

Rawalpindi Medical University



PhD in Public Health

(2023)



**Application for NOC of PHD and MS/MPHIL
Quality Assurance Division (QAD)**

Higher Education Commission, Sector H-9, Islamabad, Pakistan

Send to :

phdnoc@hec.gov.pk (for PhD) : msmphilnoc@hec.gov.pk (for MS/MPHIL)

S.No.	PARTICULARS	DETAILS
1.	Degree Program title	PhD Pubic Health
2.	Department	Postgraduate Department
3.	Faculty	Community Medicine
4.	University	Rawalpindi Medical University
5.	Date of Commencement	08-03-2023
6.	Objectives of the Program	Attached Annex - A
7.	Scope (market, social and employment perspective)	Attached Annex – B
8.	Provision in University's Act	Annex-i
9.	Approval of Academic Council	Annex-ii
10.	Eligibility Criteria	Annex-iii
11.	Admission Test	Annex-iv
12.	Semester wise break-up of Credit Hours	Annex-v
13.	Comprehensive Examination Policy	Annex-vi
14.	Total Credit Hours	Annex-vii
15.	Plagiarism Policy	Annex-viii
16.	Thesis Evaluation Policy	Annex-ix
17.	Open Defense Policy	Annex-x
18.	Research Publication Policy	Annex-xi
19.	Duration of Program	Annex-xii
20.	Total No. of full-time/regular Faculty	Please fill attach Performa Also attach Appointment letter, joining report, copy of PhD degree/copy of HEC Equivalence Letter (in case of foreign qualification) Attached
21.	Library & Laboratory Details	Attached Annex – C

FACULTY PROFORMA

University... **Rawalpindi Medical University**...Department.....**Postgraduate Department**.....

Degree Title.....**PhD Public Health** Launch Date.....**2024**

PhD FACULTY

Sr. No.	Name	Designation	Permanent/Visiting	Title of degree	Specialized area	Awarding University	Year of Award of Degree	No. of student being supervised
1.	Dr. Muhammad Imran Younas	Assistant Prof.	Permanent	PhD Epidemiology and Health Statistics	Public Health	Xi'an Jiaotong University China	2017	-
2.	Dr. Muhammad Umar	Sr. Lecturer	Permanent	PhD	Rehabilitation Sciences	Isra University Islamabad	2020	-
3.	Dr. Muhammad Ikram Randhawa	Professor	Permanent	PhD	Health Sciences	Quaid-E-Azam University Isb	2002	-



**OFFICE OF THE VICE CHANCELLOR,
RAWALPINDI MEDICAL UNIVERSITY/ALLIED HOSPITALS,
RAWALPINDI.**

Ph: 051-9330060

Website: www.rmur.edu.pk.

No. VC/RMU/2023/ *P-22/1026*

Fax No.051-9330062

Email : info@rmur.edu.pk

Dated: *10/03/2023.*

To

The Chairman
Higher Education Commission
Islamabad.

Attention **QAD Department**

Subject:- **RECOGNITION OF PHD PROGRAM IN PUBLIC HEALTH OF RAWALPINDI MEDICAL UNIVERSITY**

Rawalpindi Medical university had been recognized as Degree Awarding Institute (DAI) by Higher Education Commission. RMU is striving hard to maintain quality standards in research and academia at National and International level since its inception. HEC has already given NOC to 01 Master and 03 PhD programs of RMU which are functioning smoothly as per HEC guidelines.

It is now submitted that RMU is applying for recognition of **PhD Public Health** according to HEC smart checklist after fulfilling all necessary procedural formalities. For this purpose, Dr. Kashif Rauf is deputed to liaison with your good office.

Thanking you for your kind facilitation in this regard.

Vice Chancellor
Rawalpindi Medical University
Rawalpindi

No. & Date Even to
Copy to:-

1. The Secretary to Govt. of the Punjab, SHC & ME Department Lahore.
2. Director of Medical Education Department, RMU Rawalpindi.
3. Dean Postgraduate Studies RMU, Rawalpindi.
4. Dean Basic Sciences, RMU Rawalpindi.
5. Director QEC, RMU Rawalpindi.
6. Assistant Registrar RMU, Rawalpindi.
7. Concerned Officer.
8. Master File.

Vice Chancellor
Rawalpindi Medical University
Rawalpindi

Introduction to the University

Rawalpindi Medical College was established in Faisalabad on 18th March 1974 and later shifted to Rawalpindi on 5th November 1974 in an incomplete building at Tipu Road (Science block of Gordon College Rawalpindi), that was later handed over to Rawalpindi Medical College.

The founder principal of RMC, Prof. Abdul Latif, worked hard to establish the institution. First Rawalian Principal, Prof. Mohammad Umar after taking over the office in 2013, started working on multi-dimensional approach to further develop the institution.

Since 1974 more than 7900 students have graduated and are serving nationally and internationally. RMC was privileged to claim top positions in university examination several times. Best of the best graduate in UHS is also a Rawalian. Because of the untiring and dedicated efforts of Prof. Muhammad Umer Rawalpindi Medical College was upgraded to Rawalpindi Medical University recently by Government of Punjab, Health Department on 6th may 2017. Higher Education Commission has given NOC to RMU.

The institute has strived to be upgraded to the level of an independent university after which the annual system of MBBS degree has been changed to the internationally preferred modular system. Now after the successful launching of MD/MS program by VC RMU we are struggling hard to get the M.Phil and Ph.D program approved.

RMU Mission Statement:

To impart evidence-based research oriented medical education

- To provide best possible patient care
- To inculcate the values of mutual respect and ethical practice of medicine

Vision and Values

Highly recognized and accredited center of excellence in Medical Education, using evidence-based training techniques for development of highly competent health professionals.



**OFFICE OF THE VICE CHANCELLOR,
RAWALPINDI MEDICAL UNIVERSITY/ALLIED HOSPITALS,
RAWALPINDI.**

Ph: 051-9330060

Website: www.rmur.edu.pk.

No. VC/RMU/2023/ 222/1026

Fax No.051-9330062

Email : info@rmur.edu.pk

Dated: 10/03/2023.

To

The Chairman
Higher Education Commission
Islamabad.

Attention **QAD Department**

Subject:- **RECOGNITION OF PHD PROGRAM IN PUBLIC HEALTH OF RAWALPINDI MEDICAL UNIVERSITY**

Rawalpindi Medical university had been recognized as Degree Awarding Institute (DAI) by Higher Education Commission. RMU is striving hard to maintain quality standards in research and academia at National and International level since its inception. HEC has already given NOC to 01 Master and 03 PhD programs of RMU which are functioning smoothly as per HEC guidelines.

It is now submitted that RMU is applying for recognition of **PhD Public Health** according to HEC smart checklist after fulfilling all necessary procedural formalities. For this purpose, Dr. Kashif Rauf is deputed to liaison with your good office.

Thanking you for your kind facilitation in this regard.

Vice Chancellor
Rawalpindi Medical University
Rawalpindi

No. & Date Even to
Copy to:-

1. The Secretary to Govt. of the Punjab, SHC & ME Department Lahore.
2. Director of Medical Education Department, RMU Rawalpindi.
3. Dean Postgraduate Studies RMU, Rawalpindi.
4. Dean Basic Sciences, RMU Rawalpindi.
5. Director QEC, RMU Rawalpindi.
6. Assistant Registrar RMU, Rawalpindi.
7. Concerned Officer.
8. Master File.

Vice Chancellor
Rawalpindi Medical University
Rawalpindi

Rawalpindi Medical University



PhD Curriculum in Public Health

Prof Dr. Syed Arshad Sabir

MBBS, FCPS, MCPS, DCH, CRC

Chairman Department of Community Medicine
RMU

Dr. Mohammad Imran Younus

MBBS, MPH, PhD

Assistant Professor Department of Community Medicine and Public Health
PhD Faculty RMU

Dr. Kashif Rauf

Assistant Director & Coordinator
Postgraduate Department,
RMU

1 Programme Details

As per Section 1: Level 8 STANDARDIZED SCHEME OF STUDIES FOR DEGREE PROGRAMS OFFERED IN HEIs

COURSE TITLE	PhD
SPECIALITY	Public Health
COURSE DURATION	Minimum 3 years (including course work duration and Research Dissertation) ,Maximum 3-8 years (including course work duration) with approval of Director Research/Registrar/Controller of Examinations
TYPE OF STUDY	Full time
STUDY SYSTEM	Semesters system (Minimum of 16 weeks of teaching excluding examinations) <ul style="list-style-type: none"> ○ 2 Regular semesters for coursework (1 year) ○ 4 semesters for research work
TOTAL CREDIT HOURS	18 (Credit Hours of Course Work + a PhD dissertation which must be evaluated by at least two PhD experts from technologically /academically advanced foreign countries in addition to local Committee members)
DISTRIBUTION OF COURSES AND CREDIT HOURS	<ul style="list-style-type: none"> • 1st semester (09 Credit hours) <ul style="list-style-type: none"> ○ 3 Compulsory courses (9 Credit hours) • 2nd semester (09 Credit hours) <ul style="list-style-type: none"> ○ 3 Compulsory courses (9 Credit Hours) • 3rd, 4th, 5th, 6th Semesters (6 credits) Research, Dissertation
Course Load per Semester for Regular Full-Time Students	09 Credit Hours of Advanced Courses in the specific field and Research Methods
TEACHING INSTITUTION	
DEGREE AWARDDING INSTITUTION	Rawalpindi Medical University
ADMISSION CRITERIA	For admission into the PhD minimum CGPA 3.0 (out of 4.0 in the Semester System) or First Division (in the Annual System) in M.Phil/M.S degree in any Public health discipline from a PMDC/HEC recognized university/institution.

2 Background

Around the world, there is a strong wave of advocacy for practicing evidence-based medicine. This has led academia in pursuit of high-level research to generate evidence-based medicine for better health. To achieve the above there is an increasing demand of research experts in the field of Public Health; especially in the context of Pakistan with double burden of disease, devolution of health department, epidemics of new infections, underused primary health care, overburdened tertiary health care, demographic transitions and the international pressure of ending polio. Moreover, a natural disaster such as earthquake and floods in Pakistan further increases this demand. Ironically, in spite of the poor situation of Public Health within the country and the region, only few of the universities in Pakistan offer the Doctorate in Public Health. However, there is a strong perceived demand from the public health graduates and professionals within the country for such a program, mainly because of the mounting cost of higher studies abroad. Rawalpindi Medical University (RMU) has been one of the renowned and principal institutions in the province providing quality education in public health. Graduates from this institution are leading research activities in the region and have been recognized nationally as well as internationally. RMU has strong public health faculty and the recent joining of a foreign PhD in Public Health have enriched the faculty further. Therefore, the institute is equipped to support the launching of a Doctoral program in Public Health.

3 Mission

The mission of Doctoral level of training in public health at RMU is to develop a team of experts who will be trained to assess the practical problems of the country and conduct quality research for finding solutions to those problems and incorporating the changes through a sound health policy for better health of the people.

4 Overview

The PhD program will require additional PhD level course work of at least 18 credit hours followed by a comprehensive examination at the end of course work as per HEC criteria. Upon

success in the comprehensive exam, the candidate will follow his/her research work leading to submission and defense of thesis and if successful the award of PhD degree.

5 Program Aim and Objectives

The main aim of this PhD program is to produce a trained team of experts with best level of skills in research and academia in the field of public health to prevent disease, promote health, and prolong life among the population as a whole.

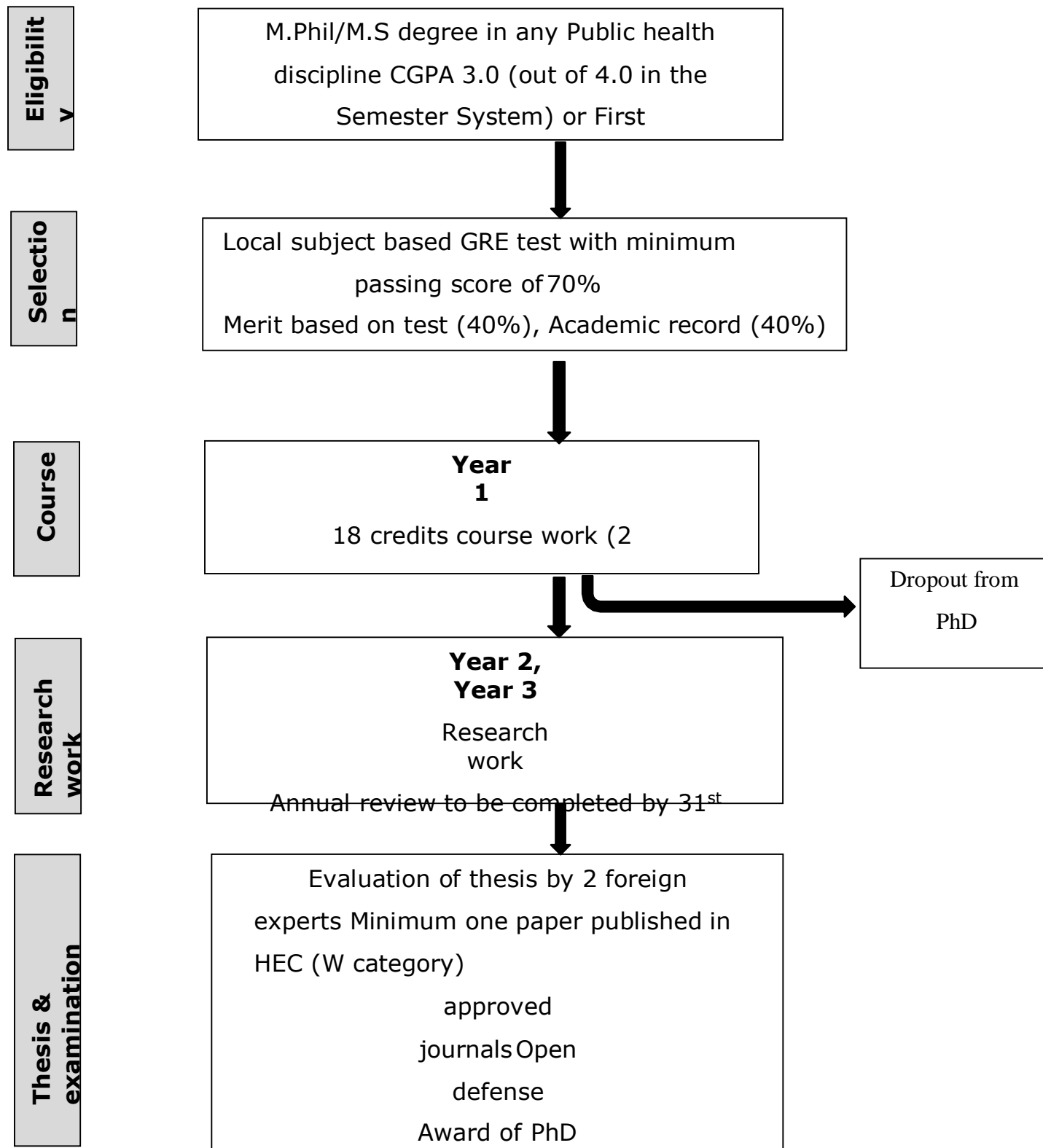
The objectives of the PhD in Public health program will be to:

- **Develop trained human resource in research skills and methodology in the field of public health;**
- **Conduct quality and credible research in the field of public health;**
- **Develop leadership for academic, research and service sectors of public health.**

6 Program Structure and Evaluation

A brief outline of the PhD program in Public Health is as follows:

Figure 1: Flow diagram of PhD program at RMU



Annual review process

Year 1

First year of PhD is comprised of advanced courses of PhD, spread across two semesters. Each semester will include courses of 9 credits. The final comprehensive exam (maximum 2 attempts) will be conducted by the examination department of RMU. On successful completion of the course work, the student has to present a research proposal in a Departmental Graduate Committee meeting which will be organized by the concerned PhD coordinator. In addition to the permanent members of the Graduate Committee, one or more subject specialist should participate from within or outside RMU. This should be followed by submission of “PhD Student Review Form” (Annexure 1), literature review and defense of research proposal in the annual review meeting of the Board of Advanced Studies and Research (BASR), especially arranged for the PhD students.

Year 2 and Year 3

The annual review process of Year 2 and 3 include submission of “PhD Student review form” and a presentation to the institutional Graduate committee on six monthly bases organized by the concerned PhD Coordinator. This is followed by submission of “PhD Student review form”, scientific report, and presentation in the annual BASR meeting. The annual review process should be completed by students and supervisors by 31st January. Any student starting late will normally be permitted to delay submission of their annual report until 31st March.

Scientific report

A scientific report preferably in the style of a journal article (6 to 10 pages maximum is recommended) summarizing progress made in the last year. It may therefore contain an abstract, introduction, materials and methods, results and discussion. In addition, there should be a 500-1000 word section at the end of the report detailing the following year’s work. To be sent to supervisor for assessment and comment (half a page maximum) and subsequently submitted to the PhD coordinator and BASR.

Presentation in the BASR Meeting

All PhD students are required to deliver oral presentation by the end of year in the BASR annual meeting, especially organized for them. This is followed by discussion with the BASR members, including minimum of two subject experts. The BASR will then take decision regarding the registration of student for the next session.

Thesis pending period

Final year interview - Students within a year of the absolute thesis submission deadline will be interviewed specifically on their progress in the BASR annual review meeting.

Intention to submit form

An Intention to Submit form will be submitted to the PhD coordinator prior to the intended thesis submission date. This form initiates the identification and appointment of a committee of examiners for each thesis.

Submission of thesis

The research work and award of degree will be supervised by a HEC recognized PhD supervisor and co-supervisor from related areas of expertise. Upon admission to PhD program a supervisor will be allotted to the enrolled student who will guide the student in the selection of his area of research along with the development of research proposal and protocol. The supervisor and co-supervisor will also ensure that the student develop essential skills according to his area of research.

Acceptance/publication of at least one research paper in HEC approved/recognized journal (preferably in W category) is essential before the submission of dissertation.

The requirements for PhD degree shall normally be completed within four years from the date of registration. The maximum time for the completion of PhD degree shall be six years from the date of registration in the PhD program. Only under exceptional circumstances, to be described

in detail by the PhD candidate and supported by the supervisor, the PhD advisory committee may allow extension of up to one year beyond the maximum time limit of six years.

Evaluation of the doctoral thesis must be done by 2 eminent foreign examiners from scientifically advanced countries, approved by HEC. The Plagiarism test must be conducted on the Dissertation before its submission to the two foreign experts.

An open defense of Dissertation is essential part of PhD Program after positive evaluation. Viva voce examination must be conducted by 2 national experts, approved by HEC.

A copy of Ph.D. Dissertation (both hard and soft) must be submitted to HEC for record in PhD country directory and for attestation of the PhD degree by the HEC in future.

Advisors

Students shall be assigned advisors on admission by the specific department. The PhD coordinator shall serve as advisor before selection of subject specific advisors. The advisor and the student together will develop a flexible comprehensive plan of study that will be implemented in each semester. The advising file will be updated each semester and will include copies of transcripts and GPA earned.

