

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**
Mailing/Postal Address: House No. 12, Makkah Street, Muslim Road, Samanabad, Lahore, Pakistan
Contact No.: 0092-333-4211210, 0092-343-3336555
Email: zafarbutt666@hotmail.com, chairman.sspe@pu.edu.pk,
zafar.sspe@pu.edu.pk
I.D. Card # 35202-9706159-1



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
- Sports Medicine.
- 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 Lifetime Achievement Award 2024 from the Pakistan Council of Sports Science (PCOSS)
- 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 of the Abstract Review Committee and the Scientific Committee at the 2nd International Interdisciplinary Conference on Language Teaching (IICLT 2024) on April 23-24, 2024, at Gift University Gujranwala, Pakistan.
- Worked as a Member of the 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 of the Organising Committee of the Virtual International Conference of "Emerging Trends in the Arts and Humanities" at Punjab University Lahore on October 15-16, 2021

Prof. Dr. Muhammad Zafar Iqbal Butt

- ❖ Worked as Associate Secretary of the 2nd Euro-Pak International Conference of Sports Sciences & Physical Education at 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 at 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).
- ❖ 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 of the 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 the 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 Pakistan Powerlifting Federation Affiliated with International (IPF) & Asian Powerlifting Federation (APF)
- ❖ 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 the Sports Administration Course of the Olympic Council of Asia (OCA) Continental Program by Securing a 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	March-2024	One Year 03 Months
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 Business Studies, Lahore	(Visiting Faculty) Weekend Program (M. Phil)	Oct-2016	Aug-2019	02 Years 10 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 Sports University of Punjab	Acting Director of Sports	Nov-2022	March-2024
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	Acting Director Sports	April 2017	September 2018

ADMINISTRATIVE MEASURES AS HEAD OF DEPARTMENT

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

1. Developed the Department's infrastructure, starting from 02 classrooms and moving to 10 fully multimedia-equipped classrooms.

2. The department upgraded its Examination System and Took Measures to Minimize the number of Copying Cases in the Examination.
3. Developed Practical Infrastructure for the Students: Likewise, a 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 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 students' computer-related academic activities.
5. Developed a well-updated library according to the demand for time in 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 Needs 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 Fire Emergency.
11. Establish a First Aid Facility and Train Staff to Provide First Aid to Anyone Who Needs It.
12. Regularly Organised National and International Conferences, Seminars, Workshops, and Coaching & Refreshing Courses.
13. We started the BS (04-year) Program in 2013, and the Replica Program was added in 2017, as per the Demand of the 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. We took the Best Measures for Online/Virtual Classes and Examinations During COVID-19 to Minimize students' Loss of Study Time 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 in 2022
22. Established Departmental Research Testing Lab

ADMINISTRATIVE MEASURES AS DIRECTOR OF SPORTS

In April 2017, I took on the additional charge of Acting Director of Sports at the University of Punjab and took the following critical measures, 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. Benefitting 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 Facilities for Male and Female Players.
11. Organization of a Three-Day Inter-Department Sports Gala Every Year with the Purpose of a Talent Hunt for Intervarsity Championships.
12. Organization of a Three-Day Intercollegiate 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. Qualified Coaches are appointed Through a Rigorous Procedure on an Annual Basis with A Contract Period of 4 Months (for sports Up To 80 Points) and 6 Months (for sports 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. It is planned to Develop Commercial Sports Academies for All Sports and permit Coaches to Run Those Academies to Earn for the University and Themselves, Identify New Talent, groom them, and give them 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 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 Sports Director.
20. Developed An Executive Fitness Center for Males and Females in The Old Campus and A New Campus for The Better 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 AND HUMANITIES

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

RESEARCH SUPERVISION:

Total Completed=05

In Progress= 02

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.
3	Badar Mohy ud Din (Supervisor), 2022. Investigating Effects of Caffeine on Hormonal Responses, Cognitive Functions and Physical Performance of University Football Players.
4	Hurria Hussein (Supervisor), 2022. Investigating Effects of Physical Training on Players' Competitive State Anxiety, Cortisol, and Heart Rate Variability Before Competition.
5	Irfan Munir (Supervisor), 2022. Exploring the Effect of Exercise on Blood Redox State.

RESEARCH SUPERVISION:

Total Completed=09

In Progress= 09

M.Phil. Thesis Supervised

#	Thesis Title
1	Aqsa Zakaria (Supervisor), 2024. Assessment of Uric Acid Levels in Females with Fatty Liver: The Impact of Vitamin Supplements and Weight Training
2	Muzamil Mushtaq (Supervisor), 2024. Biochemical Analysis of Calcitriol (1,25 dihydroxy Cholecalciferol) as a Basic Parameter of Kidney among Moderate Intensity Exercise Performers
3	Usama Tariq (Supervisor), 2024. Examination of T3 and T4 Concentration Among Exercise Performers with Reference to Risk and Benefits for Future Implications
4	Mubeen Ahmad (Supervisor), 2024. Modulation of Renin- Angiotensin System. A Self-made Exercise Analyser Approach
5	Iffat Niaz (Supervisor), 2024. Therapeutic Role of Home-Based Exercise with Context to Safe Delivery and Management of Health Consequences Associated with Gestational Diabetes Mellitus during the 3rd Trimester of Pregnancy
6	Saman Zulfikar (Supervisor), 2024. Analysis of Serum thyroid stimulating hormone (TSH)

	Among Exercise Performers: Evaluating the Risk and Benefits for Future Implications
7	Sehab Afzal (Supervisor), 2024. Examination of Serum Creatinine Level Among Females with Moderate Intensity Exercise
8	Zukhruf Ghafoor (Supervisor), 2024. Impact of Moderate Exercise on Lymphocytes among Females
9	Komal Shahbaz (Supervisor), 2024. Impact of Moderate Exercise on Heart Efficiency among Females
10	Saqib Yousuf (Supervisor), 2025.
11	Muhammad Shan Shabbir (Supervisor) 2025.
12	Mian Muhammad Munzer (Supervisor) 2025.
13	Muhammad Mubeen (Supervisor) 2025.
14	Ayesha Faiz (Supervisor) 2025.
15	Muskan Hafeez (Supervisor) 2025.
16	Muhammad Zayan (Supervisor) 2025.
17	Jannat Zahid (Supervisor) 2025.
18	Muhammad Nabeel (Supervisor) 2025.

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
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's 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	The 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=79

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 Students about Their Teacher's Caring Behavior
11	Special People in Sports: Barrier and Breakthroughs
12	Circumstances Cause Confliction Between Coach and an Athlete
13	Sports are a better tool for reducing fear among students.
14	Impact of social media on the relationship between sports fans and professional athletes.
15	Effects of recreational sports on behavior Patterns of 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 favoritism 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.
24	Perception of Teachers about the Trend of Sports among Special Population
25	Influence of Coach Personality on Player Performance
26	Perception of Athletes about Sports as a Tool of Financial Stability.
27	Strategies for Sports Development among Special Population
28	Role of Social Media in the Development of Sports
29	Coaching styles and Its Influence on Player Performance
30	Role of Exercise in the Mental Health of Students
31	Awareness and Utilization of Nutrition among Female Athletes at Punjab University
32	Role of Sports in Stress Management among the Students
33	Effect of Sleep Quality on Player Performance
34	Arousal and Sports Performance: Analysis of Player Perception
35	Religious and Cultural Factors Affecting Sports Among the Students
36	Influence of Sports on the Psychological Stability of Players
37	Role of Sports in the Mental Sharpness of Players
38	Assessment of Cardiovascular Fitness of Female Students
39	Influence of Smart Phone on Psychological Health of Athletes.
40	Factor Responsible for the Decline of Hockey in Pakistan
41	The trend of volleyball among female students at Punjab University
42	Perception of female athletes about the utility and Awareness of Sports Nutrition and its Role in the Maintenance of Performance
43	Role of Co-Curricular Activities in Physical Development of Student
44	Role of Sports in the Emotional Stability of Female Athletes
45	Coping Strategies for Stress Management among Players
46	Role of Sports in the Development of leadership qualities among students
47	Sports Marketing: Cooperation of sports Organizations with Pakistani Athletes
48	Healthy Weight Management Through Diet and Exercise
49	Effects of smoking on lung function
50	Assessment of Learning Disabilities among the University Students
51	Building of self Confidence and Self Efficacy Among Athletes Through Sports
52	Effect of High-Intensity Activities on Liver Enzymes (GGT)
53	Study Regarding the Awareness of Effects of Steroids on Player Psychological Health
54	Role of Sports in the Development of Mental and Emotional Stability Among Students
55	Causes of Misconceptions Among Students about Sport Sciences and Physical Education at University Level
56	Role of Sports on the Psychological Development of Students
57	Strategies for Managing Stress Among Competitive Athletes
58	Effects of Excessive Use of Social Media on Psychological Health
59	Impact of Self-meditation on Psychological performance of players.
60	Study Regarding Female Attitude towards Sports at University Level
61	Impact of Climate changes on Outdoor Sports among Athletes at University level
62	Role of Sports in the Development of Social Traits among Students
63	Role of Sports in Controlling Violence among Athletes
64	Exploring the Relationship between Anxiety and the Performance of Players at University Level

