

Program

OF



1st EURO-PAK INTERNATIONAL CONFERENCE ON SPORTS SCIENCES & PHYSICAL EDUCATION

Sports & Sports Sciences - Reshaping Life
October 06-08, 2017 | Islamabad, Pakistan

JOINTLY ORGANIZED BY



Sarhad University
of Science & Information Technology
Peshawar



UNIVERSITY OF THE PUNJAB



AWKU, MARDAN



HEC, ISLAMABAD







**1st EURO-PAK INTERNATIONAL CONFERENCE ON
SPORTS SCIENCES & PHYSICAL EDUCATION
(EPICSSPE 2017)**

"Sports and Sports Sciences; Reshaping Life"
October 06-08, 2017 Islamabad, Pakistan)

Day 01 – Friday

The Conference Program
Venue: Islamabad Hotel, Islamabad

Registration: 08:00 am to 10:00 am

Time	Session – 1 (10:00 am to 12:00 pm) Friday, October 06, 2017
Session Chair: Prof. Dr. Zaffar Mueen Nasar, VC, University of the Punjab	
Co-Chair: Prof. Dr. Salim-ur-Rehman, VC, SUIT & Prof. Dr. Arunas Emeljanovas, Lithuania	
Rapporteur: Prof. Dr. Pervez Aslam Shami, SUIT	
10:00 to 10:40	Plenary Speaker Title: A-cyclic movement combinations improve sensorimotor network connectivity and neuroplasticity development Professor Dr. Anita Hokelmann Otto von Guericke University Magdeburg-Germany
10:40 to 11:20	Plenary Speaker Title: Physical Inactivity as a Crucial Factor of Functional Decline in Humans Prof. Dr. Rado Pisot Director of the Science and Research Centre of Koper (SRC), Slovenia
11:20 to 12:00	Plenary Speaker Title: Law, Sport and Disabilities; sociological approaches Professor Dr. Joel Gaillard Faculty of Sport Sciences University of Lorraine, Nancy-France
12:00 to 12:05	Presentation of Souvenir/ Certificate / Group Photo
12:15 to 02:30	Working Lunch and Prayer at Pakistan Sports Complex
Time	Friday, October 06, 2017
Inaugural Ceremony Venue: Islamabad Hotel	
02:30	Introduction of International Network on Sports and Health Sciences (INSHS) Prof. Dr. Joel Gaillard, France
03:00	Arrival of Chief Guest (to be received by Management Committee)
03:00 to 03:05	Recitation from the Holy Quran
03:05 to 03:15	Welcome Address Prof. Dr. Salim-ur-Rehman VC, Sarhad University of Science and IT
03:15 to 03:25	Address By Prof. Dr. Anita Hokelmann Otto-von-Guericke University, Magdeburg-Germany
03:25 to 03:35	Address By Prof. Dr. Rado Pisot Director of the Science and Research Centre of Koper (SRC), Slovenia
03:35 to 03:55	Opening Remarks by the Chief Guest
03:55 to 04:05	Presentation of Souvenirs
04:05 to 04:15	Vote of Thanks Prof. Dr. Abdul Waheed Mughal
04:15 to 04:50	Group Photo/ Refreshment

Time	Session – 2 (05:00 pm to 06:30 pm) Friday, October 06, 2017
Session Chair: Prof. Dr. Muhammad Khurshid Khan, VC, AWKUM Co-Chair: Prof. Dr. Anita Hokelmann, Germany & Prof. Dr. Joel Gaillard, France Rapporteur: Abdul Qayyum Khan, KP	
05:00 to 05:40	Plenary Speaker Title: Sedentary society: Sociological aspects of active modes of transport Professor Dr. Ales Sekot Faculty of Sport Studies, Masaryk University, Brno, Czech Republic
05:40 to 06:20	Plenary Speaker Title: Possible biological mechanisms of action of physical activity on breast cancer Professor Jairo Alejandro Fernández Ortega , National Pedagogical University of Colombia or Title: Glycans and Physical Activity Professor Dr. Knjaz Damir University of Zagreb, Croatia
06:20 to 06:30	Presentation of Souvenir/ Certificate / Group Photo
07:00 to 09:00	Gala Dinner, Pakistan Sports Complex, Islamabad