Admission to PhD

Qualification

For admission into the PhD minimum CGPA 3.0 (out of 4.0 in the Semester System) or first division (in the Annual System) in M.Phil/M.S degree in any Public Health discipline from a PMDC/HEC recognized university/institution.

Admission criteria and procedures

- i. Each candidate shall make an application for admission to PhD program in response to an advertisement by the university on the prescribed form along with documents specified in the form.

- ii. The allocation of marks for determining merit for admission to PhD program shall be as following:
 - Academic record 40%
 - Admission test 40%
 - Interview 20%

The candidate must have passed the admission test (public health [70%], English verbal [15%], and analytical reasoning [15%]), developed locally by the University with minimum passing score of 70%.

- iii. Successful candidates in the above test will submit a two pager synopsis on the topic that candidate may like to pursue for his/her doctoral thesis. Synopsis must reflect the background, rationale, research question & objectives, proposed methodology and expected outcomes of the research.

Attendance

The policy for minimum attendance (>75 %) in a course is mandatory to complete the requirements of a course. The instructor shall report a student's absences and the student shall be placed on attendance probation by his/her Dean/HOD and it will be notified by the department. A student shall be dropped from university for violating the terms of such probation.

Cancellation of enrolment

If a student fails to attend any lecture during the first four weeks after the commencement of the semester as per announced schedule, his/her admission shall stand cancelled automatically without any notification.

Fees and other Dues

Each PhD candidate shall be required to pay tuition fee and such other charges as may be determined by the RMU from time to time.

7 Registration in the University

- i. A scholar for PhD degree program shall be registered in teaching department / institution of the university.
- ii. Registrar of the university shall maintain a register of PhD Research Scholars and assign a registration number to each scholar at the time of provisional admission.
- iii. A "notification of registration" for each candidate approved /allowed for admission to PhD program shall be issued by the university.
- iv. Registration may be renewed on payment of the prescribed fee if a scholar is re- admitted within a year after having been struck off the rolls for any valid reason.
- v. A person registered for the PhD degree program shall be called PhD research scholar.
- vi. Each student so selected shall be required to register and pay the dues within 30 days from the date of issuance of the notification of registration, failing which the admission of the selected candidate shall be deemed as cancelled. The tuition fee and other dues shall be determined by the university from time to time.

8 The Rawalpindi Medical University Rawalpindi PhD Regulations

2017 The Rawalpindi Medical University Rawalpindi PhD regulations 2017 (Annexure 2) will be followed to govern the matters relating to admissions, registrations and examinations for the PhD program.

9 PhD courses

Semester 1

PH: 801 Advances in Epidemiology and Biostatistics (2+1 Credit Hrs)

PH: 803 Principles of Public Health (1+1 Credit Hrs)

PH: 805 Advances in Data Handling and Appraisal (2+1 Credit Hrs)

Semester 2

PH: 804 Advances in Systematic review and meta-analysis (2+1 Credit Hrs)

PH: 806 Advances in Qualitative research method (2+1 Credit Hrs)

PH: 802 Advances in Research Methodology and Bioethics (3+1 Credit Hrs)

Courses semester 1

PH: 801 Advances in Epidemiology and Biostatistics (2+1 Credit Hrs)

Upon completion of course the students will be able to:

- Comprehend basics of epidemiology and principles of various study designs
- To design a study and describe the validity
- Comprehend concepts and methods of statistics in Biomedical research
- Have good command on use of statistical computer software for data analysis

Course Contents:

The course contents will include; Descriptive epidemiology, analytic epidemiology and epidemiological inference, Classification, morbidity and mortality rates, ratios, incidence, prevalence, sampling, screening, epidemiological models, Types of study design; their importance, uses, and limitations, field trials, controlled epidemiological surveys, sources of bias and causal models.

Introduction to statistics, types of statistical applications, population and samples, data analysis and presentation, variables, elementary statistical methods, tabulation, chart and diagram preparations, measures of central tendency and dispersion, sampling techniques and sample size estimation, probability and proportions, Tests of significance; normal test, t test, Chi square test, correlation and its applications, linear regression and multiple regression, logistic regression, sign test, Wilcoxon signed rank test, Mann Whitney test, Kruskal Wallis test, Spearman rank correlation, Clinical trials and intervention studies, Measures for developing health statistical indicators: morbidity and mortality statistics, Use of latest statistical computer software for data analysis.

Recommended Readings

- Gordis, L. Epidemiology. Pennsylvania: W.B. Saunders Company. Latest Ed.
- Rothman KJ. Modern Epidemiology. Boston: Little, Brown and Company, Latest Ed.
- Kelsey JL, Thompson WD, Evans AS. Methods in Observational Epidemiology. New York: Oxford University Press, Latest Ed.
- Kleinbaum DG, Kupper LL, Morgenstern H. Epidemiologic Research: Principles and Quantitative Methods. Belmont, CA: Lifetime Learning Publications, Latest Ed.
- Lilienfeld DE, Stolley PD. Foundations of Epidemiology. New York: Oxford, Latest Ed.
- Daniel WW. Biostatistics: A Foundation for Analysis in the Health Sciences. Latest Ed. John Wiley & Sons. Inc. New York.
- Larson R and Farber B. Elementary Statistics: Picturing the World. Latest Ed, Prentice Hall Publications. USA.
- Oliver, M. and Combard MS. Biostatistics for Health Professions. Latest Ed. Prentice Hall Publications, New Jersey.
- Statistical Software: SPSS; EPIINFO; STATA; SAS

Journals

- British Medical Journal
- Epidemiologic Reviews
- Annals of Epidemiology
- American Journal of Epidemiology
- International Journal of Epidemiology
- European Journal of Epidemiology
- BMC Public Health

PH: 803 Principles of Public Health (1+1 Credit Hrs)

This course aims to introduce the key concepts of public health;

- To explore the determinants of health status in different community settings
- To analyze how different populations carry different kinds and amounts of disease
- Burden, and to use that knowledge for improving health by preventing disease
- Discuss the roles of Public Health in addressing health disparities and the needs of
- Vulnerable populations
- To appraise specific Public Health activities and challenges
- To discuss the future of Public Health

Course outline

The course contents will include, lessons from the history of public health, the practice of public health, origins of public health, success of public health measures, local public health, public health relationship to 10 essential health services, infectious disease control, rising public health risk of unvaccinated children, injuries and noninfectious diseases, improving access to medical care, accountability and evidence-based public health, public health system improvement, what are the barriers to public health in meeting its mission, global health threats and public health, challenges for public health

Additional Resources and Reading Resources

- Textbook: Schneider, Mary Jane. Introduction to Public Health, 3rd edition, 2011. Materials from this textbook will be supplemented with manuscripts from the peer-reviewed literature and other pertinent documents.

PH: 805 Data handling and appraisal (2+1 Credit Hrs)

- To equip students with practical experience of analysis of data using a statistical computing package (STATA and SPSS)
- To equip students with practical experience of interpretation and presentation of data analysis
- Recognize the importance of good practice in managing research data in general and apply it within your own work context.
- Apply knowledge gained to be able to draw up a data management plan and maintain it throughout the project life.

- Be able to organize and document your data efficiently during the course of your project.
- Be aware of the options available to you to securely store and back up your data.

Course outline

The course contents will include, research data explained, data management plans, organizing data, file formats and transformation, documentation and metadata, storage and security, data protection, rights and access, preservation, sharing and licensing, consort (consolidated standards of reporting trials), strobe (strengthening the reporting of observational studies in epidemiology), prisma (preferred reporting items for systematic reviews and meta-analyses), moose (meta-analyses of observational studies), grade (grading of recommendations assessment, development and evaluation), cochrane collaboration's risk of bias tool, and jadad

scale.

Textbook

Book Review: A Practical Approach to Analyzing Healthcare Data by Jon.

Additional Reading Resources

- STATA: <http://www.stata.com/>
- SPSS: <http://www-01.ibm.com/software/analytics/spss/>

Courses semester 2

PH: 804 Systematic review and meta-analysis (2+1 credits)

- This course aims to provide skills to students for designing and conducting high quality systematic reviews and meta-analyses. The coursework includes presentation and computer based exercises using STATA
- To discuss the basic principle and process of systematic review and meta-analysis
- To explore bias and heterogeneity in meta-analysis

Course outline

The course contents will include, introduction to and rationale of systematic reviews of health research, question formulation, protocol development, performing searches, planning searches, critical appraisal, introduction to statistical methods, introduction to software for meta-analysis, publication and reporting bias, systematic reviews of complex interventions, systematic reviews in context, assess the risk of bias in a randomized controlled trial, explain the basic methods of meta-analysis, use STATA software to perform meta-analysis, summarize the findings of a systematic review or meta-analysis, and critically appraise a systematic review.

Textbook

- Higgins, JPT, Green, S, editors. Cochrane Handbook for Systematic Reviews of Interventions.

Chichester: Wiley, 2008.

- Khan K, Kunz R, Kleijnen J, Antes G. Systematic reviews to support evidence-based medicine. 2nd edition.
London: Royal Society of Medicine, 2011.

Journals

- Jadad AR, et al. Methodology and reports of systematic reviews and meta-analyses: a comparison of Cochrane reviews with articles published in paper-based journals. JAMA. 1998 Jul 15; 280(3):278-80.
- Lindsay S. Uman. Systematic Reviews and Meta-Analyses. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3024725/pdf/ccap20_1p57.pdf
- Cochrane: <http://www.cochrane.org/>
- PRISMA: <http://www.prisma-statement.org/usage.htm>

PH: 806 Qualitative research method (2+1 Credit Hrs)

- To develop qualitative research skills
- To describe basic theories and basic methods for qualitative research
- To describe role of researcher in qualitative research
- To analysis and interpretation of qualitative research data

Course outline

The course contents will include, overview and introduction to course, experience, interpretation, and qualitative research, research design, gathering data in the field, analysing and interpreting data, understanding reliability and validity in qualitative research, ethical considerations in field-based research, increasing the generalizability of qualitative research, applied research, writing critical ethnographic narratives, post positivistic assumptions and educational research, computer software & qualitative research, focus groups, thematic qualitative data analysis, the quality of qualitative research, future directions for qualitative research

Text book

Qualitative Research & Evaluation Methods – October, 2001 by Michael Quinn Patton

Journals

- BMJ 2000; 320:114
- International Journal of Qualitative Methods
- International Journal of Qualitative Research
- International Journal of Social Research Methodology
- Qualitative Research

PH: 802 Advances in Research Methodology and Bioethics (3+1 Credit Hrs)

Upon completion of course the students will be able to:

- Comprehend basics of research methodology
- Comprehend basic knowledge of the ethical issues in biomedical research
- Select and design a research project
- Critically analyze and communicate scientific data
- Review and write research articles in journals of international standards
- Analyze literature critically and comprehend the foundations of Bioethics theory
- Know how to deal with patients within the boundaries of ethics
- Know how to improve the basic health care services on ethical grounds

Course Contents

The course contents will include: Selection of a field for research, drivers for health research, participation in collaborative international research, participation in pharmaceutical company

research, research ideas, criteria for a good research topic, types of research design, selecting research design, defining and refining research questions, generating research hypothesis, study sample and size, qualitative research, questionnaire design, research in health economics, ethics in research design, writing the research protocol, submitting a research proposal; application for funding & components of research proposal, implementing the research project, describing and analyzing research results, interpreting research results, communicating research, writing a scientific paper and dissertation or thesis, publishing a scientific paper, making a scientific presentation, assessment and evaluation of research.

The Bioethics part will include: death and dying; health professional patient relationship; method and theory in bioethics; ethics and children; organ transplantation, concepts of distributive justice in health care; defining health care needs; research ethics; reproduction and fertility; genetics and the human future.

Recommended Readings:

- Mahmoud F. Fathalla. A Practical Guide for Health Researchers. WHO Regional Office for the Eastern Mediterranean Cairo, 2004.
- Catherine Dawson. Introduction to Research Methods: A Practical Guide for Anyone Undertaking a Research Project. How to Books Ltd. Latest Ed.
- Arlene Fink. Conducting Research Literature Reviews: From the Internet to Paper. Sage Pubns, Latest Ed.
- Bjorn Reino Olsen, Petter Laake, Haakon Breien Benestad. Research Methodology in the Medical and Biological Sciences. Academic Pr. Latest Ed.
- Bausell R. Barker. Advanced Research Methodology: An Annotated Guide to Sources. Scarecrow Pr. Latest Ed.
- Debbie Holmes, Peter Moody, Diana Dines. Research Methods for the Biosciences. Oxford University Press.
- John Arras and Bonnie Steinbock. Ethical Issues in Modern Medicine, Mayfield, Latest Ed.
- Françoise Baylis, Jocelyn Downie, Benjamin Freedman, Barry Hoffmaster, and Susan Sherwin. Health Care Ethics in Canada. Harcourt Brace, Latest Ed.

- Tom L. Beauchamp and James F. Childress. Principles of Biomedical Ethics. Latest Ed.
- Oxford University Press.
- Jonathan Glover, Causing Death and Saving Lives. Penguin Books, Latest Ed..
- Glenn C. Graber and David C. Thomasma. Theory and Practice in Medical Ethics. Continuum, Latest Ed.
- Thomas A. Mappes and David Degrazia. Biomedical Ethics, 4th ed. McGraw-Hill, Latest Ed.
- Ronald Munson and Christopher A. Hoffman. Intervention and Reflection: Basic Issues in Medical Ethics. Latest Ed. Wadsworth.
- Gregory E. Pence. Classic Cases in Medical Ethics. 2nd ed., McGraw-Hill, 1990.
- Michael Yeo. Concepts and Cases in Nursing Ethics. Broadview, Latest Ed.
- Françoise E. Baylis. The Health Care Ethics Consultant. Humana Press, Latest Ed.

Journals

- BMC Medical Research Methodology
- Health Services and Outcomes Research Methodology
- Bioethics
- Cambridge Quarterly of Healthcare Ethics
- Hastings Center Report
- Journal of Clinical Ethics
- Journal of Medical Ethics
- Journal of Medicine and Philosophy
- Kennedy Institute of Ethics Journal
- Nursing Ethics

10 Registration in the University

- i. A scholar for PhD degree program shall be registered in teaching department /institution of the university.
- ii. Registrar of the university shall maintain a register of PhD research scholars and assign a registration number to each scholar at the time of provisional admission.
- iii. A "notification of registration" for each candidate approved /allowed for admission to PhD program shall be issued by the university.
- iv. Registration may be renewed on payment of the prescribed fee if a scholar is re-admitted within a year after having been struck off the rolls for any valid reason.
- v. A person registered for the PhD degree program shall be called **PhD ResearchScholar**.
- vi. Each student so selected shall be required to register and pay the dues within 30 days from the date of issuance of the notification of registration, failing which the admission of the selected candidate shall be deemed as cancelled. The tuition fee and other dues shall be determined by the university from time to time.

Annexure 1 - PhD annual review form

Annexure 2 – Rawalpindi Medical University PhD regulations 2017

For Medical Graduates: Written exam: At the end of 1st year the student will appear in comprehensive written exam to be conducted by internal examiner appointed by the RMU Rawalpindi. Those who score >70% in the year 1 comprehensive exam will then take 18 credit hours of advanced PhD course work and appear in two semester exams at the end of second year.

For MPhil/FCPS qualified candidates: They will take 18 credit hours of advanced PhD course work and appear in a comprehensive exam (summative assessment) at the end of second year.

Formative assessment in the form of term tests will be taken on regular 3 monthly basis and six monthly progress report will be submitted to the university.

Final PhD Exam

Final PhD defense of thesis exam will be held at the end of 3 years for M.Phil/FCPS qualified candidates. This exam will be conducted as per regulation for PhD Defense of thesis specified by HEC.

The PhD dissertation will be evaluated by at least two external experts who may be either (i) Pakistan-Based Distinguished National Professors, Meritorious Professors, or Tenure Track Professors, or (ii) PhD experts from academically advanced countries (approved list of academically advanced countries for evaluation of PhD Dissertation is provided in Annex 4.4(b) of HEC guidelines for PhD); *provided, however,* that if the PhD candidate publishes his or her dissertation research in a peer reviewed journal that is classified by the HEC as category X or above, the PhD dissertation will only require evaluation by one external expert.

Each PhD researcher shall be required to publish at least one research paper as its first author during his or her doctoral studies in an HEC approved Y category (or above) journal for the award of PhD degree.

RECOMMENDED BOOKS AND JOURNALS

- ❖ Tietz Textbook of Clinical Chemistry and Molecular Diagnostics Burtis CA, Ashwood EA, Bruns DE, eds., 4th ed. St. Louis, MO: Saunders, 2006.
- ❖ Clinical Chemistry: Theory, Analysis, Correlation, 4th ed. Kaplan LA, Pesce A, Kazmierczak S, eds St. Louis, MO: Mosby, 2003.
- ❖ Clinical Chemistry: Laboratory Management and clinical correlations. Kent Lewandrowskieds. New York. Lippincott Williams & Wilkins. 2005.
- ❖ William J Marshall and Stephen K Bangert Fifth Edition. Clinical Chemistry 2004.
- ❖ National Academy of Clinical Biochemistry. NACB Laboratory Practice Guidelines. <http://www.nacb.org/lmpg/main.stm>.
- ❖ Annals of Clinical Chemistry
- ❖ Clinical chemistry and Molecular genetics
- ❖ Journal of Endocrinology and Metabolism.



GOVERNMENT OF THE PUNJAB
SPECIALIZED HEALTHCARE &
MEDICAL EDUCATION DEPARTMENT

Dated Lahore, the 14th February, 2023



ORDER

No.SO(AMI-II)21-38/22 (RMU): On the recommendations of Special Selection Board, RMU, Rawalpindi vide letter No.E-14/11485/RMU dated 29.12.2022 and interviews held from 17.11.2022 to 21.11.2022 read with Sr. No. (d) of para 4 of the Election Commission of Pakistan's Notification No.F.No.2(1)/2023-Cord. Dated 22.01.2023, DR. MOHAMMAD IMRAN YOUNUS (CNIC:3740615989167) is hereby recruited as Assistant Professor of Community Medicine (BS-18), on *ad hoc* basis at Rawalpindi Medical University, Rawalpindi, with immediate effect, against an existing vacancy, for a period upto 31.12.2023 or till the availability of a regular incumbent through promotion or PPSC, whichever is earlier, subject to verification of the documents of the recruitee doctor which will be the sole responsibility of the concerned Principal/ Medical Superintendent:-

2. The following terms & conditions of adhoc recruitment shall be applicable:-
 - i. The recruitment on adhoc basis shall be subject to revocation at any time by the Competent Authority.
 - ii. Adhoc recruitment, thus made shall not confer any right on the recruitee in the matter of regular appointment to the same post nor shall the service be counted towards seniority in the grade.
 - iii. He/ she will be governed by Civil Servants Act, 1974 and any other such rules and orders, relating to leave, travelling allowances, medical attendance, pay etc. as may be issued by Government from time to time.
 - iv. The recruitment is subject to the verification of the character and antecedents by the Police Authorities.
 - v. The recruitment is subject to verification of documents/degrees from the issuing authority as well as PM&DC/ PMC registration certificate by the issuing authority. In case his/ her documents are found to be fake / forged, the recruitment shall be cancelled and all the salaries/ financial benefits drawn by the recruitee shall be recovered through legal process. Besides, legal action shall also be initiated against him/ her.
 - vi. In case he/she wishes to resign at any time one month's notice shall be mandatory or in lieu of that one month's salary shall have to be deposited by him/ her.
 - vii. He/she shall furnish Registration Certificate issued by PMDC/ PMC, at the time of joining to Controlling Authority.
 - viii. If valid PMDC/ PMC Registration Certificate is not renewed in time during the adhoc service tenure of above said recruitee, his/ her adhoc recruitment shall stand terminated automatically. The concerned Head of Medical / Health Institution shall stop his/ her pay and shall report the matter to appointing authority forthwith.
 - ix. The concerned Head of Medical/ Health Institution shall ensure that above quoted recruitee is neither a PG Trainee anywhere nor a government employee.
 - x. The offer is valid for fifteen days from the date of its issuance and shall automatically lapse if he/ she fails to report for duty. In case he/ she accepts this offer, he/ she may report for duty to the Vice Chancellor, Rawalpindi Medical University, Rawalpindi, within 15-days positively.

