



PROF. DR. ZAHoor AHMED
Department of Biochemistry
Khyber Medical College, Peshawar.
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EDUCATIONAL ATTAINMENT:

Qualification	University/Board	Session	Marks	Division	Major Subject
Ph. D (Biochemistry)	University of Peshawar	2003-05	3.80 GPA	First	Biochemistry
M. Phil (Biochemistry)	University of Peshawar	1994-95	3.50 GPA	First	Biochemistry
M. Sc (Biochemistry)	University of Peshawar	1993	804/1200	First	Biochemistry

1. PROFESSIONAL/TEACHING EXPERIENCE:

Posts Held	Institutions Served/Attended	Duration of Service
Professor	Department of Biochemistry, KMC, Peshawar	28.04.2021 till date
Associate Professor	Department of Biochemistry, KMC, Peshawar	09.12.2013 to 27.04.2021
Assistant Professor	Department of Biochemistry, KMC, Peshawar	01.12.2008 to 08.12.2013
Asstt. Prof. & Head	Department of Biochemistry, BMC, Bannu	16.12.2006 to 30.11.2008
Lecturer	Department of Biochemistry, KMC, Peshawar	12.4.1995 to 15.12.2006

2. PROFESSIONAL EXPERIENCES AS:

- ✚ **Assistant Professor & Head** Department of Biochemistry, Bannu Medical College (BMC), Bannu taught the subject of Biochemistry to undergraduate students of 1st & 2nd Professional MBBS & In charge Student Research Projects.
- ✚ **Assistant Professor**, Department of Biochemistry, Khyber Medical College (KMC), Peshawar taught the subject of Biochemistry to undergraduate students of 1st Professional MBBS, BDS & 2nd Professional MBBS.
- ✚ **Associate Professor** of Biochemistry taught the subject of Biochemistry to undergraduate students of 1st Professional BDS, MBBS, & 2nd Professional MBBS at Khyber Medical College (KMC), Peshawar, **Pakistan**.
- ✚ And as **Professor** of Biochemistry teaching the subject of Biochemistry to undergraduate students (1st Professional BDS, MBBS, & 2nd) Professional MBBS at Khyber Medical College (KMC), Peshawar.

- ✚ **Assistant & Associate Professor** of Biochemistry taught the subject of Biochemistry/Research Methodology to the Postgraduate students (**M. Phil Scholars**) at Khyber Medical College, Peshawar.
- ✚ Trained postgraduate scholars of **M. Phil Biochemistry, Physiology** at KMC, Peshawar.
- ✚ **Supervision** of Students' and Research Laboratories at Khyber Medical College, Peshawar
- ✚ Taught the subject of Biochemistry to **Post RN Nursing Students** at College of Nursing, Hayatabad Peshawar.
- ✚ Training postgraduate students of **B.S 4 Years, M. Phil/Ph. D** Biochemistry (as **Co-Supervisor**).
- ✚ I am working as an Examiner for Undergraduate and Postgraduate Medical students, **Khyber Medical University, Peshawar, Pakistan.**
- ✚ I worked as an Examiner for Undergraduate Medical Students and Postgraduate Students, **University of Science and Technology, Bannu, Pakistan.**
- ✚ Working as Examiner for Undergraduate Dental students, **Khyber Medical University, Peshawar, Pakistan.**
- ✚ Working as an Examiner for Undergraduate and Postgraduate students, **University of Peshawar., Pakistan.**
- ✚ Working as an Examiner for Postgraduate students, **Khyber Medical University, Peshawar, Pakistan.**
- ✚ Worked as a Member Inspection Team, **KMU** for affiliation of Medical Colleges & Dental Colleges.
- ✚ Working as an Examiner for Undergraduate and Postgraduate students, **University of Health Science, Lahore, Pakistan.**
- ✚ Worked as a Member **Pakistan Medical & Dental Council**, Inspection Team for recognition of different Medical Colleges across the country.
- ✚ Worked as **Examiner for foreign qualified MBBS doctors (NEB) at National University of Medical Sciences (NUMS)**, Rawalpindi, Punjab conducted by PMDC Islamabad, Pakistan.
- ✚ As Thesis Examiner/Thesis Evaluator of M.Phil; PhD Scholars for **Sohail University Karachi, Pakistan.**

