacy in the performance of football referee in Pakistan (The Spark Journal)
- ✓ Rehabilitation of acute and chronic ankle sprain through physical training (Abstract, The Spark)

## OFFICIAL DUTIES

- ✓ Serving as paper setter and examiner for MSc sport sciences and physical education at university of the Punjab for the last nine years.
- ✓ Serving as an examiner of B.A. Health and physical education at University of the Punjab for last eight years.
- ✓ Served as an official at Punjab International Youth Festival Nov 2012
- ✓ Attend the “Handball at School Course 2012”, at Department of Sport Sciences & Physical Education on 8-11-2012 to 10-11-2012.

**Conference / Seminars / Workshops at National/International Level**

Sr. No.	Title of Seminar/ Conference /workshop	Title of Paper	Place of Workshop/Seminar	Year
	National conference of interfaith Harmony, Peace Building & Human rights 14 October <b>(Participation)</b>	.....	Lahore, Pakistan	2021
	<b>3<sup>rd</sup> Euro-Pak Conference of Sports &amp; Physical Education 8-10 Oct, 2021</b>	<b>Online (Participation)</b>	Islamabad, Pakistan	2021
	<b>3<sup>rd</sup> Euro-Pak Conference of Sports &amp; Physical Education 8-10 Oct, 2021(Participation)</b>	<b>Kinematic analysis of Handball wing player of target shooting</b>	Islamabad, Pakistan	2021
	<b>Elimination Violence Against Women &amp; Children, Human Trafficking and Child Abuse August 21-24 International Initiative Organization for Human Rights (IIOHR)</b>	-----	-----	2021
	<b>Virtual International Conference June 15-16 Emerging trends in the Arts and Humanities</b>	-----	-----	2021
	3 <sup>rd</sup> Conference of Physiotherapy Aug 14-15, 2019 <b>Selected as Speaker (Permanent Organizer Committee member)</b>	Rehabilitation of acute & chronic ankle sprain of male cricketers through Hydro exercises.	Atlanta, USA	2020
	1 <sup>st</sup> International Conference on Physical Activity, Sports & Recreation (ICPASR)	Temporal analysis of Handball wing players at target shooting	Faisalabad, Pakistan	2019

	17-18 Dec, 2019			
	1 <sup>st</sup> International Conference on Physical Activity, Sports & Recreation (ICPASR) 17-18 Dec, 2019 <b>Keynote Speaker</b>	Awareness of Rehabilitation among Male Athletes at university level	Faisalabad, Pakistan	2019
	1 <sup>st</sup> International Conference on Physical Activity, Sports & Recreation (ICPASR) 17-18 Dec, 2019 <b>Keynote Speaker</b>	Psychological effects of Caffeine on player's performance	Faisalabad, Pakistan	2019
	2 <sup>nd</sup> Euro-Pak Conference of Sports & Physical Education 11-13 Oct, 2019	Leadership development through sports	Islamabad, Pakistan	2019
	2 <sup>nd</sup> Euro-Pak Conference of Sports & Physical Education 11-13 Oct, 2019	Relationship between average velocity, height, angle of release and body segment angles to the deviation of ball in Leg spin Bawling at grass root level cricket	Islamabad, Pakistan	2019
	2 <sup>nd</sup> Conference of Physiotherapy Aug 15-16, 2019 as a <b>Keynote Speaker</b>	Rehabilitation of ankle sprain (Anterior Tibio-Fibular Ligament (ATFL)) of male cricketers through physical training.	Prague, Czech Republic	2019
	In 1 <sup>st</sup> Euro-Pak Conference of Sports & Physical Education <b>Keynote Speaker</b>	Rehabilitation of acute and chronic Ankle Sprain for cricketers through physical training.	Islamabad, Pakistan	2017
	1 <sup>st</sup> Euro-Pak International Conference of Sports Sciences & Physical Education <b>Keynote Speaker</b>	Effect of self-efficacy in the performance of football referee in Pakistan	Islamabad, Pakistan	2017
	3rd International Conference 6 to 8 December	Assessing Quality in Higher Education	Lahore Pakistan	2010