65	Effects of Team Cohesion on a player's performance in Volleyball
66	Impact of Brisk Walk on Body Mass Index among Females
67	Development of sportsmanship qualities among the students through sports participation
68	Perception of the masses about the role of sports in changing lifestyle among the people of Gilgit Baltistan
69	Study regarding the Attitudes of special populations toward sports participation
70	Assessment of Skill-Related Components of Fitness of Female Students
71	Perception of Athletes about the psychological consequences associated with social media
72	Perception of students about the role of sports in character-building
73	Role of sports in development Motivation and Self Control as a Psychological skill among students
74	Role of Sports Development of self-esteem among female student-athletes
75	Benefits and Health Consequences Associated with smartphones of University students
76	Impact of Depression on the Physical Performance of Athletes
77	Perception of athletes about the role of sports nutrition in the maintenance of sports performance
78	Role of Sports in the Development of self-efficacy and socialization among students
79	Role of Sports in the Development of Self-confidence and Self-motivation among Students

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 = 111

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 behavior 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 well-being 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 sports consumers' (SC) purchase intention- In purchasing 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
 24. Adnan, M.A.J., **Butt, Z.I.** (2019). Players' perception about the commercialization of sports in academic institutions of Pakistan. *The SPARK* 4(1), 69-87. (HEC Recognised Journal Z Category) <https://journal.suit.edu.pk/index.php/spark/issue/view/26> ISSN 2520-7814
 25. **Butt, Z.I.**, Adnan, M.A.J., (2019). Players' perception of the modernization of sports equipment at the university level in Pakistan. *The SPARK* 4(1), 09-35. (HEC Recognised Journal Z Category) <https://journal.suit.edu.pk/index.php/spark/issue/view/26> ISSN 2520-7814
 26. Atta, H., **Butt, Z.I.**, Mushtaq, M., (2019), Gender comparison study of achievement motivation among university-level basketball players of Pakistan. *The SPARK* 4(1), 09-35. (HEC Recognised Journal Z Category) <https://journal.suit.edu.pk/index.php/spark/issue/view/26> ISSN 2520-7814
 27. Atta, H., **Butt, Z.I.**, Kamil, B., Mushtaq, M., (2019), A comparison of coaching leadership behavior preferences between male and female Pakistani intervarsity level basketball players. *The Sky - International Journal of Physical Education and Sports Science* 3(1), 12-20 (HEC Recognised Journal Y Category) <http://ijpess.org/vol-3-2019.php> ISSN: 2523-9368
 28. Din, B. M. U., Naseer, A., **Butt, Z.I.** (2020). An investigation of elite officials' perception regarding referees and general self-efficacy in Pakistan. *The SPARK* 5(1), 71-88. (HEC Recognised Journal Y Category) <https://journal.suit.edu.pk/index.php/spark/issue/view/29> ISSN 2520-7814
 29. **Butt, Z.I.**, Adnan, M.A.J., Mughal, Q., (2020), Effect of sports participation on failure in general life: an exploratory study. *The Sky - International Journal of Physical Education and Sports Science* 4(1), 12-20 (HEC Recognised Journal Y Category) <http://ijpess.org/vol-4-2020.php> ISSN: 2523-9368
 30. Khan, S., **Butt, M. Z. I.**, & Khan, A. (2020). Relationship of children's awareness with their dietary habits among govt. Middle schools of district Bannu KP, Pakistan. *Journal of Physical Education Research* 7(4), 30-37 (Impact Factor = 0.519). <https://www.joper.org/archives-detail.php?period=25> ISSN: Print-2394 4048, Online-2394 4056
 31. Tabbassum, Y., **Butt, M. Z. I.**, Roohi, N., (2020). Effect of Playing Venue on Testosterone Level, Psychological State and Territoriality. *Journal of the Research Society of Pakistan* 57(2),184-191 (HEC Recognised Journal Y Category) <http://pu.edu.pk/home/journal/14/Online-Contents.html> ISSN 0034-5431
 32. Tabassum, Y., **Butt, M. Z. I.**, Roohi, N., (2020). Influence of Playing Venue on Testosterone and Cortisol Responses in Male Inter-University Volleyball Players. *Global Social Sciences Review*

- 5(4),93-101 (HEC Recognised Journal Y Category) <https://www.gssrjournal.com/issue/5/4/2020> ISSN (Print): 2520-0348 - ISSN(Online): 2616-793X
33. Khadim, I., Tabassum, Y., **Butt, M. Z. I.**, (2020). Prevalence of Reproductive Disorders in Sportswomen. *Global Educational Studies Review* 5(3), 308-314 (HEC Recognised Journal Y Category) <https://www.gesrjournal.com/issue/5/3/2020> p- ISSN: 2708-2113 e-ISSN: 2708-3608 L-ISSN: 2708-2113
 34. Tabassum, Y., Sattar, S., **Butt, M. Z. I.**, Iqbal, M. A., Tabassum, F., Roohi, N., (2020). Effect of Home Advantage on Stress Hormones and Pre-competitive State Anxiety Level of Volleyball Players. *Elementary Education Online* 19(4), 4979-4987 (HEC Recognised Journal X Category) <https://ilkogretim-online.org/?iid=2020-19-4.000&&jid=218&lng=> ISSN: 1305-3515
 35. Tabassum, Y., Sattar, S., Zara, S. M., Din, B. M. U., **Butt, M. Z. I.**, (2021). Reasons About Burnout Of Athletes At University Level: An Exploratory Study. *Elementary Education Online* 20(1), 4804-4819 (HEC Recognised Journal X Category) <https://ilkogretim-online.org/?iid=2021-20-1.000&&jid=218&lng=> ISSN: 1305-3515
 36. Khan, M., Khan, A., **Butt, M. Z. I.**, Khan, S., Asghar, E., Jamil, M., (2021). Alteration of Serum Liver Enzymes Level Caused by Cetirizine Hydrochloride in Exercise Performers. *Journal of Pharmaceutical Research International* 33(8), 23-27 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/issue/view/4652> JPRI ISSN 2456-9119
 37. Jan, A., A., Khan, A., **Butt, M. Z. I.**, Khan, S., Asghar, E., Jamil, M., Ahmad, A., Muavia, U., (2021). Alteration in Metabolic Cost of Blood Urea, Serum Albumin, and Oxidative Stress Induced by Oral Contraceptive Pills (OCP) among Elite Females. *Journal of Pharmaceutical Research International* 33(21B), 77-84 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/issue/view/4668> JPRI ISSN 2456-9119
 38. Khan, M., Khan, A., **Butt, M. Z. I.**, Din, B. M. U., Manan, A., Bhatti, S., Wadiat, F., Jamil, M., (2021). A Randomized Control Trails for the Assessment of Impact of Moderate Intensity Exercise on Blood Serum Creatinine Concentration among Male Athletes. *Journal of Pharmaceutical Research International* 33(28B), 45-51 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/issue/view/4682> JPRI ISSN 2456-9119
 39. Khan, A., **Butt, M. Z. I.**, Manan, A., Asghar, E., Jamil, M., Khan, S., (2021). Estimation of Alanine Transaminase (ALT), Alkaline Phosphate (ALP), and Aspartate (AST) Irrespective of Dietary Supplementation, Body Mass Index, and Nature of Exercise. *Journal of Pharmaceutical Research International* 33(28B), 33-44 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/issue/view/4682> JPRI ISSN 2456-9119
 40. Manan, A., **Butt, M. Z. I.**, Gujjar, T. A., Gujjar, A. G., Rafiq, T., (2021). Alliance of Upper and Lower Body Muscular Strength With Cardio-Respiratory Endurance Among School Going Children Punjab Pakistan. *European Journal of Sports & Exercise Science* 9(2), 02-07 (Impact Factor=1.02) <https://www.scholarsresearchlibrary.com/archive/ejses-volume-9-issue-2-year-2021.html>
 41. Khan, A., Khan, A., **Butt, M. Z. I.**, Khan, S., Khan, S., Salamoglu, Z., Jamil, M., Manan, A., (2021). Analysis of Blood Serum Bilirubin Concentration among Moderate Intensity Exercise Performers; A Randomized Control Trials. *Journal of Pharmaceutical Research International* 33(36B), 173-179 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/issue/view/4698> JPRI ISSN 2456-9119
 42. Tabassum, Y., Iqbal, Y., Aslam, S., **Butt, M. Z. I.**, Khan, S., Sattar, S., Roohi, N., (2021). Relationship Between Testosterone And Territoriality: Home Advantage. *Multicultural Education* 7(8), 349-355 (HEC Recognised Journal X Category) <http://ijdri.com/me/vol-7-no-8-2021/> ISSN: 1068-3844
 43. Tabassum, Y., Khan, M. H., **Butt, M. Z. I.**, Javeed, Q., Rasheed, A., Usman, M., (2021). Constructive effects of energy drink consumption on players' performance. *PalArch's Journal of Archaeology of Egypt/ Egyptology* 18(8), 4099-4107 (HEC Recognised Journal X Category) <https://archives.palarch.nl/index.php/jae/issue/view/131> ISSN: 1567-214X