3. WORKING AS REVIEWER OF SCIENTIFIC JOURNALS

- ✚ Reviewer of Gomal Journal of Medical Science (**GJMS**), Gomal Medical College, D. I. Khan, KPK, Pakistan.
- ✚ Working as reviewer of Journal of Saidu Medical Science (**JSMS**), Saidu Medical College, Saidu Sharif Swat, KPK, Pakistan.
- ✚ Working as reviewer of Khyber Journal of Medical Science (**KJMS**), Khyber Girl Medical College, Hayatabad, Peshawar, KPK, Pakistan.
- ✚ Working as reviewer of Advances in Basic Medical Sciences (**ABMS**), Khyber Medical University, Peshawar, KPK, Pakistan.
- ✚ Reviewer of Journal of Khyber College of Dentistry (**JKCD**), Peshawar, KPK, Pakistan.
- ✚ Remained reviewer of Journal of Pharmaceutical Research International (**JPRI**). International Journal Published in India & London, United Kingdom.
- ✚ Reviewer of Pakistan Journal of Medical Research (**PJMR**), Journal of Health Research Institute (HRI), National Institute of Health (NIH), Islamabad, Pakistan.
- ✚ Reviewer of Pakistan Journal of Physiology (**PJP**), Ayub Medical College Abbottabad, Pakistan.
- ✚ Reviewer of Journal of Ayub Medical College, (**JAMC**), Ayub Medical College Abbottabad, Pakistan.

4. LIST OF PUBLICATIONS:

1. Blood parameters and smoking pattern in Peshawar colleges. **PJMR**, 34 (3):**1995**; 190–193.
2. Sucrose as novel marker for upper gastrointestinal (GI) mucosal damage in humans. **PJBMB**. 36 (1): **2003**; 53–59.
3. Serum Uric acid Level in patients suffering from Essential Hypertension. **PJBMB**.36 (1): **2003**; 17–23.
4. A Survey on hemoglobin level and Malaria among girl students of Peshawar University. **Scientific Khyber**. 17 (1):**2004**; 71–74.
5. Pattern of Lipid profile in type 2-Diabetes Mellitus Patients. **JPMI**. 20(4):**2006**; 366-369.
6. Inherited dyslipidaemic disorders contributing to coronary heart disease. **JAMC**. 20 (4):**2008**; 90–93.
7. Effect of Race, Gender and age on Thyroid and Thyroid Stimulating Hormone levels in North-West-Frontier-Province. **JAMC**. 21 (3):**2009**; 21–24.
8. Seminal Fructose in Various Classes of Infertile Patients. **PJP**. 6 (1):**2010**; 36–38.
9. Common trend of Antibiotics usage in Tertiary Care Hospitals of Peshawar, Pakistan. **JAMC**. 22 (1):**2010**; 118–120.
10. Relationship between Blood Groups and Male Infertility. **JAMC**. 22 (1):**2010**; 154–156.
11. Association of serum Uric acid with blood Urea and serum Creatinine. **PJP**. 6(2):**2010**; 46–49.

