

CURRICULUM VITAE



PROF. MUHAMMAD UMAR

Sitara-i-Imtiaz, Hilal-i-Imtiaz

MBBS (Pak), MCPS (Pak), FCPS (Pak), FRCP (Glasgow),
FRCP (London), FACP (UK), AGAF (UK), FASGE (UK)

VICE CHANCELLOR / CHIEF EXECUTIVE / PROFESSOR OF MEDICINE

Rawalpindi Medical University & Allied Hospitals
Gastroenterologist and Hepatologist, Holy Family Hospital
Clinical Coordinator Hepatitis Prevention and Control Program
Chairman WGO Hepatitis C Treatment Guidelines Committee
First Governor (Ex.) of American College of Gastroenterology (ACG)
Ex President Pakistan Society of Gastroenterology (PSG)
Ex President Pakistan Society of Hepatology (PSH)
Ex President Rawalians Society
President Rawalian Research Forum
Ex-Chairman Asiahep Pakistan

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اور جو لوگوں کو فائدہ پہنچاتا ہے وہ روئے زمین پر قائم رہتا ہے (الرعد: ۱۷)

Which is for the good of mankind remains in the earth

Awards & Honours and Appreciations

A Success Story or 40 Year

Dr. Muhammad Umar is the inaugural Rawalian Principal of Rawalpindi Medical College (RMC), having assumed the role in March 2013. A distinguished graduate of the second batch of Rawalpindi Medical College (RMC) in 1981, he excelled academically, graduating with distinction and receiving multiple academic awards. Throughout his career, Dr. Umar has achieved notable milestones, including becoming the first Rawalian PCPS, Assistant Professor, Professor, and ultimately Principal at RMC. Following the institution's elevation to university status, he became the first and founding Vice Chancellor of Rawalpindi Medical University, further exemplifying his commitment to professionalism and excellence.

Dr. Umar has also held prominent international roles, including serving as the Governor of Pakistan for the American College of Gastroenterology (ACG). He chaired the Hepatitis C Treatment Guidelines for the World Gastroenterology Organisation (WGO) and has earned numerous national and international research awards. Additionally, he has authored several influential books and contributes to the editorial boards of various prestigious international medical journals.

In recognition of his exceptional contributions to patient care and leadership in the field of liver and gastrointestinal diseases, Dr. Umar was awarded the Sitara-i-Imtiaz by the Government of Pakistan on March 23, 2015. Most recently, in 2024, he was honored with the Hilal-i-Imtiaz, further acknowledging his outstanding services to the medical profession and healthcare in Pakistan.



Hilal-e-Imtiaz by President Asif Zardari, 2024



Sitara-e-Imtiaz by President Mamnoon Hussain, 2015



President Gold Medal by President Zia ul Haq, 1981



College Crest by President Zia ul Haq, 1979



Best Doctor Presidential Award by President Zia ul Haq, 1985



RMU Presidential Presentation to President Arif Alvi, 2020



Ch. Nisar Inauguration CLD, HFH, 2013



CM Mian Shahbaz Sharif visit to CLD, HFH, 2015



WEO Distinguished Award UK by Dr Tony Ackon, 2009



ACG Best Services Governor Award USA by Dr Emman Quigly, 2010



Award by Governor Ch. Sarwar for Extraordinary Work, 2022



CM Usman Buzdar visit 2020

Awards & Honours and Appreciations

OMED, Nov 2009, London
World Congress of Gastroenterology



Governor, Best Services Award
San Antonio USA, 2009-2010



Best Medical Education and Professional Award



Pakistan National Award (Sitara-i-Imtiaz) 2015



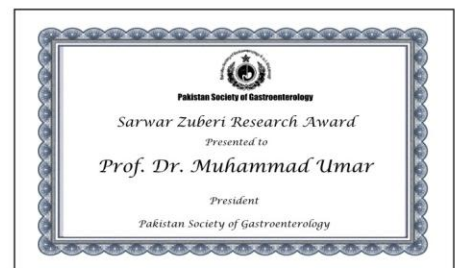
Governor Award for Extraordinary Work 2022



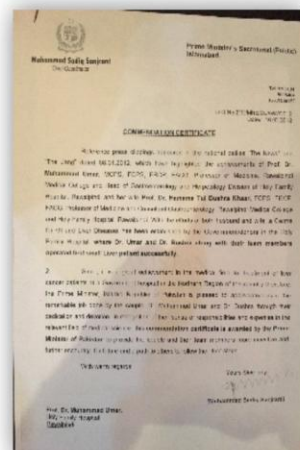
Certificate of Appreciation
APASL Conference Turkey, Istanbul 2009



Sarwar Zuberi Research Award



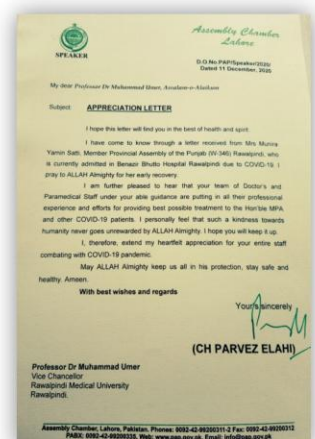
Nomination of ACG Governor WGO, 2009



Prime Minister Appreciation Letter 2012



Nomination for Civil Award
(Tamgha-e-Imtiaz) 2021



Appreciation Letter Punjab Assembly
2021

Name: Muhammad Umar, Sitara-i-Imtiaz Hilal -i-Imtiaz
Address: 359-D, Street 27, I-8/2, Islamabad.
Date of Birth: 10th May, 1957
Nationality: Pakistani
Registration: Permanent Registration with the Pakistan Medical & Dental Council, Islamabad, Pakistan
PMDC Registration No: No. 3455-P

Academic and Professional Qualifications

- **AGAF:** Awarded Fellowship by the American Gastroenterology Association (June 2007).
- **ASGE:** Awarded Membership of the American Society of Gastrointestinal Endoscopy (April 2007).
- **FRCP (London):** Awarded Fellowship from the Royal College of Physicians, London (July 2006).
- **FRCP (Glasgow):** Awarded Fellowship from the Royal College of Physicians, Glasgow (July 2006).
- **FACG:** Awarded Fellowship by the American College of Gastroenterology (February 2003).
- **FCPS:** Awarded F.C.P.S. Diploma (Fellow of the College of Physicians and Surgeons Pakistan) in Medicine (April 1985).
- **MCPS:** Awarded M.C.P.S. Diploma (Member of the College of Physicians and Surgeons Pakistan) in Medicine (October 1984).
- **MBBS:** Awarded MBBS degree with First Division from Rawalpindi Medical College (1981).
- **Higher Secondary School Certificate (HSSC):** Completed Pre-Medical studies with First Division (72%) at Murray College, Sialkot (1974).
- **Secondary School Certificate (SSC):** Achieved First Division (75%) from High School Kotli Loharan, District Sialkot, securing First Position in the school (1972).