44. Sattar, S., Tabassum, Y., Junaid, S., Khan, S., Gul, F., **Butt, M. Z. I.**, Roohi, N., (2021). Effects Of Home Advantage On Hormonal Responses Of Inter-University Basketball Players. *LINGUISTICA ANTVERPIENSIA Volume 2021: Issue 2*, 4551-4560 (HEC Recognised Journal W Category) <https://hivt.be/linguistica/issue/view/39> ISSN: 0304-2294
45. Tabassum, Y., Sattar, S., Hussein, H., Zafar, N., Adnan, M. A. J., **Butt, M. Z. I.**, Iqbal, M. A., Roohi, N., (2021). Influence Of Playing Venue On Hormonal Responses, Competitive State Anxiety And Perception Of Effort In Inter-University Basketball Players. *LINGUISTICA ANTVERPIENSIA Volume 2021: Issue 3*, 5639-5651 (HEC Recognised Journal W Category) <https://hivt.be/linguistica/issue/view/40> ISSN: 0304-2294
46. Javeed, Q., Tabassum, Y., Burki, M. H. K., **Butt, Z. I.**, Ahmed, A., Muntha, S. T., (2021). Eating Habits Among University Students. *Turkish Online Journal of Qualitative Inquiry (TOJQI) 12(7)*, 9192-9197 (HEC Recognised Journal Y Category) <https://www.tojqi.net/index.php/journal/article/view/5363> e-ISSN: 1309-6591
47. Adnan, M. A. J., Tabassum, Y., Sattar, S., Hussein, H., **Butt, M. Z. I.**, (2021). Coaching behavior, motivation and psychological well-being in young athletes. *PalArch's Journal of Archaeology of Egypt/ Egyptology 18(10)*, 1197-1207 (HEC Recognised Journal X Category) <https://archives.palarch.nl/index.php/jae/issue/view/142> ISSN: 1567-214X
48. Tabassum, Y., Sattar, S., Iqbal, A., **Butt, M. Z. I.**, Adnan, M. A. J., Roohi, N., (2021). Effect of Playing Venue on Pre-Competition Cortisol Level and Competitive State Anxiety in University Basketball Player. *Journal of Pharmaceutical Research International 33(43B)*, 248-255 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/article/view/32550> JPRI ISSN 2456-9119
49. Muhammad, N., Khan, A., **Butt, M. Z. I.**, Khan, S., Nazir, S., Asghar, E., Khan, S., Selumoglu, Z., Jamil, M., Manan, A., (2021). Effect of Moderate Intensity Exercise on Lung Functions (IRV & ERV) in Young Athletes. *Journal of Pharmaceutical Research International 33(44A)*, 67-74 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/issue/view/4713> JPRI ISSN 2456-9119
50. Khan, A., **Butt, M. Z. I.**, Khan, S., Nazir, S., Asghar, E., Khan, S., Selumoglu, Z., Jamil, M., Manan, A., (2021). Impact of Low-Intensity Exercise on Liver Enzymes (ALT & ALP). *Journal of Pharmaceutical Research International 33(44B)*, 370-377 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/article/view/32688> JPRI ISSN 2456-9119
51. Aziz, T., Asghar, E., Marwat, N. M., **Butt, M. Z. I.**, Khan, A., Panhwar, A. B., Liaqat, A., (2021). Psychological coping strategies of German & Pakistani field hockey players: a comparative study. *PalArch's Journal of Archaeology of Egypt/ Egyptology 18(10)*, 2154-2160 (HEC Recognised Journal X Category) <https://archives.palarch.nl/index.php/jae/article/view/10136> ISSN: 1567-214X
52. Tabassum, Y., **Butt, Z.I.**, Roohi, N., (2021), Effect of playing venue on hormonal responses and psychological state of inter-university volleyball players. *The Sky - International Journal of Physical Education and Sports Science 5(1)*, 29-43 (HEC Recognised Journal Y Category) <https://sites2.uol.edu.pk/journals/the-sky/article/view/998> ISSN: 2523-9368
53. Khan, A., **Butt, M. Z. I.**, Khan, S., Tanweer, A. J., Tanweer, A. M., Khan, S., Jamil, M., Duranni, M. R. A.-A. and Selamoglu, Z. (2021) "Exercise as an Emerging Factor Effecting Cardiovascular Health (An Experimental Approach)," *Journal of Pharmaceutical Research International, 33(57B)*, 193-205 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/article/view/34046> JPRI ISSN 2456-9119
54. Tabassum, Y., **Butt, Z.I.**, Roohi, N. (2021), Effect of playing venue on university male volleyball players' perception of effort. *The Shield-Research Journal of Physical Education & Sports Science 16 (1)*, 102-116.(HEC Recognised Journal Y Category) <https://sujo.usindh.edu.pk/index.php/THE-SHIELD/article/view/4232> ISSN 1991-8410
55. Tabassum, Y., Sattar, S., Din, B. M. U., **Butt, Z.I.**, Roohi, N. (2021), Effect of Game Location Factors on Basketball Players' Reproductive Hormone at Home and Away Ground. *Indian*

