

CURRICULUM VITAE

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|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| NAME | DR. BASIT ANSARI |
| FATHER'S NAME | TAFZIL UDDIN ANSARI |
| DATE OF BIRTH | 31-3-1977 |
| PLACE OF BIRTH | KARACHI |
| QUALIFICATION | Ph. D (Health, Physical Education & Sports Sciences), Post Doc , D.P.T |
| FIELD OF SPECIALIZATION | Exercise Physiology, Cardiac Rehabilitation, Sports Medicine |
| PROFESSIONAL STATUS | Associate Professor |
| INSTITUTION | Department of Health, Physical Education & Sports Sciences, University of Karachi |
| MAILING ADDRESS | |
| | Office: Department of Health, Physical Education & Sports Sciences Karachi-75270 PAKISTAN |
| | Residence: House no: B-25, University Campus Karachi- PAKISTAN. |
| E. mail | basita@uok.edu.pk basitansari@hotmail.com |

ACADEMIC QUALIFICATION:

| DEGREE/ CERTIFICATE | INSTITUTION | SUBJECTS | YEAR |
|------------------------|------------------------------------|----------------------------------------------------|------|
| Post Doc | Tabba Heart Institute, | Preventive Cardiology & Cardiac Rehabilitation | 2016 |
| D.P.T(d) | University of Karachi, Pakistan | Physical Therapy | 2013 |
| Ph.D. | University of Karachi, Pakistan | Health, Physical Education & Sports Sciences | 2012 |
| M.Sc. | University of Karachi, Pakistan | Health, Physical Education & Sports Sciences | 2003 |
| B.S.PT | University of Karachi, Pakistan | Physical Therapy | 1996 |
| B.Sc. | University of Karachi, Pakistan | Chemistry, Zoology, Botany | 1993 |

PUBLICATIONS:

THESIS:

Basit Ansari (2012) *“Effect of Exercise Therapy on Cardiac Rehabilitation in Pakistani Patients”*. Ph.D. Thesis, Department of Health, Physical Education & Sports Sciences, University of Karachi, Pakistan.

RESEARCH PUBLICATIONS:

1. Humayun Imran Azeemi , Sarah Sughra Asghar , Basit Ansari , Junaid Mahmood Alam ,Syed Riaz Mahmood (2020).Effects of Exercise in Fasting and Postprandial conditions with Metabolic Profiling of Fats and Carbohydrates Int. J. Biol. Biotech., 17 (3): 583-587,
<http://www.ijbbku.com/assets/custom/journals/2020/3/EFFECTS%20OF%20EXERCISE%20IN%20FASTING%20AND%20POSTPRANDIAL%20CONDITIONS%20WITH%2>

[OMETABOLIC%20PROFILING%20OF%20FATS%20AND%20CARBOHYDRATES.pdf](#)

2. Humayun Imran Azeemi¹, Basit Ansari¹, Junaid Mahmood Alam and Syed Riaz Mahmood (2019) Assessment Of Blood Lactate Levels and its Correlation With Strenuous Exercise in Male Athletes With Type 2 Diabetes Mellitus (T2DM) *Int. J. Biol. Biotech.*, 16 (2): 527-531, 2019.
[https://www.ijbbku.com/assets/custom/journals/2019/2/Assessment%20of%20Blood%20lactate%20levels%20and%20its%20correlation%20with%20strenuous%20exercise%20in%20male%20athletes%20with%20type%202%20Diabetes%20Mellitus%20\(T2DM\).pdf](https://www.ijbbku.com/assets/custom/journals/2019/2/Assessment%20of%20Blood%20lactate%20levels%20and%20its%20correlation%20with%20strenuous%20exercise%20in%20male%20athletes%20with%20type%202%20Diabetes%20Mellitus%20(T2DM).pdf)
3. Humayun Imran Azeemi, Basit Ansari, Junaid Mahmood Alam, Syed Riaz Mehmood.(2019) Assessment of Serum Enzyme Levels in Various Muscular Dystrophy Conditions.*Int.J.Biol.Biotech.*,16(2):527-531
<https://onedrive.live.com/?authkey=%21AOnPpdFIuA0eAss&cid=0478B3E4F887CE3E&id=478B3E4F887CE3E%215237&parId=478B3E4F887CE3E%215208&o=OneUp>
4. Amna Aamir Khan, Ali Farhad, Pirzada Qasim Raza Siddiqui, Basit Ansari (2019) Effects of Osteoanabolic Exercises on Bone Mineral Density of Osteoporotic Females: A Randomized Controlled Trial. *International Journal of Health Sciences*. 12, (6), 9-13
<https://www.ijhs.org.sa/index.php/journal/article/view/3536/898>
5. Sumaira Imran Farooqui, Pirzada Qasim Raza Siddiqui, **Basit Ansari**, Ali Farhad (2019), Effects of Spinal Mobilization Techniques in the Management of Cobb Angle among Adolescent Idiopathic Scoliosis Patients. *Indo American Journal of Pharmaceutical Sciences*.06 (02), 4054-4062.
<http://doi.org/10.5281/zenodo.2567495>
6. Syed Abid Mehdi Kazmi, Pirzada Qasim Raza Siddiqui, **Basit Ansari** (2019), Assessment of Lumber Multifidus and Transverse Abdominis Muscle Thickness or Cross-Sectional by Rehabilitative Ultrasound Imaging-A Meta-analysis. *Indo American Journal of Pharmaceutical Sciences*.06 (01), 2052-2058.
<http://doi.org/10.5281/zenodo.2549905>