Positions and Academic Achievements

- **Best Graduate:** Recognized as the Best Graduate MBBS among male students, session 1974-80.
- **Distinctions:** Secured a "Distinction" from Punjab University in Forensic Medicine (3rd Professional MBBS, 1979) and an Honor in Pharmacology.
- **First Position (3rd Professional MBBS):** Achieved First Position among male students and 3rd overall (72% marks) at Rawalpindi Medical College, Rawalpindi (1979).
- **First Position (2nd Professional MBBS):** Achieved First Position among male students and 3rd overall (70% marks) at Rawalpindi Medical College, Rawalpindi (1978).

Awards, Honors, and Recognitions

- **Hilal-i-Imtiaz (2024):** Conferred by His Excellency Mr. Asif Ali Zardari, President of Pakistan, on 23rd March 2024 for distinguished medical services in Pakistan.
- **Sitara-i-Imtiaz (2015):** Conferred by His Excellency Mr. Mamnoon Hussain, President of Pakistan, on 23rd March 2015 for outstanding contributions to medicine.
- **Punjab Governor Award (2022):** Received for extraordinary performance as Vice Chancellor of Rawalpindi Medical University.
- **Speaker Punjab Assembly Appreciation (2021):** Acknowledged for exceptional COVID-19 services at RMU and Allied Hospitals.
- **Chief Minister KPK Appreciation (2010):** Honored for renovating the flood-affected DHQ Hospital, Nowshera, under the Rawalian Flood Relief Project.
- **HEC & PMDC Best Professional Award (2012):** Awarded for outstanding professional and educational services.
- **Appreciation for CLD (2011):** Recognized for establishing the Centre for Liver and Digestive Diseases (CLD) and Pakistan's first RFA Centre in a public hospital.

- **ACG Governor Award (2010):** Awarded the **Best Services Governor Award** by the American College of Gastroenterology (ACG) in recognition of exceptional contributions to the field.
- **WEO Appreciation (2009):** Commended by the World Endoscopy Organization (WEO) at Gastro 2009 in London.
- **Sarwar Zuberi Research Award:** Presented by the Pakistan Society of Gastroenterology (PSG) for groundbreaking research in Hepatology.
- **President Gold Medal (1978):** Awarded for securing First Position in the 3rd Professional MBBS.
- **President College Crest (1979):** Conferred by the President of Pakistan for securing a Distinction in Forensic Medicine.
- **Prime Minister's Appreciation:** Commended by the Prime Minister of Pakistan for establishing Pakistan's first medical center.

Leadership Roles and Appointments

- **Vice Chancellor:** Rawalpindi Medical University (RMU) & Allied Hospitals, Rawalpindi (6th May 2017 – Present).
- **Principal:** Rawalpindi Medical College (13th March 2013 – 5th May 2017).
- **Chief Executive Officer (CEO):** Holy Family Hospital, Benazir Bhutto Hospital, DHQ Hospital, and affiliated Nursing College (13th March 2013 – Present).
- **Executive Director:** Rawalpindi Institute of Cardiology (RIC) (19th August 2020 – Present).
- **Professor of Medicine & Chief of Gastroenterology and Hepatology:** Rawalpindi Medical College (16th August 2003 – 5th May 2017).
- **Associate Professor of Medicine:** Rawalpindi Medical College (May 1993 – January 2003).
- **Assistant Professor of Medicine:** Rawalpindi Medical College (January 1986 – May 1993).
- **Senior Registrar Medicine:** Holy Family Hospital (9th July 1985 – January 1986).
- **Lecturer in Physiology:** Rawalpindi Medical College (5th February 1981 – 21st November 1982).
- **Registrar Medicine (Resident):** Holy Family Hospital (22nd November 1982 – 8th July 1985).
- **House Officer (Medicine):** Holy Family Hospital (5th July 1981 – 4th February 1982).

Performance as Vice Chancellor

1. Founding Vice Chancellor, Rawalpindi Medical University

Distinction: "As a matter of pride and role modeling, I have voluntarily served as the Founding Vice Chancellor of my Alma Mater, Rawalpindi Medical University, for over five years. During this period, I have not accepted any pay, allowances, privileges, official car, or perks from the Punjab Government or the Higher Education Commission (HEC). My dedication has been entirely voluntary, without any monetary compensation."

RMU International Ranking: "Rawalpindi Medical University (RMU) achieved a remarkable milestone by being ranked as the 1st Best Medical University in Pakistan by Times Higher Education (THE) Impact Rankings for two consecutive years, 2021 and 2022, in a span of just four years."

RMU Undergraduate MBBS Merit: "In just three years, RMU's undergraduate MBBS program witnessed a significant rise in merit, moving from 6th to 2nd best among all universities in Punjab by 2022, and securing the top position in Azad Jammu and Kashmir (AJK)."

Achievements and Contributions

Infrastructure Development

- Established a modern university campus, including a Secretariat, Examination Department, New Lecture Theatre, Research & Development (R&D) Department (Rs. 200 million), and renovated student hostels (Rs. 100 million).
- Devised and successfully executed 10 Annual Development Program (ADP) schemes, including three for Teaching Hospitals of Rawalpindi (HFH, BBH, and DHQ Hospitals) with a budget of Rs. 5 billion.

Financial and Development Projects

- Secured PSDP funding of Rs. 1.7 billion for a Post-graduate Research Lab Complex at RMU.
- Facilitated the approval of Rs. 210 million for a Nursing and Midwifery Post-graduate Institute.
- Allocated Rs. 300 million under ADP for new university hostels.

Medical Education and Training

- Revised and implemented an integrated modular curriculum for undergraduate programs aligned with WFME and ECFMG standards.
- Designed the University Residency Program following ACGME standards (USA).
- Launched a Faculty Development Program based on WFME standards, introducing a performance-based model.
- Initiated 10 diploma programs, five master's programs, and four Ph.D. programs within four years.

Research and Innovation

- Introduced a comprehensive research model for undergraduates, postgraduates, and faculty, integrating artificial intelligence (AI) and innovation technologies through collaborations with NUST, COMSATS and international partners.
- Established an Office of Research, Innovation, and Commercialization (ORIC) and a state-of-the-art Simulation Skill Lab (Rs. 550 million).
- Published over 166 research papers in national and international journals and authored three books and six training manuals.

Digitalization and E-learning

- Established two smart classrooms, a digital library, Learning Management System (LMS), and Campus Management System (CMS).
- Developed the first LMS-based assessment model in a public-sector medical university in Pakistan.
- Launched a global e-learning initiative with collaborations involving the University of York (UK), Harvard University, Cornell University, and the University of Minnesota (USA).

Specialized Patient Care and Training

- Established 12 new departments and specialties, including Gastroenterology, Dermatology, Nephrology, and Critical Care Medicine, significantly improving patient care and training at RMU and Allied Hospitals.

Human Resource Development

- Created 36 new faculty positions and 100 Senior Registrar posts, enhancing the teaching and healthcare delivery system.
- Conducted hundreds of training sessions for physicians in medicine and gastroenterology, supervising FCPS and MD programs.

Community Outreach and Collaboration

- Developed the RMU Outreach Hub & Spoke Program, linking six THQs, DHQs, and RHCs with RMU for training and patient care.
- Collaborated with WHO, UNICEF, UNDP, and HEC on 10 projects worth Rs. 500 million.
- Established a National and Global Alumni Network, leading 12 patient care projects and hosting three international medical conferences.