- Journal of Economics and Business* 20 (4), 863-871. (HEC Recognised Journal X Category) <http://www.ashwinanokha.com/resources/v20-4%20-%2021-54.pdf> ISSN 0972-5784
56. Butt, Z.I., Khan, A., Din, B. M. U., Adnan, M. A. J. (2021). Explicit recommendations for home-based physical training for beginner and professional players during the coronavirus pandemic (COVID-19). *The SPARK* 6(1), 12-17. (HEC Recognised Journal Y Category) <https://journal.suit.edu.pk/index.php/spark/article/view/807> ISSN 2520-7814
 57. Jamil, M., Aslam, S., Ansari, M. A., Qambrani, M. R., Soomro, J. A., Butt, M. Z. I., Khan, A., Selumoglu, Z., (2022). Clinical Health Complications Associated with Covid-19 Vaccination. *Journal of Pharmaceutical Research International* 34(21A), 21-26 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/article/view/35837> JPRI ISSN 2456-9119
 58. Khan, M., Khan, A., Butt, M. Z. I., Khan, S., Jamil, M., Ozdemir, B., Alp, E. C., Selumoglu, Z., (2022). Oxidative Stress and Menstrual Complications Caused by Vaccination of COVID-19 Among Females Athletes. *Cumhuriyet Medical Journal* 44(1), 38-43 (Impact Factor=0.113) <https://dergipark.org.tr/tr/pub/cmj/issue/69213>
 59. Rehan, Q., Shiraz, M., Toosy, M., Khan, S., Qaisar, S., Khan, A., Butt, M. Z. I., (2022). Perceptions of Parents about Online Learning and Physical Activities of their Children during the COVID-19 Pandemic. *Journal of Pharmaceutical Research International* 34(28B), 14-22 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/article/view/36030> JPRI ISSN 2456-9119
 60. Jamil, M., Waqas, M., Qambrani, M. R., Aslam, S., Ansari, M. A., Soomro, J. A., Butt, M. Z. I., Khan, A., Selumoglu, Z., (2022). Screening of Health Parameters for Future Implications of Students. *Journal of Pharmaceutical Research International* 34(30B), 55-59 (HEC Recognised Journal Y Category) <https://www.journaljpri.com/index.php/JPRI/article/view/35837> JPRI ISSN 2456-9119
 61. Khan, A., Jamil, M., Butt, M. Z. I., Khan, S., Khaskheli, N. A., Darya, M. H., Selumoglu, Z., Ozdemir, B., (2022). Impact of High-Intensity Exercise on Antioxidant System and Liver Enzymes. *Pakistan Biomedical Journal* 5(4), 31-36 (HEC Recognised Journal Y Category) <https://doi.org/10.54393/pbmj.v5i4.209> ISSN 2709-278X
 62. Gill, S. A., Butt, M. Z. I., Din, B. M. U., (2022). A Comparative Study of Referee and General Self-Efficacy between Football & Hockey Elite Referees of Pakistan. *Journal of the Research Society of Pakistan* 59 (1), 241-244. (HEC Recognised Journal Y Category) <http://pu.edu.pk/home/journal/14/Previous-Issue.html> ISSN 0034-5431
 63. Jamil, M., Khan, A., Butt, M. Z. I., Bhatti, S., Waqas, M., Aslam, S., Qambrani, M. R., Ansari, M. A., Soomro, J. A., (2022). Factors Responsible for Non-Participation in Sports Among Transgender: A Cross Sectional Approach. *Pakistan Biomedical Journal* 5(5), 200-204 (HEC Recognised Journal Y Category) DOI:<https://doi.org/10.54393/pbmj.v5i5.409> ISSN 2709-278X, 2709-2798
 64. Nawaz, F., Khan, A., Butt, M. Z. I., Bhatti, S., Jamil, M., Selamoglu, Z., Khan, S., Aslam, S., Soomro, J. A., (2022). Assessment of Resting Heart Rate and Body Composition Among Exercise Performers. *Pakistan Biomedical Journal* 5(5), 231-236 (HEC Recognised Journal Y Category) DOI:<https://doi.org/10.54393/pbmj.v5i5.415> ISSN 2709-278X, 2709-2798
 65. Javed, Z., Ahmed, A. S., Qureshi, B. A., Butt, M. Z. I., Tabassum, M. F., Wangang, L., Hassan, S., (2022). Effect Of High-Intensity Interval Training On Body Composition And Anthropometric Characteristics Of Overweight Young Adults Using Rowing Machine. *Webology* 19(2), 9630-9641 (HEC Recognised Journal X Category) <https://www.webology.org/issue.php?volume=19&issue=53&page=25> ISSN 1735-188X
 66. Khan, A., Butt, M. Z. I., Jamil, M., (2022). Communication as a key determinant of successful coaching *Gomal University Journal of Research* 38(2), 205-213 (HEC Recognised Journal Y Category) <http://www.gujr.com.pk/index.php/GUJR/article/view/1456/1102> ISSN 1019-8180, 2708-1737

67. Gill, S. A., Zahid, O., Abdullah, U., Shaheen, M., Naseer, A., **Butt, Z. I.**, Zafar, R., Adil, R., Shahid, H., Arslan, M., (2022). Prevalence, Information & Attitude towards Using Supplements among University Athletes. *Journal of Pharmaceutical Research International* **34(49A)**, 7-17 (HEC **Recognised Journal Y Category**) <https://journaljpri.com/index.php/JPRI/article/view/36422> JPRI ISSN 2456-9119
68. Siddiqua, A., Amjad, S., Tabassum, Y., **Butt, M. Z. I.** (2022), Effect of A Winning And Losing Match On Male University Football Players' Sources Of Self-Confidence. *Webology* **19(3)**, 3875-3877.(HEC **Recognised Journal X Category**) <https://www.webology.org/issue.php?volume=19&issue=63&page=11> ISSN 1735-188X DOI:10.14704/WEB/V1911/WEB19015
69. Jamil, M., **Butt, M. Z. I.**, Khan, S., Jan, A. A., Ali, S. A., Khan, A., Selamoglu, Z., Soomro, J. A., Rehman, A. U. (2022). Biochemical Effects of Oral Contraceptive Pills on Serum Bilirubin, Creatinine and Antioxidants System Among Females. *Pakistan Journal of Health Sciences***3(5)**, 46-49 (HEC **Recognised Journal Y Category**) <https://doi.org/10.54393/pjhs.v3i05.198> ISSN (P): 2790-9352, (E): 2790-9344
70. Khan, A., Shaikh, A. H., **Butt, M. Z. I.**, Jamil, M., Khan, A., Soomro, J. A., Khan, M., Selamoglu, Z., Ozdemir, B., Khan, A. M. (2022). Assessment of Aerobic Fitness Associated with Moderate Intensity Exercise. *Pakistan Journal of Health Sciences***3(5)**, 249-252 (HEC **Recognised Journal Y Category**) <https://doi.org/10.54393/pjhs.v3i05.253> ISSN (P): 2790-9352, (E): 2790-9344
71. Javaid, A., Nazir, N., Tabassum, Y., Shareef, N., **Butt, M. Z. I.** (2022). Trends senior citizens men and women toward physical activity: A comparative study. *PalArch's Journal of Archaeology of Egypt/ Egyptology* **18(10)**, 1363-1370 (HEC **Recognised Journal X Category**) <https://archives.palarch.nl/index.php/jae/article/view/11470> ISSN: 1567-214X
72. Niaz, I., Tabassum, Y., **Butt, M. Z. I.** (2022). Comparing the Aerobic Fitness Capacity of University and Club Levels Male Volleyball Players. *Global Regional Review (GRR)* **7(2)**, 328-333 (HEC **Recognised Journal Y Category**) [http://dx.doi.org/10.31703/grr.2022\(VII-II\).31](http://dx.doi.org/10.31703/grr.2022(VII-II).31) ISSN: 2616-955X
73. Munir, M. I., **Butt, Z. I.**, Khan, A., (2022). An Approach to Available Literature about Association of Blood Redox State and Exercise. *Pakistan Journal of Health Sciences* **3(6)**, 3-6 (HEC **Recognised Journal Y Category**) <https://doi.org/10.54393/pjhs.v3i06.342> ISSN (P): 2790-9352, (E): 2790-9344
74. Khan, A., Jamil, M., **Butt, M. Z. I.**, Chaudhary, A., Jan, A. A., Selamoglu, Z., Alp, E. C., (2022). Biochemical Effects of Oral Contraceptive Pill On Total Serum Protein, Hemoglobin and Antioxidants Capacity among Females Athletes. *Pakistan Journal of Health Sciences* **3(6)**, 216-219 (HEC **Recognised Journal Y Category**) <https://doi.org/10.54393/pjhs.v3i06.341> ISSN (P): 2790-9352, (E): 2790-9344
75. Siddiqua, A., Amjad, S., Tabassum, Y., **Butt, M. Z. I.** (2022). Comparison of handgrip strength between right-hand and left-hand university male badminton players. *PalArch's Journal of Archaeology of Egypt/ Egyptology* **19(3)**, 1730-1734 (HEC **Recognised Journal X Category**) <https://archives.palarch.nl/index.php/jae/article/view/11510> ISSN: 1567-214X
76. Javeed, Q., Tabassum, Y., Burki, M. H. K., Ishaq, A., **Butt, M. Z. I.** (2022). Investigate the influence of self-confidence on the performance of university hockey players: a comparative study. *PalArch's Journal of Archaeology of Egypt/ Egyptology* **19(4)**, 663-671 (HEC **Recognised Journal X Category**) <https://archives.palarch.nl/index.php/jae/article/view/11517> ISSN: 1567-214X
77. **Butt, M. Z. I.**, Khan, A., Jamil, M., Chaudhary, A., Jan, A. A., Khan, M., Selamoglu, Z., Alp, E. C., Durrani, M. R. A. A., (2022). Examination of Blood Urea, State of Reactive Oxygen Species And Antioxidants Associated With Oral Contraceptive Pills Among Female Athletes. *Pakistan Journal of Health Sciences* **3(6)**, 287-290 (HEC **Recognised Journal Y Category**) <https://doi.org/10.54393/pjhs.v3i06.356> ISSN (P): 2790-9352, (E): 2790-9344