7. Syed Abid Mehdi Kazmi, Pirzada Qasim Raza Siddiqui, **Basit Ansari** (2019), Ultrasound Imaging as a Feedback Tool to Measure the Efficacy of Core Stability Exercises vs Spinal Mobilization Technique in Patients with Low Back Pain. A Randomized Clinical Trial. *Indo American Journal of Pharmaceutical Sciences*.06 (01), 1326-1335
<http://doi.org/10.5281/zenodo.2544013>
8. Amna aamir khan, Pirzada qasim raza Siddiqui, **Basit Ansari**, ali farhad. (2019), Impact of Activity Monitors on Quantification of Physical Activity - A Systematic Review & Meta-Analysis. *Indo American Journal of Pharmaceutical Sciences*. 06 (02), 1-7
[DOI: 10.2196/preprints.10856](https://doi.org/10.2196/preprints.10856)
9. Sumaira Imran Farooqui, Pirzada Qasim Raza Siddiqui, **Basit Ansari**, Ali Farhad. (2018) Effects of Spinal Mobilization Techniques in the Management of Adolescent Idiopathic Scoliosis - A Meta-Analysis. *International Journal of Health Sciences*. 12(6) 36-41
<https://ijhsjournal.org/index.php/journal/article/view/3372/890>
10. Humayun Imran Azeemi, Basit Ansari, Junaid Mahmood Alam.(2018) Assessment of Serum Enzyme Levels in Various Muscular Dystrophy Conditions, *Int. j. biol. biotech.*, 15 (4): 639-643
<https://onedrive.live.com/?authkey=%21AAWHfr7b9xTI9bU&cid=0478B3E4F887CE3E&id=478B3E4F887CE3E%215140&parId=478B3E4F887CE3E%215138&o=OneUp>
11. Toshaba Channa, Soniha Aslam, Yasmeen Iqbal, **Basit Ansari**, (2017) An analytic study of coaching evaluation process of female Directress Sports, The Shield, *International Journal of Physical Education and Sports Sciences* Vol. 12 :59-66
12. **Basit Ansari** , Masood A Qureshi and Raheela Rahmat Zohra, (2014) Effect of Exercise Training Program in Post-CRET Post-CABG Patients with Normal and Subnormal Ejection Fraction (EF > 50% or < 50%) After Coronary Artery Bypass Grafting *Surgery Pak. J. Pharm. Sci., Conference Issue*, 27(6), pp.2157-2163 **Impact Factor 0.804**
<http://www.pjps.pk/wp-content/uploads/pdfs/27/6/Special/4-4042-SP.pdf>

13. Sara Sitara Qureshi, Basit-Ansari , Masood A Qureshi and Raheela Rahmat Zohra ((2014) The relationship between sleep and cognitive functioning in adult people , Pak. J. Pharm. Sci., Conference Issue, 27(6), pp.2153-2156 **Impact Factor 0.804**
- <http://www.pjps.pk/wp-content/uploads/pdfs/27/6/Special/3-4041-SP.pdf>
14. **Basit Ansari**, Sara Sitara Qureshi, Humayun Imran Azeemi¹ and Masood A. Qureshi (2013) Relationship between Stress and Emotional Distress among University Students *Pak. J. Biochem. Mol. Biol.*46(1): 8-10
- http://www.pjbmb.org.pk/images/PJBMBArchive/2013/PJBMB_46_1_Mar_2013/03.pdf
15. Zehra Sitwat, **Ansari Basit**, Azhar Abid, Qureshi Masood Anwar (2013) Premenstrual Syndrome Symptoms (PMS) And Prevalence Among University Students In Karachi, Pakistan, *Intl J. Pharm*,2013,4(X), **DOI: 10.7897/2230-8407.04420**
- https://irjonline.com/admin/php/uploads/1736_pdf.pdf
16. **Basit Ansari**, Sara Sitara Qureshi (2013) Parental Acceptance and Rejection in Relation With Self Esteem in Adolescents *Interdisciplinary Journal of Contemporary Research in Business*, 4, (11).552-57
- <https://journal-archieves30.webs.com/552-557.pdf>
17. **Basit Ansari**, Sara Sitara Qureshi (2013) Stress and Coping in Caregivers of Cancer Patients. *Interdisciplinary Journal of Contemporary Research in Business*, 4, (11).558-563
- <https://journal-archieves30.webs.com/558-563.pdf>
18. **Basit Ansari**, Muhammad Hassan Bin Azad, Humayun Imran Azeemi, Shazia Tabassum (2013) Influence of Preparation for the Olympics 2012 on Environment Sustainability Policies of London, *Interdisciplinary Journal of Contemporary Research in Business*, 4, (11) 564-571
- <https://journal-archieves30.webs.com/564-571.pdf>