Environmental and Sustainability Initiatives

- Solarized the entire university campus and implemented a water conservation and rain harvesting model.
- Launched the RMU Clean & Green Initiative, planting hundreds of trees and initiating the first Journal of Climate Change and Health by a medical university in Pakistan.

Extracurricular Development

- Developed a sports ground and gymnasium with an investment of Rs. 50 million.
- Organized RMU Flood Relief Programs, providing medical care to over 13,000 patients and distributing 3,100 ration bags. Planning to build 50 houses in flood-affected Balochistan.

Administrative Experience

Principal, Rawalpindi Medical College (RMC)

- Served as Principal of RMC (March 2013 – May 2017) and revamped undergraduate teaching strategies, introducing new assessment models and ethics education as part of the curriculum.
- Renovated and upgraded departments in HFH, BBH, and DHQ hospitals, establishing a model for emergency care and managing dengue and COVID-19 crises.

Chief Executive Officer (CEO)

- Managed administrative, financial, and operational affairs of HFH, BBH, DHQ hospitals, and allied institutions, including nursing colleges.
- Supervised over 5,000 employees, 1,700 students, and 250 faculty members.

Financial Management

- Oversaw billions of rupees in ADP schemes, efficiently managing funds for the development of seven major institutions.
- Generated substantial revenue through postgraduate courses, diplomas, grants, and collaborations with international and national funding agencies.

Professional Leadership and Memberships

- **Governor, American College of Gastroenterology (Pakistan)**
- **Past President, Pakistan Society of Gastroenterology & Hepatology**
- **Chairman, ASIAHEP Pakistan**
- Member of multiple international professional societies and committees, including the World Endoscopy Organization and Asia Pacific Society of Liver Diseases.

Editorial and Publication Contributions

- Editor of several medical journals, including the Journal of RMC and Pakistan Gastrohep.
- Member of editorial boards for international journals like GIE Journal (USA) and Liver International (Germany).
- Published National Guidelines for Hepatitis C and antibiotic policies for hospital settings.

- Professor Umar continues to demonstrate a commitment to academic excellence, innovative healthcare, and impactful community service, establishing benchmarks for medical education and institutional leadership in Pakistan.

Clinical Experience

General Medicine

- As a Resident in Medicine, I gained extensive experience in managing in-patients and out-patients, including general medicine, hypertension, and asthma clinics. Participated in acute medical receiving rotas and managed acute medical emergencies in the ICU affiliated with the General Medical Ward. Additionally, I was responsible for running the Coronary Care Unit, including cardiac resuscitation.
- As a Senior Registrar at Holy Family Hospital, Rawalpindi, I conducted three general medical outpatient clinic sessions weekly and supervised the four-bedded Intensive Care Unit. Initiated upper GI endoscopies during this period, fostering a keen interest in Gastroenterology and Hepatology.
- As a Consultant Physician at Holy Family Hospital, I managed 35 medical beds, a four-bedded ICU, and a four-bedded Coronary Care Unit, in addition to conducting general medical and hypertension clinics.
- In my role as Associate Professor of Medicine and Consultant Physician, I shared responsibilities for the medical department, ICU, and CCU with two other consultants in the 500-bed Holy Family Hospital. Specialized in endoscopic procedures and Hepatology patient care.
- As Professor of Medicine and Chief of Gastroenterology and Hepatology Division, I supervised a 54-bed medical unit, a 12-bed ICU, a 12-bed CCU, a 12-bed nephrology ward, and a 15-bed Gastroenterology and Hepatology Unit. Responsibilities included training postgraduates and undergraduates in general medicine, gastroenterology, endoscopy, and research.

Gastroenterology & Hepatology

- As Registrar and Senior Registrar, I assisted with upper and lower GI endoscopies and liver biopsies, gaining significant experience in Gastroenterology and Hepatology.
- As Assistant and Associate Professor, I performed upper GI endoscopies, sclerotherapy, banding, colonoscopies, and liver biopsies. Conducted research projects on Hepatitis B and C.
- Initiated advanced GI procedures, including ERCP, EUS, polypectomy, and GI stenting since 2009.
- Established the first GI & Liver Clinic at Holy Family Hospital, Rawalpindi, in 1998 and have since focused primarily on Gastroenterology and Hepatology.
- Supervisor/Program Director for the Doctor of Medicine (MD) in Gastroenterology at the University of Health Sciences, Lahore, Pakistan, since 2008.

Teaching Experience

- Over 35 years of extensive experience in medical education, including teaching undergraduates, postgraduates, nurses, and general practitioners through lectures, bedside training, tutorials, and exam preparation (MRCP, FCPS, MD, PLAB, USMLE, CSA, etc.).
- Supervised junior medical staff in preparing for higher examinations and dissertations. Advised and supervised clinical research projects.

Observerships and Affiliations Abroad

1. Liver Unit, King's College University Hospital, London, UK (July 1994, July 1996) – Professor Roger William
2. London Chest Hospital, London (July 1994)
3. GI Endoscopy Department, Prince of Wales Hospital, Hong Kong (November 1995)
4. Gastroenterology & Endoscopy Unit, Saint Vincent Hospital, Melbourne, Australia (April 1996)
5. Gastroenterology Department, Cornell New York University Hospital, USA (June 1996) – Professor James H. Grendell
6. Hepatology Department, Queen Elizabeth Hospital, Birmingham, UK (October 1997) – Professor James Neuberger
7. Endoscopy Department, New Haven Hospital, Yale, Connecticut, USA (November 2000) – Dr. Shams Tabrez
8. Endoscopy Unit, Diana Princess of Wales Hospital, Grimsby, UK – Dr. Asif Naqvi
9. Gastroenterology and Endoscopy Unit, Winthrop University Hospital, Long Island, New York, USA (October 2002) – Professor James H. Grendell

10. Gastroenterology & Endoscopy Unit, John Hopkins Hospital, Baltimore, Maryland, USA (October 2003)
11. Gastroenterology & Endoscopy Unit, Brigham Women's Hospital, USA (October 2007) – Professor David Carr-Locke
12. Gastroenterology & Endoscopy Unit, Massachusetts General Hospital, USA (October 2007, May 2010, May 2011) – Professor Brugie, Dr. Forcino
13. First Tanjian International Hospital, Tanjian, China (September 2009) – Professor Wan Lie Zhu
14. In Orlando Hospital, USA (2014) – Professor Robert Hawk, Dr. Khalid Hassan

Research Work and Publications

(National and International)

1989

1. Umar M. A study of "Congestive Cardiomyopathy" Rawal Med. Jr. 1989; 17:22.
2. Umar M. Diabetic foot, study of 25 cases 1989

1992

3. Umar M. Rare in not so rare (Study of Syphilis). Pakistan Journal of Obstetrics & Gynecology. 1992; 5(1).
4. Umar M. Peripartum Cardiomyopathy. Pakistan Journal of Obstetrics & Gynecology. 1992; 5(1).
5. Umar M. Evaluation of Coronary Artery Risk Factors in Premenopausal Women. Pakistan Journal of Obstetrics & Gynecology. 1992;5(1).
6. Umar M. Group B Streptococci Carriage in Pregnant Women. Pakistan Journal of Obstetrics & Gynecology. 1992; 5(1).

