

MAHEEN HASHIM KHAN BURKI

Lecturer,
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OBJECTIVE

Seeking a position in the field of Physical Education & Sports Education with an organization to help me utilize my sports related practical, research and teaching skills, experience and qualities for the advancement of the organization.

EDUCATION

Degree	Bord/University	Year	Marks	Major Subjects
MS/M.Phil	Riphah International University, Faisalabad, PK.	2021	3.78/4.00 CGPA	MS Physical Education and Sports Science
M.A	University of the Punjab	2005	665/1000	Master in Physical Education
B.A	University of the Punjab	2003	436/800	Bachelor of Arts
F.A	Lahore Board	2001	567/1100	Intermediate in Arts
Matric	Lahore Board	1999	483/850	Matric Science

RESEARCH & PUBLICATION

Publication in HEC Recognized Local Journals

1. Rehman, A., Khan, M. H. K., & Khan, S. (2022). Literacy in the Digital Age and Pakistani Youth. *Journal of Social Sciences Review*, 2(4), 260-272.
Retrieved from <https://ojs.jssr.org.pk/index.php/jssr/article/view/85/73>
2. Khan, S., Aslam, M. J. ., & Burki, M. H. K. . (2022). The Influence of Social Media in Sports Marketing. *Human Nature Journal of Social Sciences*, 3(4), 373–387.
Retrieved from <http://hnpublisher.com/ojs/index.php/HNJSS/article/view/282>
3. Burki, M.H.K. Javeed, Q., Tariq, M. and Gillani, S.F.T. (2022). The Influence of the Media on Athletes' Careers. *Journal of Islamic Countries Society of Statistical Sciences*, 8(2), 173-192.
4. Noureen, A., Khan Burki, M. H., & Tariq, M. (2021). Representation of Male and Female Athletes in Pakistani Media. *Journal of Islamic Countries Society of*

Statistical Sciences, 7(3), 261–274. http://www.joi.isoss.net/PDFs/Vol-7-no-3-2021/20_J_ISOSS_7_3.pdf

5. Javeed, Q., Tabassum, Y., **Burki, M. H. K.**, Butt, Z. I., Ahmed, A., & TullMuntha, S. (2021). Eating Habits Among University Students. *Turkish Online Journal of Qualitative Inquiry (TOJQI)*, 12(7), 9192–9197. <https://tojqi.net/index.php/journal/article/view/5363/3811>
6. Yasmeen Tabassum, **Maheen Hashim Khan Burki**, Zafar Iqbal Butt, Qamar Javeed, Abdul Rasheed, & Muhammad Usman. (2021). CONSTRUCTIVE EFFECTS OF ENERGY DRINK CONSUMPTION ON PLAYERS’ PERFORMANCE. *PalArch’s Journal of Archaeology of Egypt / Egyptology*, 18(08), 4099-4107. Retrieved from <https://archives.palarch.nl/index.php/jae/article/view/9642>
7. **Burki, M. H. K.**, Usman, M., Rasheed, A., (2021). Exploring Technology: An Aid to the Physical Training Teacher Education. *Global Social Sciences Review*, VI(I),266-271, (HEC Recognized Journal Y Category) ISSN(Print): 2520-0348 - ISSN(Online): 2616-793X H-index : 4
8. Anjum, R., **Burki, M. H. K.**, jahangir, M. A., (2021). Challenges to Fitness and Coaching During Covid-19. *Global Social Sciences Review*, VI(I),313-319, (HEC Recognized Journal Y Category), ISSN(Print): 2520-0348 - ISSN(Online): 2616-793X H-index : 4
9. Qamar Javeed, **Maheen Hashim Khan Burki**, Tehmina Kousar., (2021). Physical Education System of Pakistan: Issues, Problems and Solutions. *International Review of Social Sciences* p. 46-53 (HEC Recognised Journal Y Category) (IRSS, ISSN (Online) : 2309-0081 | ISSN (Print) : 2710-0057
10. **Maheen Hashim Khan Burki**, Anam Fatima, Noor Fatima., (2021). Women Sports Arena in Pakistan and Fear of Parents, *International Review of Social Sciences*, p. 54-61 (HEC Recognized Journal Y Category) (IRSS, ISSN (Online) : 2309-0081 | ISSN (Print) : 2710-0057
11. **Maheen Hashim Khan**, Qamar-Uddin Zia Ghaznavi, Saima Khan., (2021). Role of Media in Promoting Physical Education and Sports in Pakistan *International Review of Social Sciences*, p. 214-223 (HEC Recognized Journal Y Category) (IRSS, ISSN (Online) : 2309-0081 | ISSN (Print) : 2710-0057

SEMINAR AND CONFERENCE

1. Attending **2nd Euro Pak International Conference on Sports Sciences & Education**. Organized by Allama Iqbal Open University Islamabad. Oct., 11-13, 2019.
2. Presenting my Research paper Title: **“The Effect of Caffeine on Athlete’s Performance at University level: An exploratory study”** in International Sports Conference, (ICPASR) Govt., College University, Faisalabad. Dec. 17,18, 2019.
3. Virtual International Conference on "Emerging Trends in the Arts and Humanities" June 15-16, 2021. Submitted my Research Paper Titled: **"Challenges to Fitness and Coaching During COVID-19"**. Organized by University of the Punjab, Lahore.