Day 02 – Saturday

Venue: Islamabad Hotel, Islamabad

Time	Session – 3 (08:45 am to 11:20 am) Saturday, October 07, 2017
Session Chair: Prof. Dr. Salim-ur-Rehman, VC, SUIT Co-Chair: Prof. Dr. Joel Gaillard, France, Prof. Dr. Abdul Waheed Mughal, SUIT Rapporteurs: Dr. Gohar Abbas, SUIT	
08:45 to 09:25	Plenary Speaker Title: Application of Modern Technology in Sports Science Prof. Dr. Kerstin Witte Otto-von-Guericke University, Magdeburg, Germany
09:25 to 10:00	Plenary Speaker Title: Tendinopathy – Current Paradigm and the Treatment Implications Prof. Dr. Ronald Olson Duke University, School of Medicine, USA
10:00 to 10:35	Plenary Speaker Title: Athletic training for success in world-class competitions Professor Dr. Lu Yifan Sports University Beijing, China
10:35 to 11:10	Plenary Speaker Title: Evidence of Secular Trends in Physical Fitness Among School children Professor Dr. Arunas Emeljanovas Lithuanian Sports University, Lithuania
11:10 to 11:20	Presentation of Souvenir/ Certificate / Group Photo

Main Hall

Time	Parallel Session – 1 (11:30 am to 12:55 pm) Saturday, October 07, 2017
Session Chair: SM Sibtain, President PTF / Prof. Dr. Jairo Fernandez, Colombia Co-Chair: Prof. Dr. Muhammad Akram Ansari, Sindh University, Prof. Dr. Zafar Iqbal Butt, PU Rapporteur: Miss. Safina Ramzan, SUIT	
11:30 to 12:05	Title: Relationship between Cultural Formulation Factors and Female Sports Participation in Pakistan Prof. Dr. Abida Naseer , Riphah International University, Faisalabad, Pakistan
12:05 to 12:25	Title: Causes and Management of Hamstring Injuries in Emerging Sprinters (A Qualitative Approach) Mr. Aamir Junaid Shah , Aitchison College Lahore, Punjab, Pakistan
12:25 to 12:45	Title: Effects of Coping Strategies on Pakistani and Yemeni Handball Players Mr. Aamir Nawaz Qazi , MS Scholar, Bacha Khan University, Charsadda
12:45 to 12:55	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)
12:55 to 02:00	Lunch and Prayer Break

Room A

Time	Parallel Session – 2 (11:30 am to 12:55 pm) Saturday, October 07, 2017
Session Chair: Professor Dr. Ronald Olson, USA Co-Chair: Prof. Dr. Yasmin Iqbal, Lahore University, Mr. Farooq Hussain, AWKUM Rapporteur: Dr. M. Zeb Khan	
11:30 to 12:05	Title: The Epidemic of Obesity, its Causative Factors, Prevention and Control (A Review Study focusing Female and Children) Prof. Dr. Mohibullah Khan Marwat , Gomal University, DI Khan (KPK) Pakistan
12:05 to 12:25	Title: Stress and Stressor, Coping strategies among college players Mr. Abdur Rasheed , Department of Higher Education, KPK
12:25 to 12:45	Title: Issues and challenges for female's participation in physical activities at secondary school level in Sargodha Division Miss Afshan Jabeen , Principal, Education Department Punjab
12:45 to 12:55	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)
12:55 to 02:00	Lunch and Prayer Break

Room B

Time	Parallel Session – 3 (11:30 am to 12:55 pm) Saturday, October 07, 2017
Session Chair: Prof. Dr. Miklos Koltai, Hungary Co-Chair: Engr. Muhammad Ismail, HEC, Ms. Saffora Jabeen, PGCW, Rwp Rapporteur: Dr. Wasal, SUIT	
11:30 to 12:05	Title: Relationship Between Social Control and Sports Dr. Muhammad Abdul Jabar Adnan , University of the Punjab, Lahore, Pakistan
12:05 to 12:25	Title: A Bio-Mechanical Analysis of Running Sequence On 60 M Hurdles Male and Female at World Indoor Championships, Portland 2016 Mr. Badar Mohy ud Din , University of the Punjab, Lahore, Punjab, Pakistan.
12:25 to 12:45	Title: Role of Agility and Dynamic Balance in the Performance of University Football Players Miss Fehmida Ayub , Riphah International University, Faisalabad Campus, Pakistan
12:45 to 12:55	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)
12:55 to 02:00	Lunch and Prayer Time

