



ISRAR AHMAD

Objective: To contribute to the advancement of biomedical and public health research through leadership in research methodology, epidemiology, biostatistics, scientific publishing, and capacity building while fostering high standards of research integrity, evidence synthesis, and editorial excellence.

Brief: Dr. Israr Ahmad brings a rich blend of expertise in Biotechnology (Molecular Virology) and Public Health, holding a Ph.D. and a Master of Public Health (Epidemiology and Biostatistics). Currently serving as a Senior Research Officer at the NIH Health Research Institute at Khyber Medical College, Peshawar, Dr. Ahmad has extensive experience spanning the entire research continuum—from conceptualizing and developing proposals to disseminating findings through high-impact publications.

An accomplished researcher, Dr. Ahmad has authored numerous articles in esteemed national and international journals. He is also a skilled peer reviewer, contributing to the editorial standards of notable publications such as the *Khyber Medical University Journal*, *Journal of Postgraduate Medical Institute*, and *Journal of Pakistan Medical Research*. Additionally, he serves as the Editor of the *Journal of Bannu Medical College*, where he oversees the publication of high-quality research in medical sciences.

Dr. Ahmad's role as a mentor and educator underscores his commitment to advancing public health research. As a co-supervisor for MPH students and a resource person for the Pakistan Pediatric Association Research Division, he provides technical assistance in proposal development, statistical analysis, and implementation research. Notably, he has completed the WHO online course on Implementation Research, further strengthening his methodological and analytical expertise.

ACHIEVEMENTS/AWARDS:

- Won the scholarship supported by the Special Programme for Research and Training on Tropical disease (TDR) World Health Organization Geneva in 2016.
- Travel Grant American Society for Microbiology to attend lectures and hands-on training sessions of ASM-DUHS-PSM workshop 15-18th August ,2014 at Dow diagnostic Research and Reference laboratory Karachi.

EDUCATION: (Evaluated by World Education Service, Reference# 5746993)

Degree Obtained	Year	Division	University	Place
Ph.D (Biotechnology)	2019	1 st	University of Peshawar	Peshawar, Pakistan
Master of Public Health (Epidemiology and Biostatistics)	2018	1 st	American University of Beirut, funded by TDR WHO (Accredited with Council on Education for Public Health, USA)	Beirut, Lebanon
M.Phil (Biotechnology)	2012	1 st	University of Peshawar	Peshawar, Pakistan
M.Sc (Biochemistry)	2000	1 st	University of Karachi	Karachi, Pakistan

B.Sc (Hons) (Biochemistry)	1999	1 st	University of Karachi	Karachi, Pakistan
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Ph.D THESIS TITLE: *Biochemical, Serological and Molecular Characterization of HBV Precore mutants in Pakistan.*

PROFESSIONAL EXPERIENCE:

- January 26,2007 to November 21,2022 , Research Officer (BPS-17) NIH Health Research Institute (HRI) Khyber Medical College, Peshawar Pakistan
- July 18,2019 till date Centre Incharge, NIH HRI, Khyber Medical College, Peshawar
- November 22, 2022 till date Senior Research Officer, NIH HRI, Khyber Medical College, Peshawar

Responsibilities

- Overseeing the overall management of the Research Centre
- Developing research proposals to secure funding
- Implementing research projects and conducting field surveys
- Writing reports for completed projects and preparing manuscripts for publication.
- Providing technical assistance to researchers in proposal development, data analysis, and sample size calculation.
- Serving as a resource person and facilitator to encourage research among young scholars
- Participating as a member of the Institutional Research Ethics Board for ethical review of research proposals
- Acting as an official reviewer for medical journals

Statistical Analysis:

- Conducting robust statistical analyses, including regression modeling, survival analysis, and various parametric and non-parametric tests using STATA and SPSS
- Utilizing R programming for data visualization and advanced statistical computing
- Performing genomic data analysis, including differential gene expression analysis, for RNA-Seq and microarray datasets

Molecular Biology Skills :

- Extraction of viral and bacterial nucleic acids, including plasmid DNA.
- Performing Polymerase Chain Reaction (PCR) and Electrophoresis.
- Post-PCR DNA purification for downstream applications.
- Conducting bioinformatics analyses using MEGA 6.0 and BioEdit software.