78. Khan, A., **Butt, M. Z. I.**, Jamil, M., (2022). Influence of coaching styles upon Players' Performance *The Sky-International Journal of Physical Education and Sports Sciences* **6(1)**, 72-82 (HEC Recognised Journal Y Category) <https://hpej.net/journals/the-sky/article/view/1688> ISSN 2523-9368
79. Nazir, N., Javaid, A., Tabassum, Y., **Butt, M. Z. I.** (2022). Psychometric Assessment of Competitive State Anxiety Before Exam of Physical Education Students. *Indian Journal of Economics and Business* **21(1)**, 877-882 (HEC Recognised Journal X Category) <http://www.ashwinanokha.com/IJEB.php> ISSN: 0972-5784
80. Durrani, M. R. A. A., Khan, M. I., Shah, S. Y. A., Jamil, M., Khan, A., **Butt, M. Z. I.**, (2022). Causes and Precaution of Breast Cancer Among Women *Pakistan Journal of Health Sciences* **3(7)**, Commentary (HEC Recognised Journal Y Category) <https://doi.org/10.54393/pjhs.v3i07.363> ISSN (P): 2790-9352, (E): 2790-9344
81. Chaudhary A., Mahmood, S., Jamil, M., Khan, A., Butt, M. Z. I. (2022). Physical Activity as an Element of Health Lifestyle among High School Children: an Analytical Approach *Pakistan Journal of Health Sciences* **3(7)**, 190-194 (HEC Recognised Journal Y Category) DOI: <https://doi.org/10.54393/pjhs.v3i07.372> ISSN (P): 2790-9352, (E): 2790-9344
82. Jamil., M., Khan, A., **Butt, M. Z. I.** (2022), designing of a fitness test battery for the recruitment of police constables. *The Shield-Research Journal of Physical Education & Sports Science* **17 (1)**, 167-175.(HEC Recognised Journal Y Category) <https://sujo.usindh.edu.pk/index.php/THE-SHIELD/article/view/5920> ISSN 1991-8410
83. Tabassum, Y., Riaz, U., Mohy ud Din, B., Shafqat, Ezzad, W., Butt, M. Z. I. (2022). Practice Of Mental Imagery As A Psychological Technique To Enhance Sports Archer's Performance At The University Level. *Journal of Positive School Psychology* **6(11)**, 3419-3422 (HEC Recognised Journal X Category) <https://www.journalppw.com/index.php/jpsp/article/view/16385> ISSN: 2717-7564 (Online)
84. Butt, R. H., **Butt, M. Z. I.**, Khan, A. (2023). Potential Role Of Sports In Developing Self-Confidence As A Basic Psychological Skills. *Multicultural Education* **9(2)**, 71-74 (HEC Recognised Journal X Category) DOI: 10.5281/zenodo.7626468 ISSN: 1068-3844
85. Adnan, M. A. J., **Butt, M. Z. I.**, Khan, A. (2023). Iron Bisglycinate Chelate (Ferrochel) and Strength / Power Development in Powerlifting Players of Pakistan. *Human Nature Journal of Social Sciences* **4(1)**, 473-481 (HEC Recognised Journal Y Category) <http://hnpublisher.com/ojs/index.php/HNJSS/article/view/372> ISSN(online): 2788-5240, ISSN(print):2788-5232
86. Khan, A., **Butt, M. Z. I.**, Jamil, M., Selamoglu, Z., Alp, E. C. (2023). Iron Bisglycinate Chelate (Ferrochel) and Strength / Power Development in Powerlifting Players of Pakistan. Systematic Review of Cardiovascular Health Complications Associated with Oral Contraceptive Pills. *Eurasian Journal of Medical and Biological Sciences* **3(1)**, 8-11 (Scopus Index Journal) <http://eurasianscience.com/index.php/ejmbs/article/view/49> ISSN:2757-8453
87. Khan, A., **Butt, M. Z. I.**, Jamil, M., Khan, M., Ali, M. R., Durrani, A., Selamoglu, Z. (2023). Physical Activities Guidelines for Healthy Lifestyle. *Eurasian Journal of Medical and Biological Sciences* **3(1)**, 8-11 (Scopus Index Journal) <http://eurasianscience.com/index.php/ejmbs/article/view/49> ISSN:2757-8453
88. Mohy ud Din, B., **Butt, M. Z. I.** (2023). Influence of caffeine administration on the cognitive functions of university football players. *PalArch's Journal of Archaeology of Egypt/ Egyptology* **20(2)**, 205-219 (HEC Recognised Journal X Category) <https://archives.palarch.nl/index.php/jae/article/view/11778> ISSN: 1567-214X
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. Ullah, M., Khan, A., Jamil, M., **Butt, M. Z. I.**, Ullah, I., Zubair, M., Saheem, S., Nasir, H. (2023). Impact of Vigorous Exercise on Blood Serum Creatinine Concentration Among Students Athletes. *The Therapist Journal of Therapies & Rehabilitation Sciences* 4(2), 33-36 (HEC Recognised Journal Y Category) DOI: <https://doi.org/10.54393/tt.v4i02.107> ISSN Online: 2790-7414, Print: 2790-7406
95. Munzer, M., Khan, A., Jamil, M., **Butt, M. Z. I.**, Soomro, J. A., Basit, A., Inamullah, Ahmad, A. (2023). Impact of Endurance Exercises on Knocked Knees as a General Health Concern. *The Therapist Journal of Therapies & Rehabilitation Sciences* 4(2), 42-45 (HEC Recognised Journal Y Category) DOI: DOI: <https://doi.org/10.54393/tt.v4i02.91> ISSN Online: 2790-7414, Print: 2790-7406
96. Mohy ud Din, B., **Butt, M. Z. I.**, Tabassum, Y., (2023). Examining the Effects of Caffeine Supplementation on the Arousal of University Football Players. *Pakistan Journal of Humanities and Social Sciences* 11(2), 1155-1161 (HEC Recognised Journal Y Category) DOI: <https://doi.org/10.52131/pjhss.2023.1102.0421> ISSN: 2709-801X
97. Adnan, M. A. J., **Butt, M. Z. I.**, Khan, A. (2023). Pakistani Weightlifters and Power Production: Role of Protein Chelated Iron (Iron Bisglycinate / Ferrochel). *Human Nature Journal of Social Sciences* 4(2), 278-288 (HEC Recognised Journal Y Category) <http://hnpublisher.com/ojs/index.php/HNJSS/article/view/423> ISSN(online): 2788-5240, ISSN(print):2788-5232
98. Tabassum, Y., Javaid, A., Nazir, N., Iqbal, M. A., **Butt, M. Z. I.**, Roohi, N. (2023). Examining The Effects Of High-Intensity Resistance Training On Hormonal Factors In University Male Football Players *Journal of Pharmaceutical Negative Results* 14(4), 1155-1161 (HEC Recognised Journal Y Category) DOI: <https://doi.org/10.47750/pnr.2023.14.04.49> ISSN: 0976-9234
99. Khan, A., **Butt, M. Z. I.**, Jamil, M. (2023), Assessment of Learning Disabilities for Future Implications of Physical Education Students. *The Sky - International Journal of Physical Education and Sports Science* 7(1), 21-27 (HEC Recognised Journal Y Category) <https://doi.org/10.51846/the-sky.v7i0.2351> ISSN: 2523-9368
100. Akhtar, S., Khan, A., **Butt, M. Z. I.** (2023), Factors and health consequences associated with doping among chess players of Pakistan. *The Shield-Research Journal of Physical Education & Sports Science* 18 (1), 114-126.(HEC Recognised Journal Y Category) <https://sujo.usindh.edu.pk/index.php/THE-SHIELD/article/view/6684> ISSN 1991-8410