SECRETARY
SPECIALIZED HEALTHCARE &
MEDICAL EDUCATION DEPARTMENT

NO. & DATE EVEN.

A copy is forwarded for information and necessary action to the:-

1. Vice Chancellor, Rawalpindi Medical University, Rawalpindi.
2. District Accounts Officer, Rawalpindi.
3. PSO to Secretary SHC & ME Department.
4. PS to Special Secretary (Operations), SHC & ME Department.
5. PA to Additional Secretary (Admn), SHC & ME Department.
6. PA to Deputy Secretary (Admn)/ (General), SHC & ME Department.
7. In-charge ICT Cell, SHC & ME Department.
8. Doctor concerned.
9. Master File.

(AL-SAMEER, PMS)
SECTION OFFICER (AMI-II)

SHC & ME DEPARTMENT



Xi'an Jiaotong University

It is hereby certified that

MOHAMMAD IMRAN YOUNUS

*having satisfied the requirements of the University was conferred the
following degree on 20 September 2017*

Doctor of Philosophy

Epidemiology and Health Statistics



President **王樹國**

No. 1069822017000548

ENGLISH COPY



HIGHER EDUCATION COMMISSION

H-9, ISLAMABAD, PAKISTAN, Website: <http://www.hec.gov.pk>

Raveesh Raj

Assistant Director (A&A)

No.8-58877/HEC/A&A/2018/1448
April 5, 2018

Dr. Mohammad Imran Younus

CNIC# 37406-1598916-7

G-102 Phase 4,

Street 3, Officers Colony, Wah Cantt,

District Rawalpindi.

Subject: Equivalence of Doctor of Philosophy in Epidemiology and Health Statistics Degree Awarded by the Xi'an Jiaotong University, China.

Dear Sir,

In supersession to this office letter of even number dated March 30, 2018 on the subject, it is informed that the Xi'an Jiaotong University is a chartered University of China. As confirmed by the Xi'an Jiaotong University, Higher Education Commission recognizes Doctor of Philosophy in Epidemiology and Health Statistics degree held by you as equivalent to corresponding Ph.D. degree in the relevant field from Pakistan. However, for practicing the medical profession, you need to get endorsement from Pakistan Medical and Dental Council.

Yours faithfully,

Raveesh Raj
(Raveesh Raj)



OFFICE OF THE VICE CHANCELLOR,
RAWALPINDI MEDICAL UNIVERSITY/ALLIED HOSPITALS, RAWALPINDI.

Ph: 051-9290360, 051-9290755,
Website: www.rmc.edu.pk.com,

Fax No.051-9290519
Email : info@rmc.com

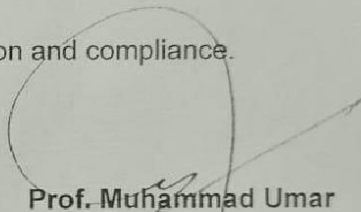
No. 0113646 /RMU/2021

Dated: 17-06-2021

OFFICE ORDER

Considering the academic qualification of **Dr. Muhammad Umar**, Physiotherapist, HFH and his relevant experience in the field of Physiotherapy, he is hereby assigned the duties of Senior Lecturer in the best academic interest of university with immediate effect, till further order.


All concerned to please note for information and compliance.


Prof. Muhammad Umar
Vice Chancellor
RMU/Allied Hospitals
Rawalpindi

NO. & DATE EVEN

Copy for information and necessary action to:-

1. The Dean Allied Health Sciences, RMU, Rawalpindi
2. The Director, Medical Education Department, RMU, Rawalpindi.
3. The Medical Superintendent, Holy Family Hospital, Rawalpindi.
4. The Assistant Registrar, Rawalpindi Medical University, Rawalpindi.
5. The Office Superintendent, Central Admin Office Main Campus, RMU Rawalpindi.
6. Officer concerned.
7. Master File


Prof. Muhammad Umar
Vice Chancellor
RMU/Allied Hospitals
Rawalpindi

To,

The Vice chancellor
RMU Rwp

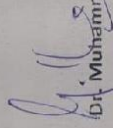
Attention: Office Superintendent RMU

SUBJECT: CHARGE ASSUMPTION REPORT

Reference is invited to office of the Vice Chancellor order
No. O-1/3646/RMU dated, 17-06-2021 (Copy attached).

In pursuance of the direction of Vice Chancellor conveyed
vide office order under reference, I, undersigned have assumed my
duties as Senior Lecturer.

This is for your information and your record, plz.


Dr. Muhammad Umar

ISRA UNIVERSITY



Muhammad Umar No Sheikh Riya Abdul Qayyum

having successfully completed the programme of study
prescribed by the University and having been examined in
September 2020 has been duly awarded the Degree of

Doctor of Philosophy in Rehabilitation Sciences



020-00030

07408-25-7

Hyderabad, Pakistan

Controller of Examinations

Registrar

Vice Chancellor

Monday, 14 December, 2020



ISRA UNIVERSITY



Program Code		TRANSCRIPT				Certificate #	
25-7		DOCTOR OF PHILOSOPHY IN REHABILITATION SCIENCES				01-21-009134	
Name of Student: Muhammad Umar		Student ID # 1402-PhD-008					
Father's Name Sheikh Riaz Abdul Qayyum		Enrollment # 07408-25-7					
Surname *		Faculty Allied Medical Sciences					
Date of Birth: 17 October 1979		Date of Admission: 24 February 2014					
Nationality (Country) Pakistan		Degree Awarded Year 2020					
CNIC / Passport # 37406-0466307-5		Charter Date of University 27 September 1997, Government of Sindh					
Degree / Program: Doctor of Philosophy in Rehabilitation Sciences		Total Number of Credits Hours				Course Work : 18 Thesis : 36 Total : 54	
Institute Isra Institute of Rehabilitation Sciences, Isra University, Islamabad Campus							
Course Title / Subject		Evaluation					
		Grade	Grade Points	Credit Hours	Quality Points		
Course Code	PHD Semester-I Examination Spring 2014						
DPRS711	Biostatistics & Research Design	A-	3.67	2.00	7.34		
DPRS712	Disability & Rehabilitation	B+	3.33	2.00	6.66		
DPRS71	Differential Diagnosis in Rehabilitation	A	4.00	2.00	8.00		
Course Code	PHD Semester-II Examination Fall 2014						
DPRS721	Outcomes Measurements & Analysis	A-	3.67	2.00	7.34		
DPRS722	Neuroscience	A-	3.67	2.00	7.34		
DPRS723	Seminar in Health Care Policy & Administration	A	4.00	2.00	8.00		
Course Code	PHD Semester-III Examination Spring 2015						
DPRS731	Scientific Inquiry & Writing	A-	3.67	2.00	7.34		
DPRS732	Seminar in Rehabilitation Science	A-	3.67	2.00	7.34		
DPRS733	Disability & Rehabilitation, National & International Prospective Influencing Public Policy & Research	A-	3.67	2.00	7.34		
Grand Total				18.00	66.70		
Cumulative GPA out of 4.00				3.71			
Thesis							
The student has successfully defended his Thesis of 36 credit hours on the topic, entitled "Impact of Physiotherapy and Botulinum Toxin Type A in Improving Functional Outcome in Upper Limb Focal Dystonia among Post Stroke Patients" in September 2020.							

Issued on:
05 January 2021

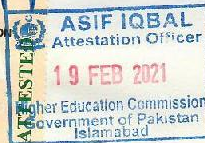
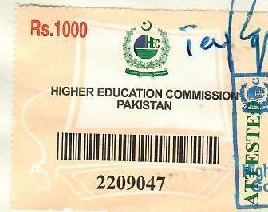


[Signature]
CONTROLLER OF EXAMINATIONS

Official certificate not valid without signature and seal of the University.



Verified:
[Signature]
Controller of Examination
ISRA University



CV- Curriculum Vitae OF Dr. Muhammad Umar

Address: House- 206/1 Street 7 Sector II, Airport Housing Society, Rawalpindi. Pakistan
Contact: + 92-333-55-33-999, Office: +92-519290770, +92-51-9290321 - 27, Ext 2081
Email: physioumar@gmail.com Skype: physio.umar

CURRENT POSITIONS

- **DIRECTOR, INSTITUTE OF ALLIED HEALTH SCIENCES**

Rawalpindi Medical University & Allied Hospitals, Rawalpindi

- **HEAD OF PHYSIOTHERAPY DEPARTMENT**

Holy Family Hospital, Rawalpindi

- **COORDINATOR BSPT/ DOCTOR OF PHYSICAL THERAPY,**

Rawalpindi Medical University & Allied Hospitals, Rawalpindi

- **PROJECT COORDINATOR PHYSICAL REHABILITATION & TRAINING CENTER**

Rawalpindi Medical University & Allied Hospitals, Rawalpindi

- **FOCAL PERSON, EHSAAS UNDER GRADUATE SCHOLARSHIP PROGRAM**

Rawalpindi Medical University & Allied Hospitals, Rawalpindi

CAREER SUMMARY

- I did my PhD in Rehabilitation Sciences with a study titled "IMPACT OF BOTULINUM TOXIN AND PHYSIOTHERAPY IN IMPROVING FUNCTIONAL OUTCOMES IN UPPER LIMB FOCAL DYSTONIA AMONG POST STROKE PATIENTS".
- Previously I completed my Masters in Public Health (MPH) and Post Professional Doctor of Physiotherapy (MPhil).
- I started my professional career in August 2003; currently have a range of professional experience ranging from special education to sports physical therapy. Presently, I am working as the Head of Physiotherapy Department in Holy Family Hospital, Rawalpindi and also serving as Coordinator of Allied Health Sciences Rawalpindi Medical University, Rawalpindi.
- Apart from working in institutional based rehabilitation, I have also served as an integral part in planning and implementing Community Based Rehabilitation Programmes for the earthquake affectees of October 2005, which also included workshops for medical professionals and community as well as teachings and trainings of patients and care givers.
- Aside from being a member of few professional bodies, I am also serving as the reviewer of few National and International Journals and Physiopedia which is giving Universal access to physiotherapy (www.physio-pedia.com/)
- I have published few research manuscripts besides authoring **TWO HAND BOOKS** titled; "BACK PAIN AND MEDICAL COMMUNITY" and "THERAPEUTIC MODALITIES MADE SIMPLE FOR PHYSICAL THERAPISTS".

PROFESSIONAL EXPERIENCE

HOLY FAMILY HOSPITAL (RAWALPINDI)**Dec 2005 - Present****HEAD OF PHYSIOTHERAPY DEPARTMENT**

- Established a new Physiotherapy department including the Gym and the electro therapy unit, looking after the office and the admin affairs regarding the department.
- Teaching & Trainings of staff members as well as assessing, evaluating, treating and making treatment plans of the patients. Administering muscle, nerve, joint and functional ability tests to identify and assess physical problems of persons with disability and functional limitations

RAWALPINDI MEDICAL UNIVERSITY**DIRECTOR INSTITUTE OF ALLIED HEALTH SCIENCES,****Feb 2020 - Present**

- Working as Director of Allied health Sciences for five different programs including; Doctor of Physical therapy, Medical Imaging Technology, Orthotics & Prosthetics, Optometry & Orthoptics and Medical Lab Technology.
- Taking care of day to day affairs, management and its progression for improvements.

RAWALPINDI MEDICAL UNIVERSITY**COORDINATOR & TEACHER DPT****Jan 2008 - Present**

- Working as the coordinator of DPT program in Rawalpindi Medical University, Rawalpindi.
- Teaching the students their respective subjects of Physiotherapy including Kinesiology, Therapeutics and Physiotherapy Treatment.

PRTC, JOINT MERGER OF RMC –HDF (Human Development Foundation).**PROJECT COORDINATOR****Oct 2011- Present**

- Working as the Project coordinator of Physical Rehab and Training Center in Holy Family Hospital, a joint Merger of Human Development Foundation & Rawalpindi Medical College.

THE PHYSIOTHERAPY CLINIC- Aftab Plaza Said Pur Road**Rawalpindi (Private Consultation Clinic)****Nov 2017 – Present**

THE NEUROCOUNSEL 96-West Khyber Plaza Blue Area (Islamabad)

Aug 2003–Oct 2017

SUBH-E-NAU (ISLAMABAD) (www.greenpakistan.org)(PART TIME JOB)

Nov 2005 – April 2011

INCHARGE PHYSIOTHERAPY AND OCCUPATIONAL SERVICES

- Worked for the rehabilitation of earthquake victims of October 2005, especially the spinal cord injured Including both IBR and CBR Models.
- Worked with National and International Rehabilitation experts, doctors, Psychologists, Physical and Occupational Therapists from Trillium rehabilitation center and University of Toronto (Canada), Scotland, South Africa and JICA (Japan) to help design and conduct studies, to make a rehabilitation program focusing on Physical and occupational therapies.
- Supervised and worked as the In-charge of Physiotherapy & Occupational services in a Community Based Rehabilitation Program where the services are being provided to the devastated humanity of October 2005 especially the Spinal Cord Injured.

CHAMBELI INSTITUTE FOR MENTALLY RETARDED CHILDREN

RAWALPINDI. Sep 2004 - Nov 2005

- Worked with mentally retarded children dealing with their Physical and mental disabilities.
- Developed teaching, training plan and syllabus for the mentally retarded children including Play therapy, and text book for mild and moderate children including alphabets, colors, digits, shape and color dominoes, Geometrix, patterns and beads, lacing cards, Geo knob puzzle, rubber Quoits for target activities and basic vocabulary.

AL-GHAZALI INSTITUTE FOR P.H.C ISLAMABAD. (Volunteer),

Jan 2004 - Aug 2004

HAYYAT WALI MEDICAL CENTER RAWALPINDI

Sep 2003- Dec 2003

ADDITIONAL CLINICAL EXPERIENCE

Worked in the following International Events as a Physiotherapist:

- First Pakistan India Tennis Series
6th Nov 2006 – 7th Nov 2006
- International Tennis Federation, Circuit Satellite Series.
1st Aug 2004 – 15th Aug 2004

- 9th S.A.F (South Asian Federation) Games.
29th Mar 2004 – 7th Apr 2004

Punjab Police College (Sahala)

15th Jan

2006 – 30th Apr 2006

- In Punjab Police College Sahala established a new Physiotherapy department. I was also involved in teaching and trainings their paramedical staff for basic skills of Physiotherapy and help them setting up their own Physiotherapy department.

Chambelli Rehabilitation Center

Worked in starting a Physiotherapy and fitness center at Chambelli Institute for Mentally Retarded children. Making a self sustainable model for these mentally challenged children.

APPROVED SUPERVISOR FOR PHD IN MEDICAL SCIENCES

Approved supervisor for PhD in Medical Sciences by Higher Education Commission, Islamabad, Pakistan; HEC-approved list of PhD supervisors (www.hec.gov.pk)

EVALUATION OF MS/MPhil & DPT (Physiotherapy & Speech Therapy) THESIS

Evaluation of PhD and MPhil Microbiology Theses submitted from:

- Isra Institute of Rehabilitation Sciences, Isra University Islamabad
- Riphah International University, Islamabad
- University of Health Sciences, Lahore, Pakistan
- Rawal Institute Of Rehabilitation Sciences

REVIEWER FOR SCIENTIFIC JOURNALS & RESEARCH PROJECTS

1. Reviewer for research articles submitted for publication in:

- **Annals of Pakistan Institute of Medical Sciences**, Islamabad, Pakistan
- **Journal of Islamic International Medical College**, Rawalpindi, Pakistan
- **Journal of Rawalpindi Medical College (JRMC)**, Rawalpindi, Pakistan
- **Journal of Islamabad Medical & Dental College**, Islamabad, Pakistan
- **Journal of Rawal Medical Institute**

CERTIFICATIONS , COURSES , WORKSHOPS

- Course "**Managing Children With Cerebral Palsy (Mccp Mooc)**" by ISCoS and Physiopedia Awarded 24 Credit Hours by Physiopedia
Nov 2016
- Course "**Documenting Student Performance With The Physical Therapy Assistant Clinical Performance Instrument**" by American Physical Therapy Association 0.30 continuing education 3 contact hours
Aug 2016
- Course "**Clinical Paths In The Management Of Patients With Alzheimer's Disease**" by Post Graduate institute for Medicine. 0.75 AMA PRA Category 1 Credit
Aug 2016

- Course "A 3D VIEW: **Leveraging Intracellular Pathways: Personalizing The Management Of Rheumatoid Arthritis**" 01 Credit Hour by Med
- Course "**Physiotherapy Management of Spinal Cord Injury**" by ISCoS with 15 Contact Hours by International Spinal Cord Society
- Course "**Lower Limb Amputation Prevention And Treatment Of The Neuropathic Foot**" by Louisiana Physicaltherapy Board USA. U.S Department of health and Human services, National Hansen's disease programs 6 clinical hours
April 2016
- Course "**Lower Limb Amputee Rehabilitation Course**" by Physiopedia, ICRS and WCPT. Awarded 24 Credit Hours Hours by World Confederation for Physical therapy
Jun 2015
- Diabetes and implication for Physicaltherapists 3 CR by Pt web education May 2015
- Course "**Physiotherapy Management of Spinal Cord Injury**" by ISCoS and Physiopedia Awarded 15 Credit Hours by World Confederation for Physical therapy
May 2014
- Continuing education.com "**Biofeed back**" Online CME Course
Mar 2015
- "Introduction to Diagnosis & Treatment of the Upper and Lower Quadrant". Northeast seminars.1 CH Aug 2015
- Gannett Education, McLean VA 22107, Online CME Course. Rehabilitation management consideration 1 Credit Hour
- Gannett Education, McLean VA 22107, Online CME Course. Fuelling for exercise and recovery 1 CR Jul 2015
- Course Preventing Patient Falls: A Team Approach by Relias Learning, LLC 1 contact hour
- FLEX CEU's "**Complex Regional Pain Syndrome**" Online CME Course
Feb 2015
- Relias Learning, LLC, "**Electrical Stimulation Modalities** (TENS, Interferential, Neuromuscular Stimulation)" Online CME Course
- Gannett Education, McLean VA 22107, Online CME Course **Stroke; Making the transition to chronic care Management.**
- Gannett Education, McLean VA 22107, Online CME Course **Fracture Radius.**
April 2014
- Gannett Education, McLean VA 22107, Online CME Course **Vertigo**, Spinning out of Control. 16th Dec 2013
- Gannett Education, McLean VA 22107, Online CME Course **Cystic Fibrosis**, No Cure Yet. 15th Dec 2013

