



M USMAN GHANIS/O M TARIQ LANGHA

PAKISTAN COLOR HOLDER (FIELD
HOCKEY) 12 YEARS (HOCKEY,
ATHLETICS, FOOTBALL, BADMINTON)
Fitness Trainer (Level 2), Sports Teacher,
Gym Instructor, Applied nutritionist

EXPERIENCES:

1. **5th November, 2024 till to date.**
 - Sports Coordinator
 - The Best Law College, Rwp
2. **3rd March, 2022 to 13th September, 2024.**
 - Sports Coordinator (**General**)
 - Dr AQ Khan School & Collage Safari Villas
3. **17th October, 2021 to 23rd February, 2022.**
 - Physical Trainer Khawaja Fareed Cricket Academy
4. **2nd April, 2021 to 29th September, 2021.**
 - Exercise & Goalkeeper Trainer
 - young Fighter Hockey Club
5. **1st January, 2021 to 9th December, 2021.**
 - Hiit trainer (**Fitness Trainer**)
 - Iron house Fitness Center
6. **2nd April, 2020 to 29th September, 2020.**
 - Hockey & Athletics Coach
 - Govt. Boys High School Bahawalpur
7. **13th September, 2018 to 28th August, 2019.**
 - Sports Teacher (**Football & Badminton**)
 - City School Bahawalpur
8. **17th November, 2017 to 27th March, 2018.**
 - Hockey Coach
 - Army Unit 35 Punjab
9. **25th April, 2015 to 27th July, 2017.**
 - Game Supervisor (Athletics & Badminton)
 - Govt. Girls High School Bahawalpur
10. **13th February, 2014 to 19th November, 2014.**
 - Subject Teacher • UK Poly Technic Institute Bahawalpur



Scheme 3 Dhoke Chudurian

Pakki Gali Rawalpindi



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DOB: 26 DEC, 1995

OBJECTIVE:

I am seeking employment with a company where I can grow professionally and personally. I seek challenging opportunities where I can fully use my skills for the success of the organization

SKILLS:

- **Effective time management**
- **Ability to work in a team**
- **Leadership**
- **Athletic ability**
- **Sports management**
- **Coaching and mentoring**

EDUCATION:

Vostro World GYM:

- **International fitness association (IFA) level 2**
- **Applied nutrition**

Islamia University, Bahawalpur

- **M.Sc. sports science and physical education 2021**
- **BA (Arts) 2017**
- **CCNA (Discovery) 2014**
- **Erozgar (Non-Technical) 2021**

Punjab Board OF Technical Education Lahore

- **DAE (Mechanical) 2011**

Board of Intermediate & Secondary Education Bahawalpur

- **Matriculation 2008**

COMMUNICATION

- **Respecting others' points of view through engagement and Interest.**
- **Using relevant knowledge, know-how, and skills to explain and clarify thoughts and ideas.**
- **Listening to others when they communicate, asking Questions to better understand.**