1995

7. Umar M. Non Tropical Sprue (Coeliac Disease) and Iron deficiency Anemia. Pakistan journal of Gastroenterology. 1995; 9(1).
8. Umar M. Association of H. Pylori with Chronic Gastritis. Pakistan journal of Gastroenterology. 1995; 9(1).
9. Umar M. Incidence of poisoning in women of Rawalpindi during. 1997. Pakistan Journal of Obstetrics & Gynecology. 1995;11(1).

1998

10. Umar M. Association of duodenitis with duodenal ulcer-Digestion, World Congress UEGW Vienna Austria 1998. 9.
11. Mian A, Malik M, Khaar HTB, Umar M. Incidence of homicidal deaths in women in Rawalpindi during 1997. Pakistan Journal of Obstetrics and Gynaecology. 1998;11(1-3):99-100.
12. Umar M, Khaar HTB, Evaluation of helicobacter pylori in esophagitis Pakistan Journal Gastroenterology; September 1998.

1999

13. Umar M. Snake bite: a study of 50 cases. Journal of Rawalpindi Medical College. 1999; 3(1&2): 40-2.
14. Umar M, Khaar HTB, Younis N, Bashir N. Clinical spectrum of chronic liver disease due to HBV, HCV and dual infection—a comparative study. Pakistan Journal Gastroenterology. 1999;13(1-2):1-3.

2000

15. Umar M. Diagnosis and management of Hepatitis C. USA: WGO, May; 2000.

2001

16. Umar M. Hepatology in Pakistan: Past, Present and Future Editorial. Journal of Rawalpindi Medical College. 2001 Dec.
17. Umar M. Clinical spectrum of patients with esophageal, gastric and colonic carcinomas in Rawalpindi Islamabad region. Journal of Rawalpindi Medical College. 2001 Dec; 5(2).
18. Nisar HS, Umar M, Faiz A, Osama I, Kaukab B. Association of Child-Pugh Class with Patterns of Mortality in Hepatitis C Virus Related Chronic Liver Disease. Journal of Rawalpindi Medical College. 2001;5(2):65-7.
19. Umar M. Sero-prevalence of Liver Disease in Diabetes Mellitus. Journal Rawalpindi Medical College. 2001 Dec; 5(2).
20. Umar M. Sero-prevalence of Hepatitis B and C viruses in Hepatocellular Carcinoma. Journal Rawalpindi Medical College. 2001 Dec; 5(2).
21. Umar M. Demographic features of Hepatocellular Carcinoma: A Study of 30 cases, Journal Rawalpindi Medical College. 2001 Dec ;5(2).
22. Umar M. Non Alcoholic Steato-hepatitis (NASH), Journal Rawalpindi Medical College. 2001 July-Dec; 5(2).
23. Umar M. Trans Juglar Intrahepatic Porto-systemic Shunt (TIPS). 2001; 5(2).
24. Umar M. Spectrum of CLD due to HCV infection. ACG USA Vol. 96 No. 9 September 2001.
25. Umar M. An experience of cirrhotic hepatic encephalopathy at DHQ Teaching Hospital, Rawalpindi. Journal Rawalpindi Medical College. 2001; 5(2): 60-4.
26. Umar M. Treatment of chronic myeloid leukemia: recent advances. Journal Rawalpindi Medical College. 2001; 5(1):41-5.

2002

27. Umar M. Self-inflicted injuries: the standing medical board experience. Journal College Physicians Surgeon Pakistan. 2002; 12(9): 518-21.
28. Umar M. Acute myocardial infarction: experience at a teaching hospital. Journal of Rawal Medical College. 2002; 6(2): 65-9.
29. Umar M. Bronchioalveolar carcinoma. Journal College Physicians Surgeon Pakistan 2002; 12(2): 125-7.
30. Evaluation of cardiac denervation in patients with long-standing diabetes. Journal College Physicians Surgeon Pakistan. 2002; 12(1): 12-5.
31. Umar M. An analysis of 8000 endoscopies in teaching hospital of RMC. Journal College Physician Surgeon of Pakistan. July 2002.
32. Ishtiaq O, Zahid M, Baqai H, Umer M, Shoaib A, Bashir K. Hypocellular myelodysplastic syndrome presenting as megaloblastic anemia. Journal of Ayub Medical College Abbottabad. 2002; 14(3): 29-30. PubMed PMID: 12476862. <http://www.demo.ayubmed.edu.pk/index.php/jamc/article/download/3896/2131>

2003

33. Umar M, Kanwal S, Chohan AR, Chohan S, Baqai HZ, Khaar HB. Pattern of esophageal varices and portal gastropathy in HCV related cirrhosis. Pak J Gastroenterol. 2003; 17:20-3.
34. Umar M, Khaar HB, Anwar F, Ahmed S, Chohan A, Siddique K. Evaluation of anti-HCV antibodies among family contacts of HCV related chronic liver disease patients. Pak J Gastroenterol. 2003; 17(1): 27-9.
35. Umar M, Khaar HB, Chohan A, Zahid M, Latif Z. Clinical spectrum of non-alcoholic Steatohepatitis (nash) in non-diabetic population of Pakistan: 246. Official journal of the American College of Gastroenterology| ACG. 2003 Sep 1; 98: S84-5. https://journals.lww.com/ajg/citation/2003/09001/clinical_spectrum_of_non_alcoholic_steatohepatitis.246.aspx
36. Khar HTB, Umar M, Khurram M, Khan M, Mohammad Z, Goraya F. Endoscopic and histopathological evaluation of 306 dyspeptic patients. Pak J Gastroenterol. 2003; 17:4-7.
37. Khurram M, Khaar HB, Hasan Z, Umar M, Javed S, Asghar T, Minhas Z, Akbar A, Atta N, Nassar F, Masoom A. A 12 years audit of upper gastrointestinal endoscopic procedures. Journal of the College of Physicians and Surgeons--Pakistan: JCPSP. 2003 Jun 1; 13(6): 321-4.
38. Khurram M, Javed S, Khaar HTB, Goraya F, Hasan Z, Umar M. Endoscopic evaluation of 2484 patients with upper GI hemorrhage. Journal of Rawal Medical College. 2003; 7(2): 89-92. https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=47.%09Endoscopic+evaluation+of+2484+patients+with+upper+GI+hemorrhage.+J+Rawal+Med+Coll+2003%3B+7%282%29%3A+89-92.&btnG=#:~:text=%5BCITATION%5D%20Endoscopic%20evaluation%20of%202484%20patients%20with%20upper%20GI%20hemorrhage
39. Khurram M, Khaar HB, Hassan Z, Umar M, Javed S, Asghar T, et al. Asia M. < A > 12 years audit of upper gastrointestinal endoscopic procedures. J Coll Physicians Surg Pak 2003; 13(6): 321-4. <https://europepmc.org/article/med/12814528>
40. Khurram M, Khaar HB, Javed S, Hasan Z, Arshad M, Goraya F. Upper GI Endoscopic evaluation of 299 patients with clinically compensated cirrhosis. Pak J Gastroenterology. 2003; 17(1): 12-6.