- Certificate Course on **SPORTS MEDICINE** under auspices of IOC Medical

02nd -04th ,Mar 2012

- Honorary **DIPLOMA IN SPORTS** for working as a Physiotherapist In 9th South Asian Federation Games. April 2004
- Reiki First degree Healer. Sep -2006
- 1st Evidence Based **Manual Therapy Concepts** Workshop Spine, Upper &
- Three days workshop on **Advance communication Skills**, Islamabad Club,
- Workshop on 7-Deadly sins of customer management, Islamabad Club,
- International workshop of Physiotherapist, on **Orthopedic and Trauma Rehabilitation**. Organized by Shifa International Hospital.
- National **Physiotherapy workshop** at Department of Physical Medicine & Rehabilitation, Pakistan Institute of Medical Sciences- Islamabad
- National Symposium, on disabilities reaching out to **"Enable the Disabled"** organized by National Institute for Handicapped
- Workshops on **Health of Elderly** in collaboration with WHO & Ministry of Health at Pakistan Institute of Medical Sciences Islamabad.
- Four days workshop on **Tele-Rehab Medicine** , in Holy Family Hospital
- Attended and presented in 12th National Health Sciences Research Symposium on **Injury in The Developing world** From Prevention to care At Agha Khan University Karachi. 26th – 28th Aug 2008

ONLINE EXAMS / TESTS

- PASSED THE FOLLOWING CME ONLINE TESTS WITH 100 % SCORE conducted by **PHYSIOPEDIA.**

www.physio-pedia.com

TARSAL TUNNEL SYNDROME	MAITLAND MOBILISATIONS	PELVIC FRACTURES
RESPIRATORY MUSCLE TRAINING	PELVIC FLOOR ANATOMY	PLANTAR FASCIITIS
TOTAL ANKLE ARTHROPLASTY	SHARP-PURSER TEST	AUSCULTATION
PELVIC FLOOR DISORDER ASSESS TOOLS	CERVICAL RADICULOPATHY	ALAR LIGAMENT TEST
OUTCOME MEASURES: BALANCE & MOBILITY	CERVICOGENIC HEADACHE	MIGRAINE HEADACHE
PSYCHOLOGICAL APPROACHES TO PAIN MANAGEMENT	ANKLE OSTEOARTHRITIS	ACHILLES TENDINOPATHY
GASTROCNEMIUS & SOLEUS MUSCLES	VISUAL ANALOGUE SCALE	ACCESSORY NAVICULAR BONE

DYSFUNCTIONAL BREATHING	CERVICAL ANATOMY	THE FLAG SYSTEM
OUTCOMES MEASURE OF MOVEMENTS	SPURLING'S TEST	PARKINSON'S DISEASE
WHIPLASH ASSOCIATED DISORDERS	PAIN ASSESSMENT TOOLS	BALANCE
BENIGN POSITIONAL PAROXYSMAL VERTIGO	SACRO ILIAC JOINT ANATOMY	CARDINAL PLANES
BASE OF SUPPORT & CENTER OF GRAVITY	MOVEMENT	STROKE
ANKLE IMPINGEMENT	BRACHIAL PLEXUSES	

TEACHING & TRAININGS

- Conducted workshops on Spinal Assessment & Mobilization at Bashir Medical Institute Islamabad
- Conducted workshops on Stroke Rehabilitation; a comprehensive approach at Rawalpindi Medical University
- Conducting workshops yearly in Allama Iqbal Open University to students of MS Special Education
- Conducted workshops regarding teacher trainings and community awareness as the Key speaker in National Institute of Special Education – Islamabad.
- Conducted workshops in Islamabad Federal College Islamabad for the undergraduate student of Physiotherapy
- Poster presentation; Aptitude of clinical decision making in physiotherapists of Pakistan. Physiotherapy at the World Confederation for Physical Therapy Congress 2015 Singapore 3 May 2015
- Coordinating and Teaching to students of DPT & BSc Physiotherapy in Holy Family Hospital Rawalpindi, the subject of **Kinesiology, Theapeutics and Physiotherapy treatment.** Feb 2008 - Present
- Conducted workshops in **14 UCs of Muzaffarabad** for doctors, paramedics patients and their attendants on Advocacy of Disability rights, gender specific problems and addressing them. Feb 2010 – Feb 2011
- Clinical Training and Management of Physiotherapy graduates and internees at Holy Family Hospital Rawalpindi. Jan 2006 - Present
- Conducted workshops in Muzaffarabad for the teaching and training of the Physiotherapy assistants, paramedic staff and patient care givers, organized by Subh-e-Nau (an Environment and Public Health concern). Mar 2007 – Mar 2008
- Training of physiotherapy Aid and paramedical staff in police college Sahala for basic skills of Physiotherapy.
- Worked as the course facilitator in certificate course of Rehab worker at Physical Rehab and training center, Holy family Hospital Rawalpindi
- Poster presentation on Needs-based CBR model for SCI Patients in Post Earthquake Settings at Agha Khan University Karachi, Pakistan. In (12th

National Health Sciences Research Symposium and Workshops) Injury in the Developing World from Prevention to Care.

26th – 28th Aug 2008

- Presented Lecture regarding rehabilitation in Workshops on **Health of Elderly** in collaboration with WHO & Ministry of Health organized by Lady Reading Hospital, Peshawar and Elderly Health project, Pakistan.
16th – 18th Feb 2007

EDUCATION

PHD IN REHABILITATION SCIENCES (ISRA UNIVERSITY ISLAMABAD)	September 2020
POST PROFESSIONAL DOCTOR OF PHYSICALTHERAPY (RIPHAH INTERNATIONAL UNIVERSITY)	July 2012
<u>MASTERS IN PUBLIC HEALTH & HOSPITAL ADMINISTRATION.</u> SARHAD UNIVERSITY PESHAWAR	Oct 2010
<u>BSC PHYSIOTHERAPY.</u> (MIHS) ISRA UNIVERSITY HYDERABAD, SIND, PAKISTAN	Aug 2003

RESEARCH WORK & PUBLICATION

- Muhammad Umar** , Naveed Babur, Irfan Afzal Mughal, Mazhar Badshah, Mirza Shamim Baig. Effect of botulinum toxin and task specific training on quality of life in post stroke focal hand dystonia. Indo american journal of pharmaceutical sciences . 2020;07 (1): 317-322
- Tariq A, Akhtar S, Marryam M, **Umar M**, Iqbal M. Analysis of gait pattern deviations among chronic post stroke patients. Rawal Medical Journal. 2020;45(2).
- Zia-Ur-Rehman Farooqi, Iqra Naseem, **Muhammad Umar**, Akashjohn, Effect of progressive relaxation and aerobic exercises in improving mental health: a randomized controlled trial. IJBPA, 2019, 8(9): 1671-1681
- Umar M**, Masood T, Badshah M. Effect of botulinum toxin A & task-specific training on upper limb function in post-stroke focal dystonia. J Pak Med
- Umar M**, Masood T, Badshah M. Post-stroke focal hand dystonia; Botulinum toxin and task specific training. Professional Med J 2018;25(2):205-210.
- Masood T, **Umar M**. Botulinum Toxin A and Task-Specific Training for Hand Dystonia due to 5 Year Old Stroke. Journal of the College of Physicians and Surgeons--Pakistan: JCPSP. 2018 Mar;28(3):S60-2. (**Impact Factor 0.616**)
- Marryam M, **Umar M**, Ain SQU. Effectiveness of task specific training in improving functional independence after spinal cord injury. RMJ. 2018; 43(2): 245-247.
- Marryam M, **Umar M**. "TETRAPLEGIC SPINAL CORD INJURED PATIENT; TASK SPECIFIC TRAINING FOR IMPROVING FUNCTIONAL INDEPENDENCE". Professional Med J 2017;24(9):1444-1446. DOI:10.17957/TPMJ/17.4126
- Misbah Marryam, **Muhammad Umar** "EFFECTIVENESS OF TASK ORIENTED TRAINING IN IMPROVING UPPER LIMB FUNCTION AFTER STROKE" RMJ. 2017; 42(3): 341-343

10. **Umar M**, Masood T, Badshah M. ARM MOTOR FUNCTION AFTER BOTULINUM TOXIN-A INJECTION AND PHYSIOTHERAPY IN POST- STROKE HAND DYSTONIA. Ann. Pak. Inst. Med. Sci. 2017; 13(1):95-98.
11. **Umar M**, Badshah M, Baig MS. Frequency of Dystonia Among Post Stroke Patients in Pakistan. Ann. Pak. Inst. Med. Sci. 2016; 12(3):142-145.
12. Khan TM, **Umar M**, Naeem A, Marryam M. Attitude of Medical Professionals Towards Persons with Disabilities. Ann. Pak. Inst. Med. Sci. 2016; 12(1):17-20.
13. Muhammad Manan Haider Khan, Waqar Ahmed, **Muhammad Umar**, Common Sports Injuries In Relation To Age Gender and Sports in Elite Athletes of Pakistan. Int. J Rehabil. Sci. 2015; 4 (2): 25-31.
14. Hasan M, Hasan S, **Umar M**, Azad AH, Haroon S. Situation analysis of health care waste management in private sector hospitals in Federal Capital Territory, Islamabad, PAKISTAN. RMJ. 2015; 40(4): 437-440.
15. Muhammad Umar, Mazhar Badshah, Misbah Maryam, Amir Naeem, Laiq ur Rehman, Muhammad Ahmad. Prevalence And Clinical Characteristics Of Headache In Medical Students Of Rawalpindi & Islamabad. Int J Rehabil Sci, 2015, 4(1):15-19
16. Umar M, Badshah M, Naeem A, Amjad I, Fatima A, Rashid F, Siddique LU. Aptitude of clinical decision making in physiotherapists of Pakistan. Physiotherapy. 2015 May 31;101:e1556-7. (abstract) **(Impact Factor 1.911)**
17. Naeem A, **Umar M**, Malik AN, Rehman Su. Occupational related low back pain and associated factors in nurses. RMJ. 2015, 40(2): 145-147
18. Misha Ansar, Maria Liaqat, **Muhammad Umar**, Raheela Kanwal. Prevalence of Diastasis Recti among Pregnant Females Presenting at HolyFamily Hospital Rawalpindi. Int J Rehabil Sci, 2014, 3(1).
19. UsmanWaheed, **Muhammad Umar**, M.Arshad Malik, Hasan Abbas Zaheer, Evolution of Medical Laboratory Technology in Pakistan, SAARC Journal of Human Resource Development 2013; 9(1): 144-152.
- **Muhammad Umar**, Asim Ansari, Sabah Naz. Uniform Curricula: A way out from educational injustice. J Pub Health Bio Sci. 2013; 2(4):275-276
- Mazhar Badshah, **Muhammad Umar**, Aamer Naeem, Misbah Marryam. A Randomized Control Trial To Review The Effectiveness Of Combination Therapy Versus Steroids Alone, For The Treatment Of Bells Palsy. Ann. Pak. Inst. Med. Sci. 2013; 9(3): 118-121
22. **Muhammad Umar**, Aamer Naeem, Mazhar Badshah, Imran Amjad. Effectiveness of cervical traction combined with core muscle strengthening exercises in cervical radiculopathy: a randomized control trial. Journal of Public Health and Biological Sciences.2012;1(4):115-120
23. Abdul Shakoor, **Muhammad Umar**, Muhammad Asim Ansari, Ishtiaq Ahmed, Munir A. Sheikh. Seroprevalence of hepatitis c and its coorelation with liver function tests in district layyah, Pakistan. Journal of public health and biological sciences.2012;1(3):86-88
24. **Umar M.U**, Aamer A. N, Mazhar Badshah M.B, Syed Ali Zaidi A.Z. A randomized control trial to review the effectiveness of cervical mobilization combined with stretching exercises in cervicogenic headache. Journal of Public Health and Biological Sciences.2012;1(1):9-13

25. Chishtie J, Khan S, Rathore FA, **Umer M**. Earthquake paraplegics: where do they stand 1.5 years later? Int J Emerg Med. 2008;1(3):243. (<http://link.springer.com/content/pdf/10.1007%2Fs12245-008-0062-y>)

BOOKS & DISSERTATIONS

BOOKS

- "Therapeutic Modalities Made Simple For Physical Therapists" A practical approach of Electrotherapy for Physiotherapists (ISBN 978-969-23098-0-6)
- **Umar M**, Naeem A. Backpain and Medical Community; A handbook of Backache among doctors In Hospital Settings" Lambert Academic Publishing (ISBN 978-3-659-18953-1).

DISSERTATIONS

- Impact Of Botulinum Toxin And Physiotherapy In Improving Functional Outcomes
- In Upper Limb Focal Dystonia Among Post Stroke Patients, 2020 PhD Dissertation
- Back Pain In Hospital setting With White Collar Job". Sarhad University. 2009 MPH Dissertation
- Manual Therapy for Cervicogenic Headache: A Randomised Control Trial to review
- the effectiveness of Cervical Mobilization Combined with stretching protocol.
- Riphah International University. 2012 PP-DPT Dissertation.

ADDITIONAL

- Working as part of Peer Review Team of PHYSIO-PEDIA www.physio-pedia.com Aug 2014 to date
- Working as reviewer Journal of Islamabad Medical & Dental College (JIMDC) www.jimdc.org.pk/
- Working as reviewer The Annals of Pakistan Institute of Medical Sciences (APIMS) (<http://www.apims.net/>)
- Working as reviewer International Journal Of Rehabilitation Sciences (IJRS) (www.ijrs.org),
- Working as Managing Editor in quarterly research journal, "**Journal Of Public Health & Biological Sciences**" ISSN 2305-8668
- Member National Advisory Board in biannual research journal, "**International Journal of Rehabilitation Sciences**"
- Successful contribution to Subh-e-Nau www.greenpakistan.org for grant application to, **International Development and Relief Foundation (IDRF) in four different projects.** Nov 2005 – April 2011
- Recommendation letter of Physio Skills and treatment from Occupational therapist
- of Trillium Rehabilitation center Canada, for working with her and their teams in
- Pakistan, in disaster management program of Oct 2005.

IMPACT OF PHYSIOTHERAPY & BOTULINUM TOXIN TYPE-A IN IMPROVING FUNCTIONAL OUTCOMES IN UPPER LIMB FOCAL DYSTONIA AMONG POST STROKE PATIENTS

by

MUHAMMAD UMAR
Student ID: 1402-PHD-008

Names of Supervisor / Co-Supervisor

Prof. Dr. Muhammad Naveed Babur (Supervisor)
Professor IIRS

**Dr. Shaista Habibullah (Co-
Supervisor) Adjunct Professor**
IIRS

ABSTRACT

BACKGROUND

Stroke being a major reason of morbidity makes the quality of life poor of the patients and when it is accompanied by hyperkinetic movement disorders such as dystonia the abilities of patients are further compromised and patient becomes dependent in their activities of

daily
livings.

OBJECTIVES OF THE STUDY


To determine and compare the effects of Physiotherapy alone and Physiotherapy combined with botulinum toxin (BoNTA) on Functional outcomes of upper limb, Severity of dystonia and Quality of life in post stroke patients presenting with focal dystonia of hand.

MATERIAL & METHODS

It was a randomized controlled trial. The patients visiting the Holy Family Hospital, Neurocounsel Islamabad and Chambeli Rehabilitation Centre Rawalpindi with post stroke focal dystonia of upper limb were enrolled in study. The duration of study was 15 months. WHO sample size calculator was used for calculation of sample size. A total of 46 patients were recruited for the study, patients were randomly allocated to control and experimental group. The experimental group received Botulinum toxin type A combined with Physiotherapy whereas the control group received only Physiotherapy. The inclusion criteria comprised of all the patients having age more than 18 years presenting with first episode of unilateral post stroke dystonia, with no previous exposure to BoNTA and having

a post stroke duration of atleast six months with reduced upper limb function, both genders were included equally. Any patient who had a previous exposure of BoNTA for treatment of upper limb in past 3 months was not included in the study. Similarly any patient with significant speech or cognitive impairment, other musculoskeletal limb impairments like fracture or adhesive capsulitis in past 6 months, advanced arthritis, amputation, contracture, pregnant or lactating females and any diagnosis that hinders rehabilitation or outcome assessments, contraindications to intramuscular injection, contraindications /allergy to botulinum toxin type A, any bleeding disorder, autoimmune disease and concurrent use of aminoglycosides were excluded from study. Data was collected from both groups at baseline, week 4, week 8 and week 12 by using Arm Dystonia Disability Scale (ADDS), Action Research Arm Test (ARAT), Motor Assessment Scale Upper Limb Portion (MAS), Wolf Motor Function Test (WMFT), Fugl- Meyer Assessment Scale for Upper extremity (FMA-UE), Stroke Specific Quality of Life Scale (SS-QOL). At the end data was analyzed by using SPSS ver. 21 and results were calculated.

TO BE SUBSTITUTED FOR SAME NUMBER & DATE

	OFFICE OF THE VICE CHANCELLOR,	
	RAWALPINDI MEDICAL UNIVERSITY/ALLIED HOSPITALS,	
	RAWALPINDI.	
	Ph.: 051-9330060	Fax No.051-9330062
	Website: www.rmu.edu.pk.com.	Email : info@rmu.com
	No. VC/RMU/2021/2-22/1949	Dated: 15/04/2021.


OFFICE ORDER

Subject:- **RENDERING ACADEMIC SERVICES AS FACULTY OF RAWALPINDI MEDICAL UNIVERSITY RAWALPINDI.**

Under the powers delegated to the undersigned vide Serial No.13(3) of Rawalpindi Medical University Act, 2017 (XVI of 2017) **Dr. Muhammad Akram Randhawa**, Professor of Pharmacology shall impart academic service to Rawalpindi Medical University Rawalpindi for a period of two years with immediate effect, till further orders.

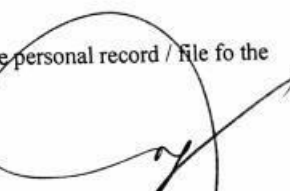
Perks and privileges, if any shall be decided subsequently

All concerned to please note


Prof. Muhammad Umar
Vice Chancellor
Rawalpindi Medical University
Rawalpindi

No. & Date Even
Copy for information and necessary action to:-

1. The Dean of Basic Sciences RMU, Rawalpindi
2. The Director Department of Medical Education RMU, Rawalpindi.
3. The HOD Pharmacology, RMU Rawalpindi.
4. The Assistant Registrar , Rawalpindi Medical University , Rawalpindi.
5. The Treasurer RMU/Allied Hospitals, Rawalpindi.
6. The officer concerned.
7. The office superintendent, RMU , Rawalpindi . He shall maintain the personal record / file fo the officer concerned.
8. Master file.