19. Azra Parveen Azad, **Basit Ansari**, Muhammad Hassan Bin Azad, Niveen Qadri, (2013) Role of Public Sector Universities in Disaster Management using Stage-Wise Resource Capability Management Model, *Interdisciplinary Journal of Contemporary Research in Business*, 4, (12) 144-152
<https://journal-archieves31.webs.com/142-152.pdf>
20. Humayun Imran Azeemi, **Basit Ansari**, Kiran Akhtar, Syed Hasan Abbas, Afsheen Arif, Sitwat Zehra, (2013) Physical Therapy When Used Along With Electrical Modalities in Order To Improve The Range Of Motion in Frozen Shoulder is More Beneficial than Using Modalities Alone, *Interdisciplinary Journal of Contemporary Research in Business*, 4, (12) 336-344
<https://journal-archieves31.webs.com/336-344.pdf>
21. Muhammad Hassan Bin Azad, Niveen Qadri, **Basit Ansari**, Azra Parveen Azad, Shazia Tabussum, (2013) Resistance to Change: A Blessing or a Curse? *Interdisciplinary Journal of Contemporary Research in Business*, 4, (12) 345-353,
<https://journal-archieves31.webs.com/345-353.pdf>
22. Muhammad Hassan Bin Azad, **Basit Ansari**, Niveen Qadri, Azra Parveen Azad, Hasan Raza (2013) Understanding Complexity to Aid in Leadership (2013) *International Organization of Scientific Research (IOSR)* (**Accepted**).
23. **Basit Ansari**, Masood A Qureshi, Sitwat Zehra, Humayun Imran Azeemi, Mazahir Zia Shiekh, (2013) The Progressive and Successive Daily Improvement in HR And BP in Pakistani Patients after Coronary Artery Bypass Grafting *INT. J. BIOL. BIOTECH.*, 10 (2): 319-325,
<https://onedrive.live.com/?authkey=%21AM6Cnu7C%5FU%2DXXyY&cid=0478B3E4F887CE3E&id=478B3E4F887CE3E%211825&parId=478B3E4F887CE3E%211808&o=OneUp>
24. Jamshaid Ahmed, **Basit Ansari** (2013) The Role Of Gender In Sports To Evaluate The Trait Sports Confidence Of Pakistani Elite Athletes., *INT. J. BIOL. BIOTECH.*, 10 (2):

327-330

<https://onedrive.live.com/?authkey=%21AIJg9vened2izOo&cid=0478B3E4F887CE3E&id=478B3E4F887CE3E%211826&parId=478B3E4F887CE3E%211808&o=OneUp>

25. Muhammad Hassan Bin Azad, **Basit Ansari**, Azra Parveen Azad, Hasan Raza (2013) Critical Analysis of the Accountability of Multinational Enterprises for Detrimental Effects on the Environment in Developing Countries. (2013) *International Organization of Scientific Research (IOSR)* (Accepted).
26. **Alvi Nabeel Ahmed & Ansari Basit** (2012) Good Governance in Pakistan: Problems and Possible Solutions *The international journal of history and social sciences(Jhss)* 3 (2) 111-131
https://www.academia.edu/3737451/Good_Governance_in_Pakistan_Problems_and_Possible_Solutions
27. **Basit Ansari**, Masood A Qureshi, Sitwat Zehra, Humayun Imran Azeemi, Syed Hassan Abbas, (2012) Cardiac Functional Improvement Following Exercise Training Program in Pakistani Patients after Coronary Artery Bypass Grafting Surgery. *INT. J. BIOL. BIOTECH* 9 (1-2): 69-73
<https://onedrive.live.com/?authkey=%21AHkF6BZn8gTuQGw&cid=0478B3E4F887CE3E&id=478B3E4F887CE3E%211724&parId=478B3E4F887CE3E%211690&o=OneUp>
28. **Basit Ansari**, Masood A. Qureshi, Jugnoo Salah uddin (2009), Lifestyle, Health and Sports. *Pakistan Journal of Special Education(PJSE)* ISSN 1818-2860, Vol 10, 113-126, 2009