12. Assessment of Male Reproductive Health by conventional Method of Semen analysis in Pakistan. **JAMC**. 23(1):**2011**; 84–88.
13. Antioxidant and Relaxant Activity of fraction of Crude Methanol extract and Essential oil of *Artemisia macrocephala* jacquem. **BMC Complementary and Alternative Medicine**. 13(96):**2013**; 1–8.
14. Redox behavior of Juglone in buffered aq: Ethanol media. **C.R. Chimie**. 16:**2013**; 1140–1146.
15. Plasma Leptin levels in Obese and non-obese confirmed coronary artery disease patients of Khyber Pakhtunkhwa. **Journal of Life Sciences**. 11(10s):**2014**; 06–10.
16. Parasitocidal and brine shrimp Cytotoxicity potential of Crude Methonolic extract of rind of *Punica granatum* linn against round worms and tape worms. **Pak. J. Pharm. Sci**. 28(3):**2015**; 559–562.
17. Correlation of Thyroid Dysfunction with serum Creatinine. **Intern. J. Multidisciplinary Res. and Dev**. 2(8):**2015**; 88–90.
18. Hidden Deficiency of Micronutrients in apparently Healthy Children of district Bannu, Khyber Pakhtunkhwa, Pakistan. **Biochem Pharmacol (Los Angel)** 4(3): **2015**; 167–172.
19. Impact of Micronutrients Malnutrition on health of pre-school Children: A Cross-sectional Study. **Int. J. Vitam. Nutr. Res**. 85(1–2): **2015**; 31–38.
20. Clinical and Biochemical study of Poly Cystic Ovaries Syndrome in young Female population of KPK, Pakistan. **JSMC**. 5(1): **2015**; 603–608.
21. Association of Thyroid Hormones with Dysfunctional Uterine bleeding and Effects of Menorrhagia in young girls of district Peshawar, Khyber Pakhtunkhwa. **KJMS**. 8(2):**2015**; 235–238.
22. Risk Factors Associated with Recent outbreak of Dengue Fever in Peshawar. **KJMS**. 8(3): **2015**; 408–414.
23. Effect of *Cannabis sativa* extract on the Liver and Cardiac enzyme of Normal Healthy Mice. **KJMS**. 9(1):**2016**; 117–119.
24. Effect of Dysmenorrhea on quality of Life in Young Girls. **J Med Sci**. 24(2): **2016**; 77–80.
25. *Cannabis* induced Toxicity and Cytoprotective role of vitamin C and vitamin E as antioxidants. **KJMS**. 9(2):**2016**; 237–240.
26. Pattern of Menarche in adolescent population of district Nowshera, Khyber Pakhtunkhwa, Pakistan. **JSMC**. 6(1):**2016**; 737–742.
27. Circulating Visfatin level and its association with Lipid Biomarkers in Pregnancy induced Hypertension. **GJMS**. 14(4):**2016**; 213–217.
28. Maternal complications of severe Pre-Eclampsia and Eclampsia. **JSMC**. 6(2):**2016**; 790–793.
29. Correlation of Maternal circulating Visfatin level with Clinical and Biochemical Parameters in pre-Eclampsia. **KJMS**. 10(1):**2017**; 109–114.
30. Maternal Serum Visfatin level in Pre-Eclampsia and late pregnancy and its effects on biochemical parameters. **J Med Sci**. 25(2):**2017**; 246–251.