101. Munir, M. I., **Butt, M. Z. I.**, Khan, A., (2024). Health Benefits and Consequences Associated with Uric Acid Among Exercise Performers *Pakistan Journal of Health Sciences* 5(1), Commentary (HEC Recognised Journal Y Category) DOI: <https://doi.org/10.54393/pjhs.v5i01.1268> ISSN (P): 2790-9352, (E): 2790-9344
102. Iqbal, Y., Shi, Y., Arif, N., **Butt, M. Z. I.** Adnan, M. A. J., Tabassum, Y., Fozia, T., Chaudhry, B., Ali, T. (2024), Benefits Of Swimming On Daily Life Of A University Students: An Exploratory Study. *Migration Letters* 21 (S8), 902-911.(HEC Recognised Journal X Category) <https://migrationletters.com/index.php/ml/article/view/9450> ISSN: 1741-8984 (Print) ISSN: 1741-8992 (Online)
103. Arif, N., Liuhaiyuan, Iqbal, Y., **Butt, M. Z. I.** Adnan, M. A. J., Tabassum, Y., Fozia, T., Chaudhry, B., Ali, T. (2024), Perception Of Visually Impaired Students About Obesity And Physical Activity. *Migration Letters* 21 (S8), 912-918.(HEC Recognised Journal X Category) <https://migrationletters.com/index.php/ml/article/view/9451> ISSN: 1741-8984 (Print) ISSN: 1741-8992 (Online)
104. Mohy ud Din, B., **Butt, M. Z. I.**, Tabassum, Y., Iqbal, M.A. (2024). Effect of Caffeine on the Testosterone and Cortisol Levels of University Football Players. *Pakistan Journal of Zoology Early Access*, 1-7 (HEC Recognised Journal X Category) DOI: <https://dx.doi.org/10.17582/journal.pjz/20230530150540> ISSN: 0030-9923
105. Husein, H., **Butt, M. Z. I.**, Tabassum, Y. (2024). Examining the Effect of Physical Training on Competitive State Anxiety Levels of Players. *Global Physical Education & Sports Sciences Review*, 9(1), 26-35 (HEC Recognised Journal Y Category) DOI: [https://doi.org/10.31703/gpessr.2024\(IX-I\).04](https://doi.org/10.31703/gpessr.2024(IX-I).04) p-ISSN: 2708-2113, e-ISSN: 2708-3608
106. Husein, H., **Butt, M. Z. I.**, Tabassum, Y., Iqbal, A. (2024). Investigating the effect of physical training on cortisol levels of players. *Journal of Population Therapeutics & Clinical Pharmacology*, 31(6), 2952-2959 (HEC Recognised Journal X Category) DOI: 10.53555/jptcp.v31i6.7068 ISSN: 1710-6222
107. Aslam, S., Husein, H., **Butt, M. Z. I.**, Tabassum, Y., Javaid, A., Nazir, N., 104. Mohy ud Din, B., Adnan, M.A.J. (2024). Investigating the effect of isotonic sports drinks on female football players' physical and mental performance. *Journal of Population Therapeutics & Clinical Pharmacology*, 31(6), 3293-3300 (HEC Recognised Journal X Category) DOI: 10.53555/jptcp.v31i6.7408 ISSN: 1710-6222
108. Husein, H., **Butt, M. Z. I.**, Tabassum, Y. (2024). Examining the Effect of Physical Training on Competitive State Anxiety Levels of Players. *Global Educational Study Review*, 9(2), 100-107 (HEC Recognised Journal Y Category) DOI: [https://doi.org/10.31703/gesr.2024\(IX-II\).12](https://doi.org/10.31703/gesr.2024(IX-II).12) p-ISSN: 2708-2113, e-ISSN: 2708-3608
109. **Butt, M. Z. I.**, Khan, A. (2024), Assessment of uric acid and its allied health benefits and risks: focusing on brisk walk. *The Shield-Research Journal of Physical Education & Sports Science* 19 (1), 58-65 (HEC Recognised Journal Y Category) <https://sujo.usindh.edu.pk/index.php/THE-SHIELD/article/view/7380> ISSN 1991-8410
110. Saddique, U., Khan, A., **Butt, M. Z. I.** (2024), Alteration of Human Growth Hormones Associated with Moderate Intensity Exercises among Female Students. *The Sky - International Journal of Physical Education and Sports Science* 8(2), 78-82 (HEC Recognised Journal Y Category) <https://doi.org/10.51846/the-sky.v8i2.3882> ISSN: 2523-9368
111. Ahmed, M., Khan, A., **Butt, M. Z. I.**, Rasool, B., Akhtar, M.S., Hamza, M., Ahmed, S., Dalkilic, M. (2025), Modulation of the Renin-Angiotensin System: A Novel Exercise Analyzer Approach. *International Journal of Endorsing Health Science Research* 8(2), 78-82 (HEC Recognised Journal Y Category) Doi: <https://aeirc-edu.com/ojs14/index.php/ijehsr/article/view/692> P: ISSN: 2307-3748, E: ISSN: 2310-3841

LIST OF COLUMNS/ARTICLES WRITTEN IN NEWSPAPERS

- ❖ Article Written in THE EDUCATIONIST Under the Title" Nutrition and Sports Performance"

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

INTERNATIONAL CONFERENCE PAPERS

Grand Total = 71

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 hemoglobin 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 behavior 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 (ICCSS-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 behavior, 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 the 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, at Govt. College University Faisalabad, Pakistan)
 34. Adnan, M.A.J., **Butt, M.Z.I.** (2019) Does consumer (Impulsive) buying behavior develops brand loyalty in the sports industry? An exploratory study. (1st International Conference on Physical Activity, Sports and Recreation on December 17-18, 2019, at Govt. College University 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 (ICTs) 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 the 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 swimming benefits on university students' daily life. (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 of swimming benefits on university students' daily life. (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).**
50. **Butt, M.Z.I.** Adnan, M.A.J., Khan, M. E. A., Hamza, M., Chaudhry, M. D. (2023) Effect of lactate threshold training program on optimizing players' fitness through lactate threshold improvement. **(1st International Sports & Physical Education Conference (SPECON) Held on October 17, 2023, At Superior University, Lahore, Pakistan).**
51. Hamza, M. A., **Butt, M.Z.I.**, Adnan, M.A.J., Khan, A., Tabassum, Y., Hussain, H., Munir, I. (2023) Development of Brand Loyalty through Impulsive Buying in Sports Industry. **(2nd International Conference on Movement, Health, Exercise, and Sports (MoHES-23) on December 20-21, 2023, at Govt. College University Faisalabad, Pakistan).**
52. Mohy Ud Din, B., **Butt, M.Z.I.**, Adnan, M.A.J. Khan, A., Tabassum, Y., Hussain, H., Munir, I. (2023) A Comparative Study of Referee and General Self-Efficacy between Football and Hockey Elite Referees of Pakistan. **(2nd International Conference on Movement, Health, Exercise, and Sports (MoHES-23) on December 20-21, 2023, at Govt. College University Faisalabad, Pakistan).**