2004

41. Khaar HB, Hassan Z, Umar M, Pakistan Society of Gastroenterology (PSG) guidelines for treatment of Hepatitis B & C. Journal of Pakistan Medicine Association. April 2004.
42. Umar M, Unusual Complication (Paraplegia) after Ethanolamine Injection Sclerotherapy for Varices. American Journal Gastroenterology Supplement Oct 2004.
43. Khurram M, Shakoar A, Arshad MM, Khaar BH, Hasan Z. Characteristic features of 50 NAFLD patients. Rawal Medical Journal 2004; 29: 8-12. <https://www.rmj.org.pk/fulltext/27-1308922863.pdf>
44. Umar M, Khaar HB, Chohan A, Zahid M, Latif Z. Clinical spectrum of non-alcoholic steatohepatitis (Nash) in non-diabetic population of Pakistan: 246. Official journal of the American college of gastroenterology| acg. 2003 sep 1; 98: s84-5. https://journals.lww.com/ajg/citation/2003/09001/clinical_spectrum_of_non_alcoholic_steatohepatitis.246.aspx

2005

45. Amar MK, Ahmed A, Hasan Z, Rehman A, Farooqi MA. Extracorporeal shock wave lithotripsy. J Coll Physicians Surg Pak 2005; 15(10): 638-41.
46. Umar M. Emergency department evaluation of patients with chest pain, J Rawal Med Coll 2005; 9(1): 22-5.

2006

47. Khurram M, Paracha SJ, Hamama-tul-Bushra Khar ZH. Obesity related complications in 100 obese subjects and their age matched controls. J Pak Med Assoc 2006; 56(2): 50-3. <https://www.academia.edu/download/99267217/585.pdf>
48. Khurram M, Khan NY, Arif M, Irshad MM, Khar HB, Hassan Z. Association of platelet count to splenic index ratio with presence of esophageal Varices in patients with HCV related compensated cirrhosis. Pakistan Journal of Gastroenterology. 2006; 20(1): 37-43.

49. Khurram M, Yong IM, Arshad MM, Khar HTB. Utility of Mantoux test in the diagnosis of tuberculosis. JRMCMC 2006; 10(1):12-9.
50. Khuram M, Khan NY, Arif M, Irshad MM, Khar HB, Umar M-Interferon, Ribavirin, Thymosin Alpha-1 and Amantadine (Quadruple Therapy) in Chronic Hepatitis C3a Patients who are Non-responders to Interferon-alpha plus Ribavirin. Pak J Gastroenterology 2006; 20(1): 18-24.
51. Umar M. Chronic Hepatitis C: Symptoms and Their Response to Combination Therapy with Interferon and Ribavirin. Pakistan Journal of Gastroenterology. 2006; 20(1): 49-54.
52. Abas Z, Luck NHh, Siddiqui AR, Hassan SM, Mirza R, et al Ah. Hematological Changes in Viral Hepatitis. Journal of Rawalpindi Medical College. 2006; 10(Suppl):58
53. Umar M. Frequency of Barrett's Esophagus in Dyspeptic Patients on Endoscopy: a prospective and retrospective Survey carried out in Rawalpindi and Islamabad [Abstract]. Journal of Rawalpindi Medical College.2006; 10 (Suppl): 58-9.
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142. Shahid R, Khan S, Aziz Q, Umar M. Frequency and diversity of the cases reported at Oncology care clinic of Holy Family Hospital Rawalpindi during August 2022: Frequency and Diversity of the Cases Reported at Oncology Care Clinic. *Pakistan Journal of Health Sciences*. 2022 Sep 30;3(4):101-4. <https://mail.thejas.com.pk/index.php/pjhs/article/view/133>.

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144. Shahid R, Khan S, Khalid R, Umar M, Rehman SA, Zaidi N. Mortality Analysis During July & September 2022 At Benazir Bhutto Hospital Rawalpindi: Mortality Analysis at Benazir Bhutto Hospital Rawalpindi. *Pakistan Journal of Health Sciences*. 2022 Dec 31;40-5. <https://doi.org/10.54393/pjhs.v3i07.383>.
145. Naseem S, Fatima SH, Rafi S, Meraj L. Perception of undergraduate medical students regarding civic responsibility through service learning by visiting persons with different abilities. *Journal of Rawalpindi Medical College*. 2022 Sep 30;26(3).
146. Khan JZ, Ambreen S, Jahangir S, Malik A, Khaar B, Umar M. Frequency of mortality in patients with high AIMS65 score presenting with upper Gastrointestinal Bleeding. *Journal of Rawalpindi Medical College (JPMC)*. 2022;26(4):590-3. DOI: <https://doi.org/10.37939/jrnc.v26i4.1923>
147. Zaman S, Khan M, Khatana A, Rehman FU, Umar M, Meraj L. Association of hyperglycaemia at admission with in-hospital mortality and severity of illness among patients with COVID-19. *Journal of Rawalpindi Medical College*. 2022 Dec 31;26(4). <https://doi.org/10.37939/jrnc.v26i4.1915>
148. Fatima S, Idrees T, Hamid S, Umar M. A Comparative study of online and traditional (face to face) learning. *Journal of Rawalpindi Medical College*. 2022 Dec 31;26(4). <https://doi.org/10.37939/jrnc.v26i4.1710>

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149. Shahid R, Khalid R, Umar M, Khan S. 360-degree Evaluation of Postgraduate residents at Rawalpindi Medical University: Appraising the achievement of core competencies by comparing the scores of 1st &. *Journal of Rawalpindi Medical College*. 2023 Apr 1;27(1): 187-194. <http://journalrnc.com/index.php/JRMC/article/view/2035>.
150. Rizwana Shahid, Rabbia Khalid, Muhammad Umar. Comparing the procedural skills of university residents during 1st and 2nd cycle of evaluation. *Res & Rev Health Care Open Acc J* 2023; 8(5): 1011-1018. <http://dx.doi.org/10.32474/RRHOAJ.2023.08.000297>.
151. Umar M, Anwar A, Khan N, Marryam M, Rashid H. Effectiveness Of Kaltenborn Mobilization Versus Muscle Energy Technique On Shoulder Range Of Motion In Adhesive Capsulitis. *Journal of Rawalpindi Medical College*. 2023 Sep 1;27(3). <https://doi.org/10.37939/jrnc.v27i3.1959>
152. Shahid R, Zaidi N, Khan S, Fatima F, Rizvi TA, Umar M. Six Monthly Mortality Analysis 2023 of Benazir Bhutto Hospital Rawalpindi: Six Monthly Mortality Analysis. *Pakistan BioMedical Journal*. 2023 Nov 30;18-22. <http://pakistanbmj.com/journal/index.php/pbmj/article/view/970>
153. Rizwana Shahid, Muhammad Mujeeb Khan, Muhammad Umar, Uzma Hayat. Perception of Pakistani residents regarding effects of COVID-19 on postgraduate training. *Clinical Trials and Case Studies* 2023; 2(5): 1-7. DOI:10.31579/2835-835X/036.