31. Association of Serum levels of Zinc and Copper with degree of Severity in Patients with Psoriasis. **JSMC**. 7(2):2017; 72–74.
32. Non–Fasting Apo-lipoprotein B & Triglyceride levels as a predictor of Coronary Heart Disease in Type-II Diabetic Patients. **Pak J Med Sci**. 34(2): 2018; 247–252.
33. C–Reactive protein & ESR Levels in patients with & without Apical Periodontitis. A Cross–sectional Study. **J Khyber Coll Dentistry**. 8(3):2018; 20–24.
34. Abdominal Obesity as measured by Waist Circumference among Population of District Peshawar. **KJMS**. 11 (3):2018; 367–369.
35. Non fasting Apo-lipoprotein B & Triglyceride levels as a predictor of Coronary Heart Disease in Type-II diabetic patients. **Pak J Med Sci**. 34(2): 2018; 247–252.
36. C–Reactive Protein & ESR levels in Patients with & without Apical Periodontitis. A Cross–Sectional Study. **J Khyber Coll Dentistry**. 8(3): 2018; 20–24.
37. Serum Selenium levels in selected types of Psoriasis patients in Pakistan. **J Med Sci**. 27(1):2019; 20–24.
38. Evaluation of Hypoglycaemic effects of Dipeptidyl Peptidase–4 Inhibitors and Sulfonylurea on Type-2 Diabetic subjects; A Six Month Trial. **JRMC**. 24 (4):2020; 368–373.
39. Correlation of non–alcoholic Fatty Liver disease with Aspartate Aminotransferase and Alanine Aminotransferase ratio. **KJMS**. 13 (1):2020; 131–136.
40. Role of Oxidative Stress in various stages of Psoriasis. **JRMC**. 24 (4):2020; 412–422.
41. Frequency of Hepatitis B and C positive cases among blood donors visiting Blood Transfusion Centers of district Abbottabad **J Khyber Coll Dentistry**. 10 (2):2020; 14–17.
42. Serum Iron Level in Psoriatic Patients in Pakistan. **J Khyber Coll Dentistry**. 11 (1):2021; 40–45.
43. Upper Respiratory Allergic symptoms and effects of Coal dust on Pulmonary Function Tests of individuals working in Coal Mines, near Quetta, Baluchistan, Pakistan. **ABMS**. 5(1):2021; 7–10.
44. Assessment of Vitamin D status in Pregnant Women and Non–Pregnant Women. **Med Forum**. 32(7):2021; 126–128.
45. Antidiabetic, Anti-inflammatory and Antioxidant activity of *Artemisia roxburghiana* along with its Qualitative and Quantitative Phytochemical Screening. **ABMS**. 5(1):2021; 19–24.
46. Awareness and Stress Response of the General Public towards the COVID–19 Pandemic: A Cross-Sectional Survey from Pakistan. **Annals of RSCB**. 25(7):2021; 1430–1443.
47. Pattern of Biochemical Parameters in Newly Diagnosed Diabetes Mellitus Subjects. **BMC Journal Med Sci**. 2(2):2021; 35–40.
48. Serum Ferritin and Hemoglobin Levels in Female Cardiovascular Patients of District Peshawar, of Khyber Pakhtunkhwa, Pakistan; A Hospital Based Study. **BMC Journal Med Sci**. 2(2):2021; 46–50.
49. Lipid Profiles and its Association with Pre-Eclampsia and Eclampsia in Nulliparous Pregnant Women. **JRMC**. 26 (1):2022; 46–51.

50. Adolescent Afghan Refugees Display a High Prevalence of Hyperhomocysteinemia & Associated Micronutrients Deficiency Indicating an Enhanced Risk for Cardiovascular Disease in Later Life. *Nutrients*. **2022**;14, 1751. <https://doi.org/10.3390/nu1401751>.
51. Frequency of Hepatitis C Virus Genotypes in Chronic Hepatitis C Patients at Peshawar Institute of Medical Sciences, Peshawar. *JSMC*. 12 (2):**2022**; 86–88.
52. Anti-Obesity Effect of Carom Seeds (*Trachyspermum Ammi*) tea on BMI & Lipid Profile leading to cardiovascular diseases. *Pak-Euro Journal of Medical & Life Sciences*. **2022**;5(2); 411–417.
53. The Role of Hypoglycaemic Agent; Dipeptidyl Peptidase–4 Inhibitors and its Association with Biochemical Parameters in Type–2 Diabetic Patients: **A Three Months Trial**. *BMC J Med Sci*. **2022**;3(1); 34–37.
54. Quality Assessment of Drinking Water from various Sources of Abbottabad. *J Farkhanda Inst Nurs Pub Health*. **2022**;2(2); 53–57.
55. Evaluating Heme–Oxygenase–1 and Bilirubin concentration from the recovered and Glomerulonephritis Patients from Lady Reading Hospital (LRH) District Peshawar, Pakistan. *PJMHS*. **2023**;17(1); 518–520. DOI: <http://doi.org/10.53350/pjmhs2023171518>.
56. Intra–Familial Spread of HBV among HbsAg Positive Patients and their Children in Defined Rural Community of district Peshawar, Pakistan. *Pak J Public Health*. **2023**;13(1); 11– 14. <http://doi.org/10.32413/pjph.v13i1.737www.pjph.org>
57. Association of Abnormal Serum and Zinc level with Psoriasis Severity. *PJMH*. **2023**;17(10); 73 – 75.
58. The Mobile Phone Electromagnetic Radiation Effect on Heart Rate Variability Function. *JHRR*. **2024**;4(1); 1479–1483. <http://doi.org/10.61919/jhrr.v4i1.661>
59. Electrical Activity of Heart during ECG for EMF and Non– EMF Trails. *JHRR*. 2024;4(2); 790–794. DOI: <https://doi.org/10.61919/jhrr.v4i2.944>
60. Hypertriglyceridaemia as Risk for Non-Alcoholic Fatty Liver Disease. *JKCD*. **2025**;15(1); 2 – 5. <https://doi.org/10.33279/jkcd.4i2>