ABSTRACT PRESENT IN CONFERENCE

- (Title: **Genomics of exercise in relation health and fitness**) 35th all Pakistan Science Conference, Dec. 20-23, 2008
- Participated as **Resource Person** in General Fitness & Athletic Coaching Course 2004 at University of Karachi

HONORS

| | |
|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| • Chairman Faculties Gymkhana Committee University of Karachi | 2017-2018 |
| • Student's Advisor of the University of Karachi | 2015 |
| • Member of the National Testing Service Pakistan (N.T.S) as Peer Reviewer & Subject Expert for Health & Physical Education. | 2015 till date |
| • Member of the Selection Board of Federal Public Service Commission (F.P.S.C) as Subject Expert for Health & Physical Education. | 2010 till date |
| • Member of the H.E.C National Curriculum Revision Committee for Health & Physical Education. | 2009 till date |

Ph.D. THESIS COMPLETED

| Name of Student | Topic of Research | Department/Institute |
|------------------------|--------------------------|-----------------------------|
|------------------------|--------------------------|-----------------------------|

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|------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------|
| Sumaira Imran Farooqui | Effect of Thoracic Spine Mobilization in Adolescent Idiopathic Scoliosis Patients | College of Rehabilitation Sciences, ZiaUddin University |
| Syed Abid Mehdi Kazmi | A Comparative Study of Current Manual Therapy Practice in Management of Low back Pain | College of Rehabilitation Sciences, ZiaUddin University |
| Amna Amir Khan | Effect of Osteoanabolic exercise on gait balance and fear of fall among osteoprotic females | College of Rehabilitation Sciences, ZiaUddin University |

Ph.D. THESIS in PROGRESS

| Name of Student | Topic of Research | Department/Institute |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Aftab Ahmed Mirza Baig | Effects of Bilateral, asymmetrical Limbs Proprioceptive Neuromuscular Facilitation on Multifidus muscle in Chronic Low Back Pain | Department of Health, Physical Education & Sports Sciences, University of Karachi |

SPONSORED PROJECTS IN PROGRESS

| Name of the Project | Technical Review Committee | Sponsoring Agency | Amount (Rs.) | Year |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------|-----------------|------|
| Chitosan nanoparticles as a tool for the continuous degradation of starch into glucose using immobilized amyloglucosidase as a first step in Bioethanol Production | Dr. Basit Ansari (Technical Review Committee Member for NRPU-HEC Research Project) | Higher Education Commission (HEC) | 30,44,650/ - | 2017 |

PROFESSIONAL / TEACHING EXPERIENCE

Associate Professor, Department of Health,
Physical Education & Sports Sciences
University of Karachi

8th Dec 2014- Till Date

Description of Duties:

- To design, update and get approval from the appropriate bodies of the curricula to be undertaken for the program, as Chairman/Incharge of the Board of Studies of the department.
- To attend Higher Education Commissions supervised meetings of the Curricula Committee for Health and Physical Education program at the national level to finalize syllabus and curricula.
- To recommend visiting Faculty Members to VC to participate in the teaching program of the department
- To assign and allocate the duties and time schedules of the members both teaching and non-teaching faculty members of the department like Departmental Library, Departmental Contingency, Departmental Store and Teaching Labs. etc
- To act as Center Superintendent to supervise as and when the university selects the department as an venue to hold Annual/Supplementary examination its external degree/ Professional examinations for affiliated colleges
- To attend the regular meetings of the Faculty of Science, University of Karachi, so as to discuss the academic activities of various departments
- To organize the departmental examination at the end of each semester (to arrange question papers for semester examination, to supervise the procedure and to submit the examination result to the Semester Cell of the university in time.

**Assistant Professor, Department of Health
& Physical Education, University of Karachi.**

19th May2011- 7th Dec 2014

Teaching at Postgraduate

Description of Duties:

- Involvement in the teaching activities of the department. of 2-3 Credit hour each for the Morning Program & Evening program at Post-graduate level such as:
- Course: HPED 503 Anatomy and Physiology
- Course HPED 509 Administration and Management

- Course HPED 504 Kinesiology
- Course HPED 605 Exercise Physiology
- Course HPED 609 Sports Medicine
- To organize Departmental Seminar at national level, Guest Lectures and other academic activities within the department and the university.
- Regular and constant updating of course material through consultation of new research articles. Monographs and textbook.