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155. Umar M, Akhter TS, Hussain T, Salamat A, Ahmad SI, Asghar RM, Khurram M, Khan AA, Mohsin A, Qureshi S, Bhutta SI. An Update on National Consensus Practice Guidelines for the Treatment of Hepatitis C & Literature Review in Epidemiology of Hepatitis C in Pakistan-2022. *Journal of Rawalpindi Medical College*. 2024 Feb 1;1(1). <https://doi.org/10.37939/jrnc.v1i1.2533>

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156. Randhawa MA, Khan SA, Akhter TS, Umar M (2025) An Innovation for Prevention and Treatment of Gastroesophageal Reflux Disease, Akram's Dietary Regime-Mini Review. *J Family Med Prim Care Open Acc* 9: 271. <https://doi.org/10.29011/26887460.100271>
157. Ahmed S, Umar M, Iqbal M, Khan N, Nafisa A, Jabeen K, Sattar M, Omer W, Shahid A. Magnetic resonance cholangiopancreatography (MRCP) based diagnosis of pancreaticobiliary disorders: Three years study at a tertiary care Hospital. *NUST Journal of Natural Sciences*. 2024 Sep 23;9(3):41-8. DOI:10.53992/njns.v9i3.195

International Publications

1. Hasnain SS, Umar M, Abbas Z, Valenzuela-Silva C, Lopez-Saura P. Immunogenicity of 10 and 20 µg hepatitis B vaccine in a two-dose schedule. *Vaccine*. 2003 Jul 4;21(23):3179-85. <https://www.sciencedirect.com/science/article/pii/S0264410X03002329>.
2. Umar M, Khaar HB, Ahmad M, Khurram M, Usman S, Arif M, Adam T, Minhas Z, Arif A, Naeem A, Ejaz K. Hepatitis C in Pakistan: a review of available data. *Hepatitis monthly*. 2010;10(3):205. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3269085/>

3. Mirza S, Siddiqui AR, Hamid S, Umar M, Bashir S. Extent of liver inflammation in predicting response to interferon α & Ribavirin in chronic hepatitis C patients: a cohort study. BMC gastroenterology. 2012 Dec;12:1-0. <https://link.springer.com/article/10.1186/1471-230X-12-71>
4. Umar M, Bilal M. Hepatitis C, a mega menace: a Pakistani perspective. Journal of Pioneering Medical Sciences. 2012 Jun 30;2:68-72. <https://jpmsonline.com/article/jpms-volume-2-issue-2-pages68-72-ra/>.
5. Umar M, Khaar HB, Umar S, Khan HA, "HBV Perinatal Transmission International Journal of Hepatology. 2013: ID 875791, USA.
6. Umar M, Khan AG, Abbas Z, Arora S, Asifabbas N, Elewaut A, Esmat G, Foster G, Fried M, Goh KL, Hamama TB. World Gastroenterology Organisation global guidelines: diagnosis, management and prevention of hepatitis C April 2013. Journal of Clinical Gastroenterology. 2014 Mar 1;48(3):204-17. https://journals.lww.com/jcge/fulltext/2014/03000/World_Gastroenterology_Organisation_Global.4.aspx.
7. Khan HA, Umar M, Nisar G, Bilal M, Umar S. Safety of non-anaesthesiologist-administered propofol sedation in ERCP. Arab Journal of Gastroenterology. 2014 Mar 1;15(1):32-5. 24504078, <https://www.sciencedirect.com/science/article/pii/S168719791400015X>.
8. Khan HA, Umar M, Nisar G, Bilal M, Umar S. Safety of non-anaesthesiologist-administered propofol sedation in ERCP. Arab Journal of Gastroenterology. 2014 Mar 1;15(1):32-5. <https://www.sciencedirect.com/science/article/pii/S168719791400015X>
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10. Umar M, Khan AG, Abbas Z, Arora S, Asifabbas N, Elewaut A, Esmat G, Foster G, Fried M, Goh KL, Hamama TB. World Gastroenterology Organisation global guidelines: diagnosis, management and prevention of hepatitis C April 2013. Journal of Clinical Gastroenterology. 2014 Mar 1;48(3):204-17. https://journals.lww.com/jcge/fulltext/2014/03000/World_Gastroenterology_Organisation_Global.4.aspx.
11. LaBrecque DR, Abbas Z, Anania F, Ferenci P, Khan AG, Goh KL, Hamid SS, Isakov V, Lizarzabal M, Peñaranda MM, Ramos JF. World Gastroenterology Organisation global guidelines: Nonalcoholic fatty liver disease and nonalcoholic steatohepatitis. Journal of clinical gastroenterology. 2014 Jul 1;48(6):467-73. https://journals.lww.com/jcge/fulltext/2014/07000/World_Gastroenterology_Organisation_Global.4.aspx
12. Khurram M, Qayyum W, ul Hassan SJ, Mumtaz S, Bushra HT, Umar M. Dengue hemorrhagic fever: comparison of patients with primary and secondary infections. Journal of infection and public health. 2014 Nov 1;7(6):489-95. <https://www.sciencedirect.com/science/article/pii/S1876034114000781>.
13. Nisar G, Umar M, Akhter TS, Khurram M, Bilal M, Umar S. Mo1407 Post ERCP Complications: Comparing Standard Biliary Cannulation with Needle Knife Fistulotomy. Gastrointestinal Endoscopy. 2015 May 1;81(5):AB409. [https://www.giejournal.org/article/S0016-5107\(15\)00957-8/abstract](https://www.giejournal.org/article/S0016-5107(15)00957-8/abstract)
14. Khurram M, Faheem M, Umar M, Yasin A, Qayyum W, Ashraf A, Zahid Khan J, Hasnain Yasir A, Ansari Y, Asad M, Khan I. Hemophagocytic lymphohistiocytosis complicating dengue and Plasmodium vivax coinfection. Case Reports in Medicine. 2015;2015(1):696842. <https://onlinelibrary.wiley.com/doi/abs/10.1155/2015/696842>
15. Taha M, Tanaka J, Tarifi H, Tayyab G, Ud Din M, Umar M, et al. "Strategies to manage hepatitis C virus infection disease burden - volume 3. Journal of Viral Hepatitis . 2015 Dec;22:42-65. <https://onlinelibrary.wiley.com/doi/abs/10.1111/jvh.12474>.
16. Liakina V, Hamid S, Tanaka J, Olafsson , Umar M, Valantinas J, et al . Historical epidemiology of hepatitis C virus (HCV) in select countries-volume 3. Journal of viral hepatitis. 2015 Dec;22:4-20. <https://onlinelibrary.wiley.com/doi/abs/10.1111/jvh.12475>.
17. Sibley A, Han KH, Abourached A, Lesmana LA, Umar M, Valantinas J, Videčnik-Zorman J, Yaghi C,
18. Yuniastuti E, Yusuf MA, Zuberi BF, Schmelzer JD. "The present and future disease burden of hepatitis C virus infections with today's treatment paradigm - volume 3. J Viral Hepat. 2015 Dec;22 Suppl 4:21-41. <https://laur.lau.edu.lb/8443/xmlui/handle/10725/5211>
19. Umar M, Akhter TS, Rashed MI, Nisar G, Virk S, Shahzad A, Ahmed S, Naseer A, Khan J, Umar S, Minhas Z. Spectrum of Hepatocellular Carcinoma: A Study from Center for Liver and Digestive Diseases, Holyfamily Hospital, Rawalpindi: 2497. Official journal of the American College of Gastroenterology| ACG. 2016 Oct 1;111:S1271. https://journals.lww.com/ajg/fulltext/2016/10001/Spectrum_of_Hepatocellular_Carcinoma__A_Study_from.2497.aspx
20. Umar M, Akhter TS, Sadiq J, Saleem S, Khokhar S. Efficacy and safety of generic daclatasvir+ sofosbuvir+ribavirin in treatment of genotype 3 infected hepatitis C patients-a real life experience from Pakistan. Hepatoma Res. 2018;4(71):71. <https://f.oaes.cc/xmlpdf/ae47fc23-c3b2-4362-b889-03b042884a93/2915.pdf>.
21. Efficacy of Generic Velpatasvir+Sofosbuvir in treatment of genotype 3 infected Hepatitis C patients. A real life experience from Pakistan (Abstract Accepted APASL 2019).
22. Effects of a high-dose 24-h infusion of tranexamic acid on death and thromboembolic events in patients with acute gastrointestinal bleeding (HALT-IT): an international randomised, double-blind, placebo-controlled trial, Lancet, 2020 Jun 20;395(10241):1927-1936. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)308485/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)308485/fulltext)
23. Khalid J, Umar M, Ur-Rehman T, Ali M, Khan GM. Tumor aggression among hepatitis-C related hepatocellular