29th January, 2018 to 28th April 2018

Internship with World Health Organization Pakistan as part of the M.P.H practicum

November, 2002 to December, 2006

Laboratory Technologist, Sindh Institute of Urology and Transplantation, Pakistan

Publications

- 1) **Ahmad I**, Ahmad K, Taseer IH, Ahmad W, Farooq JI, Ullah O. Frequency of hepatitis B envelope antigen-negative chronic hepatitis B virus infection in untreated patients from three cities in Pakistan. *Asian Biomed*. 2017;11(1):73-79.
- 2) **Ahmad I**, Ahmad K. Molecular characterization of hepatitis B virus basal core promoter and precore region in treatment-naïve chronic hepatitis B patients from Pakistan. *J Pak Med Assoc*. 2021;71(6):1575-1582. doi:10.47391/JPMA.1254.
- 3) Zafar MN, Siddiqui AH, Ahmed I, Raza Y, Naqvi SAA, Rizvi SAH. Significance of urinary crystal studies in centrifuged deposits of stat samples from pediatric stone formers. *Urol Res*. 2003;31(2):78-79.
- 4) Akhtar T, Hussain I, **Ahmad I**, Nazli R. Prevalence of diabetes mellitus in rural adults of District Peshawar. *Pak J Med Res*. 2011;50(3):115-119.
- 5) Akhtar T, Khan MS, **Ahmad I**, Hussain I. Family planning methods and gender distribution of children in a defined rural community of Peshawar. *J Postgrad Med Inst*. 2011;25(4):318-321.
- 6) **Ahmad I**, Akhtar T, Ahmad B. Pediatric nephrolithiasis in Khyber Pakhtunkhwa Province, Pakistan. *Pak J Med Sci*. 2012;28(5):835-838.
- 7) Khan A, Akhtar T, Ambreen, Ullah O, Sherwani SK, **Ahmad I**, Hussain I. Medicinal value and bio-efficacy of important traditional plants of Garam Chashma Valley, Chitral. *Int J Pharm Res Bio Sci*. 2013;2(4):207-226.
- 8) Ali J, Ullah N, Khan FA, Rahman Z, **Ahmad I**, Hassan, Ahmad I. Bacteriological quality analysis of drinking water of rural areas of Peshawar, Pakistan. *Am-Euras J Agric Environ Sci*. 2013;13(9):1202-1206.
- 9) Hussain I, Akhtar T, Khan F, **Ahmad I**. Patient satisfaction and perception with health care facilities in Hayatabad Medical Complex, Peshawar. *Ann Pak Inst Med Sci*. 2013;9(3):114-117.
- 10) **Ahmad I**, Akhtar T, Hussain I, Ullah O, Khan AA, Ambreen, Akhtar S. Impact assessment of educational intervention among private dental practitioners about infection control practices in District Peshawar. *Pak J Med Res*. 2015;54(3):78-83.
- 11) Khan A, Ullah O, Ambreen, **Ahmad I**, Merajuddin. Measles in vaccinated children 1.5 to 3 years of age in a rural community of District Peshawar, Pakistan. *J Ayub Med Coll Abbottabad*. 2015;27(4):825-828.
- 12) Ullah O, Khan A, Ambreen, **Ahmad I**, Akhtar T, Gandapor AJ, Khan AM. Antibiotic sensitivity pattern of bacterial isolates of neonatal septicemia in Peshawar, Pakistan. *Arch Iran Med*. 2015;19(12):866-869.
- 13) Akhtar T, Khan AG, Ahmed I, Nazli R, Haider J. Prevalence of amoebiasis in a model research community and its confirmation using stool antigen ELISA for *Entamoeba histolytica*. *Pak J Pharm Sci*. 2016;29(5):1587-1590.
- 14) Khan A, Ullah O, Nawaz K, Ambreen, Arsalan, **Ahmad I**. Post-traumatic stress disorder among school children of Army Public School Peshawar after six months of terrorist attack. *Pak J Med Sci*. 2018;34(3):525-529.
- 15) Arif A, Ullah O, Khattak AK, Khan A, **Ahmad I**, Khan AM. In vitro antimicrobial analysis of routinely used antibiotics against neonatal bacteremia. *Pak Pediatr J*. 2018;42(4):225-234.
- 16) Arif A, Ullah O, **Ahmad I**, Khan A, Khan AM. Assessment of self and prescribed medication practices in a rural community of Peshawar, Pakistan. *Isra Med J*. 2019;11(5):402-406.
- 17) Um-e-Kalsoom, Khan S, **Ahmad I**. Impact of hemodialysis on the wellbeing of chronic kidney disease patients: a pre-post analysis. *Middle East Curr Psychiatry*. 2020;27:54. doi:10.1186/s43045-020-00060-x.
- 18) Ali A, Ahmad K, Rahat S, **Ahmad I**. Genetic diversity and molecular analysis of metallo-beta-lactamases among imipenem-resistant clinical isolates of *Pseudomonas aeruginosa* from Peshawar, Pakistan. *Pak J Med Sci*. 2021;37(7). doi:10.12669/pjms.37.7.4303.