**Lecturer, Department of Health,
Physical Education & Sports Sciences
University of Karachi**

15th Sep 2006-18th May 2011

Description of Duties:

- Involvement in the teaching activities of the department. of 2-3 Credit hour each for the Morning Program & Evening program Under & Post-graduate level such as:
- Course No. HPED-311 Foundations of Physical Education.
- Course No. HPED-315 Skills & Techniques of Sports & Games.
- Course No. HPED- 502 Sports Nutrition.
- To framing the Time Table for all semesters for both Morning and Evening Programs.
- Overall regularity and punctuality in conducting classes and labs: General availability and academic help to students after classes.

**Co-operative Teacher (Full time), Department of Health,
Physical Education & Sports Sciences University of Karachi**

15th Feb 2005-14th Sep 2006

Description of Duties:

- Involvement in the teaching activities of the department. of 2-3 Credit hour each for the Morning Program & Evening program.

- To help in arranging and supervising the Annual Sports Games and events anticipated by all the departments/ institutes of the university.
- To perform duties as assigned by the Student Advisor to help in order to maintain discipline and orderly performance of the university students in general.

PROFESSIONAL EXPERIENCE

**Physical Educationist / Physical Therapist,
At Sindh Olympic Association**

6th Jan 2003-14 Feb 2005

Description of Duties:

- Provide Training, Coaching and Teaching to players, Managing and administrating of sports.

Sports Event Participation

- Participated as **Member of Organizing Committee** in Sind Games 2008 at Hyderabad.
- Participated as **Member of Organizing Committee** in 30th National Games 2007 at Karachi.
- Participated as Secretary **of Sind contingent in** Inter-Provincial games 2006 Lahore
- Participated as **Medical Official in Sind University Sports Gala** 08-10 Feb. 2005 Karachi. Organized by University of Karachi.
- Participated as Medical Official in **Final Athens 2004 Olympics Qualifying Boxing** Tournament Green Hill Cup Pakistan Karachi. May 6th -12th 2004.
- Participated as Member of **Observing Committee in 29th National Games** 2004 at Quetta.
- Participated as **Physical Therapist of Sind contingent in 29th National Games** 2004 at Quetta.

- Participated as **Technical Official** in inter-Departmental Athletic Championship at Agha Khan. University hospital Karachi. April, 2004 & Oct. 2003
- Participated as **Physiotherapist** in University of Karachi Inter-Collegiate, interdepartmental, intervarsity Championship 2002.
- **Voluntary worked as Physiotherapist** with Pakistan Railway Athletics Team. 2002-2003.
- Participated as **Physiotherapist and Official Coach in Special Olympic National games** Islamabad on 27th Sep. to 30sep. 2002.

UNIVERSITY ADMINISTRATION / COMMITTEE TASKS

Chairman, Department of Health,
Physical Education & Sports Sciences,
University of Karachi

8th Dec 2014- Till Date

In- Charge, Department of Health,
Physical Education & Sports Sciences
University of Karachi

15th Feb 2007- 7th Dec 2014

- Worked as Center Superintendent to supervise as and when the university selects the department as a venue to hold Annual/Supplementary examination its external degree/ Professional examinations for affiliated colleges.
- To attend the regular meetings of the Faculty of Science, University of Karachi, so as to discuss the academic activities of various departments.
- Worked as Member Transport Committee and car parking for convocation 2016.

WORKED AS EXTERNAL EXAMINER IN PHYSICAL THERAPY

- To conduct viva as external Examine for the subject of **Cardiopulmonary Physiotherapy** at Baqai Medical University Annual Examination 2017.

- To conduct viva as external Examine for the subject of **Supervisor Clinical Practical –II** at Baqai Medical University Annual Examination 2017.
- To conduct viva as external Examine for the subject of **Supervisor Clinical Practical –III** at Baqai Medical University Annual Examination 2016.
- To conduct viva as external Examine for the subject of **Ergonomics** at Zia Uddin College of Physical Therapy Annual Examination 2015.

WORKED AS SUBJECT SPECIALIST:

- Worked as subject specialist to assist Federal Public Service commission **FPCS**. 01-06-2012
- Worked as subject specialist to assist Federal Public Service commission **FPCS**. 08-06-2012
- Worked as subject specialist to assist Federal Public Service commission **FPCS**. 22-06-2012
- Worked as subject specialist to assist Federal Public Service commission **FPCS**. 29-06-2012
- Worked as subject specialist to assist Federal Public Service commission **FPCS**. 06-05-2015
- Worked as subject specialist to assist Federal Public Service commission **FPCS**. 26-10-2017

WORKED AS VISITING FACULTY MEMBER IN M.PHIL PROGRAM

- Worked as Visiting Faculty member at Sarhad University of Science and information technology Peshawar November 14th, 15th, 16th 2014.
- Worked as Visiting Faculty member at Federal Urdu University for arts Sciences and technology January to June 2015

WORKED AS EXTERNAL EXAMINER IN M.PHIL EXAMINATION

- To conduct M.Phil Viva Examination of Mr. Mohammad Ashfaq **as External Examiner** for the award of M.Phil degree in Health and Physical Education in the office of the Director, Centre for Physical Education, Health and Sports Science University of Sindh Jamshoro 14 May 2018.
- To conduct M.Phil Viva Examination of Ajbar Khan **as External Examiner** for the award of M.Phil degree in Health and Physical Education in the office of the Director, Centre for Physical Education, Health and Sports Science University of Sindh Jamshoro 14 May 2018.