	<p><b>Workshop</b></p> <ul style="list-style-type: none"> <li>• One Day Training Workshop on "Role &amp; Responsibilities of Focal Persons for Career Counseling &amp; Placement Services on 26 November 2018 Organized by Career Counseling &amp; Placement Center University of the Punjab.</li> <li>• One Day Training Workshop on "Quality Assurance in Education" Held on April 15th, 2014 at University of the Punjab.</li> </ul> <p><b>Course</b></p> <ul style="list-style-type: none"> <li>• Attending a Swimming Course on 31<sup>st</sup> July to 3rd August 2017 Organized by Punjab Sports Board.</li> <li>• Attended Badminton World Federation Time Teacher Training Course 25th June 2018 organized by Badminton World Federation at University of the Punjab.</li> </ul> <p><b>Seminar</b></p> <ul style="list-style-type: none"> <li>• Attended the seminar "World Quality Day" on 5th April 2016 Organized by University of the Punjab and Virtual University of Pakistan.</li> <li>• Attended Match Commissioner Seminar on 27 to 28 Jan, 2014 Organized by Pakistan Football Federation at FIFA house Lahore.</li> <li>• Attended "Structural Equation Modelling (SME) using AMOUS organized by ORIC University of the Punjab on April 6<sup>th</sup>, 2013.</li> </ul>
--	--

## SPORTS AND OTHER CERTIFICATIONS

- ✓ Conducting lectures in International Cricket Council courses on fitness and doping at; U-19; Pakistan Academies; Pakistan A and Coaching level 1,2 and 3.
- ✓ Level 1 Fitness trainer course head presenter at NCA; Lahore Region, Multan Region, Faisalabad Region and Sialkot as well.
- ✓ Pakistan Cricket Board Intermediate Fitness Trainer Course (got 1<sup>st</sup> position all over Pakistan).
- ✓ Pakistan Cricket Board Advance Level I Fitness Trainer Course (got 1<sup>st</sup> position all over Pakistan).
- ✓ Pakistan Cricket Board Level I Fitness Trainer Course (got 1<sup>st</sup> position all over Pakistan).
- ✓ Pakistan Cricket Board introductory course for fitness trainers
- ✓ Certification of International Fitness Association (IFA) conducted by Shapes Health Studio (got 1<sup>st</sup> position all over Pakistan).
- ✓ First Aid Course for "Handling Different Emergency Situations" at Pakistan Cricket Board.
- ✓ Workshop for Badminton officials organized by Pakistan Sports Board.
- ✓ Certification on "Awareness of Small Area Games" organized by Punjab University on 3-6-2011 & 4-6-2011.

- ✓ Participated in seminar on Dengue Vectors control at University Of Punjab, organized by Punjab Government.
- ✓ Conducting lecturers on “Dengue Virus” From GILL AYESHANA WELFARE (NGO).

## **PROFESSIONAL ACHIEVEMENTS**

- Member of disciplinary committee compiled by Vice-Chancellor by syndicate meeting (2016-Till date)
- Examination coordinator of the department of SSPE (June 2012 till date)
- Evening coordinator of the department of SSPE
- Focal person of security incharge at Sports Sciences and Physical Education (SSPE)
- Member of the departmental doctoral programmed committee (DDPC) of M.Phil. /Ph.D. at department of Sports Sciences and Physical Education.
- Member of the board of studies of Sports Sciences and Physical Education department of the Punjab University (2015-2018)
- Evening coordinator of the department of Sports Sciences and Physical Education 2015-2016 and 2018-19.
- External examiner of different universities, thesis & papers.
- Internal and external examiner of the department and other departments (MSc and BSc)
- Overall Incharge Of Admission Committee, Scholarship Jobs, Thesis & Projects
- Inservice Faculty Training Program Organized by HEC 18-10-2011 to 22-10-2011.
- Selected as a sports resource person for Punjab University teams (manager, coach...etc.)
- Professional enhancement workshop for in-service faculty members of universities and colleges (21<sup>st</sup> & 22<sup>nd</sup> June 2010)
- Subject Specialist of Physical Education (Male) Bs-17 at The Punjab Education Department 08-03-2010
- Physical Trainer at NCA (National Cricket Academy) 5-5-2005 to 6-6- 2010
- Physical Trainer for Pak U-19 Tri-Nation Series in Srilanka.
- Physical Trainer for NCA Colts Participated In U-19 Tournament trainer For Pakistan A Team (1<sup>st</sup> June to 5<sup>th</sup> June 2009)
- Presenter for ACC (level 1) coaching course
- Presenter for ACC (level 2) coaching course
- Trainer for Lahore region (QUID-I-AZAM TROPHY)
- Trainers course incharge of “Train the Trainers” program (Multan region) 30-8-2008 to 2-9-2008
- Trainers Course Incharge of “Train the Trainers Program” (Lahore Region) 19-8-10 to 21-8-10
- Course presenter of “train the trainers program” (Pakistan Women Wing) 21-7-10 to 24-7-10 (2009-2010)
- Selected as a trainer for Pak U-19 World Cup 2008 (Malaysia)
- Selected as a trainer For Pak U-19 Tri- Nation Series in Sri-Lanka 18-1-08 to 03-02-08
- Selected as a trainer for Pak U-19s vs Bangladesh U-19s 17-11-09 8-12-09
- Selected as a trainer For Pak U-19 vs Australia U-19 1-10-07 to 13-10-07
- Selected as a trainer For Pakistan National Team (Warid Series in Abu Dhabi) 28-4-07 to 04-05-07
- Selected as a trainer for Pakistan Academy Tour to Bangladesh (Camp)
- Selected as a trainer for U-15 Boys (Sialkot Region)
- Pakistan Cricket Board Intermediate (Level 2) Trainers Course
- Selected as a trainer for Silver League (Lahore Region) Lahore Ravi Team