ADDITIONAL QUALIFICATIONS

- Level One Certification Course as Health & Fitness Coach/Instructor by Shapes Health Studio.
- Sports Administration Course by Pakistan Olympic Association.
- Kids Athletics Course by IAAF.
- Professional Fencing Coaching Course by Pakistan Fencing Federation

CERTIFICATIONS

- Certification of professional fencing coaching course (2016)
- Coaching Course for Kids Athletics by IAAF (2012)
- Certificate of Badminton technical official for Referees, Empires, Judges & Coaches.
- Certificate of 2nd National Fencing Championship
- Certificate of 2nd National Children's Games 2005
- Certificate of Fencing Coaching Course 2005
- Certificate of Gymnastics Coaching Workshop 2005 from Lahore School of Learning (L.S.L).
- Awarded for Writing Sports, Health & Fitness Articles.
- Certificate of Sports Administration Course by Pakistan Olympic Association 2009

ACHIEVEMENTS

- Participating in Beaconhouse school system Intra Region O Level Athletic Meet as a P.E teacher and get gold, silver and bronze medals for Beaconhouse Newlands (2012)
- Managing and Working in the Opening Ceremony of Beaconhouse Bedian Sports Complex (2013)
- Participating in LGS Intra School O Level Futsal Tournament and get 1st position for Beaconhouse Newlands (2013)
- Participating and hosting Beaconhouse school system Intra Region O Level Basketball Tournament as a P.E teacher and get 3rd position out of 22 campuses for Beaconhouse Newlands (2013)
- Participating in Beaconhouse school system Intra Region A Level Table Tennis Tournament as a coach and won gold medal for Beaconhouse Newlands (2015)
- Organizing mega sports event Newlympics'15 as a sports Incharge and managing sponsors and get registrations from all over Punjab (2015)

EXPERIENCE

- Lecturer, Department of Sports Science & Physical Education, University of Education, Lahore. PK. December 12, 2021 to todated.
- Visiting Lecturer, Department of Sports Science, University of the Punjab, Lahore. April 2019 December 11, 2021.
- Fitness Trainer in punjab Govt employes training at Quaid e azam Academy for Educational Development Punjab
- Sports Incharge and coach from early years to A level students at Beaconhouse Newlands Lahore (2014-2015)
- Physical development teacher for PYP of International Barraculate system in Beaconhouse Newlands Lahore (2014-2015)
- P.E Teacher for O/A level at Beaconhouse Newlands Lahore (2012- 2014)
- Sports Teacher in Lahore Grammar School(LGS) 1-Shahjamal, Lahore (2011-2012)
- Health & Fitness Instructor in Shapes Health Studio Gym (Level One Certified). (2006-2007)

- Examiner in Board of Intermediate and Secondary Education(BISE) practical's of P.E. and Head Incharge at University of the Punjab Sports entry tests
- Treasurer (Secretary Finance) of Pakistan Fencing Federation (2014 to date)
- Honorary Secretary of Punjab, Pakistan Girls Baseball & Softball Federation. (2006 – 2009)

CO-CURRICULUM ACTIVITIES & INTERESTS

- Ex Member of Cricket Team Punjab University
- Inter Section Table Tennis Champion.
- Aerobics
- Study Knowledgeable Books
- Internet Surfing & Browsing
- Remain the G.R (Girls Representative) at Master's Level University of Punjab.
- Provided active participation and input in arranging various function and social activities in departmental level.
- Swimming

IT SKILLS

- Proficient in all Microsoft Office applications (MS-Word, MS-Excel, MS-Power Point)
- SPSS (Basic)
- Proficient in Google Drive applications

STRENGTHS

- Formal training in sports education
- Great passion and respect for sports and outdoor activities
- Ability to coach different individuals
- Excellent interpersonal and leadership skills
- Highly organized and dedicated to work
- Goal oriented and resourceful
- Great communication skills
- Ability and patience to play with students of all levels
- Outstanding problem solving skills
- Receptiveness to new ideas and other people's insights
- Great time management skills
- Outgoing and friendly

LANGUAGES

- English
- Urdu
- Punjabi
- Persian

REFERENCES

1. **Prof. Dr. Waheed Ur Rahman**
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2. Prof. Dr. Muhammad Zafar Iqbal Butt

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