



# WAQAR YOUNAS

athlete

## About Me

i am an enterprising young professional intending to continue my development as consultant. I think in terms of results and objectives, I am enthusiastic, and i work with decisiveness and conviction. i have a proactive attitude and find positive ways to stimulate and engage with new people.



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Lahore, Pakistan

## LANGUAGE

- English
- URDU
- PUNJABI

## ACHIEVEMENTS

- Sports role of honor from Gcu LHR
- HEC 800m record holder 2016
- Gcu Lahore 400m record holder
- National silver medalist 2018
- National bronze medalist 2016
- HEC silver medalist 2016-17
- HEC gold medalist 2015-16
- HEC gold medalist 2014-15
- HEC silver medalist 2013-14
- National bronze medalist 2013

## EXPERIENCE

Athletics coach Gc  
university Lahore  
**2018 to Date**

PSCA LEVEL-2  
certified  
3rd to 12th may ,  
**2024**

Coaching course  
Pakistan Sports  
Board **2013**

Sports coordinator  
superior group of colleges  
**2013-16**

## EDUCATION

Govt college university Lahore  
MSc sports sciences and physical  
education  
2018-20

Sargodha university  
BA in arts  
2017-18

**Govt Ambala Muslim College Sargodha**  
Fsc. Pre-Engineering  
2012

**Sargodha board**  
Matricultion  
2009

## EXPERTISE

- athletics coach
- sports coach
- sports coordinator
- fitness trainer
- Microsoft office