- To conduct M.Phil Viva Examination of Ms. Toshaba as **External Examiner** for the award of M.Phil degree in Health and Physical Education in the office of the Director, Centre for Physical Education, Health and Sports Science University of Sindh Jamshoro 5 March 2019.

WORKED AS EXTERNAL EXAMINER IN PH.D. EXAMINATION

- To Conduct Ph.D. Viva Examination of Ms. Soniha Aslam as external Examiner for award of Ph.D. degree in Health & Physical Education in the Director, Centre for Physical Education, Health and Sports Science University of Sindh Jamshoro 01-09-2014.

BOARD OF STUDIES ATTENDED

- To attend 43rd Meeting of Board of Studies of center of Physical Education health and sports sciences university of Sindh Jamshoro on August 22, 2017.
- To attend Meeting of Board of Studies of Department of Sports Sciences University of Lahore on January 22, 2015.
- To attend 3rd Meeting of Board of Studies of Federal Urdu University on August 7th 2014
- To attend 3rd Meeting of Board of Studies of RIPHAH International University Faisalabad on April 11, 2015.

M.PHIL THESIS EVALUATION

- Evaluation of Thesis of Mr. Mohammad Ashfaq M.Phil student Department of Centre for Physical Education, Health & Sports Sciences, University of Sind Jamshoro. **Title: “Impact of Co-Curricular Activities on Students Overall Performance: A Case Study of the Students of Kohat, Pakistan”**
- Evaluation of Thesis of Ms. Toshaba M.Phil student Department of Centre for Physical Education, Health & Sports Sciences, University of Sind Jamshoro. **Title: “Evaluation of Coaching Techniques of female Directress Sports Working in Government Degree Colleges : A Case Study of Hyderabad City**
- Evaluation of Thesis of Mr. Abdus Salam, M.Phil student Department of Sports Sciences & Physical Education, Gomal University Dera Ismail Khan. **Title: “Effect of Issue & Challenges upon Collage Level Sports in Khyber Pakhtunkhwa”**
- Evaluation of Thesis of Mr. Ashiq Muhammad, M.Phil student Department of Sports Sciences & Physical Education, Gomal University Dera Ismail Khan. **Title: “The Role of Sports in the Development of Multicultural Approach”**

- Evaluation of Thesis of Mr. Muhammad Asghar Khan, MPhil student Department of Sports Sciences & Physical Education, Gomal University Dera Ismail Khan. **Title: “Perception of Masses Regarding the Role of Sports in the Promotion of Peace and Hormeny”**
- Evaluation of Thesis of Miss Iffat Sarfaraz, M.Phil (Sports Sciences) student of the Department of Sports Sciences & Physical Education, Gomal University DIKhan, KPK. **Title: “A Study to Explore the Problems Faced by Female Elite Athlete in Pakistan”**

PHD THESIS EVALUATION

1. Evaluation of Thesis of Ms. Soniha Aslam, PhD student Department of Centre for Physical Education, Health & Sports Sciences, University of Sind Jamshoro. **Title “Prevalence of Obesity and Physical Activity among school going Children: (Case Study of District Hyderabad)**

MEMBERSHIP AND PROFESSIONAL AFFILIATION

Member of the Central Student Advisory Committee

- To perform duties as assigned by the Student Advisor to help in order to maintain discipline and orderly performance of the university students in general.
- Attend regular meetings in this connection and help the students to find solutions of their problems as and when approached by them.
- To remain vigilant so as to prevent occurrence of any ugly Incidents/uncalled for behavior by the students while at the campus.

Member of the Sports Admission Committee

- To select the students for admission to the university academic programs in all the departments for seats allocated on sports basis which includes verifying the sports credentials of the students, 2015- till date

Member of the Karachi University Gymkhana Committee

- To help in arranging and supervising the Annual Sports Games and events anticipated by all the departments/ institutes of the university.

Member of External Board of Studies

- Appoint as Member Board of Studies in Center of Physical Education Health and Sports Science, University of Sind Jamshoro
- Appoint as representation of the Academic Council on Board of Faculty of Medicine for the period of 3 years 2017-2019.