53. Tufail, N., **Butt, M.Z.I.**, Adnan, M.A.J. Khan, A., Tabassum, Y., Munir, I. (2023) Role of social anxiety on novice university players: an exploratory study. (**2nd International Conference on Movement, Health, Exercise, and Sports (MoHES-23) on December 20-21, 2023, at Govt. College University Faisalabad, Pakistan).**
54. Qasim, R., **Butt, M.Z.I.**, Adnan, M.A.J., Khan, A., Iqbal, Y., Arif, N., Liaqat. A. (2023) Identification of positive outcomes of swimming on life quality of university students. (**2nd International Conference on Movement, Health, Exercise, and Sports (MoHES-23) on December 20-21, 2023, at Govt. College University Faisalabad, Pakistan).**
55. Zulfiqar, S., **Butt, M.Z.I.**, Adnan, M.A.J., Butt, R. H., Mansoor, N., Munir, I. (2023) Perception of visually impaired students about obesity and physical activity. (**2nd International Conference on Movement, Health, Exercise, and Sports (MoHES-23) on December 20-21, 2023, at Govt. College University Faisalabad, Pakistan).**
56. Afzal, S., **Butt, M.Z.I.**, Adnan, M.A.J., Khan, A., Tabassum, Y., Hussain, H., Munir, I. (2023) Development of Brand Loyalty through Impulsive Buying in Sports Industry. (**2nd International Conference on Movement, Health, Exercise, and Sports (MoHES-23) on December 20-21, 2023, at Govt. College University Faisalabad, Pakistan).**
57. Ghafoor, Z., **Butt, M.Z.I.**, Adnan, M.A.J., Khan, A., Tabassum, Y., Hussain, H., Munir, I. Mohy Ud Din, B. (2023) Role of coaching etiquette, motivation and mental well-being among novice athletes. (**2nd International Conference on Movement, Health, Exercise, and Sports (MoHES-23) on December 20-21, 2023, at Govt. College University Faisalabad, Pakistan).**
58. Komal, S., **Butt, M.Z.I.** (2023) Impact of Moderate Intensity Exercise on Heart Efficiency. (**2nd International Conference on Movement, Health, Exercise, and Sports (MoHES-23) on December 20-21, 2023, at Govt. College University Faisalabad, Pakistan).**
59. Rathore, S. S., **Butt, M.Z.I.**, Adnan, M.A.J., Afzaal, R., Khan, A., Tabassum, Y., Munir, I. (2024) University Sports Development Through Information Communication Technologies (ICTs): An Exploratory Study. (**2nd International Interdisciplinary Conference on Language Teaching (IICLT 2024) on April 23-24, 2024, at Gift University Gujranwala, Pakistan).**
60. Hamza, M.A., Adnan, M.A.J., **Butt, M.Z.I.**, Afzaal, R., Khan, A., Tabassum, Y., Hussain, H., Munir, I. (2024) Development of Brand Loyalty Through Impulsive Buying in Sports Industry. (**2nd International Interdisciplinary Conference on Language Teaching (IICLT 2024) on April 23-24, 2024, at Gift University Gujranwala, Pakistan).**
61. Tufail, N., **Butt, M.Z.I.**, Adnan, M.A.J., Afzaal, R., Khan, A., Tabassum, Y., Munir, I. (2024) Role of Social Anxiety on Novice University Players: An Exploratory Study. (**2nd International Interdisciplinary Conference on Language Teaching (IICLT 2024) on April 23-24, 2024, at Gift University Gujranwala, Pakistan).**
62. Zahra, S.K., Adnan, M.A.J., **Butt, M.Z.I.**, Khan, A., Tabassum, Y., Fozia, T., Munir, I. (2024) Role of Coaching Etiquette Motivation and Mental Well-being Among Novice Athletes. (**2nd International Interdisciplinary Conference on Language Teaching (IICLT 2024) on April 23-24, 2024, at Gift University Gujranwala, Pakistan).**
63. **Butt, M.Z.I.**, (2024) Nutrition and Sports Performance. (**2nd International Conference on Advances in Allied Health Sciences Held on October 23-25, 2024, At the University of Lahore, Pakistan).**
64. Zahra, S.K., Adnan, M.A.J., **Butt, M.Z.I.**, Khan, A., Tabassum, Y., Liaqat, A., Qasim, R., Zulfiqar, S. (2024) Role of coaching etiquette, motivation and mental well-being among novice athletes. (**4th EURO-PAK International Conference on Sports Sciences & Education Held on October 9-10, 2024, At National Skill University (NSU), Islamabad, Pakistan).**

65. Rathore, S.S., **Butt, M.Z.I.**, Adnan, M.A.J., Khan, A., Tabassum, Y., Munir, I. (2024) University sports development through information communication technologies (ICTs): An exploratory study (**4th EURO-PAK International Conference on Sports Sciences & Education Held on October 9-10, 2024, At National Skill University (NSU), Islamabad, Pakistan**).
66. **Butt, M.Z.I.**, Adnan, M.A.J., Khan, A., Tabassum, Y., Munir, I. (2024) Generic Aspects of Role of Nutrition in Sports Performance (**4th EURO-PAK International Conference on Sports Sciences & Education Held on October 9-10, 2024, At National Skill University (NSU), Islamabad, Pakistan**).
67. Afzal, S., **Butt, M.Z.I.**, Adnan, M.A.J., Khan, A., Tabassum, Y., Laqat, A., Qasim, R. (2024) Examination of serum creatinine level among females with moderate intensity exercise (**4th EURO-PAK International Conference on Sports Sciences & Education Held on October 9-10, 2024, At National Skill University (NSU), Islamabad, Pakistan**).
68. Zulfiqar, S., **Butt, M.Z.I.**, Adnan, M.A.J., Khan, A., Tabassum, Afzal, S., Y., Laqat, A., Qasim, R. (2024) Analysis of serum thyroid stimulating hormone (TSH) among exercise performer: evaluating risks and benefits for future implications (**4th EURO-PAK International Conference on Sports Sciences & Education Held on October 9-10, 2024, At National Skill University (NSU), Islamabad, Pakistan**).
69. Qasim, R., **Butt, M.Z.I.**, Adnan, M.A.J., Khan, A., Tabassum, Afzal, S., Y., Laqat, A., Zulfiqar, S. (2024) Hormonal influences on mood: examining testosterone and cortisol in university male basketball teams (**4th EURO-PAK International Conference on Sports Sciences & Education Held on October 9-10, 2024, At National Skill University (NSU), Islamabad, Pakistan**).
70. Tufail, N., **Butt, M.Z.I.**, Adnan, M.A.J., Khan, A., Tabassum, Afzal, S., Y., (2024) Role of social anxiety on novice university players: an exploratory study (**4th EURO-PAK International Conference on Sports Sciences & Education Held on October 9-10, 2024, At National Skill University (NSU), Islamabad, Pakistan**).
71. Hamza, M.A., **Butt, M.Z.I.**, Adnan, M.A.J., Khan, A., Tabassum, Afzal, S., Y., Laqat, A., Qasim, R. (2024) Development of Brand Loyalty through Impulsive Buying in Sports Industry (**4th EURO-PAK International Conference on Sports Sciences & Education Held on October 9-10, 2024, At National Skill University (NSU), Islamabad, Pakistan**).
72. Liaqat, A., **Butt, M.Z.I.**, Gill, S.A., Adnan, M.A.J., Tabassum, Afzal, S., Y., Qasim, R. (2024) Effect of isometric resistance training and kinesio-tapping on rotator cuff (acute and chronic) muscle injury among club level fast bowler (**4th EURO-PAK International Conference on Sports Sciences & Education Held on October 9-10, 2024, At National Skill University (NSU), Islamabad, Pakistan**).

73.

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
7	Introduction to Health and Physical Education	2025, Abdullah Brothers

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
- ❖ I am a Sargodha University Board of Studies of Sports Science & Physical Education member.
- ❖ I am a Board of Studies of Sports Science & Physical Education member at the University of Azad Jammu & Kashmir (UAJ&K).
- ❖ I am a Board of Studies of Sports Science & Physical Education member at 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 Board of Studies of Sports Science & Physical Education member of Government College University Lahore.
- ❖ Serving as a Member of the Board of Studies of Sports Science & Physical Education Sarhad University of Science & Information Technology (SUIT) Peshawar
- ❖ Served as a Member of the Board of Studies of Sports Science & Physical Education at 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 of Hockey at Punjab University Inter-Department Championship.
BADMINTON	Winner in Badminton in Punjab University Inter-Department Championship.
FOOTBALL	Runner Up in Football in the Punjab University Inter-Department Championship.
BASKETBALL	Runner Up in Basketball in the Punjab University Inter-Department Championship.
HANDBALL	Third in Handball in the Punjab University Inter-Department Championship.
ATHLETICS	Third in Athletics (Shot Put) In Punjab University Inter-Department Championship.