Article already Submitted to Different Journals & in Process

61. Perceptions and level of awareness about Hepatitis B & C among Literate and Illiterate Population of district Quetta [**Submitted t& in Process**]
62. Frequency and Causes of Thrombocytopenia in Neonates [**Submitted & in Process**]
63. Perception of AI in Diagnosis and Treatment of Skin Diseases among Medical Professional in Pakistan [**Submitted t& in Process**].
64. Prevalence and Lateralization of Migraine and its Association with stress levels among Medical Student: A Cross – Sectional Study [**Submitted t& in Process**].

5. COMMUNICATION & PRESENTATION SKILLS

Written, Oral communication and Presentation skills in English, Urdu, Pashto (Reading, Speaking, Writing), Arabic (Reading, Writing).

6. COMPUTER SKILLS:

- ✓ Three months Office Automation Course Certificate from University of Engineering & Technology (U.E.T.) Peshawar. And Capabilities and Capacities to operate Windows, MS Office, MS Excel, Networking etc.
- ✓ Four-week Advance Office Automation Course Certificate from Computer Bureau I.T. Islamabad held at I.C.M.S., Hayatabad Peshawar.

7. ADMINISTRATIVE DUTIES/ADDITIONAL ASSIGNMENTS

- ✚ Performed duties as **Warden**, Cenna Hall Hostel, Khyber Medical College, Peshawar (1996-97).
- ✚ Worked as **Provost**, Hostels, Bannu Medical College, Bannu, Khyber Pakhtunkhwa (2006–2008).
- ✚ **Chairman** local Purchase Committee, Bannu Medical College, Bannu, Khyber Pakhtunkhwa (2007–2008).
- ✚ **Centre Incharge** and Focal Person in **ETEA Entrance Test** held at Bannu Centre for the Session (2007–2008).
- ✚ Worked as a **Staff Proctor**, KMC, Peshawar.
- ✚ Worked as **Transport Officer**, KMC, Peshawar from **Dec. 2013 to 9th June 2017**.
- ✚ Worked as **Assistant Controller** of Examination, Examination Section, Khyber Medical College, Peshawar.

8. SUPERVISOR/EXAMINER OF POST GRADUATE SCHOLARS/STUDENTS

Serving as Supervisor/Examiner in the capacity of Co-Supervisor or as Thesis/Viva Examiner for several Universities for the following Scholars.

1. **Mr. Faiz Muhammad**, M. Phil (Biochemistry) Scholar, Department of Chemistry, University of Peshawar (Co-Supervisor/Examiner-2009).
2. **Mr. Majid Khan**, M. Phil (Biochemistry) Scholar, Agriculture University, Peshawar (Co-Supervisor-2009).
3. **Ms. Mamoona Alam**, M. Phil (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar (Thesis Evaluation + Viva Examiner-2012).
4. **Ms. Benish Gul**, M. Phil (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar (Co-Supervisor-2012).
5. **Ms. Salma Attaullah**, Ph.D (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar (Co-Supervisor-2011).
6. **Ms. Hajira Ishaq**, M. Phil (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar (Co-Supervisor-2015).