Prof. Muhammad Umar
Vice Chancellor
Rawalpindi Medical University
Rawalpindi

Scanned with CamScanner

No. 297

Registration No 193-DB/Ph.D-87

Quaid-i-Azam University

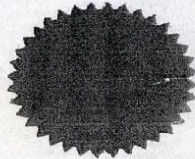


The Syndicate of the Quaid-i-Azam University
on the recommendation of the Board of Advanced Studies & Research
has conferred upon

Muhammad Akram Randhawa S/O Ch. Inayat Ullah

the Degree of
Doctor of Philosophy
together with all Honours, Rights and Privileges
pertaining to that Degree

[Signature]
Controller of Examinations
Islamabad, 5-9-2002.



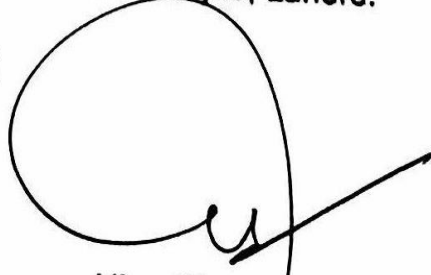
[Signature]
Vice-Chancellor

The officer has assumed / made over charge of the post of _____

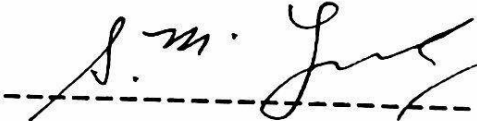
_____ on the fore / after noon of _____

Copy of the above charge report is forwarded to the following for information and necessary action to:-

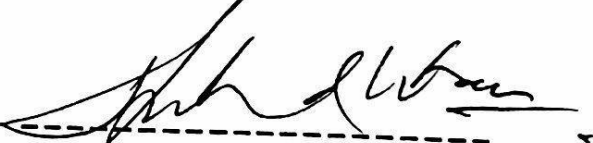
1. The Secretary, SH&ME/ P&SHC Department, Govt. of the Punjab, Lahore.
2. The District Accounts Officer, Rawalpindi.
3. The Treasure RMU/ Allied Hospitals, Rawalpindi
4. Officer Concerned.
5. Personal File


Vice Chancellor
Rawalpindi Medical University
Rawalpindi

CO-SUPERVISOR:



EXTERNAL EXAMINERS:





CHAIRMAN:



Dated: August 3, 2002

DIFFUSION OF DRUGS ACROSS BODY MEMBRANES AND THEIR IONIZATION

by

Dr. Muhammad Akram Randhawa

M.B.B.S. (Pb), M.Phil. (Pb)

Fellowship Clinical Pharmacology (UK)

Thesis submitted for the degree of Ph.D.

in Biological Sciences (Pharmacology)

DEPARTMENT OF BIOLOGICAL SCIENCES

QUAID-E-AZAM UNIVERSITY, ISLAMABAD, PAKISTAN

2000

CV- CURRICULUM VITAE OF Dr. MOHAMMAD AKRAM RANDHAWA

Curriculum Vitae

Prof. Dr. Mohammad Akram Randhawa

MBBS (Pb), M Phil (Pb), Ph D (QU)

Fellowship Clinical Pharmacology (UK)

E-mail: <mrakramsa@yahoo.co.uk>

Summary

MBBS, King Edward Medical College, Lahore, 1973.

M. Phil (Pharmacology), Post-Graduate Medical Institute (PGMI), Lahore, 1977 (**Gold Medal**).

PhD (Pharmacology), Quaid-i-Azam University, Islamabad, 2002.

Postgraduate Fellowship in Clinical Pharmacology, St Bartholomew's Hospital, London, UK, Mar 1985-Aug 86.

Teaching Experience in Pakistan:

Demonstrator & Assistant Professor, Pharmacology Department, **King Edward Medical College**, Lahore (1974 to 1983);

Associate Professor (1983 to 1992), then Professor & Head of Department of Pharmacology (1992 to 2000) at **Rawalpindi Medical College**, Rawalpindi. Retired from Government of Punjab (2007).

Professor and Head of Department of Pharmacology at **HBS Medical College & Dental College**, Islamabad (August 2018 to December 2020)

Teaching Experience in Saudi Arabia:

Associate Professor (2000 to 2010) & then Professor of Pharmacology (2010 to 2014), **University of Dammam, Dammam** (Now named **Imam Abdulrahman Bin Faisal University**).

Professor & Head of Department of Pharmacology, College of Medicine, **Northern Border University**, Arar, Saudi Arabia (2014-2018).

Modes of teaching Basic and Clinical Pharmacology:

Lectures, practical demonstrations, bed-side teaching, problem based learning and group discussions on case scenarios designed for teaching clinical pharmacology.

Have been teaching students of **Medicine, Dentistry, Physiotherapy, Respiratory therapy and Nursing**. Supervised **M. Sc. and M. Phil. students**, as well as taught pharmacology to **Dermatology, Pathology & ENT residents**.

Research Experience:

Besides research work done as a part of M. Phil and then Ph. D degrees, has designed and **conducted 25 research projects (Mostly budgeted)** at Rawalpindi Medical College; Clinical Pharmacology Unit of St. Bartholomew's Hospital, London, UK; University of Dammam, Dammam & Northern Border University, Arar, Saudi Arabia.

Publications and Presentations in Conferences:

58 research papers (Original articles, review articles, cases reports, brief communication and letters to the editor) in local and international medical journals.

Oral and poster presentations in **33** international medical conferences.

Personal Data

Name: Mohammad Akram Randhawa

Father's Name: Inayatullah Chaudhary

Nationality: Pakistani

Religion: Islam

Date & place of birth: 5 December 1950, Gujrat, Pakistan

Address: House No. 316/5, Lane 1, Westridge 2, Rawalpindi, Pakistan

Qualifications

- Ph. D. (Pharmacology) Department of Biological Sciences, Quaid-e-Azam University, Islamabad, Pakistan, 2002
46
- M. Phil (Pharmacology), Post Graduate Medical Institute, Lahore, Pakistan, 1977
(Gold Medal)
- M.B.B.S., King Edward Medical College, Lahore, Pakistan, 1973

Courses and Trainings

- Post-Graduate Fellowship in Clinical Pharmacology, St. Bartholomew's Hospital Medical College, London, UK (March 1985 – August 1986)
- English Language Course (January – February 1985), Edinburgh Language Foundation, Edinburgh, UK
- Medical Education Update (April 1986), St. Bartholomew's Hospital Medical College, London, UK
- Computer Training Programs (April – June 1994 and May – July 1996), Computer Division, Pakistan Institute of Nuclear Science and Technology, Islamabad, conducted at Rawalpindi Medical College, Rawalpindi, Pakistan

Professional Experience/Appointments

Professor and Head Department of Pharmacology, HBS Medical & Dental College, Islamabad, Pakistan (August 2018 to December 2020)

Professor and head of Department of Pharmacology, College of Medicine, Northern Border University, Arar, Saudi Arabia (Oct 2014 to June 2018)

Professor, Center for Research and Consultation Studies, University of Dammam; now named as Imam Abdulrahman Bin Faisal University Dammam, Saudi Arabia (Sep 2013 to Sep 2014)

Professor, Department of Pharmacology, College of Medicine, University of Dammam, Dammam, Saudi Arabia. (Feb 2010 to Sep 2013)

Associate Professor, Department of Pharmacology, College of Medicine, University of Dammam, Dammam, Saudi Arabia. (Sep 2000 to Feb 2010)

Professor and Head of Department of Pharmacology, Rawalpindi Medical College, Rawalpindi, Pakistan. (July 1992 to September 2000)

Associate Professor, Department of Pharmacology, Rawalpindi Medical College, Rawalpindi, Pakistan. (October 1983 to July 1992)

Assistant Professor, Department of Pharmacology, King Edward Medical College, Lahore, Pakistan (September 1978 to September 1983)

Demonstrator, Department of Pharmacology, Allama Iqbal Medical College, Lahore, Pakistan
(January 1978 to September 1978)

Deputation for M. Phil. Pharmacology, Post-graduate Medical Institute (PGMI), Lahore, Pakistan
(February 1975 to December 1977)

Demonstrator Pharmacology, King Edward Medical College, Lahore, Pakistan
(June 1974 to January 1975)

Demonstrator Anatomy, King Edward Medical College, Lahore, Pakistan
(March 1974 to June 1974)

Teaching Experience

a. HBS Medical & Dental College, Islamabad (August 2018 to December 2020):

Participation and supervision of teaching of various topics in Basic & Clinical Pharmacology to 3rd year MBBS & 2^d year BDS students, in the form of lectures, tutorials, pharmacokinetic & pharmacodynamic experiments and Clinical Pharmacology Seminars. Prepared the syllabi for theory and practical classes for MBBS & BDS students. Wrote lab manuals for MBBS & BDS students.

b. Northern Border University, Arar, Saudi Arabia (2014 to 2018):

Participation and supervision of teaching of various topics in Basic Pharmacology to 2^d year, Systemic Pharmacology to 3rd year and Clinical Pharmacology to 5th and 6th year Medical Students, in the form of lectures, practical demonstrations, tutorials and Clinical Pharmacology short group discussions based on case scenarios of common clinical problems in General Medicine, Anesthesia and Toxicology.

c. Regular Program of Medical Education at University of Dammam (2000 to 2013):

Participated in teaching Basic Pharmacology to 3rd year MBBS, Systemic Pharmacology to 4th year MBBS and Clinical Pharmacology to 5th year medical students at University of Dammam. Moreover, had been teaching Pharmacology and Therapeutics to students of dentistry, nursing & physiotherapy. Also taught and supervised **Master Students** in Physiology, **Postgraduate Residents** in Dermatology, Pathology and ENT.

d. Parallel Program of Medical Education at University of Dammam (2005 to 2012):

Besides regular program of medicine and dentistry, mentioned above, a parallel program for medical education was also being conducted at the University of Dammam which was based on **Integrated System of Teaching and Problem Based Learning**. Participate in teaching students of Parallel Medicine Program and was appointed as:

Coordinator for the preparation of clinical scenarios and triggers.

Facilitator for the conduction and evaluation of student's presentations.

Member of the examination committee for the review of examination questions.

- **Rawalpindi Medical College, Rawalpindi, Pakistan (1983 to 2000):**

Actively participated and supervised teaching of various topics in Basic & Clinical Pharmacology to 3rd year MBBS students, in the form of lectures, tutorials, pharmacokinetic & pharmacodynamic experiments and Clinical Pharmacology Seminars.

- **f. King Edward Medical College, Lahore, Pakistan (1974 to 1983).**

Actively participated in teaching Basic & Clinical Pharmacology to students of Medicine at King Edward Medical College, Lahore and students of Dentistry, De Montmorency College of Dentistry, University of the Punjab, Lahore. Also **taught and supervised M. Phil Pharmacology** Students at **PGMI, Lahore**, from 1978 to 1983.

Scientific Publications and Presentations

- **Research Papers published in International Scientific Journals:**

Shahnawaz Channa, Elhassan Hussein Eltom, **Mohammad Akram Randhawa**. Quaternary amines affect the pupil size comparable to their tertiary amine counterparts. Ann Clin Anal Med 2020; DOI: 10.4328/ACAM.20254

Elhassan Hussein Eltom, Bandar Alenezi, Rahma Hamayun, Jawza Sulaiman Alenezi, Hajar Ghdab Alruwaili, **Muhammad Akram Randhawa**. Knowledge and awareness of doctors about herbal drugs in the Northern Border Region of Saudi Arabia. Ann Clin Anal Med 2020; DOI: 10.4328/ACAM.20200

Abdulhakim Bawadekji, Mohd. Imran and **Mohammad Akram Randhawa**. Antimicrobial Effects of the Water Immiscible Solvent Extracts of Olive Tree Leaves. J Pure Appl Microbiol., 2019; 13(4):2189-2194. <https://doi.org/10.22207/JPAM.13.4.31>

- Majed Gorayan Alrowaili, **Mohammad Akram Randhawa**, Elhassan Hussein Eltom, Ahmed Hashash Alruwaili, Alwaleed Oqab Altmyat, Fatimah Yousef Albedaiwi, Mona salah Alenzi, Nujud Mohammed Alghasham. Awareness of uses and risks of Paracetamol in students of Northern Border University, Saudi Arabia. *Indo-American Journal of Pharmaceutical Sciences (IAJPS)*, 2019 (06); 11901-11907.
- Alakloby OM, Alabdulkareem AS, Aljabre SH, **Randhawa MA**, Alakloby EO, Aljabr AS, et al. Clinicopathological correlation of leprosy and response to treatment in Eastern Saudi Arabia. *J Dermatol Dermatol Surg*, 2019; 23:30-34
- **Mohammad Akram Randhawa**, Abdulhakim Bawadekji, Mouhanad Al Ali, Mohamed Habib Oueslati, Jamith Basha. "Antimicrobial Effects of Methanolic Extract of *Salvia Officinalis* L, Including MRSA and Multidrug Resistant *Acinetobacter Baumannii*" *International Journal of Pharmaceutical & Phytopharmacological Research*, 2018, 8(4), 1-5
- **Mohammad A. Randhawa** & Mohamed Soliman. A Review of the Developmental, Structural, Biochemical, Pathophysiological and Pharmacological Similarities between Male & Female Genitals. *Journal of the North for Basic and Applied Sciences (JNBAS)*. (2018/1439 H), Vol. (3), Issue (1), 71-90.
- **Mohammad Akram Randhawa**, Awwad Khalaf Alenazy, Majed Gorayan Alrowaili, Jamith Basha. An active principle of *Nigella sativa* L, thymoquinone, showed significant antimicrobial activity against anaerobic bacteria. *J Intercult Ethnopharmacol*. 2017; 6(1): doi: 10.5455/jice.20161018021238.
- **Randhawa MA**, Alrowaili MG (2017) Abstinence, Marriage and Religions for Prevention and Control of HIV Infection and Other Sexually Transmitted Diseases. *J AIDS Clin Res* 8: 715. doi: 10.4172/2155-6113.1000715
- Memon AR, **Randhawa MA**, Arain AA. Herbal medicine use: knowledge and attitude in patients at tertiary care level in northern border region of Kingdom Saudi Arabia. *JSZMC* 2017; 8(3): 1241-1244
- Ashfaque Rahim Memon, **Mohammad Akram Randhawa**, Sami Owaid M Alshammari, Ahmed Badah Alanazi, et al. Compliance to Diabetic Therapy; Patients attending diabetic center of a tertiary hospital at Arar in Saudi Arabia. *The Professional Med J*. 2017; 466-472.
- **Mohammad A. Randhawa**, Abdullah S. Aljabr. A Review of Imatinib Induced Pigmentary Changes in the Skin and Mucous Membranes. *Journal of*

- **Randhawa MA**, Alenazi SA Neuropsychiatric Effects of Nigella sativa (Black Seed) – A Review. Altern Integr Med, 2016, 5:209.
- Milan B. Arambašić , **Mohammad A. Randhawa** and Vladan M. Arandjelović. Detailed Algorithms of Interactive Computer Programs in MATLAB for the Calculation of LD₅₀ and Other LD Values Using Methods of Finney, Miller-Tainter and Comparison with OECD Modifications. Asian Journal of Pharmacology & Toxicology, 2015; 3(12): 10-26.
- **Mohammad Akram Randhawa**, Salah Al-Din Mahmoud Mahfouz, Noor Ahmed Selim, Taley Yar, Anton Gillesen. An old dietary regimen as a new lifestyle change for Gastro esophageal reflux disease: A pilot study. Pak. J. Pharm. Sci., 2015; 28(5): 1583-1586.
- Salih H.M. Aljabre, Omar M. Alakloby, **Mohammad A. Randhawa**. Dermatological effects of Nigella sativa. Journal of Dermatology & Dermatologic Surgery, 2015; 19(2): 92-98
- Eltom Elhassan H, **Randhawa Mohammad A**. Alenazi Khalifa A, Alenazi Yzan T, Aenazi Ahmed B. Awareness of Disease, Drugs and Compliance among Hypertensive Patients Visiting two Major Hospitals in Northern Border Region of Saudi Arabia. Journal of Hospital and Clinical Pharmacy, 2015; 1(3): 1-5.
- Mastour S. Alghamdy, **Mohammad A. Randhawa**, Mohye H. Al-Wahhas, Mohammad A. Al-Jumaan. Admissions for drug-related problems at the Emergency Department of a University Hospital in the Kingdom of Saudi Arabia. Journal of Family and Community Medicine, 2015; 22(1): 44-48
- Hatem O. Qutub, Mastour S. Alghamdi, **Mohammad A. Randhawa**, Raniah A. Al-Jaizani, Rayan Y. Mushtaq, Mohammad J. Akbar. Drug Related Problems at Intensive Care Unit of a University Hospital in Saudi Arabia. Saudi Journal of Internal Medicine, 2015; 5(1): 15-21
- **Mohammad A. Randhawa**, Mohammed A. Gondal, Al-Hosain J. Al-Zahrani, Siddique G. Rashid & Ashraf Ali. Synthesis, morphology and antifungal activity of nano-particulated amphotericin-B, ketoconazole and thymoquinone against Candida albicans yeasts and Candida biofilm, Journal of Environmental Science and Health, Part A: Toxic/Hazardous Substances and Environmental Engineering, 2015; 50(2): 119-124
- Mohammad Ismail Yasawy and **Mohammad Akram Randhawa**. GERD is becoming a challenge for the medical profession: is there any remedy? Hepatogastroenterology, 2014; 61: 1257-1260

- Milan B. Arambasic and **Muhammad A. Randhawa**. Comparison of the Methods of Finney and Miller-Tainter for the Calculation of LD50 Values. World Applied Sciences Journal 2014; 32(10): 2167-2170
- **Mohammad Akram Randhawa**, Mastour Safar Alghamdi and Subir Kumar Maulik. The effect of thymoquinone, an active principle of *Nigella sativa*, on isoproterenol induced myocardial injury. Pak J Pharm Sci, 2013; 26 (6): 1215-1219
- **Mohammad A Randhawa**, Taley Yar, Anton Gillessen. An effective and physiological lifestyle change for management of gastroesophageal reflux disease - cases report. J Ayub Med Coll Abbottabad 2013; 25(1-2): 206-207
- Muhammad A Gondal, Alhusain J Alzahrani, **Mohammad A Randhawa**, Mohammad N Siddiqui, Morphology and antifungal effect of nano-ZnO and nano-Pd-doped nano-ZnO against *Aspergillus* and *Candida*. Journal of Environmental Science and Health, Part A (2012); 47: 1–6
- **Mohammad Akram Randhawa** and Mastour Safar Alghamdi. Anticancer Activity of *Nigella sativa* (Black Seed) — A Review. American Journal of Chinese Medicine, 2011; 39, (6): 1075–1091
- **Muhammad Akram Randhawa**. In vitro antituberculous activity of thymoquinone, an active principle of *Nigella sativa*. J Ayub Med Coll Abbottabad, 2011; 23(2), 78-81
- **Randhawa MA** . Al-Zahrani AJ, Gondal MA, Bagabas AA. Synthesis, characterization and antimicrobial activity of nano-ZnO and Pd loaded nano-ZnO against enteric pathogens. J Materials Science and Engineering, 2010; 42 (4):23-26
- Salem EM, Yar T AO. Bamosa, A Al-Quorain, MI Yasway, RM. Alsulaiman, **MA Randhawa**. Comparative Study of *Nigella sativa* and Triple Therapy in Eradication of *Helicobacter pylori* in Patients with Non-Ulcer Dyspepsia. Saudi Journal of Gastroenterology; 2010; 16(3): 207-214
- **Randhawa MA**. Anti Mycobacterium tuberculosis activity of Thymoquinone, in vitro. Proceedings of the 9th Congress of European Association for Clinical Pharmacology and Therapeutics (EACPT), July 12-15, 2009, Edinburgh, UK, 169-171p
- AlJabre SH, **Randhawa MA** Alakloby OM, Alzahrani AJ. Effect of thymoquinone on germination of dermatophyte arthrospores. Saudi Med J, 2009; 30 (3): 443-445

