

CURRICULUM VITAE

Dr.Asnad

PMDC: Professor of Biochemistry eligibility 7th Augst 2025
PMDC: Associate Professor Biochemistry eligibility 24th Dec 2018



EDUCATIONAL BACKGROUND

CMT Certificate in Medical Education .2022 : University of Health Science Lahore

- **Doctor of Philosophy (Ph. D.) Biochemistry 2012:-**Department of Biochemistry-Faculty of Science, University of Karachi, Pakistan.

Thesis entitled "*Cost effective formulation & Biochemical evaluation of Amlodipine /Atorvastatin and with ACE inhibitor*".

- **Master degree in Biochemistry 2003: (Neuropharmacology, Hematology and Molecular biology)-** Faculty of Science, University of Karachi,Pakistan.
- **Bachelor degree in Biochemistry (H) 2002 :(Biochemistry, Microbiology, Physiology) -**Department of Biochemistry-Faculty of Science,University of Karachi, Pakistan.
- **H.S.C in Premedical 1998-D.J Science Govt.College Karachi,Karachi Board,Pakistan.**
- **S.S.C in Science 1996:-**Shoaib Mohammadia Govt. School Karachi, Karachi Board,Pakistan.

EXPERIENCE

1. **7th April 2022- To date** : Associate Professor of Biochemistry in Mohtarma Benazir Bhutto Shaheed Medical College Mirpur AJK Pakistan
2. **24th Dec 2018-6th April 2022** :Associate Professor of Biochemistry in Mohtarma Benazir Bhutto Shaheed Medical College Mirpur AJK Pakistan
3. **August 2014-to 23rd Dec 2018** : Assistant Professor of Biochemistry in Mohtarma Benazir Bhutto Shaheed Medical College Mirpur AJK Pakistan.
4. **1st March 2012- August 2014:** Assistant professor in the Department of Biochemistry at Jinnah Medical College.

RESEARCH ACTIVITIES

1. **Director Research** in Mohtarma Benazir Bhutto Shaheed Medical College Mirpur AJK Pakistan

2. Research trainer to conduct Research workshops

- **Research Methodology**
- **Biostatistics**
- **SPSS**
- **Scientific Writing**

3. Post graduate Examiner

- **Ph.D**

M.Phil

ACTIVITIES: (Participation in Events)

1. **Participation in a workshop** on “GMP, GLP & GSP Organized by Ministry of Health, Government of Pakistan in collaboration with World Health Organization, on 24th April 2007 at Carlton Hotel, D.H.A. Karachi 2007, Pakistan.
2. **Participation in the workshop** on “Hypertension” organized by Abbasi Shaheed hospital, May 2011.
3. **Participation in the 10th International Symposium on Natural Product Chemistry**, January 6-9, 2006, organized by International Center for Chemical Science (H.E.J Research Institute of Chemistry), University of Karachi, Pakistan
4. National Curriculum Revision Committee (NCRC) of Biochemistry : Member
5. Pakistan Medical and Dental Council recognized Biochemistry : 13892/non medical

POSTER PRESENTATION

1. **Ara J., Asnad, Sultana V., Ehteshamul S., Ahmed V.:** Nematicidal activity of seaweeds from Karachi coast against root knot nematode, *Meloidogyne javavnic*. Organized by H.E.J Research Institute of Chemistry, University of Karachi, Pakistan, January 6-9, 2006.
2. **Bano K., Asnad M., Abbas N., Fiayaz A., Akhter N.:** Conformational analysis geometry Optimization of Amlodipine Besylate as Vasodilator. Organized by Abbasi Shaheed hospital, Pakistan, May 2011.

