

CV

Name:

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"I have always been trying to do my best and I endeavor to fulfill my work on time. The goal was to earn knowledge about my work so that's how I'm sick and nobody else"

Education:

- Currently studying "Doctor of diet and nutritional science"
- ISSA Strength and Conditioning specialist
- LUMS nutrition and fitness certification
- IFA personal trainer certification
- IFA sports nutrition certification
- NLP : ultimate guide to Neuro-linguistic practitioner Alison
- PSCA Level-1 Strength and conditioning Coach
- PSCA Level 2 strength and conditioning coach
- Lifetime fitness and sports coaching course Pakistan Strength and conditioning
- Gym trainer short course PSCA & LBBA
- Certified Gym Instructor by Synergy fitness

Experiences and Achievements:

- MR UOL bodybuilding competition 2019 (GOLD MEDALIST)
- Attended sports Nutrition and supplementation session by SHNA (UOL)

- MR UOL bodybuilding competition 2020 (GOLD MEDALIST)
- 1 month clinical internship (Weight management, Diabetes, Renal Nutrition, EN & PN) at SURAYYA AZEEM TEACHING HOSPITAL, LHR
- 1 month clinical internship in department of food and nutrition at FAROOQ HOSPITAL IQBAL TOWN, LHR
- Nutrition training workshop 20-22 September , SHNA
- Participated in ALL PAK CASE STUDY & INNOVATIVE IDEAS 2019
- Attended 3rd , 4th & 5th Bodybuilding coaching course (PBBF)
Plus attended multiple National and international seminars regarding exercise and Nutrition