LIST OF PUBLICATIONS (Research Articles): Grand Total = 27


Dr Muhammad Zafar Iqbal Butt


LIST OF COLUMN/ARTICLE 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”

BOOKS AUTHORED

<table>
<thead>
<tr>
<th>#</th>
<th>Title of the Book</th>
<th>Year, Publisher</th>
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<tr>
<td>1</td>
<td>Nutrition for All</td>
<td>2004, Iron Man Publishing</td>
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<td>3</td>
<td>How to improve the Speed</td>
<td>2004, Iron Man Publishing</td>
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<td>4</td>
<td>Basics of Weight Training</td>
<td>2009, Iron Man Publishing</td>
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<td>5</td>
<td>Key to Success for Sports Sciences and Physical Education</td>
<td>2017, Final Touch Communication</td>
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