- carcinoma patients: an observational study regarding the impact of anti-HCV therapy. *Infectious agents and cancer*. 2020 Dec;15:1-3. <https://link.springer.com/article/10.1186/s13027-020-00300-z>.
24. Khan J, Khaliq M, Akhtar TS, Imran M, Majeed N, Khan R, Umar M, et al. Correlation of Serum Alpha-Fetoprotein (AFP) Levels with the size of Hepatocellular carcinoma on Triphasic CT scan: A study in patients with the heterotrophic viral infection. *International Journal of Rawalpindi Medical College (IJRMC)*. 2022;1(1):36-43. <https://doi.org/10.37939/jrmc.v1i1.1988>.
 25. Anwar F, Mahmood E, Sharif S, Shah R, Jamgochian M, Ouellette S, Umar M, Rao B. Topical application of 0.5% timolol maleate hydrogel for the treatment of superficial infantile hemangiomas. *Journal of drugs in dermatology: JDD*. 2023 Jun 1;22(6):594-8. <https://pubmed.ncbi.nlm.nih.gov/37276157/>
 26. Anwar F, Mahmood E, Sharif S, Shah R, Jamgochian M, Ouellette S, Umar M, Rao B. Topical application of 0.5% timolol maleate hydrogel for the treatment of superficial infantile hemangiomas. *Journal of drugs in dermatology: JDD*. 2023 Jun 1;22(6):594-8. <https://pubmed.ncbi.nlm.nih.gov/37276157/>
 27. Feng, G., Targher, G., Byrne, C. D., Yilmaz, Y., Wong, V. W. S., Lesmana, C. R. A., ... & Zheng, M. H. (2024). Global Burden of Metabolic Dysfunction-Associated Liver Disease, 2010 to 2021 ☆. *JHEP Reports*, 101271.
 28. Shahid, R., & Umar, M. (2024). E-Logbook system of University Residency Program (URP) at Rawalpindi Medical University. *Clinical Trials and Case Studies*, 3(6).

Books Published

1. Urdu Book "Hepatitis A, B, C for Patient Education and Awareness", 1998
2. Basic Skills in Gastrointestinal Endoscopy'2008. <https://www.jinnahmedicalbooks.com/product/basic-skills-in-gastrointestinal-endoscopy/>
3. 'Hepatitis C in Pakistan' published in 2006. (Book) <https://pubmed.ncbi.nlm.nih.gov/22308140/>.
4. Diagnosis and management of Hepatitis C "An evidence based approach, May, 2000.
5. Course Syllabus - Advanced Course Endoscopy, ERCP, EUS and RFA Feb 2012.
6. Medical Emergencies Management Guidelines 2nd Edition. <https://www.scribd.com/document/555842109/91567200-Medical-Emergencies-Management-Guidelines>
7. Therapeutic Endoscopy Book 2022

Chapter Written in National & International Books

1. Obstetrics and Perinatal Care for Developing Countries published in Pakistan 1988
2. Sero-markers of Hepatitis B, Book "Liver Diseases" published in India 2010
3. Chronic Pancreatitis, Book on "Gastroenterology" published in Bangladesh 2011
4. Gynecology book "Hyperglycemia in pregnancy", published in December 2020
5. Gynecology & Obstetrics for Developing Countries. 2000. <https://sanagynivf.com/v2/publications/>.

Manual Publications

1. Manual: Dealing with Hepatitis C. Diagnosis & Treatment Guide; 1998.
2. Author of book Dealing with Hepatitis C. Diagnosis & Treatment Guide, 1998. (Manual)
3. "Hepatitis A, B, C for Patient Education and awareness", 1998. (Manual)
4. "Training of Specialist/Staff of Awareness Hospital of Punjab Health Ministry, Punjab", 1999. (Manual)
5. Umar M, Khaar HB Guidelines for House Officers (Manual). 2009
<http://www.pakistangastrohep.org/files/House%20Officers%20Guidelines%202010.pdf>.
6. First Hospital Formulary 2009 (Manual)
7. SOP's for Health Professional & Hospital Departments (Manual) 2009.
<http://www.drumarpk.com/files/Standard%20Operating%20Procedures.pdf>
8. Dengue Training and Management (Manual) 2016
9. Umar M, Khan JS, Khurram M, Ambreen S, Naeem M, Mubashir. Published Putting the Patient First Manual. 2021.
https://rmur.edu.pk/wp-content/uploads/2023/02/putting-patient-first_compressed.pdf

Guideline Publications

1. Guidelines for management of Emergency Patients 2009. <https://www.scribd.com/document/555842109/91567200-Medical-Emergencies-Management-Guidelines>
2. Published guidelines for purification of water and common use medical equipments for doctors and public, Oct 2002.