Member Director Finance & Teacher Liaison Committee

- Worked as member Director Finance and teacher liaison committee to look issue relate to Finance and Account 2015.

PAPER PRESENTED/PARTICIPATION IN SEMINARS & CONFERENCES

Papers

- (Title: **Physical Activity & Fitness: Interaction in Patients with DMT2**) at “Talent Identification” Organized by Higher Education Commission at Mehran University of Engineering & Technology, Jamshoro. 28th June-2nd July 2010
- (Title: **Dietary Aspects for Sports Management**) at “Talent Identification” Organized by Higher Education Commission at Mehran University of Engineering & Technology, Jamshoro. 28th June-2nd July 2010
- (Title: **Health & life style in sports**) in National workshop on Mastering in modern sports management technique at University of Karachi. 2-7 July 2008

WORKSHOPS & SEMINARS ORGANIZED

- **Organized** One Day Seminar on “**Reproductive Health, Exercise and Medicine. A new trends – challenges and opportunities**” at University of Karachi. 8th 30th April 2019
- **Organized** a departmental seminar of HPESS in collaboration with Sports Medicine Association of Pakistan (SMAP) on “**Sports Injuries**” July 19, 2016

- **Organized** One Day Seminar on “**Geriatric Concern, Challenges & Opportunities**” at University of Karachi. 25th March 2012.
- **Organized** One Day Seminar on “**Prevention of Osteoporosis through Physical Activity**” at University of Karachi. 8th Aug 2008.
- **Organized** National workshop on “**Mastering in modern sports management technique**” at University of Karachi. 2-7 July 2008.
- **Organized Interdisciplinary Social Science international Conference**, at University of Karachi Nov. 5-6, 2008.

SEMINARS ATTENDED

- **Attended** One Day Seminar on “**Healthy Youth Strong Nation**” On Monday 25th March 2019 organized by Dean Faculty of Arts and Social Sciences and Organizing Committee University of Karachi
- **Attended** an Awareness Seminar on **World Kidney Day on Thursday 14th March 2019**, at the Arts & Social Sciences Auditorium University of Karachi
- **Attended** to the **Annual International Conference on Rehabilitation Translation, Clinical & Research Perspective** held on February 23rd to 24th, 2018 organized by Ziauddin University
- **Attended** to the **Sports Injuries Seminar & Hands-On training on Taping techniques** held on Tuesday, July 19, 2018 at Karachi organized by Department of Health, Physical Education & Sports Sciences University of Karachi.
- **Attended** to the **World Women Pharmacists Day** held on October 1st & 2nd 2018 at Muhammad Uzair Auditorium organized by Jinnah University for Women Faculty of Pharmacy
- **Attended** to the **32nd International Pak Orthocon 2018** Organized Pakistan Orthopedic Association held on November 15-18, 2018 at Pearl Continental Hotel, Karachi
- **Attended** ORANGE the Seminar “**End Violence against Women and Girls**” **November 29th, 2018** at Arts Auditorium University of Karachi
- **Attended** Technologies Displayed by University of Karachi- **Post Summit Seminar** on January 19th 2017 Arts Auditorium University of Karachi organized Office of Research, Innovation & Commercialization (ORIC) University of Karachi.

- **Attended** to the **Sports Medicine & Fitness Seminar** held on Saturday, 13th May 2017 at Marriot Hotel, Karachi Sports Medicine Association of Pakistan
- **Attended National Sports Conference** 2017 Organized by Pakistan Sports Board held on May 25th, 2017 at Move n Pick Hotel, Karachi
- **Attended** to the **Add life to years Physical Therapist help to improve mobility and quality of life** held on September 08, 2017. Organized by Baqai Medical University
- **Attended** to the **17th SMAP and AFSM Sports Medicine Congress** held on 30th Nov-2nd Dec, 2017, Avari Towers Hotel, Karachi
- **Attended** Awareness Seminar on **HEC NRPU Research Proposal Grant March 28, 2016**
- **Attended** to the **Pre-Competition Stress Management** held April 22nd, 2016 at Council Hall, Dean Faculty of Science organized by Department of Health, Physical Education & Sports Sciences University of Karachi.
- **Attended** to the **16th SMAP Scientific Congress** held on Saturday, 28th May 2016 at Marriot Hotel, Karachi Sports Medicine Association of Pakistan
- **Attended** to **The Vital Role of Nutrition in Sports** held on Thursday 17th November 2016 organized by Department of Zoology Collaboration with the Department of Sports Sciences Federal Urdu University of Arts, Science and Technology.
- **Attended** to the **30th International Pak Orthocon** 1st -4th December Pearl Continental Hotel, Karachi Musculoskeletal Trauma New Trends Organized by Hyderabad
- **Attended** to the for attending the **Physiotherapy symposium on Manipulative Method and Orthopedic Biomechanics** Organized by Liaquat National School of Physiotherapy & Department of BME, NED University on December 15th, 2016
- **Attended** Free Mental Health Camp to be held on 26th November, 2016 with the theme **“Mental Health & Psychological First Aid: Living with Dignity”**
- **Attended** **“Mental Health and Psychological First Aids” “OBSERVE”, "LISTEN” and "CONNECT”** On 27th November, 2016 at PRESTON University, Karachi.
- **Attended** in **16th Sports Medicine Association of Pakistan (SMAP) Scientific Congress** at Marriott Hotel, Karachi. May 2016
- **Attended** in a seminar on **“Pre-Competition Stress Management”** organized by Department of Health, Physical Education & Sports Sciences, and University of Karachi. April 2016
- **Attended** to **End Note: the Citation Management Software** held at Pharmacy Auditorium, University of Karachi on February 26, 2015 Organized by Karachi University Teachers’ Society (KUTS).

