

Syeda Muskan Farooqi

Research Work



Female Sport's Participation Effects on Health Final Year Project

May 2024 to July 2024 (3 months)

- Assessed the health benefits of female sports participation from the perspectives of teachers and students.
- Found that sports participation significantly enhances female health by controlling obesity, improving fitness, and strengthening the immune system.
- Concluded that female sports participation reduces the risk of chronic diseases and mental health issues, while promoting bone strength and overall well-being.

Education History



Bachelor of Sports Science & Physical Education

Institution: Govt. Degree College, D.I.Khan

Year of Graduation: 2024

- CGPA 3.54

Volunteer Work & Awards



Organizer Sports Gala

Institute: Govt. Degree College, D.I.Khan

2023

Organized and coordinated a successful sports gala, managing event logistics, participant engagement, and ensuring smooth execution of activities.

Contact Info



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Relevant Skills

- **Communication**
- **Time-Management**
- **Teamwork**
- **Problem Solving**
- **Critical Thinking**

Languages

- **English** (Basic)
- **Urdu** (Fluent)
- **Saraiki** (Fluent)

References

Information will be given upon request.