- Alakloby OM, **Randhawa MA** An outbreak of tinea capitis and its management. Journal of Saudi Society of Dermatol & Dermatologic Surgery, 2009; 13 (1): 45-49
- Al-Ali A, Alkhawajah AA, **Randhawa MA**, Shaikh NA. Oral and intraperitoneal LD50 of thymoquinone, an active principle of *Nigella sativa*, in mice and rats. Journal of Ayub Medical College, 2008; 20(2): 25-27
- **Randhawa MA**. Editorial: Black seed, *Nigella sativa*, deserves more attention. Journal of Ayub Medical College, 2008; 20(2): 1-1
- Alakloby OM, **Randhawa MA**. Case Report: Oral Focal Epithelial Hyperplasia (Heck's Disease). Journal of Pan Arab League of Dermatology, 2008; 19(3): 27-30
- **Muhammad Akram Randhawa**. Dimethyl-sulfoxide (DMSO) inhibits the germination of *Candida albicans* and the arthrospores of *Trichophyton mentagrophytes*. Jpn J Med Mycol, (2008); 49(2): 125-128
- Omar M Alaklobi, Salih H. Aljabre, **Muhammad Akram Randhawa**, Alhusain J Alzahrani, Khalid Wunais, Aqbal A bukhari. Herpes Zoster in Eastern Saudi Arabia: Clinical Presentation and Management. J of Drugs in Dermatology, 2008; 7(5): 448-453
- **Muhammad Akram Randhawa**. An Update On Antimicrobial Effects of ***Nigella Sativa*** And Experience At King Faisal University, Dammam, Saudi Arabia. Journal of Saudi Society for Dermatology and Dermatologic Surgery, 2008; 12: 37-44
- **Mohammad Akram Randhawa**, Salih Hamad Mohamad Aljabre Dimethyl sulfoxide (DMSO) has an additive effect and alters minimal inhibitory concentrations of antifungal drugs. JRMC, 2007; 11: 54-60
- **Randhawa MA**. The effect of dimethyl sulfoxide (DMSO) on the growth of dermatophytes. Jpn J Med Mycol, (2006); 47: 313-318
- Aljabre SHM, **Randhawa MA**, Akhtar A, Alakloby OM, Alqurashi AM and Aldossary A. Antidermatophyte activity of ether extract of *Nigella sativa* and its active principle, thymoquinone. Journal of Ethnopharmacology, 2005 ; 101: 116-119
- **Randhawa MA**, Alaklobi OM, Jabre SHM, Alqurashi AM, Akhtar N. Thymoquinone, an active principle of *Nigella sativa*, inhibited *Fusarium solani*. Pak J Med Res, 2005; 44(1) 1-3

- A-Jabre S, Al-Akloby OM, Al-Quraishi AR, Akhtar N, Al-Dossary A, **Randhawa MA**. Thymoquinone, an active principle of *Nigella sativa*, inhibited *Aspergillus niger*. Pak J Med Res, 2003; 42(3): 102-104
- **Randhawa MA**, Malik SA, Javed M. Buccal absorption of weak acidic drugs is not related to their degree of ionization as estimated from the Henderson-Hasselbalch Equation. Pak J Med Res, 2003; 42(2): 45-49
- **Randhawa MA**, Al-Ghamdi MS. A review of the pharmaco-therapeutic effects of *Nigella sativa*. Pak J Med Res, 2002; 41(2): 77-83
- **Randhawa MA**, Tanvir AA, Zia A, Azeem A, Munir A, Malik SZL, Malik SA. Putting good prescribing theory into practice (Letters to the editor). WHO's Essential Drug Monitor, 1999; 27: 18
- **Randhawa MA**, Khan MMA, Latif MSL, Alvi TA, Imran KM, Shabana A, Baig N, Malik SA, Yusuf SM. Ionization of quaternary amines does not affect their diffusion across cornea/conjunctiva. JRMC, 1998; 2(1): 22-28.
- Talat A, **Randhawa MA**, Zia MA, Awan MN, Malik NZ, Alvi TA, Shazada I, Ishaq T, Majeed S, Javaid W. Clinical trial on healthy volunteers for sedative and antimuscarinic effects of some antihistaminic drugs. JRMC, 1997; 1(2): 60-64
- Latif Z, Ahmed M, Nisar F, **Randhawa MA**. Massive chondrosarcoma of bone – Presenting a soft tissue mass. JRMC, 1997; 1(2): 45-46
- **Randhawa MA**, Nasimullah M, Malik SA, Yusuf SM, Johnston A. Inadequacy of Henderson-Hasselbalch equation in the calculation of the influence of pH on the renal excretion of drugs. JRMC, 1997; 1(1): 6-8
- **Randhawa MA**. Editorial. J. Rawal Med Coll, 1997; 1(1): 1
- **Randhawa MA**, Iqbal A, Nasimullah M, Akhtar M, Yusuf SM, Turner P. Henderson-Hasselbalch Equation is inadequate for the measurement of transmembrane diffusion of drugs and buccal drug absorption is a useful alternative. Gen Pharm, 1995; 26(4): 875-879
- **Randhawa MA**. Clinical Pharmacology: Introduction, functions and scope in Pakistan. Rawal Medical Journal, 1989, 17 (April-Jun): 101-103
- **Randhawa MA**, Johnston A, Hedges AM, Turner P. A psychopharmacological study to assess anti-muscarinic and central nervous effects of medifoxamine in normal human volunteers. Human Psychopharmacology, 1988; 3: 195-200

andhawa MA, Turner P. Buccal Absorption of Drugs: An in vivo measurement of their innate lipophilicity. Int J Clin Pharm Res, 1988; VIII (I), 1-4

Randhawa MA, Blackett AN, Turner P. Spectrophotometric analysis and buccal absorption of medifoxamine. J Pharm Pharmacol, 1986; 38 (8): 629-630

Randhawa MA. Comparative study of anti-muscarinic activity of four anti-cholinergic drugs and cimetidine on basal gastric secretion in pylorus ligated intact rats. Pak J Med Res, 1981; 20(4)

Randhawa MA. Comparative study of some anti-cholinergic drugs on isolated guinea pig ileum. Pak J Med Res, 1980; 19(2)

• **Oral /Poster Presentations at International Conferences:**

Mohammad Akram Randhawa and Qiuwei (Abdullah) Pan. Historical aspects of Black Seed (*Nigella sativa*) and their link to present day scientific investigations. Abstract of oral presentation published in the abstract book of International Meeting on Traditional & Alternative Medicine. July 23-24, 2018 at Osaka, Japan.

35. **Mohammad Akram Randhawa**, Abdulhakim Bawadekji, Mouhanad Al Ali, Jamith Basha. Methanolic extract of *Salvia officinalis* L. (Maramia) possesses antimicrobial activity against MRSA, *Enterococcus faecalis*, multidrug resistant *Acinetobacter baumannii* and *Candida albicans*. Poster presented at the "The 18th World Congress of Basic and Clinical Pharmacology (WCP2018), July 1 - 6, 2018; Kyoto, Japan.
36. **Mohammad Akram Randhawa**. "Towards safe use of drugs". Presented in a symposium on Medication Error, "ARE PATIENTS SAFE IN OUR HANDS?", at the Faculty of Pharmacy, Northern Border University, Rafah, Saudi Arabia, on 5th December 2017 (17/03/1439 H).
37. **Mohammad Akram Randhawa** and Majed Gorayan Alrowaili, Religions and marriage for the prevention and control of sexually transmitted diseases "5th World Congress on Control and Prevention of HIV/AIDS, STDs & STIs" held during June 19-20, 2017 at London, UK.
38. **Mohammad Akram Randhawa**, Awwad Khalaf Alenazy, Majed Gorayan Alrowaili, Jamith Basha. Thymoquinone, an active component of *Nigella sativa* seed, possesses antibacterial activity against anaerobic human pathogens. 2nd International Conference on Sleep Disorders, Medicine and Integrative Medicine, 28-30 November, 2016, Atlanta, USA.

39. **Mohammad Akram Randhawa** and Shehab Ahmed Alenazi. Traditional Medicine Systems – Need, Scope, Development and Research. 2nd Annual Isra Medical International Conference, 23 January 2016, Isra University, Hyderabad, Pakistan.
40. **Mohammad A. Randhawa**, Salih H. Aljabre, Omar M. Alakloby. A review of the dermatological effects and applications of *Nigella sativa* (Black seed). 3rd International Conference and Exhibition on Traditional & Alternative Medicine, August 03-05, 2015, Birmingham, UK.
41. **Mohammad Akram Randhawa**, Salah Al-Din M. Mahfouz, Noor A. Selim, Talay Yar and Anton Gillessen (2013). An old dietary regimen as a new lifestyle change for gastroesophageal reflux disease- A pilot study. Presented in the 37th Congress of the International Unions of Physiological Sciences (IUPS), 21-26 July 2013, Birmingham, UK.
42. **Mohammad Akram Randhawa**, Salah Al-Din M. Mahfouz, Noor A. Selim, Talay Yar and Anton Gillessen (2013). A pilot study for a new, effective and physiological lifestyle change for the management of Gastroesophageal Reflux Disease. Presented in 7th Taif Digestive Diseases and Surgery Conference March 11-14, Intercontinental Hotel Taif, Saudi Arabia
43. **M. A. Randhawa**, T. Yar, A. Gillessen (2013). An effective, convenient and old fashioned dietary regimen for the management of gastroesophageal reflux disease-Cases report. Presented in 12th SGA meeting, 29-30 January, Jeddah, Saudi Arabia.
44. **Mohammad Akram Randhawa**, Mastour Safar Alghamdi and Subir Kumar Maulik (2012). Cardioprotective effect of thymoquinone, an active principle of *Nigella sativa*, on isoproterenol induced myocardial injury. Presented in the 6th European Congress on Pharmacology, July 17th - 20th, Granada, Spain.
45. **Randhawa MA**, Gondal MA, Alzahrani AJ (2011), Antimicrobial activity of Nano-ZnO and Pd loaded Nano ZnO against fungi, *Aspergillus* and *Candida*. Presented in the 10th International Conference on Advanced Materials, September 25-29, Gramado, Brazil.
- **Randhawa MA**, Al-Ali A, Alkhawajah AA, Shaikh NA. Oral and intraperitoneal LD50 of thymoquinone, an active principle of *Nigella sativa*, in mice and rats. WORLD PHARMA-2010, 17-23 July, 2010, Copenhagen, Denmark
47. **Randhawa MA**, Gondal MA, Alzahrani AJ, Bagabas AA (2009). An in vitro study for the antimicrobial activity of Nano-ZnO and Pd loaded Nano ZnO. Presented in the 9th Int. Conference on Advanced Materials, September 20-25, Rio de Janeiro, Brazil, G-543.

48. **Randhawa MA** . Anti Mycobacterium tuberculosis activity of Thymoquinone, in vitro. Abstracts of the 9th Congress of European Association for Clinical Pharmacology and Therapeutics (EACPT-2009), July 12-15, 2009, Edinburgh, UK.
49. Salem EM, Yar T AO. Bamosa, A Al-Quorain, MI Yasway, RM. Alsulaiman, **MA Randhawa**. Comparative Study of Nigella sativa and Triple Therapy in Eradication of H. pylori in Patients with Non-Ulcer Dyspepsia 10th Annual SGA meeting & Int. Symposium on Gastroenterology & Hepatology, 3-5 Feb 2009, Madinah Munawarah, Saudi Arabia.
50. **M.A. Randhawa** (2008) Germination of Candida albicans and Arthrospores of Trichophyton mentagrophytes is Inhibited by Dimethyl sulfoxide (DMSO) Presented in IXth World Conference on Clinical Pharmacology and Therapeutics (CPT-2008)', 27th July to 1st August, 2008, Quebec, Canada.
51. **Muhammad Akram Randhawa** (2007) Dimethyl sulfoxide has additive effect and alters minimal inhibitory concentrations of antifungal drugs 11th Annual Meeting of the Saudi Society of Dermatology & Dermatologic Surgery', Nov, , Al-Khober, Saudi Arabia.
52. **Muhammad A. Randhawa** (2007) An update on antimicrobial effects of Nigella sativa and experience at King Faisal University, Dammam, Saudi Arabia'The Regional Conference and Scietific Exhibition on Medicinal, Aromatic and Poisonous Plants', Sana, Yemen, 16-18 April 2007
53. **Muhammad A. Randhawa** (2006) Dimethyl Sulfoxide (DMSO) affects the Growth of Dermatophytes. 'First Annual Meeting of Saudi Society of Microbiology and Infectious Diseases', 16-18 September, Jeddah, Saudi Arabia.
54. **Randhawa MA**, Al-Jabre S, Al-Quraishi AR, Akhtar N, Al-Akloby OM (2004) Thymoquinone, an active principle of Nigella sativa, inhibited Aspergillus and Fusarium. Abstracts of conference on "Trends in Microbiology", 24-25 March, College of Medicine, King Faisal University, Dammam, Saudi Arabia. Journal of Family and Community Medicine Volume 11, Supplement 1: 22-23
55. **Randhawa MA** (2003) Applicability of Hederson-Hasselbalch Equation for the prediction of transmembrane diffusion of weak acidic drugs. Abstracts of First Scientific Conference for Medical Students in the GCC Countries, Manama, Bahrain, 7-9 January, 2003: 53
56. **Randhawa MA**, Al-Ghamdi MS (2002) A review of the pharmacotherapeutic effects of Nigella sativa seeds. Abstracts of 2nd Arab Conference on Medicinal Plants, Manama, Bahrain, 13-15 May, 2002: 55
57. **Randhawa MA**, Zia MA (1998) Improvement in the prescribing skills of medical undergraduates after teaching from 'Guide to Good Prescribing'.

International Conference on Pharmacoepidemeology and Drug Safety, 11-12 August, 1998, Berlin, Germany. Abstract published in Journal of 'Pharmacoepidmeology and Drug Safety, Vol.7 (Suppl 2): 210'.

58. **Randhawa MA**, Malik SZL, Tanveer AA, Shabana A, Baig N, Malik SA (1998) Diffusion of tertiary and quaternary amines is not influenced by their degree of ionization. Abstracts of XII International Congress of Pharmacology, Munchen, Germany, 25 July, 1998: P3.26
59. **Randhawa MA**, Nasimullah M, Suleman A, Johnston A (1995) Inadequacy of the Henderson-Hasselbalch equation in the anticipation of pH dependent renal excretion of drugs. Abstracts of 8th International Congress of Oriental Medicine, Seol, Korea.
60. **Randhawa MA**, Iqbal A, Turner P (1994) Does Henderson-Hasselbalch equation help in the anticipation of transmembrane diffusion of drugs. XI International Congress of Pharmacology, Montreal Canada, 25-27 July 1994. Abstracts published in Can J Phy & Pharmacol 72 (Suppl), P23.1.10
61. **Randhawa MA**, Iqbal A, Nasimullah M, Turner P (1993) Buccal drug absorption versus Henderson-Hasselbalch equation as a measure of transmembrane diffusion of drugs. Abstracts of the Asian Conference on Clinical Pharmacology and Therapeutisc, Yogyakarta, Indonesia, P.03
62. **Randhawa MA**, Hedges AM, Johnston A, Turner P (1987) Comparison of medifoxamine, amitriptyline, atropine and placebo on tests of psychomotor functions and anti-muscarinic activity. British Pharmacology Society Meeting, Abstract published in Brit J Clin Pharmacol 47, 267-268P
63. **Randhawa MA**, Turner P (1986) Buccal Drug Absorption: A new approach to predict pH dependent changes in renal excretion, protein binding and lipid membrane passage. Joint Meeting of Brithish and Netherland Pharmacological Societies, Amsterdam, The Netherlands. Abstract published in Brit J Pharmacol 89, 699P
64. **Randhawa MA**, Blackett AH, Turner P (1985) Spectrophotometric estimation and buccal absorption of medifoxamine. British Pharmacological Society Meeting, Edinbugh, UK. Abstract Published in Brit J Clin Pharmacol 21, 122P
65. Mohammad A. Randhawa and Salman A. Malik (2020). Ionization status of drugs has poor association with their transmembrane diffusion. CSPT 2020 VIRTUAL CONFERENCE of Canadian Society of Pharmacology & Therapeutics, June 10 to 12, 2020, Zoom Video-Conference.
66. Mohammad A. Randhawa, and Mohammad T. Baqai. Long term benefits of a new life-style change for the management of GERD – A case report. CSPT 2020 VIRTUAL CONFERENCE of Canadian Society of Pharmacology & Therapeutics, June 10 to 12, 2020, Zoom Video-Conference.

Research Projects Completed.

A. Northern Border University (NBU), Arar, Saudi Arabia:

Completed projects at NBU, mostly budgeted and some non-budgeted, from 2014 to 2018.

S. No.	Name of Investigator/s	Research Title	Date
1	Dr. Sharin Nazir, Abdulhakim Bawadekji, Prof. Dr. Mohammad Akram Randhawa,	Suggestions for designing and location of ablution area and toilets for a mosque	Budgeted. Ongoing.
2	Prof. Mohammad Jan, Prof. Mohammad Akram Randhawa, Dr. Alhassan Eltom	Ceftriaxone utilization evaluation at Prince Abdulaziz Bin Mossad Hospital, Arar, Saudi Arabia	Budgeted. Ongoing.
3	Dr. Abdulhakim Bawadekji, Dr. Mohd Imran, Prof. Mohammad Akram Randhawa	Antimicrobial Effects of the Water Immiscible Solvent Extracts of Olive Tree Leaves.	Budgeted. Completed in Jan 2019
4	Prof. Mohammad Akram Randhawa, Prof. Abdulhakim Bawadekji, Dr. Mouhanad Ali	Antibacterial and antifungal effects of methanolic extract of Salvia officinalis L. (Maramia).	Budgeted. Completed in March 2018
5	Prof. Dr. Mohammad Akram Randhawa, Dr. Awwad Khalaf	An in vitro study for the antibacterial activity of Thymoquinone against anaerobes.	Budgeted. Completed in June, 2016
6	Alenazy, Dr. Majed Gorayan Alrowaili, Dr. Jamith Basha Mohammad Akram Randhawa, Salah Al-Din Mahmoud Mahfouz, Noor Ahmed Selim, Taley Yar, Anton Gillessen	An old dietary regimen as a new lifestyle change for the management of gastroesophageal reflux disease.	Non-Budgeted. Completed Jun 2015

B. University of Dammam, Dammam, Saudi Arabia:

Many budgeted and few non-budgeted projects done at University of Dammam, from 2000-2014.