Room C

Time	Parallel Session – 4 (11:30 am to 12:55 pm) Saturday, October 07, 2017
Session Chair: Prof. Dr. Arshad, ED, HEC / Prof. Dr. Ales Sekot Co-Chair: Malik Meharban Ali, advisor, Prof. Dr. Maha Ebied, Egypt Rapporteur: Dr. Wali Rehman, SUIT	
11:30 to 12:05	Title: Developmental Variations in Physical Abilities of Pakistani Children through 11 to 15 Years of Age Mr. Abdul Qayyum Khan , Department of Higher Education KPK, Peshawar
12:05 to 12:25	Title: Obesity and Physical Activity: Perception of Visually Impaired Students Mr. Nouman Mansoor , University of the Punjab, Lahore, Punjab, Pakistan
12:25 to 12:45	Title: Dynamic warm up in increasing flexibility of hamstrings in athletes Mr. Tariq Rafique , Nawaz Sharif Social Security Teaching Hospital, Lahore
12:45 to 12:55	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)
12:55 to 02:00	Lunch and Prayer Time

Main Hall

Time	Parallel Session – 5 (02:00 pm to 03:30 pm) Saturday, October 07, 2017
Session Chair: Prof. Dr. Rado Pisot, Slovenia/ Prof. Luz Amelia. Colombia Co-Chair: Dr. Shaheen Khan, Advisor, HEC, Mr. Tariq Gujjar, Germany Rapporteur: Dr. Wasal Khan, SUIT	
02:00 to 02:20	Title: Relationship of upper and lower body muscular strength with cardio-respiratory endurance among school going children Prof. Dr. Pervez Aslam Shami , Sarhad University of Science and IT, Peshawar
02:20 to 02:40	Title: Effects of aerobic training on RBC & aerobic capacity among 12-16 year boys Mr. Muhammad Safdar Ali , Quaid-e-Azam University, Islamabad-Pakistan
02:40 to 03:00	Title: Effects of Barriers on the Development of Handball in Pakistan Mr. Muhammad Shahid Munir , Riphah International University, Faisalabad Campus, Pakistan
03:00 to 03:20	Title: Effect of sports practices on academic performance of children with hearing impairment Muhammad Yamin Yaqoob , Riphah International University, Faisalabad Campus, Pakistan
03:20 to 03:25	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)
03:25 to 03:30	Tea Break

Room A

Time	Parallel Session – 6 (02:00 pm to 03:30 pm) Saturday, October 07, 2017
Session Chair: Prof. Dr. Lu Yifan, Sports University China Co-Chair: Prof. Dr. Mohibullah Khan, Gomal University, Dr. Jamshaid Ahmed, Lahore Rapporteur: Mr. Abdul Qayyum Khan, KP	
02:00 to 02:20	Title: The Effect of Motivational Intensity and Coaches on Athletes Performance Prof. Dr. Saeed Javed , The Islamia University, Bahawalpur, Pakistan
02:20 to 02:40	Title: Effectiveness of Sensory Integration Therapy (Vestibular & Proprioception Input) On Gross Motor Functioning in CP Spastic Diplegic and Developmental Delay Miss. Nighat Tahir , Dow University of Health Sciences, Karachi Pakistan
02:40 to 03:00	Title: Effects of Aerobic Workout on Body Mass Index of Overweight Females Aging 30-35 Years in Peshawar Miss Safeena , Sarhad University of Science and IT, Peshawar
03:00 to 03:20	Title: Study About the Religious and Cultural Restriction on Students Sports Participation in Secondary Schools of Khyber Pakhtunkhwa Pakistan Mr. Syed Zia ul Islam , Gomal University, Khyber Pakhtunkhwa, Pakistan
03:20 to 03:25	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)
03:25 to 03:30	Tea Break

Room B

Time	Parallel Session – 7 (02:00 pm to 03:30 pm) Saturday, October 07, 2017
Session Chair: Prof. Dr. Arunas Emeljanovas, Lithuania Co-Chair: Dr. Abida Naseer, Riphah University, Invitee Rapporteur: Dr. Muhammad Zeb, SUIT	
02:00 to 02:20	Title: Sports participation: Controlling delinquent behavior among the college students Dr. Salah ud Din , Gomal University Dera Ismail Khan KP Pakistan
02:20 to 02:40	Title: Efficacy of sports in inclusive education in Pakistan-a collaborative approach between occupational therapist and sports teacher