GENERAL SPORTS

INTERNATIONAL LEVEL

- ✧ Participation in the 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. I completed the Sports Administration Course of the Olympic Council of Asia (OCA) Continental Program, Securing the 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 in 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. The National Productivity Organization and Iqbal Academy Pakistan organized the workshop on "Promoting Quality Education for Prosperous 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. Punjab University organized a Certification Workshop on Awareness of Small Area Games on June 3rd and 4th, 2011.
19. A One-Week Training Course on" Pc-1 Preparation" for Officers Organized by the Government of Punjab's Management and Professional Development Department(Mpdd).
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 the 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 a 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 a 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 A one-day seminar on the Chinese Economic Development Model and CPEC, which was held on 25 August 2021 and 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 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. I attended the seminar on defense day reminiscences of the 1965 war held on 6th September 2021. The History Forum, Department of History & Pakistan Studies, University of the Punjab, Lahore, organized it.
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 the 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. I attended the International Webinar on Mushrooms as a Future Diet, which was held on July 7, 2021, and 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. I attended the One-Day International Webinar on Marine Geosciences and Quaternary Geology, which was held on June 18th, 2021, and organized by the Institute of Geology, University of Punjab.
53. Attended Social Work Festival with Thalassemia 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. I attended the online policy seminar on Pak-Morocco Development Vision: Strategic Cooperation for Education, Technology and Trade, which was held on 25th August 2021 and 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. I attended the seminar on celebrating 50 years of media mentorship excellence, which was held on 24 February 2022 by the 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 the 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. I attended the seminar on women and migration held on 8th March 2022, organized 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 the Center for Research in Ionic Liquids, University of Punjab.
64. I attended the Seminar on Challenges to Higher Education & Autonomy of the Public Sector Universities, which was held on 14 March 2022 and organized by the Academic Staff Association, University of Punjab.
65. I attended the Seminar on Creation of Pakistan: Role of Provinces, which was held on 22nd March 2022, organized by the History Forum & Ibn-e-Khaldun Society, Department of History & Pakistan Studies University of Punjab.
66. I attended the Geoscience GIS and Space Applications seminar, held on 24th March 2022 and organized by the Remote Sensing, GIS, and Climate Research Lab (RSGCRL), Center for Remote Sensing, University of Punjab.
67. I attended the National History Workshop on Emerging Trends in History Writing & Teaching, which was held on 28 March 2022 and organized by the Department of History & Pakistan Studies University of Punjab.
68. I attended the seminar on Gujranwala Through Ages, which was held on 28th March 2022 and organized by the 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. I attended the Workshop on Critical Thinking, which the Center for Leadership and Decision Making, University of Punjab, organized on 31 March 2022.
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. Organized by the Association for Information Science & Technology.
75. Participated as an Invited Keynote Speaker in an Online International Conference on Yoga, Nutrition, and Health Held on 21 June 2022, Organized by Manav Rachna International Institute of Research and Studies, Faculty of Allied Health Sciences, Department of Nutrition and

- Dietetics, India, in collaboration with the 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 the 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. Organized by the 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 the Institute of Electrical and Electronics Engineers (IEEE).
 85. I attended the Webinar of the IEEE Xplore Training Series on Preparing your Research Paper for Publication: An IEEE Perspective on 12 October 2022, Organized by the 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 the 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 **Physiological consideration towards sports performance** on 4th April 2023, Organised by the Isra Institute of Rehabilitation Sciences (IIRS) ISRA University, Islamabad Campus.
 93. Delivered Lecture as Keynote Speaker at the 1st International Sports and Physical Education Conference 2023 on "Be Active, Healthy, Motivated, Inspired and Inclusive" on the topic of Nutritional Factors in Sports on October 17, 2023, Organised by the Department of Emerging Allied Health Technologies, Superior University Lahore.

94. Delivered Lecture as Motivational Speaker/Keynote Speaker at the 2nd International Conference on Movement, Health, Exercise, and Sports (MoHES-23) on the topic of Exercise in Medicine on December 21, 2023, Organised by the Department of Physical Education & Sports Sciences, Government College University Faisalabad.
95. Organized a Seminar on Sports for the Special Population at the Department of Sports Science & Physical Education, University of Punjab, Lahore.
96. Organized a Seminar on Physical Care and Posture at the Department of Sports Science & Physical Education, University of Punjab, Lahore
97. Organized a Seminar on How to Develop a Research Proposal at the Department of Sports Science & Physical Education, University of Punjab, Lahore
98. Organized 2nd Blitz Chess Tournament 2024 on December 01, 2024, at the Department of Sports Science & Physical Education, University of Punjab, Lahore
99. Organized 148th Quaid Day Rapid Chess Championship 2024 on December 28-29, 2024, at the Department of Sports Science & Physical Education, University of Punjab, Lahore
100. Organized COMBAXX 20th Men's National (Master, Senior & Junior U-23) Classic Powerlifting and Bench Press Championship 2024 on March 02-04, 2024, at the Gymnasium Hall, University of Punjab, New Campus, Lahore
101. Organized 1st AK Group of Companies Quaid e Azam Trophy National (Men Open/ Women Senior & Junior U-23) Claassic Powerlifting Championship 2024 on December 26-29, 2024, at PSB Coaching Center, Lahore
102. Chaired the Public Health and Sports Sciences Conference Session and Participated in Panel Discussion at the 2nd International Sports and Emerging Allied Health Technology Conference (SECON-25) on February 10, 2025, Organised by the Department of Emerging Allied Health Technologies, Superior University Lahore.
- 103.

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 Pakistan Powerlifting Federation from 2023 to Date.
- ❖ Served as President of the Punjab Powerlifting Association from 2017 to 2022.
- ❖ 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, Nishtar Sports Complex, Lahore.

- ❖ Delivered lectures as a resource person on " Strength and Conditioning" for the Training Programme for Newly Recruited Coaches, which was organized by the Sports Board Punjab on September 17-20, 2017, in Lahore.
- ❖ Delivered lectures as a resource person on " Energy Needs for Special Children" and " Leadership Role in Special Children" at the 5-Day Training Workshop for Teachers of Disabled Children held on May 11-15, 2015, in Lahore.
- ❖ Delivered Lectures as a Resource Person on the Role of Nutrition At" the PSB Annual Conference on Sports and Physical Education-2014" Held on June 20-21, 2014, in Islamabad.
- ❖ I attended a meeting as a member of the National Curriculum Committee in Health and Physical Education, which was held from May 07 to 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, which was organized by the Punjab Staff Development Board and 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.
- ❖ Organized, 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 the Punjab Youth Festival in Oct 2012.
- ❖ Delivered a Lecture as a Resource Person at the " Punjab Staff Development Course" in Lahore, Organized by the Punjab Staff Development Board on 8 September 2012, on Health, Hygiene, and Dengue.
- ❖ Served as an Official At the Punjab International Youth Festival in Nov 2012.
- ❖ Organized and Officiated the 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 a Resource Person at the " Punjab Staff Development Course" in Lahore, Organized By the Punjab Staff Development Board from 22nd December 2010 to 17th January 2011 on Nutrition And General Fitness.
- ❖ Delivered Lectures as Resource persons at the " 6 Days Professional Development Course" in Khanuspur, Organized By the Higher Education Commission from 2nd to 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 the 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 a resource person on " Co-Ordination Exercises for Special Children" at the Teachers Training Center for Special Education Rewas Garden, Lahore, in May 2010.
- ❖ Managed and Conducted A Two-day 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 a Level One Weight Training Course as a Course Director and Resource Person on 21st & 22nd July 2009, which HEC organized.
- ❖ Served as a Technical Official in the Punjab University Interdepartmental Athletics Championship 2009-2010.
- ❖ Served as a Technical Official in the 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.
- ❖ 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 the Swimming Gala Held in UCL 2006-2007.
- ❖ Organized 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 a Technical Official in the Punjab University Interdepartmental Athletics Championship 2005-2006.
- ❖ Served as Technical Official in Intercollegiate Athletics Championship 2004-2005.
- ❖ Served as a Technical Official in the 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