- 19) Mabood J, Khan H, Uzair S, **Ahmad I**, Nouman M. Demographic factors and comorbidities associated with post-COVID-19 recovery among admitted patients in a tertiary care hospital of Khyber Pakhtunkhwa. *Pak J Med Health Sci.* 2022;16(11):468-471.
- 20) Khan A, **Ahmad I**, Ullah O, Ahmad Z, Ambreen. Intra-familial spread of HBV among HBsAg-positive parents and their children in a defined rural community of District Peshawar. *Pak J Public Health.* 2023;13(1):11-14.
- 21) Khan A, Ullah O, **Ahmad I**, Ambreen, Ghafoor F. Comparison of immunochromatographic test-negative hepatitis B virus and hepatitis C virus blood donations with ELISA in public and private blood banks of Lahore, Pakistan. *J Postgrad Med Inst.* 2023;37(3):186-190.
- 22) Khan A, Sawsan, Bahadur E, **Ahmad I**, Sultana U, Arif A. Anti-HBs seroprevalence among Expanded Programme on Immunization-vaccinated children born between 2009 and 2016 in an urban community of Peshawar. 2023;18(3):199-203.
- 23) Khan A, **Ahmad I**, Sultana U, Anjum A, Gul S. Attitude and response of health professionals towards escalating COVID-19 mortality rates in Peshawar City. *Pak J Med Res.* 2024;63(1):2-6.
- 24) Editorial: Muhammad M, **Ahmad I**. Higher education commission (HEC) and Pakistan Medical & Dental Council (PM&DC) journal evaluation policies and future directions for new journals. *J Postgrad Med Inst.* 2025;40(2):65-66. <http://doi.org/10.54079/jpmi.40.2.396>

Citations: <https://scholar.google.com/citations?user=IxqahD0AAAAJ&hl=en>

ONLINE COURSES

- October 23rd, 2016. COLLABORATIVE INSTITUTIONAL TRAINING INITIATIVE (CITI PROGRAM) online course on Social and Behavioral Responsible Conduct of Research (ID: 5925420)
- November 4th, 2019 to 15th December, 2019. 06 weeks Massive Open Online Course (MOOC) on Implementation Research by Tropical Disease Research, WHO.
- January 13th to 2nd February 2019. 03 Weeks online course on Disease Outbreaks in Low and Middle Income Countries offered by London School of Hygiene and Tropical Medicine.
- **Certificate of Achievement** – *Research Practice in Clinical Settings* course, NIHR UK, January 23, 2023