S. No.	Name of Investigator/s	Research Title	Date
1	Dr. Mohammad Akram Randhawa , Dr. Abdullah O Bamusa, Dr. Ali Mohammad Al-Amri	Estimation of thymoquinone in plasma and the study of its pharmacokinetics in goats and advanced cancer patients receiving thymoquinone	Budgeted. Reported in July 2013
2	Prof. Mastour Safar Alghamdi Prof. Mohammad Akram Randhawa , Dr. Hatem Qutab	Drug related errors and adverse drug events at the Emergency and Intensive Care Departments of	Budgeted. Reported in Jun 2013

	Dr. Mohyy Abdulhadi Whaas Dr. Mohammad Abdullah Aljama	King Fahd Hospital of the University, Alkhobar, Saudi Arabia	
•	Mohammad Akram Randhawa Dr. Al-Hosain Jaber Al-Zahrani (Prof. Microbiology) Dr. Mohammad Ashraf Gondal (Prof. Physics Dept. KFUPM)	An in vitro Study for the Investigation of Nano- particulated Amphotericin-B, Ketoconazole and Thymoquinone against Candida albicans and Candida- biofilm	Budgeted. Reported in Dec 2012
•	Randhawa MA , Gondal MA, Alzahrani AJ		Budgeted. Completed in Sep 2011
•	Dr. Mohammad Akram Randhawa Dr. Mastour S Alghamdi, Dr. Abdul Aziz Alkhawajah	Antimicrobial activity of Nano- ZnO and Pd loaded Nano ZnO against fungi, Aspergillus and Candida	Budgeted. Completed in Jun 2011
•	Randhawa MA , Gondal MA, Alzahrani AJ, Bagabas AA	Cardioprotective effect of Nigella sativa against isoproterenol induced toxicity in rats	Budgeted. Completed in June 2009
•	Salem EM, Yar T AO. Bamosa, A Al-Quorain, MI Yasway, RM. Alsulaiman, MA Randhawa	Synthesis, characterization and antimicrobial activity of nano-ZnO and Pd loaded nano-ZnO against enteric pathogens	Budgeted. Completed in March 2009
•	Dr. Mohammad Akram Randhawa	Comparative Study of Nigella sativa and Triple Therapy in Eradication of H. pylori in Patients with Non-Ulcer Dyspepsia	Non- budgeted
•	Dr. Mohammad Akram Randhawa	A study for the evaluation of the effect of thymoquinone on Mycobacterium tuberculosis	Completed in Feb 2009
		Dimethyl-sulfoxide (DMSO) inhibits the germination of Candida albicans and the arthrospores of Trichophyton mentagrophytes	Non- budgeted Completed in
10	Dr. Mohammad Akram	Study of the effect of dimethyl-	Randhawa, Pro

	Mohammad AlJabre	of fungi and potenciation of the effect of antifungal drugs.	Budgeted &
11	Prof. Dr. Salih Mohammad AlJabre Dr. Mohammad Akram Randhawa , Dr. Omar M Alakloby	Study of the effect of Thymoquinone on the germination of the arthrospores of Trichophyton mentagrophytes	Reported in Jan 2006 Budgeted &

12	Prof. Dr. Salih Hamad AlJabre, Dr. Mohammad Akram Randhawa, Dr. Naeem Akhtar, Dr. Abdul Rehman M Alqorashi, Dr. Omar M Alakloby, Dr. Ali S Aldossari	Study of Anti-Fungal activity of ether extract of Nigella sativa seed and thymoquinone against common dermatophytes	Budgeted & reported in Dec 2004
----	---	---	---

C. Clinical Pharmacology Unit of St. Bartholomew's Hospital, London, UK

Research projects conducted during post-graduate fellowship in Clinical Pharmacology at the Clinical Pharmacology Unit of St. Bartholomew's Hospital, London, UK (1985 – 1986):

- As Principle Investigator, designed and conducted a clinical trial entitled, "Psychopharmacological study to access anti-muscarinic and central nervous effects of medifoxamine in normal human volunteers". The results were presented in a British Pharmacology Society meeting and published in a British Journal, 'Human Psychopharmacology'.
- As Principle Investigator, designed and executed a clinical study in normal volunteers regarding pH dependent buccal membrane transport of drugs. The results were presented in a British Pharmacology Society meeting and published in 'British Journal of Pharmacy and Pharmacology'.
- As Co-Investigator conducted a study for the estimation of the pharmacokinetic profiles of medifoxamine, a potential new antidepressant drug.
- As a Co-Investigator participated in a clinical study for the estimation of the effect of medifoxamine on the intraocular pressure.

D. Rawalpindi Medical College (RMC), Rawalpindi, Pakistan

While posted at RMC (1983-2000), designed & conducted research projects on healthy human volunteers for medical students as a part of their training in research methodology. Results of these projects were published in the Journal of Rawalpindi Medical College, Rawalpindi, Pakistan:-

- Comparison of new non-sedating anti-histamines with classical anti-histamines
- Comparison of new non-sedating anti-depressants with amitriptyline
- Comparison of new anti-muscarinic drug (Pirenzepine) with atropine

Reviewed Projects of King Abdulaziz City of Scientific and Technology, Riyadh:

• Name of Investigator/s			
No.			
1	Dr. Siddig Ibrahim Abdelwahab, Dr. Andleeb Khan, Dr. Manal Mohamed Elhassan, Dr. Syam Mohan Murli Mohan, Eaman Syed Shafat		
2	Hany Hamdy Abd El-Aziz Arab, Samir Abdalla Hamed Salama, Ibrahim Abdullah Maghrabi		
3	Dr. Ibrahim A. Alhaider Dr. Mueen Ahmed, Dr. Arun Kumar HS		
4	Dr. Mohammed N Al-Ahdal, Dr. Ashraf Ghanem, Dr. Alwaleed Al-Aiden		

Report Title	Report Date
The protective effect of ferullic acid against carbon tetrachloride (CCl ₄) induced liver cirrhosis model of rats	KACST project No. LGP-35-128 Reported on 13 May 2014
Camel milk targeting of ROS-mediated MAPKs, NF-kB and PI3K/Akt/eNOS signaling pathways for potential alleviation of 5-fluorouracil-, methotrexate- and cyclosporine-induced acute renal injury	KACST project No. ARP-35-58 Reported on 10 May 2014
Evaluating the therapeutic potential of water-soluble compounds extracted from Phoenix dactylifera (Date fruits) in myocardial infarction: Role of circulating progenitor cells.	King Faisal University Project. Reported on 20 May, 2012
The first production of highly thermostable lipase from thermophilic bacterium isolated from Saudi soil: Gene cloning, over expression and industrial application to the asymmetric access to enantiomerically pure	KACST Project No. APR-27-002. Reported on 28 Jun 2007

		pharmaceuticals and related biologically active compounds.	
5	Dr. Faten Abdul Hady Zakareia, Dr. Sitelbanat Awadalla, Dr. Aida Abdelhamid Korish	Cardioprotective and anti-atherosclerotic effects and actions on insulin resistance of liraglutide, a long acting glucagons like peptide-1 analogue and exenatid (GLP-IR agonist) in diabetic rats with and with atherosclerosis	KACST Project No LGP-11.07. Reported on Sep 2006
6	Dr. Ibrahim bin Abdullah Alsrah, Dr. Abdulmalik Bin Mohammed Ale Al-Sheikh, Dr. Kamal Aldin Hosain Al-tahir, Dr. Ahmed Jalal	Experimental evaluation of some natural wound healing accelerators	KACST Project No APR-26-018. Reported in Jun 2006
7	Prof. Dr. Khairia M Yusuf, Prof. Dr. Hussein I. El-Sabbagh, Dr. Mohammad A. Al-Omar, Prof. Dr. Ali Sulaiman Al-Tuwaijri, Prof. Dr. Abdel galil M Abdel Gader	Synthesis of potential drugs for thromboembolic heart disease	KACST Project No. APR-25-050. Reported on 25-6-2005
8	Prof. Dr. Khalid Bin Abdul Mohsen, Prof. Dr. Hossain Ibrahim Al-Sabbagh, Prof. Dr. Khairia M Yusuf, Prof. Dr. Mehmud Nashat Nagi	Synthesis and biological evaluation of certain non-classical antifolate compounds as dihydrofolate reductase inhibitors	KACST Project No. APR-23-050. Reported on 29-6-2003
9	Prof. Dr. Khairia M. Yusuf, Prof Dr. Abdulrahman M. Al-Obeid, Prof. Dr.	Synthesis, in vitro & in vivo evaluation of curcumin analogs bioconjugates as potent anti-oxidant	KACST Project No. APR-23-041. Reported on 29-

	Mahassen A Radwan, Dr. Amal J fatani, Dr. Abeer T Al-Alfy	and anti-inflammatory agents	6-2003
--	---	------------------------------	--------

Administrative Experience:

- **Chairman Ethical Committee (Research)**, HBS, Medical & Dental College, Islamabad.
- **Member of the committees for the development of syllabi** (2004 to 2012) **for:**

Basic Pharmacology for 3rd year Students of Dentistry.

Advanced Dental Therapeutics for 6th year Dentistry Students.

Basic and Systemic Pharmacology for 3rd year and 4th year Medical students.

Clinical Pharmacology for 5th year Medical Students.

M.Sc. Clinical Pharmacology

- **Member of the Examination Review Committee** for the Parallel System of Medicine (An integrated system of medicine at the University of Dammam, (2007-2010)
- **Member Research Committee (Ethical Committee)**, College of Medicine, King Faisal University (now University of Dammam), Dammam, Saudi Arabia (2002-2006)
- **Chief Editor**, Journal of Rawalpindi Medical College, Rawalpindi (1997 to 2000)
- **Member Academic Council and Member Purchase Committee** Rawalpindi Medical College, Rawalpindi, Pakistan (1992 to 2000)
- **Member Academic Council**, King Edward Medical College, Lahore, Pakistan (1978-1983)

Membership of Scientific & Professional Societies:

- **Member** of Canadian Society of Pharmacology & Therapeutics, Jan 2019 to Jan 2010.
- **Member** of the Saudi Gastroenterology Association, Eastern Province, (2001 to 2014)
- **Member** of the Society for Pharmacoepidemiology and Drug Safety, USA (1998)
- **Member** of the British Pharmacological Society (1986-90)
- **Life member** of the Pakistan Pharmacological Society (Since 1984)

Languages:

ENGLISH, URDU: Fluent in speaking, reading and writing

ARABIC, TURKISH, PUNJABI and PASHTO: Can communicate in speaking

Awards:

- **3rd prize** for best presentation at 10th Annual SGA meeting & International Symposium on Gastroenterology & Hepatology, Madina Munawarah, Saudi Arabia (3-5 Feb 2009)
- **Gold Medal**, for Standing First in the Hiking Competition, arranged at the Margalzzza Hills, Islamabad by the Hiking Club, Rawalpindi Medical College, Rawalpindi, Pakistan (Dec. 1996)
- **Gold Medal**, for Standing First in the M. Phil. (Pharmacology) Examination, Post-graduate, Medical Institute, Lahore, Pakistan (1977).

Referees:

Dr. Salih Hamad Mohammad Aljabr

Professor, Department of Dermatology (Retired), College of Medicine, University of Dammam, P.O. Box 10011, Dammam 31442, Saudi Arabia. E-mail: <saljabre@yahoo.com>

Dr. Mohammad Ashraf Gondal

Professor, Physics Department and Coordinator Laser Group, King Fahd University of Petroleum and Minerals, Dahrn, Saudi Arabia. E-mail: <mgondal@kfupm.edu.sa>

Dr. Moosa Khan

Professor and Head of the Department of Pharmacology, Federal Medical and Dental College, Islamabad. E. mail: <drmoosakhans@gmail.com>

MATERIAL & METHODS

It was a randomized controlled trial. The patients visiting the Holy Family Hospital, Neurocounsel Islamabad and Chambeli Rehabilitation Centre Rawalpindi with post stroke focal dystonia of upper limb were enrolled in study. The duration of study was 15 months. WHO sample size calculator was used for calculation of sample size. A total of 46 patients were recruited for the study, patients were randomly allocated to control and experimental group. The experimental group received Botulinum toxin type A combined with Physiotherapy whereas the control group received only Physiotherapy. The inclusion criteria comprised of all the patients having age more than 18 years presenting with first episode of unilateral post stroke dystonia, with no previous exposure to BoNTA and having

a post stroke duration of atleast six months with reduced upper limb function, both genders were included equally. Any patient who had a previous exposure of BoNTA for treatment of upper limb in past 3 months was not included in the study. Similarly any patient with significant speech or cognitive impairment, other musculoskeletal limb impairments like fracture or adhesive capsulitis in past 6 months, advanced arthritis, amputation, contracture, pregnant or lactating females and any diagnosis that hinders rehabilitation or outcome assessments, contraindications to intramuscular injection, contraindications /allergy to botulinum toxin type A, any bleeding disorder, autoimmune disease and concurrent use of aminoglycosides were excluded from study. Data was collected from both groups at baseline, week 4, week 8 and week 12 by using Arm Dystonia Disability Scale (ADDS), Action Research Arm Test (ARAT), Motor Assessment Scale Upper Limb Portion (MAS), Wolf Motor Function Test (WMFT), Fugl- Meyer Assessment Scale for Upper extremity (FMA-UE), Stroke Specific Quality of Life Scale (SS-QOL). At the end data was analyzed by using SPSS ver. 21 and results were calculated.



OFFICE OF THE VICE CHANCELLOR RAWALPINDI MEDICAL UNIVERSITY RAWALPINDI.

Ph.051-9290360, 051-9290755,
Fax No.051-9290519, 051-9280462
Email: info@rmur.edu.pk

No. PF / 794 /RMU, Dated: 24-02- /2023.

OFFICE ORDER

In compliance with Government of the Punjab, Specialized Healthcare and Medical Education Department, Lahore Order No. SO.(AMI-II)21-38/22 (RMU), dated 14.02.2023 **Dr. Gul Mehar Javaid Bukhari**, is hereby adjusted as Assistant Professor of Community Medicine (Adhoc/BPS-18), Rawalpindi Medical University, Rawalpindi against an existing vacancy w.e.f. 21.02.2023(F.N).

She will work in Community Medicine Department, Rawalpindi Medical University (NTB), Rawalpindi, under the supervision of Chairperson/ Head of the respective Department.

Vice Chancellor
Rawalpindi Medical University
Rawalpindi

No & Date Even:-

Copy is forwarded for information & necessary action:-

1. The Secretary, SHC&ME Department Government of the Punjab, Lahore.
2. The Dean, of Basic Science Departments, RMU, Rawalpindi.
3. The Chairperson/Head of the Community Medicine Department, RMU, Rawalpindi.
4. The District Accounts Officer, Rawalpindi.
5. The Treasurer RMU & Allied Hospitals, Rawalpindi.
6. The Officer Incharge Administration (NTB and Main Campus), RMU, Rwp.
7. The Budget & Accounts Officer, RMU, Rawalpindi.
8. The I.T Manager, RMU Rawalpindi to update the website of Health Department, Government of the Punjab, Lahore and RMU website.
9. The Office Superintendent, RMU, Rawalpindi.
10. P.A to Vice Chancellor, RMU, Rawalpindi.
11. Officers Concerned.
12. Personal File / Master File.

Vice Chancellor
Rawalpindi Medical University
Rawalpindi



GOVERNMENT OF THE PUNJAB
SPECIALIZED HEALTHCARE &
MEDICAL EDUCATION DEPARTMENT

Dated Lahore, the 14th February, 2023



ORDER

No.SO(AMI-II)21-38/22 (RMU): On the recommendations of Special Selection Board, RMU, Rawalpindi vide letter No.E-14/11485/RMU dated 29.12.2022 and interviews held from 17.11.2022 to 21.11.2022 read with Sr. No. (d) of para 4 of the Election Commission of Pakistan's Notification No.F.No.2(1)/2023-Cord. Dated 22.01.2023, DR. GUL MEHAR JAVAID BUKHARI (CNIC:3210232053792) is hereby recruited as Assistant Professor of Community Medicine (BS-18), on *ad hoc* basis at Rawalpindi Medical University, Rawalpindi, with immediate effect, against an existing vacancy, for a period upto 31.12.2023 or till the availability of a regular incumbent through promotion or PPSC, whichever is earlier, subject to verification of the documents of the recruitee doctor which will be the sole responsibility of the concerned Principal/ Medical Superintendent:-

2. The following terms & conditions of adhoc recruitment shall be applicable:-

- i. The recruitment on adhoc basis shall be subject to revocation at any time by the Competent Authority.
- ii. Adhoc recruitment, thus made shall not confer any right on the recruitee in the matter of regular appointment to the same post nor shall the service be counted towards seniority in the grade.
- iii. He/ she will be governed by Civil Servants Act, 1974 and any other such rules and orders, relating to leave, travelling allowances, medical attendance, pay etc. as may be issued by Government from time to time.
- iv. The recruitment is subject to the verification of the character and antecedents by the Police Authorities.
- v. The recruitment is subject to verification of documents/degrees from the issuing authority as well as PM&DC/ PMC registration certificate by the issuing authority. In case his/ her documents are found to be fake / forged, the recruitment shall be cancelled and all the salaries/ financial benefits drawn by the recruitee shall be recovered through legal process. Besides, legal action shall also be initiated against him/ her.
- vi. In case he/she wishes to resign at any time one month's notice shall be mandatory or in lieu of that one month's salary shall have to be deposited by him/ her.
- vii. He/she shall furnish Registration Certificate issued by PMDC/ PMC, at the time of joining to Controlling Authority.
- viii. If valid PMDC/ PMC Registration Certificate is not renewed in time during the adhoc service tenure of above said recruitee, his/ her adhoc recruitment shall stand terminated automatically. The concerned Head of Medical / Health Institution shall stop his/ her pay and shall report the matter to appointing authority forthwith.
- ix. The concerned Head of Medical/ Health Institution shall ensure that above quoted recruitee is neither a PG Trainee anywhere nor a government employee.
- x. The offer is valid for fifteen days from the date of its issuance and shall automatically lapse if he/ she fails to report for duty. In case he/ she accepts this offer, he/ she may report for duty to the Vice Chancellor, Rawalpindi Medical University, Rawalpindi, within 15-days positively.