PUBLISHED PEER-REVIEWED RESEARCHES

Sr. No.	Name of Journal	Vol No and ISSN No	Title of Article	Time Period	I, f
1	Medical forum Monthly	24(5): 1029-385X	Evaluation Of Efficacy & Biochemical Effects Of Pharmaceutical Optimized Amlodipine 5mg (F-5) With Essential Hypertension.	2013	No
2	Medical forum Monthly	24(5) 1029-385X	Comparative Efficacy Evaluation of Amlodipine/Ramipril Combination with Essential Hypertension.	2013.	No
3	Medical forum Monthly	24(6) 1029-385X	Efficacy Evaluation of Pharmaceutical Optimized Ramipril 1.25mg(F-4) with Essential Hypertension.	2013	No
4	Medical Channel	19(2): P-ISSN 1681-5491 E-ISSN 2077-9135	Leech infestation in upper respiratory tract.	2013.	No
5	Medical forum Monthly	24(11)1029-385X	Evaluation Of Efficacy & Biochemical Effects Of Pharmaceutical Optimized Amlodipine/Atorvastatin (F-6) With Essential Hypertension.	2013.	No

6	Medical forum Monthly	24(8) 1029-385X	To Study Biochemical Effects of Optimized Product Ramipril 1.25mg Tablet with Essential Hypertension.	2013.	no
7	Medical forum Monthly	24(8) 1029-385X	Biochemical evaluation of amlodipne/ramipril in combination with essential hypertension.	2013	no
8	Medical forum Monthly	25(2) 1029-385X	Efficacy & Biochemical Evaluation Of Pharmaceutical Optimized Valsartan 80mg (F-3) With Essential Hypertension.	2014	no
9	Medical forum Monthly	25(4) 1029-385X	Efficacy & Biochemical Evaluation Of Pharmaceutical Optimized Atenolol 50mg (F-9) With Essential Hypertension.	2014	No
10	Medical forum Monthly	25(5) 1029-385X	Efficacy & Biochemical Evaluation of Pharmaceutical Optimized Felodipine 10mg (F-7) wvith Essential Hypertension	2014	No
11	The profession Med.Journal	21(2) 2071-7733	Efficacy & Biochemical Evaluation Of Pharmaceutical Optimized Losartan Potassium 50mg (F-6) With Essential Hypertension.	2014	No
12	Medical forum Monthly	25(12) 1029-385X	Outcome of Internal Fixation of Fractures in Tertiary Care Hospital in Peshawar.	2014	No
13	Medical forum Monthly	26(06): 1029-385X	Outcome of operative and non-operative treatment of Glenoid fossa fractures in a Tertiary Care Hospital in Peshawar	2015	No
14	Medical forum Monthly	26(10): 1029-385X	Risk Factors for Renal Dysfunction after total Hip Joint Replacement in one Tertiary Care Hospital in Peshawar.	2015	No
15	Medical forum Monthly	27(05): 1029-385X	Evaluation of Albumin, Fibrinogen Levels with Orthopedics Traumatic Patients' Outcome after Massive Transfusion in Tertiary Care Hospital at Peshawar	2016	No
16	Medical forum Monthly	28(10): 1029-385X	Obesity Indices as a Risk Factor of Skin Diseases in Mirpur AJK	2017	No
17	Medical forum Monthly	29(02): 1029-385X	Evaluation Dyslipidemia and resistin in Diabetic obese patients in Mirpur AJK	2018	No
18	Medical forum Monthly	30(05): 1029-385X	Placebo-Controlled Trial Of Pharmaceutical Optimized Hydralazine 25mg (F-6) In Patients With Essential	2019	No