PARTICIPATION IN NATIONAL STUDIES

- 22nd May 2013-29th May, 2013 Participated in Pakistan Global Youth Tobacco Survey (GYTS), 2013
- 22nd March 2011- 30th June 2011 Worked as field Supervisor in National Nutrition Survey of Pakistan, 2011.
- May, 2016 Carried out monitoring of tOPV to bOPV Switch validation
- National Neonatal Survey, 2022 (Regional Coordinator)

COMPLETED RESEARCH PROJECTS:

- Composition of renal stones and its associated risk factors in children under 15 years of age (**Principal investigator**)
- Prevalence of diabetes mellitus in adults of rural population village Budhni District Peshawar (**Co-Investigator**)
- Prevalence of amebiasis in a model research community and comparison of stool antigen detection kit with microscopy for *Entamoeba Histolytica* (Co-investigator)
- Impact assessment of educational intervention among dental practitioners about infection control practices in private setting of district Peshawar. (**Principal Investigator**)

- Frequency of HBV pre-core mutant strains in HBsAg positive patients; a multi-centre study. **(Principal Investigator)**
- Intrafamilial spread of HBV among HBsAg positive parents and their children/siblings in rural community of district Peshawar **(Principal Investigator)**
- Assessment of self and prescribed medication in a defined rural community of Peshawar. **(Co-Investigator)**
- Assessment of Provincial (Khyber Pakhtunkhwa) Malaria Control Programme using WHO recommended checklists for selected thematic areas of the programme. **(Principal Investigator)**
- Experience of tuberculosis control in Lebanon (2014-2016); Contribution of foreign workers and Syrian Refugees **(Co-Investigator)**
- Community Preparedness for mitigation of depression, suicidal behaviour, suicidal ideation and suicide in high suicide reported district Chitral, Khyber Pakhtunkhwa, Pakistan. (Funded by PIECES, IRD, Global, Announced December,9, 2022) **(Co-Investigator)**

Consultancy: Worked as Data analyst with Oxford Policy Management, Pakistan in “Technical Assistance to improve Health Service Delivery in Pakistan (KP)-II A4541 Project”, February 10,2022- March, 11,2022.

MEMBERSHIP:

- Member of Institutional Research and Ethics Board (Registered with United States Department of Health and Human Services) Post Graduate Medical Institution, Peshawar
- Member Tropical Disease Research Global Network World Health Organization
- Member IR Connect, a network of experts in implementation research, World Health Organization.

TRAINING/SYMPOSIA / WORKSHOPS/MEETINGS

1. Health Systems Research workshop 9-10 February, 2007. Pakistan Medical Research Council Islamabad
2. Research Methodology and Bioethics workshop at PMRC Research Centre, PGMI, HMC, Peshawar 24-25 November,2007
3. Medical writing Workshop at Khyber college of Dentistry, Peshawar.12.09. 2009
4. Research Ethics Workshop at Lady Reading Hospital Peshawar. September 28- 29, 2009
5. SPSS hands on training Workshop at Khyber Medical College Peshawar. October 7-9,2009
6. Work shop on “Medical Writing” 19th April, 2010
7. Work shop on “Research Methodology” 20-21 April, 2010
8. Workshop on “Data analysis for Public Health Research”14-18 June, 2010.
9. Workshop on “Bioethics” Khyber Medical University, Peshawar, 29-30 November, 2010.
10. Attended lectures and hands on training sessions of ASM-DUHS-PSM workshop 15-18th August ,2014 at Dow diagnostic Research and Reference laboratory Karachi
11. 21st Annual Conference of Lebanese Epidemiological Association, December 2-3, 2016 Beirut Lebanon
12. 22nd Annual Conference of the Lebanese Epidemiological Association, November 24-25,2017 Beirut Lebanon.
13. Biochemistry Research Symposium 2019, 14th March 2019 at Khyber Medical University Peshawar
14. Stakeholders Consultation Workshop on Provincial STI Policy and Roadmap, Directorate of Science and Technology, Government of Khyber Pakhtunkhwa, 27th March, 2019 Peshawar