7. **Ms. Rhadia Khan**, Ph. D (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar (Thesis Evaluation + Defense/Viva Examiner-2014).
8. **Ms. Saima Momin**, M. Phil (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar, Peshawar (Thesis Evaluation + Viva Examiner-2016).
9. **Ms. Asmat Shaheen**, Ph. D (Biochemistry) Scholar, Institute of Basic Medical Sciences, Khyber Medical University, Peshawar (Co-Supervisor-2015).
10. **Mr. Nayyar Zaman**, M. Phil (Biochemistry) Scholar, Khyber Girls Medical College, Khyber Medical University, Peshawar (Thesis Evaluation + Viva Examiner).
11. **Mr. Muhammad Razzaq**, M. Phil (Biochemistry) Scholar, Institute of Basic Medical Sciences, Khyber Medical University, Peshawar (Thesis Evaluation + Viva Examiner-2018).
12. **Ms. Gulnaz Begum**, M. Phil (Biochemistry) Scholar, Khyber Girls Medical College, Khyber Medical University, Peshawar (Thesis Evaluation + Viva Examiner-2018).
13. **Mr. Muhammad Iqbal**, M. Phil (Biochemistry) Scholar, Institute of Basic Medical Sciences, Khyber Medical University, Peshawar (Thesis Evaluation + Viva Examiner-2018).
14. **Mr. Nazirullah**, M. Phil (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar, Peshawar (Thesis Evaluation + Viva Examiner-2019).
15. **Ms. Shabana Alam**, M. Phil (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar (Co-Supervisor-2018).
16. **Mr. M. Fawad**, M. Phil (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar (Co-Supervisor-2019).
17. **Mr. Israr Ahmad**, Ph. D (Biotechnology/Biochemistry) Scholar, Department of Biotechnology & Molecular Biology, University of Peshawar (Thesis Evaluation + Defense/Viva Examiner-2019).
18. **Ms. Shahnaz Dilawar**, Ph. D (Biochemistry) Scholar, University of Science & Technology Bannu (Thesis Evaluation + Defense/Viva Examiner-2019).
19. **Mr. Muhammad Haroon**, M. Phil (Biochemistry) Scholar, Institute of Basic Medical Sciences, Khyber Medical University, Peshawar (Thesis Evaluation + Viva Examiner-2020).
20. **Ms. Lubna Bibi**, M. Phil (Biochemistry) Scholar, Institute of Basic Medical Sciences, Khyber Medical University, Peshawar (Thesis Evaluation + Viva Examiner-2020).
21. **Mr. Amjad Ali**, Ph. D (Biotechnology) Scholar, Institute of Biotechnology, University of Peshawar (Thesis Evaluation + Viva Examiner-2020).
22. **Ms. Naghma**, M. Phil (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar (Co-Supervisor-2019).
23. **Ms. Areefa Shamoon Bajwa**, M. Phil (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar (Thesis Evaluation + Viva Examiner-2020).
24. **Ms. Faiza Bibi**, M. Phil (Biochemistry) Scholar, Institute of Chemical Sciences, University of Peshawar (Thesis Evaluation + Viva Examiner 2020).
25. **Ms. Asra Khan**, M. Phil (Biochemistry) Scholar, Jinnah Postgraduate Institute & Women Medical University, (Thesis Evaluation-2021).
26. **Ms. Kausar Baktyar**, M. Phil (Biochemistry) Scholar, Department of Biochemistry, Faculty of Chemical & Life Science, Abdul Wali Khan University, Mardan (Co-Supervisor-2021).
27. **Mr. Lehaz Gul**, Ph.D Scholar, Department of Biochemistry, Faculty of Chemical & Life Science, Abdul Wali Khan University, Mardan (Co-Supervisor-2021).
28. **Ms. Rizwana Kalsoom**, M. Phil (Biochemistry) Scholar, KGMC/Institute of Basic Medical Sciences, Khyber Medical University, Peshawar (Thesis Evaluation-2022).

- 29.**Dr. Jamal Liaqat**, M Phil (Biochemistry) Scholar KGMC/IBMS, Khyber Medical University, Peshawar (Thesis Evaluation-2023).
- 30.**Dr. Aneela Anwar**, M Phil (Biochemistry) Scholar Sohail University Karachi, Pakistan (Thesis Evaluation-2026).