	Mr. Tahir Iqbal , Gomal University Dera Ismal Khan KP Pakistan
02:40 to 03:00	Title: Impact of existing infrastructure upon athlete's participation in competitive sports (a case study of district sports in Khyber Pakhtunkhwa, Pakistan) Mr. Wasim Khan , Gomal University, DI Khan
03:00 to 03:20	Title: Effect of Self-Efficacy on the Performance of Football Referee in Pakistan Miss Yasmeen Tabassum , University of the Punjab, Lahore
03:20 to 03:25	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)
03:25 to 03:30	Tea Break

Room C

Time	Parallel Session – 8 (02:00 pm to 03:30 pm) Saturday, October 07, 2017
Session Chair: Prof. Dr. Rado Pisot Co-Chair: Dr. Zafar Iqbal Butt, PU, Mr. Imran Habib, SUIT Rapporteur: Dr. Wali ur Rehman, SUIT	
02:00 to 02:20	Title: Developing Norms for Flexibility Among Students of Khyber Pakhtunkhwa, Pakistan Mr. Hazratullah Khattak , Sarhad University of Science and IT, Peshawar
02:20 to 02:40	Title: Effects of warm-up in reducing the chances of hamstring injury in sprinters Mr. Sajid Ali , University of the Punjab, Lahore
02:40 to 03:00	Title: The Reasons for Traditional Games Losing Popularity: A Case Study of SKHY (CALF) in Nihagdara Mr. Raham Zeb , Government Education Department, KPK
03:00 to 03:20	Title: Effect of Consumer (Impulsive) Buying Behavior on Brands Loyalty in Sports Market Mr. Irfan Munir , University of the Punjab, Lahore
03:20 to 03:25	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)
03:25 to 03:30	Tea Break

Main Hall

Time	Parallel Session – 9 (03:30 pm to 06:00 pm) Saturday, October 07, 2017
Session Chair: Prof. Dr. Qadar Bakhsh Baloch, AWKUM Co-Chair: Dr. Salahuddin Khan, Gomal University, Abdul Qayum Khan, KPK Rapporteur: Abdur Rasheed, KPK	
3:30 to 04:00	Title: Effect of Cross Fit Exercises on Weight Loss of Males In Lahore Professor Dr. Zafar Iqbal Butt , University of the Punjab, Lahore-Pakistan
04:00 to 04:25	Title: Traditional Childhood Games and Physical Fitness of the Government High School's Girls- Case study of Bahawalpur City Ms. Alvina Maqbool , The Islamia University, Bahawalpur
04:25 to 04:50	Title: The neural processing during sensory organization to maintain balance Dr. Tariq Ali Gujjar , Ph.D, Scholar, NED University of Engineering and Technology Karachi
04:50 to 05:15	Title: Knowledge and attitude towards female athlete triad among university female athletes Dr Fatima Jafar , University of South Asia, Lahore
05:15 to 05:40	Title: Concussion knowledge among football players of a local club; a cross sectional study Dr Abdul Rehman , Allama Iqbal College of Physical Therapy
05:40 to 06:00	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)

Room A

Time	Parallel Session – 10 (03:30 pm to 06:00 pm) Saturday, October 07, 2017
Session Chair: Prof. Dr. Naeem Khan, PU Co-Chair: Invitee, Dr. M. Akhter Nawaz Gunjera, PSB Rapporteurs: Ms. Safeena Ramzan, SUIT	
3:30 to 04:00	Title: A Factor in Good Performance Ensuring Availability of equipment at Affordable Cost Mr. S.M Sibtain , President of Pakistan Table Tennis Federation
04:00 to 04:25	Title: The Effects of Cardiovascular Exercises on Body Mass Index and Vital Capacity among Students of Sargodha University Mr. Yasir Iqbal Warrich , University of Sargodha, Sargodha
04:25 to 04:50	Title: Impact of leadership styles on the performance of female players at university level Ms. Uzma Ghafoor , The Islamia University, Bahawalpur, Pakistan
04:50 to 05:15	Title: influence of coaching behaviors on the performance of female players Ms. Humera Talib , The Islamia University, Bahawalpur, Pakistan
05:15 to 05:40	Title: Comparison of Motivational Climate Among Elite Handball Players of Pakistan and Nepal Mr. Imran Ullah Khan , Riphah International University, Faisalabad Campus, Pakistan
05:40 to 06:00	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)