15. National Stakeholders Consultation Workshop on Provincial STI Policy and Roadmap, Directorate of Science and Technology, Government of Khyber Pakhtunkhwa, 13th February ,2020, Peshawar.
16. Attended online training on Research Ethics Standards; Refashioning scientific Dialogue” organized by UNESCO office Jakarta 11-14 October,2021.
17. Attended Biosafety Risk Assessment workshop, Lahore Organized by Health Security Partners 05-07 December,2023,
18. Attended a two day workshop “ Quest for Research Questions (QRQ)” organized by The Aga Khan University in collaboration with Fogarty at Khyber College of Dentistry, Peshawar December 21-22, 2023
19. January 22-26, 2024. Participated in O5 Days online workshop on “Introduction to Data Analysis with R” , Organized by IRD, Pakistan
20. Completed Basic Counseling Skills for Addiction Professionals(30 hours) Capacity building training, organized by Institute of Clinical Psychology, University of Karachi, in context of Local Challenge Fund by HEC Pakistan and supported by World Bank, 12-16, 2024 at Khyber Medical College Peshawar
21. Attended Health Research Stakeholders Meeting , January 17th, 2024 organized by Health Research Advisory Board (HealthRAB) in collaboration with Khyber Medical University (KMU).
22. Attended One-day workshop on Qualitative Research Methods, organized by the CONTROL program a joint project of Khyber Medical University and the University of Keele UK funded by the National Institute of Health and Care Research (NIHR) UK in its RIGHT 3 call, 23rd November 2024 at Ramada Hotel Islamabad
23. Attended the 6th International Medical Research Conference (IMRC), as Invited Participant , April 20, 2025, at the Getz Pharma Auditorium, Karachi.

Workshops Organized & Facilitated

1. Organized a Research Workshop on Research Methodology in collaboration with Pakistan Pediatric Association at Khyber Institute of Child Health Hayatabad, October 13th, 2020.
2. Facilitated “Proposal writing for Research Grants” One CME Hour June 21st 2021 at Khyber Medical College Peshawar.
3. Facilitated a Research Workshop on Research Proposal Development Methodology in collaboration with Pakistan Pediatric Association Research Division at Gajju Khan Medical College, District Swabi Khyber Pakhtunkhwa, 29th October, 2021.
4. Facilitated 20th National Pediatric Conference,2021 and conducted workshop on Basics of Biostatistics in Health Research, 10-12 December,2021 Serena Hotel, Islamabad.
5. Facilitated a One day Seminar on Building Life Skills in Youth in Collaboration with Institute of Clinical Psychology, University of Karachi, 26th September , 2024 at KMC Peshawar.
6. Facilitated 02 Days workshop as speaker on Nurturing the Basic Research Skills July 9-10 , 2025 MTI , Lady Reading Hospital Peshawar

Students Research Supervised:

1. Prevalence of eating disorders among adolescents of public and private schools in Khyber Pakhtunkhwa

2. Association of Bruxism And Depression among University Students of Sarhad University Peshawar
3. Prevalence of sociophobia among private school teachers in Peshawar City.
4. Comparing the Contextual barriers to safe drinking water, sanitation and coping strategies in Nouthia Jadeed and adjacent slums areas of Peshawar City.
5. Comparative Analysis of HBV X Gene among Hepatocellular and Non-Hepatocellular Carcinoma Patients

Languages:

- Pashto (Mother tongue)
- Urdu (Written& spoken)
- English (Written and spoken)

Computer Literacy: Microsoft Office, SPSS, Endnote, STATA, R

Hobbies: Watching Sports, gardening/tree plantation

Names of Referees:

1. Professor Dr.Zahoor Ahmad, Professor of Biochemistry, Khyber Medical College, KPK, Pakistan
Email address: zahoor_ahmed@kmc.edu.pk
2. Professor Salim Adib, Professor of Public Health, Faculty of Health Sciences, American University of Beirut ,Lebanon.
Email: sa193@aub.edu.lb
3. Dr. Kafeel Ahmad, Associate Professor Centre of Biotechnology and Microbiology, University of Peshawar, KPK, Pakistan
Email : kafeelpbg@uop.edu.pk, kafeelpbg@gmail.com