SECRETARY
SPECIALIZED HEALTHCARE &
MEDICAL EDUCATION DEPARTMENT

NO. & DATE EVEN.

A copy is forwarded for information and necessary action to the:-

1. Vice Chancellor, Rawalpindi Medical University, Rawalpindi.
2. District Accounts Officer, Rawalpindi.
3. PSO to Secretary SHC & ME Department.
4. PS to Special Secretary (Operations), SHC & ME Department.
5. PA to Additional Secretary (Admn), SHC & ME Department.
6. PA to Deputy Secretary (Admn)/ (General), SHC & ME Department.
7. In-charge ICT Cell, SHC & ME Department.
8. Doctor concerned.
9. Master File.

(AL SAMEER, FMS)
SECTION OFFICER (AMI-II)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

No. 27025

Registration No.

35950-HSA/MSPH-2014

Quaid-i-Azam University



Session 2014-2015

This is to certify that

Col. Mehwar Faraid Bukhari PhD (and Faraid Numan Bukhari)
of the Department of Health Services Academy Islamabad

has obtained the Degree of

Master of Science

in Public Health in this University at
the Examination held in July, 2016

[Signature]
Controller of Examinations
Islamabad 21-2-2017



[Signature]
Vice-Chancellor



THE AGA KHAN UNIVERSITY

*The Trustees of the Aga Khan University
upon the recommendation of the
Dean and faculty of the Medical College
and the endorsement of the University Academic Council
have this day conferred upon*

Xhola Noreen

the degree of

MASTER OF HEALTH PROFESSIONS EDUCATION

*with all the rights, privileges
and honours pertaining thereto.*

Registrar
Agallan

Registrar
Sahin Akhbari

President
Waseem

President
February 26, 2022

Registration No. 515738



THE AGA KHAN UNIVERSITY

OFFICE OF THE REGISTRAR Official Transcript

This transcript is printed on security paper with a green background and does not require a raised seal. The transcript is considered official only if bearing the University Registrar's signature stamp.

46079

Name: Khale Noreen
Student Number: 519768
Date of Birth: 25-03-1980
Academic Unit: Medical College, Pakistan
Programme: Master of Health Professions Education

Date of Issue: July 22, 2022
Date of Admission: September 2016
Date of Completion: December 2021
Date of Convocation: February 26, 2022
Programme Status: Graduated

Course Number and Title	Credits	Grade	Remarks
Term: Sep 2016 - Nov 2016			
HPED-7003-A015: Teaching & Learning	5.00	69 C+	-
Term WPA / GPA:		69.0 2.30	
Spring Semester 2019			
HPED-7005-A017: Leadership	4.00	68 A-	-
HPED-7020-A017: Issues in Health Professions Education	4.00	- W	-
Term WPA / GPA:		68.0 3.70	
Fall Semester 2019			
ELEC-7001-A017: Elective I	3.00	- A-	Transfer
HPED-7018-A017: Assessment I in Health Professions Education	3.00	86 A-	-
HPED-7019-A017: Assessment II in Health Professions Education	4.00	85 A-	-
Term WPA / GPA:		85.4 3.70	
Spring Semester 2020			
HPED-7002-A017: Curriculum Development	4.00	- P	-
HPED-7004-A017: Programme Evaluation	3.00	- P	-
HPED-7010-A017: Quantitative Research Methods	4.00	- P	-
Term WPA / GPA:		- -	
Fall Semester 2020			
HPED-7011-A017: Qualitative Research Methods	3.00	84 B+	-
HSYS-7001-A010: Systematic Reviews in Health & Social Sciences	3.00	85 A-	-
Term WPA / GPA:		84.5 3.50	
Spring Semester 2021			
HPED-7020-A017: Issues in Health Professions Education	4.00	85 A-	-
Term WPA / GPA:		85.0 3.70	
Fall Semester 2021			
HPED-7099-A017: Thesis	25.00	- P	-
Term WPA / GPA:		- -	



Issued to Student

Registration No: 000349

Registration No: NUST201261440AMC91212F

National University of Sciences & Technology Pakistan



Be it known that KHOLA NOREEN D/O MUHAMMAD AKBAR KHAN

having completed the prescribed course at Army Medical College

and fulfilled all the requirements of National University of Sciences and Technology
(NUST) in the year 2015 With 317/500 Marks has been admitted

to the degree of Master of Philosophy in Basic Medical Sciences (Community Medicine)



Registrar

Rector

Date: 09 January 2015

Head College / Institute

NATIONAL UNIVERSITY OF SCIENCES AND TECHNOLOGY, ISLAMABAD
Notification No. NUST/AMC/M.Phil/Community Medicine/Thesis/Khola/03
Feb 2015

It is hereby notified that under paragraph 49, Chapter VII of Part II of NUST Statutes/Regulations (Revised 2012), under mentioned student has passed her final Oral Examination on **03 January 2015** in her Thesis Defence and has fulfilled the requirements for award of **Master of Philosophy Degree in Community Medicine**. Her date of award of M. Phil Degree is **09 January 2015**. Result of qualifying exam is as under:-

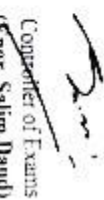
S. No	Registration No. & Name	Theory-I (100)	Theory-II (100)	Practical Viva Voce (200)	Internal Assessment (100)	Total Marks Obtained (500)	%age	Remarks
a.	NUST201261440MAMC91212F KHOLA NORTEEN	68	64	120	65	317	63.40%	*Thesis

*Thesis Title: Effectiveness of Diet and Physical Activity Intervention on BMI Among Healthy Over Weight and Obese Females.

(Certified 01 Entry Only)


 Asst. Controller of Exams
 (Engr. Hamid Mahmood)


 Dy. Controller of Exams
 (Engr. Khalid Mahmood)


 Controller of Exams
 (Engr. Salim Daud)



**GOVERNMENT OF THE PUNJAB
SPECIALIZED HEALTHCARE & MEDICAL
EDUCATION DEPARTMENT**

Dated Lahore, the 24th December, 2020

NOTIFICATION

SO(AMI-II)10-55/2010: On the recommendations of PUNJAB PUBLIC SERVICE COMMISSION vide letter NO.PSC-RE-I/2020/238-RE Dated 29.10.2020 and with reference to this **DEPARTMENT'S OFFER OF APPOINTMENT LETTER** Dated 01.12.2020, the following candidates are hereby appointed as **ASSISTANT PROFESSOR, COMMUNITY MEDICINE (BS-18), ON REGULAR BASIS**, in the Specialized Healthcare & Medical Education Department and they are posted as such in the following institutions mentioned against their names, with immediate effect:

SR. NO.	NAME OF DOCTORS	PLACE OF POSTING
1.	DR. HAFIZ UMER FAROOQ (CNIC:3130362550403)	Upon his selection through PPSC on regular basis, he has been posted as Assistant Professor, Community Medicine (BS-18) at SZMC, R.Y. Khan by terminating his contract appointment as AP Community Medicine at SZMC, R.Y. Khan with immediate effect.
2.	DR. ZARABIA PERVAIZ BUTT (CNIC:3520226254914)	Upon her selection through PPSC on regular basis, she has been posted as Assistant Professor, Community Medicine (BS-18) at FJMU/SGRH, Lahore by terminating the adhoc appointment of Dr. Sakeena Sadaf Ashraf, AP Community Medicine at FJMU/SGRH, Lahore, with immediate effect.
3.	DR. ASIMA ASIF (CNIC:3630297052104)	Upon her selection through PPSC on regular basis, she has been posted as Assistant Professor, Community Medicine (BS-18) at FJMU/SGRH, Lahore by terminating the adhoc appointment of Dr. Saleha Tariq, AP Community Medicine at FJMU/SGRH, Lahore, with immediate effect.
4.	DR. AFIFA KULSOOM (CNIC:3740533660608)	Upon her selection through PPSC on regular basis, she has been posted as Assistant Professor, Community Medicine (BS-18) at RMU, Rawalpindi by terminating her adhoc appointment as AP Community Medicine at RMU, Rawalpindi, with immediate effect.

5.	DR. RIZWANA SHAHID (CNIC:3740593365480)	Upon her selection through PPSC on regular basis, she has been posted as Assistant Professor, Community Medicine (BS-18) at RMU, Rawalpindi by terminating her adhoc appointment as AP Community Medicine at RMU, Rawalpindi, with immediate effect.
----	--	--

2. The appointment of the above said doctors shall be subject to the following terms & conditions:

- i) They will be governed by such service rules as may be issued by the Government from time to time.
- ii) They will be placed on probation for a period of two years.
- iii) During the period of probation, their services would be liable to be terminated on one month's notice without any reason being assigned or on payment of one month's salary in lieu of the notice period if they were previously not in Government service or revert them to their former post (if they were in service previously) but after confirmation they will be governed by the provisions of the relevant Service Rules.
- xiv) Private practice will be subject to the conditions that it does not interfere with the performance of official duties. They will be bound to attend emergency in the Hospital any time. For private practice, they will not be permitted to open any clinic, dispensary, nursing home, private hospital, clinical diagnostic laboratory or a pharmacy/drug shop. The private practice shall be confined to seeing the patients at their own residence or in the patient's house or in the private wards of the Hospital to which they are attached. They will not be permitted sale of medicines to patients at their residence.
- v) Their appointment is subject to physical fitness. In case they have not been declared fit by the Standing Medical Board on their first entry into Government service as gazetted Government servant, they should report to the Director Health Service Punjab, Lahore alongwith X-Ray and Skia-gram of their chest and number of glasses if used and re-vaccination certificate for producing before Standing Medical Board on a date which will be communicated to them by the Director Health Services, Punjab.
- vi) If they fail to appear before the Medical Board on the prescribed date without good and sufficient reasons reported in writing in advance, their offer will be deemed to have been withdrawn automatically and no further correspondence shall be entertained on the subject.
- vii) They will not be entitled to any TA/DA for presenting themselves before the Medical Board for examination on joining their first appointment.
- viii) They are not married to foreign national. They should submit declaration to this effect to Government.
- ix) Their credentials/degrees /certificate shall be got verified from the concerned Board/University/Institution/PMDC. In case degree /certificates of academic qualification /any other particular /documents or information submitted by them are subsequently found to be bogus/forged /incorrect etc., the offer of appointment shall be withdrawn (apart from any other action on ground of criminal offence) in terms of Regulation Nos. 32, 71 of the PPSC Regulation, 2000.

- x) If the appointment is acceptable to them on the above said terms and conditions, they should submit their joining to the concerned Vice Chancellor, Dean, Principal & Medical Superintendent, within 15 days, failing which the appointment shall stand cancelled automatically.

**SECRETARY
SPECIALIZED HEALTHCARE & MEDICAL
EDUCATION DEPARTMENT**

NO. & DATE EVEN

Copy is forwarded for information and necessary action to the:

1. Accountant General Punjab, Lahore.
2. Principal/Vice Chancellor/Medical Superintendent concerned.
3. District Accounts Officers Concerned.
4. Section Officer (Promotions), SHC&MED.
5. Doctors Concerned.
6. Project Coordinator / Incharge-ICT Cell, SHC & MED.
7. Master File.

Rbr Jaws
24/12/2020
SECTION OFFICER (AMI-II)

SHC & ME DEPARTMENT

CHARGE REPORT

Certify that I, DR. AFIFA KULSOOM,
have this day fore / ~~after~~ noon received / ~~made over~~ the charge of the office of
ASSISTANT PROFESSOR OF COMMUNITY MEDICINE (ON REGULAR BASIS),
Rawalpindi Medical University, Rawalpindi, in terms of Government of the Punjab,
Specialized Healthcare & Medical Education Department, Lahore Order
No. SO(AMI-II)10-55/2010, dated: 24.12.2020, on account of APPOINTMENT
THROUGH PPSC AS ASSISTANT PROFESSOR OF COMMUNITY MEDICINE ON
REGULAR BASIS AND POSTED AT RAWALPINDI MEDICAL UNIVERSITY,
RAWALPINDI.

Dated:

24.12.2020 F.N

The Rawalpindi


Signature of Govt. servant receiving charge


ASSISTANT PROFESSOR
Faculty of Community Medicine & Public Health
Rawalpindi Medical University, RWP
Head of the Department/Unit

OFFICE OF THE VICE CHANCELLOR RAWALPINDI MEDICAL UNIVERSITY, RAWALPINDI

No.PF/ 6434 RMU

Dated: 31-12-2020

The officer has received charge of the post of ASSISTANT PROFESSOR OF
COMMUNITY MEDICINE (ON REGULAR BASIS) on the fore noon of 28.06.2020.

Copy of the above charge report is forwarded for information and necessary
action to:-

1. The Secretary, SHC&ME Government of the Punjab, Lahore.
2. The District Accounts Officer, Rawalpindi.
3. The Treasure RMU & Allied Hospitals Rawalpindi.
4. Officer Concerned.
5. Personal File


Vice Chancellor
Rawalpindi Medical University
Rawalpindi

**ASSESSMENT OF KNOWLEDGE OF LADY HEALTH VISITORS OF
DISTRICT RAWALPINDI REGARDING POSTNATAL CARE OF
NEWBORN**

Submitted By:

Dr. Afifa Kulsoom

MBBS

Supervisor:

Dr. Abida Sultana

FCPS

Department of Community Medicine

Rawalpindi Medical College

July 30, 2016

ABSTRACT

Introduction: After child birth, post natal care by a skilled (qualified) health care provider carries a decisive significance for the survival and well being of both the mother and the new born. Most infant deaths occur during the initial days and weeks of birth. It is important that health care providers are skilled in providing post natal care and also their knowledge is at par with the current guidelines.

Objective: To assess the level of knowledge of lady health visitors of district Rawalpindi regarding postnatal care of newborn.

Study Design: Cross sectional descriptive study.

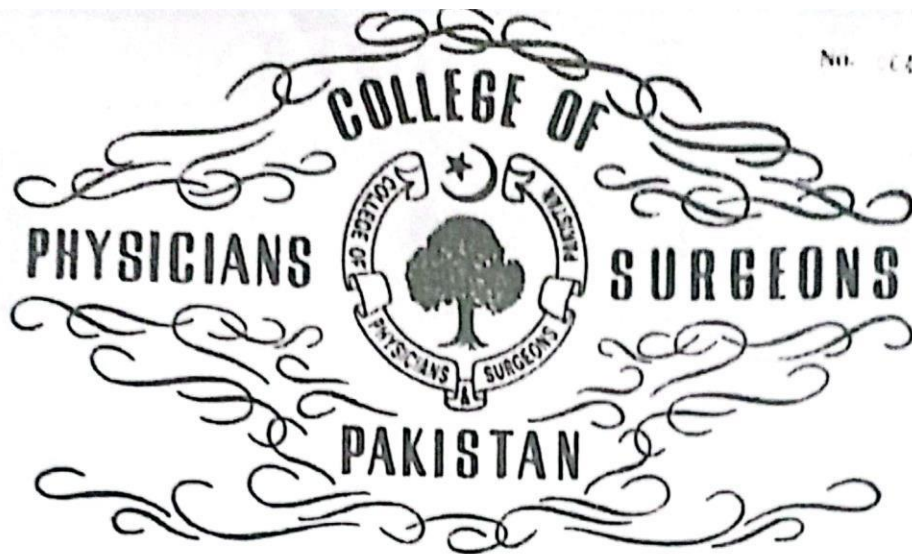
Place & Duration of Study: The study was conducted in District Rawalpindi from January to June 2016

Subjects & Methods: A total of 80 LHVs were enrolled by cluster sampling. Data was collected by means of structured questionnaire. The questionnaire focussed on following areas of postnatal care: newborn resuscitation, cord care, thermal care, breast feeding, number and timings of postnatal contacts & neonatal danger signs. Knowledge was categorised in good average and poor based on the score.

Results: Of the total 80 Lady Health Visitors, 94% knew about correct time to initiate breast feeding. However only 48% reported correct cord care. Overall score was falling in the category of good knowledge i.e. more than or equal to 18.

Conclusion: Though most of LHVs scored good but certain areas of poor knowledge were identified regarding postnatal care of newborn.

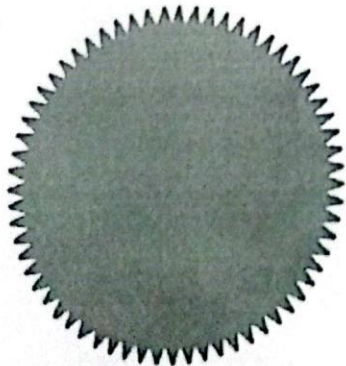
Key Words: Postnatal care. Newborn. Breast feed



*Know all men by these Presents, that we, the
President and Council of the College of Physicians
and Surgeons Pakistan admit
Dr. Syed Arshad Sabir*

★ ★ a Member of the College ★ ★
in the subject of Community Medicine

*In witness thereof, we have subscribed our names
and caused the seal of the College to be hereunto
affixed this 19th day of June 2000*



[Signature] President

Member

[Signature] Executive Committee

[Signature] Registrar
of the College

No. 12647



*Know all men by these Presents, that we, the
President and Council of the College of Physicians
and Surgeons Pakistan admit*

Dr. Syed Arshad Sabir

a Fellow of the College

in the subject of Community Medicine

*In witness thereof, we have subscribed our names
and caused the seal of the College to be hereunto
affixed this* 23rd *day of* December 2010



J. V. Khan *President*

Member
Executive Committee

Registrar
of the College



Serial No.
002089

Dow University of Health Sciences Karachi

Clinical Research Certified Professionals

This is to certify that

Syed Arshad Sabir

*has successfully completed the required course of
Clinical Research Certified Professionals (CRCP)
Organized by the Clinical Trials Unit of this University
from 17th January 2016 to 24th April 2016
and has passed the required certificate examination
on 08th May 2016*

DIRECTOR
Clinical Trials Unit
DUHS

REGISTRAR
Dow University of Health Sciences

VICE-CHANCELLOR
Dow University of Health Sciences

* Course Consists of 60 Contact Hours & 10 Assignments.

Dated: 18th May, 2016

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

94-GMS-1CH-02

محرر
REGISTERED NUMBER

**ISLAMIA UNIVERSITY
BAHAWALPUR**

1996

This is to Certify

that

Syed Arshad Sabir

son/daughters of

Syed Sabir Ali

of the

Quaid-e-Azam Medical College Bahawalpur

has passed the

D 149
Serial No.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

10
رول نمبر
ROLL NUMBER

اسلامیہ یونیورسٹی بہاولپور

1996

تصدیق کی جاتی ہے

سید ارشد صابر

سید صابر علی

قائد اعظم میڈیکل کالج بہاولپور

نے اس یونیورسٹی کے امتحان منعقدہ اکتوبر 1996ء کی بنا پر

Diploma in Child Health

چائلڈ ہیلتھ

Examination of this University held in October, 1996

Marks obtained 333/500

کا ڈپلومہ حاصل کیا

نمبر حاصل کردہ 333/500

M. Beal Suthera
VICE CHANCELLOR

وائس چانسلر

Dr. Shafiq
CONTROLLER OF EXAMINATIONS

کنٹرولر امتحانات

BAHAWALPUR

The.....

ملاحظہ