Room B

Time	Parallel Session – 11 (03:30 pm to 06:00 pm) Saturday, October 07, 2017
Session Chair: Prof. Dr. Yasmeen Iqbal, University of Lahore Co-Chair: Dr. Abdul Jabar Adnan, PU, Mr. M. Safdar Ali, Quaid-e-Azam University Rapporteur: Dr. Gohar Abbas, SUIT	
3:30 to 04:00	Title: Relation Between Burnout and Aggression of Amateur Athletes Performances in University Students Prof. Dr. Akram Ansari , University of Sindh, Jamshoro, Pakistan
04:00 to 04:25	Title: Effect of supporting frames, training and coaching on target Shooting by visually impaired archers Mr. Muhammad Ijaz , Divisional Athletics Coach, Sports Complex Liaquat Bagh, Rawalpindi, Pakistan
04:25 to 04:50	Title: Activities Among the Inter Level College Students of District Peshawar Mr. Zafar Iqbal , The Inter Level College Students of District Peshawar
04:50 to 05:15	Title: Anthropometrics Characteristics and Physical Fitness of the Private and Government School Children of Bahawalpur City Dr. Muhammad Zia ul Haq , The Islamia University, Bahawalpur
05:15 to 05:40	Title: Role of Co-Curricular Activities in Students' Development Dr. Wasal Khan , Sarhad University of Science and Information Technology, Peshawar, Khyber Pakhtunkhwa, Pakistan
05:40 to 06:00	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)

Room C

Time	Parallel Session – 12 (03:30 pm to 06:00 pm) Saturday, October 07, 2017
Session Chair: Prof. Dr. Mohibullah Khan, Gomal University Co-Chair: Dr. Abida Naseer, Riphah University, Dr. Jamshaid Ahmed, University of Lahore Rapporteur: Mr. Hazratullah, SUIT	
3:30 to 04:00	Title: Demographic Diversity Effecting on the Perceptions of Teachers for Need Satisfaction through Sports Activities Dr. Muhammad Ajmal , Associate Professor, Department of Education, Allama Iqbal Open University, Islamabad

04:00 to 04:25	Title: Effects of Social Anxiety on Newly Entered University Players Ms. Mahnoor Rajpoot , University of the Punjab, Lahore, Punjab, Pakistan.
04:25 to 04:50	Title: Assessing the Perceptions of the Non- Elite Female Athletes Regarding Challenges to become Successful Athletes: A Qualitative Perspective Ms. Samina Jamil , The Islamia University, Bahawalpur, Pakistan
04:50 to 05:15	Title: The effect of the technology required for physiotherapy equipment to treat low back pain in non-competitive athletes Mr. Hamid Abdulsada Kadhim Al-Akrh , Ministry of Education Directorate of Education Al Qadisiyah, IRAQ
05:15 to 05:40	Title: The sources of stress and coping strategies: A comparative study of professionals and amateur women cricketers of Pakistan Ms. Ammara Rubab , Department of Health and Physical Education, The University of Lahore
05:40 to 06:00	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)

Day 03 – Sunday

Venue: Islamabad Hotel, Islamabad

Time	Session – 04 (08:45 am to 12:10 pm) Sunday, October 08, 2017
Session Chair: President POA/ Minister Co-Chair: Prof. Maha Ebeid, Egypt Rapporteur: Mr. Abdul Qayyum Khan, KP	
08:45 to 09:25	Plenary Speaker Title: Application of modern technology in sports science Professor Dr. Maha Ebeid Faculty of Physical Education for Girls, Alexandria University – Egypt.
09:25 to 10:05	Plenary Speaker Title: Examination of agility factors of junior football players in Topola, Serbia Professor Dr. Miklos Koltai Eötvös Loránd University (ELTE), Faculty of Education and Psychology (PPK), the Institute of Sport Sciences, Szombathely, Hungary
10:05 to 10:45	Title: A comparative study of parametric and nonparametric approaches to data analysis in sports sciences research Prof. Dr. Salim-ur-Rehman , Sarhad University of Science and IT
10:45 to 11:25	Title: Ethics and morality in sports performance and reshaping life (the role of the coach) Prof. Dr. Yasmeen Iqbal , University of Lahore, Pakistan
11:25 to 12:00	Title: The psychological profile of young players in urban and rural areas of Pakistan Prof. Dr. Abdul Waheed Mughal , Sarhad University of Science and IT, Peshawar
12:00 to 12:10	Souvenir / Certificate Distribution
12:10 to 02:00	Lunch and Prayer