- **Attended** in a workshop “**Planning, Execution & Successful Accomplishment of Research Degrees**” held at Dr. A.Q. Khan Institute of Biotechnology & Genetic Engineering (KIBGE), University of Karachi. April 2014
- **Attended** to the **6th National Conference on Healthcare concerns and Phytotherapies** held on 26th June 2014. Organized Research Institute of Pharmaceutical Sciences, Department of Pharmacognosy Faculty of Pharmacy, University of Karachi
- **Attended** to the **Quality Cardio Pulmonary Resuscitation (QCPR)** organized by Research & Skills Development Centre (RSDC), Liaquat National Hospital and Medical College October 25th, 2014
- **Attended & Participated** as Member of panel Discussion on the topic of “**Crisis Management: Current Scenario**”, March 25 2013, University of Karachi
- **Attended** to the **Controversies in Management of Lymphoma** organized by Department of oncology held September 7th, 2013 Liaquat National Convention Centre
- **Attended** One Day Training Workshop on “**Gender Sensitization**” at University of Karachi. 25th Oct 2012
- **Attended** One Day Workshop on “**Self-Assessment Report**”, Organized by Quality Enhancement Cell University of Karachi. 3rd Sep 2012.

CONFERENCES ATTENDED

- **Attended** 2nd International Conference on Sustainable Development: Halophytes for Green Revolution **07th January 2019**.
- **Attended** Conference Cum Expo on 'Higher Education in Science and Technology for Socio-Economics Development of Pakistan' **February 11-13, 2019**
- **Attended** 4th International Conference "Food & Nutritional Security in Changing Climate" **March 3-4, 2019**
- **Attended** International conference on information sciences & communication technology (icisct'19). **March 9th and 10th, 2019**
- **Attended** Second Pak-Turk International Conference on Emerging Technologies in the Field of Science and Engineering **March 11-13, 2019**.
- **Attended** International Conference Re-Defining Mental Health and Well-Being ICRMHW-2018 **April 5, 2018**.
- **Attended** 3 Days International Conference On “Biological Control of Pests & Diseases: Progress & Prospects” **July 09-11, 2018**.
- **Attended** for National Conference on Emerging Trends in Bioinformatics and Bio-sciences **9-11 August 2018**.

- **Attended** 4th International Multidisciplinary Research Conference 2018 **October 9-11, 2018**
- Attended International Science Conference at University of Karachi **24-26, October 2018.**
- **Attended** 1st PROBE-2018, National Conference at Department of Physiology, University of Karachi
- **Attended** International Conference on The Challenges of Social And Human Development (ICCSHD) **November 5-6, 2016**
- **Attended** International Conference On “Diversity and Peace: Challenges for Social Discourse” Faculty of Social Sciences, University of Karachi ICDPCSD 2017 **November 7-8, 2017**
- **Attended** One Day International Conference titled ”Emotional Wellbeing in Workplace” on **16 November 2017**
- **Attended** 3rd Multi-Disciplinary Student Research Conference (MDSRC-2017) **29-30 November 2017**
- **Attended** 4th TARC International Conference On Learning & Teaching **17 – 18 October 2016**
- **Attended** International conference of Sports and Neuroscience? Active Healthy Aging?
2-5 September 2015
- **Attended** 1st International Conference on Life Sciences Emerging Trends in Biological Sciences and Genomics **December 21-23, 2015**
- **Attended** in **35th all Pakistan Science Conference**, Dec. 20-23, 2008, University of Karachi.
- **Attended** in **Interdisciplinary Social Science international Conference**, Sep. 4-5, 2007 University of Karachi
- **Attended** in National Seminar on “**Dissemination of Justice and the Role of Ombudsman in Pakistan**”, April 21st 2007 Karachi