

Curriculum Vitae

TUQIR ABBAS

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OBJECTIVE

I am interested to be a part of a growing organization that offers challenging tasks in a healthy working environment.

National Event Experience (Goal Keeper):

- 28th National Games Lahore Football Brown Medal 2001
- Inter **District Champion Ship Sargodah** (Under-16 Winner) Sports Board Punjab 2001
- Board of Intermediate **Govt. College Samanabad Inter Colgate** Winner 2002 – 2003
- Board of Intermediate **Govt. Samanabad College Inter Colgate** Winner 2003 – 2004
- Inter **District Board Champion Azad Kashmir** Winner 2004 – 2005
- **Under-16 Sports Board Punjab** Quetta 2004 – 2005
- **PFF National Champion Ship** Lahore Participated Pakistan Railway 2005
- **PFF National Under-19** Qualified Round Faisalabad 2007
- **PFF National Under-19** Qualified Round Karachi Silver Medal 2007
- **PFF National Under-19** Champion Ship Lahore Gold Medal 2007
- National Games Karachi 2007
- **Wapda Inter Unit** Lahore 2007 Winner
- **Wapda Inter Unit** Haderabad 2009
- **PFF National Under-21** Champion Ship PMCFC Islamabad 2009
- Club Champion Ship Faisalabad **Inter District Faisalabad City Club** 2009 – 2010 Runner-up
- Pakistan PPL Young Blood Shaiwal 2010
- **National Challenge Cup** PMCFC Faisalabad 2010
- World Qualify Round **South Africa Camp** Islamabad 2010
- **Club Champion Ship Faisalabad** Inter District Faisalabad City Club 2010 – 2011 Winner
- **Wapda Inter Unit** Lahore 2013
- **Al-Pakistan Floodlight Football** Tournament Participate Young Blood Sahiwal Winner 2013
- **Al-Pakistan Football Tournament** Shakhort Winner FESCO Football Team Winner 2013
- **Tofail Shaheed Floodlight Football** Tournament Runner-up 2014
- **Al-Pakistan Floodlight Football** Tournament Participate Multan Wapda Winner 2014
- **DCO Noor ul Amin Mengal Fled Light Tournament** Fesco Wapda

- **Al-Pakistan City Club Football Tournament 2014** Runner up
- **All Pakistan Maqsood uz zaman butt & Shohada-e-kashmir floodlit football tournament** 2015 Runner up
- **Wapda Inter Unit** Lahore 2015
- **Wapda Inter Unit** Lahore 2018
- **Inter District Football Championship Faisalabad (3rd)** 2019
- **PFF “D” Certificate Coaching Course 2015**
- **2 Days Foot ball Workshop Under Brazilian A-License Coach Marcos Lahore** 2018
- **Physical Couching Course (Physiotherapy) in Bahawalpur** 2019
- **Done level-1 Fitness Trainer Course For (PSCA) at Lahore** 2019
- **Done level-2 Fitness Trainer Course For (PSCA) at Khan Pur** 2020
- **Basic Foot Ball Couching Course(Leads University Lahore)** 2021

Couching Experience Inter District Faisalabad:

- 2 years experience in City Club Faisalabad as a Coach
- 2 years experience in Superior College Faisalabad as a Coach
- 2 years experience in Sabria Sirajia Higher Secondary School as a Coach
- 1 year experience in Al-Madina Football Club Faisalabad as a (U-16, U-17 Coach)
- 1 year experience in Al-Madina Football Club Faisalabad as a (U-14 & Senior Team Coach)
- 2 year experience in Pak-Punjab Football Club Faisalabad as a (U-16,U-19 Team Coach)
- 7 months experience at U-21 Camp (Al-Fatah Football Club Senior Team as Coach)
- 2 years Football Couching in Learning Alliance School
- 2 years Football Couching in First Step School
- 1 year Football Couching in PFF Youth Academy
- Youth Festival (Sport Board Punjab) District Faisalabad 2012
- Sport Board Punjab Youth U-14 Football Championship (Coach) 2017

Academic Qualification

Degree	Year	Board
Matriculation	2001	Board of Intermediate & Secondary Education Faisalabad-Pakistan

Personal Details:

- Fathers Name Abdul Majeed
- Date of Birth 28-09-1984
- CNIC # 33100-3198965-9
- Domicile Faisalabad (Punjab)
- Gender Male
- Marital Status Married
- Nationality Pakistani

Reference

- Reference will be furnished on demand.