Room A

Time	Parallel Session – 13 (02:00 pm to 03:10 pm) Sunday, October 08, 2017
Session Chair: Prof. Dr. Knjaz Damir, Croatia Co-Chair: Prof. Engr. Ghulam Ruhullah, SUIT, Prof. Dr. Asgher Javed, Riphah University, Rapporteur: Dr. Wasal Khan, SUIT	
02:00 to 02:15	Title: The Impacts of Terrorism on sports: A case study of Peshawar, Khyber Pakhtunkhwa, Pakistan Mr. Farooq Hussain , Chairman, Dept. of Physical Education and Sports, Abdul Wali Khan University, Mardan

02:15 to 02:30	Title: Situational Analyses of Gender in Sports at District Mardan, Khyber Pakhtunkhwa Mr. Syed Rashid Ali , Abdul Wali Khan University, Mardan
02:30 to 02:45	Title: Static versus dynamic strength training of hamstring and quadriceps in athletes with knee Pain Mr. Muhammad Manan Haider Khan , Pakistan Sports Board, Islamabad
02:45 to 03:00	Title: Rehabilitation of Ankle Sprain (Anterior Tibio-Fibular Ligament Atfl) Of Male Cricketers Through Physical Training Mr. Sajad Ali Gill , University of the Punjab, Lahore
03:00 to 03:10	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)

Room B

Time	Parallel Session – 14 (02:00 pm to 03:10 pm) Sunday, October 08, 2017
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Session Chair: Prof. Dr. Maha Ebied, Egypt**Co-Chair:** Dr. Yasmeen Iqbal, University of Lahore, Mr. Muhammad Nasir, SUIT**Rapporteur:** Dr. Zeb Muhammad, SUIT

02:00 to 02:15	Title: Investigating the relationship between the competitive sports participation and life skills Mr. Tasleem Arif , Department of Sports Sciences and Physical Education, Dera Ismail Khan (DIK), Pakistan
02:15 to 02:30	Title: Role of Lecturers Health and Physical Education in Promoting Sports Activities at College Level Mr. Shah Khalid , Sarhad University of Science and IT, Peshawar
02:30 to 02:45	Title: Role of guided imagery before competition Ms. Yasmeen Tabassum , University of the Punjab, Lahore
02:45 to 03:00	Title: Proactive coping strategies as predictor of social support. Ms. Hummera Mughal , Lahore University College for Women Lahore
03:00 to 03:10	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)

Room C

Time	Parallel Session – 15 (02:00 pm to 03:10 pm) Sunday, October 08, 2017
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Session Chair: Prof. Dr. Kerstin Witte, Germany**Co-Chair:** Mr. Yasir Iqbal, Warrich, Sargodha**Rapporteur:** Mr. Hazratullah, SUIT

02:00 to 02:15	Title: Effects of aerobic training on resting heart rate Mr. Irfan ullah , Sarhad University, Peshawar
02:15 to 02:30	Title: Comparison of 50 Meters Butterfly Race Component Kinematical Analysis of Pakistani And International Swimmers Mr. Muhammad Tahir Nazeer , University of the Punjab, Lahore
02:30 to 02:45	Title: Exploring impact of BMI on Motor Performance Ability (MPA) Among High School Children Aged 11 to 15 Years in Distract Swabi Mr. Bahar Hussain , Swabi
02:45 to 03:00	Title: Effects of sedentary life style of Pakistani Children; a comparative study Moona Maher , Sargodha
03:00 to 03:10	Presentation of Souvenir/ Group Photo / (Poster Presentation of 10 Scholars)

Time	Closing Ceremony
03:30	Guests to be Seated
03:40	Arrival of Chief Guest
03:40 to 03:55	Recitation from the Holy Quran
03:45 to 03:55	Conference Report by Prof. Dr. Abdul Waheed Mughal Dean, Faculty of SS and Conference Secretary
03:55 to 04:05	Welcome Address Prof. Dr. Salim-ur-Rehman (VC) / President SUIIT Sarhad University of Science and IT
04:05 to 04:15	Address By Prof. Dr. Zafar Mueen Nasar VC Punjab University
04:15 to 04:25	Address By Prof. Dr. Ronald Olson
04:25 to 04:40	Address by the Chief Guest
04:40 to 04:45	Presentation of Souvenirs/ Group Photo
04:45	Hi Tea