			Hypertension		
19	Medical forum Monthly	30(12): 1029-385X	Evaluation Of Biochemical Profile In Pregnant And Non-Pregnant Women, Mirpur AJK	2019	No
20	Medical forum Monthly	31(02): 1029-385X	Evaluation Of Lipid profile of Patients with Diabetes Mellitus, Mirpur AJK	2020	No
21	Medical forum Monthly	31(08): 1029-385X	Biochemical evaluation of Saliva in pregnant women, Mirpur AJK	2020	No
22	Medical forum Monthly	31(09): 1029-385X	Effect of Cigarette smoking on lipid profile and throat in Male population smoker of Mirpur AJK	2020	No
23	Medical forum Monthly	32(01): 1029-385X	Evaluation Of electrolytes and renal function in patients with Hyperthyroidism in Mirpur AJK	2021	No
24	Medical forum Monthly	32(01): 1029-385X	Evaluation of external ear dermatological conditions with the use of cotton buds.	2021	No
25	Medical forum Monthly	32(02): 1029-385X	Assessment of Diabetes Mellitus effect on Hearing, Mirpur Ajk	2021	No
26	Medical forum Monthly	32(04): 1029-385X	Assessment of hypertension and its associated factors among type 2 Diabetes Mellitus patients at Mirpur AJK	2021	No
27	Pak.J.Biol	.44(3):99- 105	Conformational Analysis geometry Optimization of Amlodipine Besylate (NORVASC) as Vasodilator.	2011	No
28	Biochem, Anal. Biochem	2(4): 144- 147, 2013.	Phytochemical Analysis of Medicinal Plants Occurring in Local Area of Mardan. Biochem, Anal. Biochem.	2013	yes
29	Int.J.Biosci	4(3):1-8	Screening of potential seaweeds against Fusarium species isolated from fruits and vegetables in Baluchistan, Pakistan.	2014	ye
30	Iranian Of Public Health	.43(9):1309- 10.	Characteristics and Pattern of Tuberculosis among Patients Presented At One of Tertiary Care Hospital Peshawar, Pakistan.	2014	yes

31	Medical forum Monthly	33(03): 1029-385X	Evaluation Dietary Sodium and Potassium effects on Blood Pressure in Women Mirpur AJk	2022	no
32	Medical forum Monthly	33(03): 1029-385X	Evaluation time as most effective factor in success of thrombolysis with streptokinase in patients with acute STEMI during covid 19 pandemic	2022	no
33	Medical forum Monthly	34(12) 1029-385X	Echocardiographic Evaluation Reveals The Prevalence And Patterns Of Congenital Heart Disease In Pediatric Populations: Insights From A Peripheral Cardiac Center In Azad Jammu And Kashmir	2023	no
34	Journal of Population Therapeutics and Clinical Pharmacology	30(18)	THE BIOCHEMICAL PATHWAYS OF ALZHEIMER'S DISEASE AMYLOID BETA AND TAU PROTEIN DYNAMICS -UNDERSTANDING THE MOLECULES IMPLICATED IN ALZHEIMER'S DISEASE	2023	ye
35	Journal of Population Therapeutics and Clinical Pharmacology	30(17)	LIPIDOMIC ANALYSIS OF OMEGA-3 FATTY ACIDS IMPLICATIONS FOR CARDIOVASCULAR HEALTH-A DETAILED STUDY ON THE BENEFICIAL EFFECTS OF OMEGA-3 FATTY ACIDS	2023	ye
36	International Journal of Neurology	28(1)	the utility of self-expanding metal stents in benign biliary strictures	2024	yes
37	CME Journal Of Geriatric Medicine	18(4)	Association between Dietary Habits and Acne Severity Among Young Adults, Pakistan	2026	

36	CME Journal Of Geriatric Medicine	18(4)	Relationship Between Body Mass Index (BMI) and Skin Infections Kashmir, Pakistan	2026	
39	CME Journal Of Geriatric Medicine	18(4)	Impact of Psychological Stress on Psoriasis Severity Mirpur Azad Kashmir, Pakistan	2026	
40	CME Journal Of Geriatric Medicine	18(4)	Biochemical & Physiological Association of Serum Zinc Levels with Acne Severity among Young Adults	2026	

HIGHER EDUCATION COMMISSION OF PAKISTAN AWARDED PROJECT

Title. Utilization of locally available plants to control soil born pathogens.

(No: PM-IPFP/HRD/HEC/2012/2716)

COMPUTER SKILLS

Internet

MS office

Exile

LABORATORY SKILLS, EXPERIENCES:

1. PCR (Real time)
2. Electrophoresis
3. Spectrophotometer
4. HPLC
5. Rotary Evaporator
6. Autoclaving
7. Media preparation
8. Antifungal & Antimicrobial activity
9. Micro lab 300