- Selected as a trainer for U-15 Boys (Sialkot Region)
- Pakistan Cricket Board Advance Level 1 Trainer Course
- Pakistan Cricket Board Level 1 Trainer Course
- Appointed as a trainer For Pakistan U-19 Vs India U-19 Series (2006-07)
- Appointed as a Trainer-cum-Physiotherapist for Pakistan Academies Vs Nepal Series & Camp
- Appointed as a Physical Trainer (National Cricket Academy) 15-6-2006 to 15-6-2006
- Appointed as a Trainer (Camp and West Indies U-19 tour to Pakistan)
- Selected in Board of Selectors In Punjab University (Sports)

## EXPERIENCE IN COACHING COURSES

Certified by Badminton Technical Officials Workshop 31-5-2006

Working as an Physical fitness Instructor at SHAPES 1-7-2005 to 1-1-2006

Certified in Coaching and Clinical Course of Hockey 27-12-2004 31-12-2004

- ✓ Got the basic training for coaching and umpiring
- ✓ Endurance Training for Players
- ✓ Creating Gym Session for Players
- ✓ Got Gym Instructions
- ✓ Come to know about Training Sessions and new strategies

**Certified in Coaching in Basketball from 2004 – 2005**

**Govt. College University (GCU) Lahore, Pakistan**

- ✓ Conducted helping sessions on the Importance of nutrition in Basketball
- ✓ Trained Cagers for the Pakistan University Tournament
- ✓ Create Weekly Gym Sessions for Cagers
- ✓ Conducted helping sessions for Cagers.

**Certified Coaching in Basketball from 2004 to 2005**

**Punjab University Teaching Department (PUTD) Lahore, Pakistan**

- ✓ Conduct helping sessions on the Importance of nutrition in Basketball
- ✓ Guide the players in the field of basketball for strategy making
- ✓ Trained Cagers for the Inter-board and Inter-degree Tournament
- ✓ Regularly Gym Practice
- ✓ Conduct helping sessions for Cagers

**Certified Coaching (Basket Ball) from 2000 to 2004**

**Govt Islamia College Civillines (ICCL) Lahore, Pakistan**

- ✓ Guide the players in the field of basketball.
- ✓ Trained Cagers for the Inter-board and Inter-degree Tournament.
- ✓ Creating Gym Sessions Weekly and Monthly

**Certified Coaching (Basket ball) from 1997 to 1999**

**Govt. College University (GCU) Lahore, Pakistan**

- Help them to improve the basics of basketball
- Trained Cagers for the Pakistan University Tournament
- Creating Gym Sessions Weekly and Monthly

**PAKISTAN CAMP ACHIEVMENTS (Basket Ball)**

- Got endurance training from Pakistan Coach Mr. Riaz
- Undergo cardiovascular excises in Pakistan camp.
- Came to know how important is Gym sessions for an athlete
- Came to know power training in Pakistan Camp

- Information about strength training in Pakistan Camp
- Passed fitness test in Pakistan camp

### **ACHIEVEMENTS AS A PLAYER (Basket Ball)**

- Roll of Honor (2001), Govt College University Lahore got from 'X' Chief Justice Falak Sher.
- Punjab University Blue, (2001-02) from Vice Chancellor Lt Gen (R) Arshad Mahmood.
- Twice selected in Pakistan junior National team. (1995,1999).
- Selected and played in Punjab University team (1999-2003) (Captain).
- Selected in Government College University (1996-1999) (Captain).
- Member of Lahore Division team (U-16, U-18, Open).
- Captain of YMCA basketball club for 10 years (1996-2006).