Report Publications

1. Published COVID Report 2021 & 2022.
2. Published RMU Flood Relief Program Report. 2022. <https://rmur.edu.pk/wp-content/uploads/2023/01/Final-FLood-Report-2023.pdf>
3. Breast Cancer Awareness Report. 2022. https://rmur.edu.pk/wp-content/uploads/2023/03/Breast-Cancer-Awareness-Program-p_compressed.pdf

Other Publications

4. "Burden of Liver Diseases in Teaching hospitals of Rawalpindi Medical College from 1998-2001 (Four Years) May 2002. (Monograph).
5. Disinfection and Hand Washing steps 2009 (Poster)

Paper Presentations

(National)

1. "Endoscopic Gastritis"; Annual Medical Conference of Gastroenterology 1992 Rawalpindi, Pakistan.
2. Umar M, Khaar HB, Ahmed M, Khurram M, Usman S, Arif M, et al. Clinical Spectrum, of Liver Diseases due to HCV PMA Conference 1997 Rawalpindi, Pakistan. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3269085/s>
3. Management of Acute Variceal Bleeding; Annual International Conference of Gastroenterology; March 1997 Lahore, Pakistan.
4. Viral Hepatitis; National Conference of PMA 1998. Rawalpindi, Pakistan.
5. Paper "Association of Duodenitis with Duodenal ulcer"; World Congress of Gastroenterology 8th September 1998 VIENNA-Austria.
6. Sero-epidemiology of HCV & HBV in Northern Pakistan in SAARC Research Forum on Liver Disease, 4th Feb 2000. Aga Khan University Hospital Karachi
7. Spectrum of chronic liver diseases in Northern Pakistan 16th International Conference of Gastroenterology March 2000 Peshawar, Pakistan.
8. Guest Lecture "Management of Variceal Bleeding"; Jan 2001 Aga Khan University Karachi.
9. Invited Lecture "Viral Hepatitis in Pakistan" 18th International Congress of Gastroenterology May 2002 Karachi, Pakistan.
10. Invited Lecture "Recent Trends combination in therapy of Hepatitis-B"; 18th International Congress of Gastroenterology May 2002 Karachi, Pakistan.
11. Invited Lecture "Natural history of Hepatitis C" 18th International Congress of Gastroenterology May 2002 Karachi, Pakistan.
12. "Management of Acute Variceal Bleeding" Liver Symposium June 2002 Holy Family Hospital Rawalpindi, Pakistan.
13. Invited Lecture "Sero-prevalence of Hepatitis B and C in Pakistan" Sindh Institute of Urology Karachi, Pakistan.
14. "Progression of Hepatitis C from Acute Hepatitis to HCC" Liver Symposium HFH Jan 2002 Rawalpindi, Pakistan. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3269085/>
15. State of art Lecture "Management of Hepatitis C in the New Millennium"; Tele Conference with Dr. Thierry Poinard (Paris, France) on PSG Congress, March, 2003, Lahore, Pakistan.
16. Invited Lecture "Sero-prevalence of Hepatitis in Pakistan" 19th PSG Congress, March 2003, Lahore, Pakistan.
17. Invited Lecture "Management of Acute Variceal Bleed" National Conference of PMA, Rawalpindi, March 2003, Pakistan.
18. Invited Lecture "Management of GERD" National Conference of PMA, Rawalpindi, March 2003, Pakistan. <https://www.pjms.org.pk/index.php/pjms/article/view/7291>
19. Invited Lecture "Hepatitis B & C" National Conference on Serious Health Hazards, 9th May 2003 Islamabad.
20. Presented "National Practice Guidelines for Management of Hepatitis B & C" on National Consultative Group Meeting, 11th June 2003, Islamabad.
21. Invited Lecture "Newer Trends in management of Portal Hypertension" 3rd National Symposium of PSH Aga Khan University Karachi. Sep 2003. https://www.aku.edu/news/Pages/News_Details.aspx?nid=NEWS-000940
22. Invited Lecture "Therapy for Chronic Hepatitis C Non-Responders & Relapser" 4th international Conference of Pakistan Society of Hepatology 3rd September 2004 Karachi, Pakistan.
23. Invited lecture "Preventive strategies for Hepatitis B" at PSG International Conference, Peshawar, Pakistan 2005. <https://www.psgpak.org/wp-content/uploads/2024/03/HEPCguidelinespaksitan.pdf>
24. Invited lecture "Liver Transplantation in Pakistan" at PSH International Conference, January. 2008, Lahore, Pakistan. <https://www.psh.com.pk/>
25. Invited lecture "Extrahepatic manifestation of hepatitis C" at PSG International Conference, Lahore, Pakistan 2007. <https://www.psgpak.org/wp-content/uploads/2024/03/HEPCguidelinespaksitan.pdf>
26. Invited lecture "Hepatitis B in Pakistan" at PSH International Conference, January 2007, Lahore, Pakistan.
27. Invited lecture "Seroprevalence of Hepatitis C in Pakistan" at PSH International Conference, January 2008, Lahore, Pakistan
28. Invited lecture "Treatment strategies for Hepatitis C" Pakistan Society of Gastroenterology (PSG) International Conference, Quetta, Pakistan 2008.
29. Invited lecture "Treatment of Hepatorenal Syndrome" Pakistan Society of Hepatology (PSH) International Conference, January 2009, Lahore, Pakistan
30. Invited lecture on "Spectrum of hepatitis C disease in Pakistan" PSH International Conference, January 2009, Lahore, Pakistan
31. Presentation of National Consensus Guidelines on diagnosis and management of hepatitis C in Pakistan, PSG International Conference, March 2009, Lahore, Pakistan.

32. Invited lecture on Understanding and Implementing National Consensus Guidelines for Diagnosis and Treatment of Hepatitis C, PSH International Conference, April 2010, Bhurban, Murree, Pakistan. <https://www.journalrmc.com/index.php/JRMC/article/view/2533>
33. Invited lecture on Understanding and Implementing National Consensus Guidelines for Diagnosis and Treatment of Hepatitis C, PSG International Conference, May 2010, Lahore, Pakistan.
34. Invited Lecture on PSH and PSG Hepatitis Treatment Guidelines PSG 2011, FFH Rawalpindi.
35. Invited Lecture on Is Conventional IFN Dead in 2012 PSH 2012, PC Rawalpindi
36. Invited Lecture on Cost Effective approach in Treatment of Chronic Hepatitis C in Pakistan PSG 2012, PC Karachi
37. Invited Lecture on HCV / HBV related HCC, 17th Cancer Conference 2012 PC Rawalpindi
38. Invited Lecture on Hepatitis C in Pakistan AFIP Rawalpindi 2013
39. Invited Lecture on Hepatitis C in Pakistan APPNA Meeting Karachi Dec 2013
40. Invited Lecture on Stopping Treatment of Hepatitis B AFIP 2015
41. Invited Lecture on Update on Hepatitis C Treatment in Special Populations, PSG Conference 2016
42. Invited Lecture on Discussion of PSH HCV Management Guidelines 2016 PSH Conference PC Karachi 2016
43. Invited Lecture on Management of Hepatitis B, PSG 2017 Karachi
44. Invited Lecture on Eradication of Hepatitis C in Pakistan PSG 2018 Lahore
45. Invited Lecture on Research Model of RMU, Annual Research Conference of RMU 2022 Rawalpindi. <https://rmur.edu.pk/wp-content/uploads/2023/09/UFD-P-Book.pdf>

International Paper Presentation/ Invited Lectures

1. Umar M.Khaar HB, Abbas K. Post Liver Transplant Experience in Pakistani patients. Springer. APASL Kyoto Japan. March 2007, <https://link.springer.com/content/pdf/10.1007/s12072-015-9609-1.pdf>.
2. Umar M. "Pattern of ETR in Chronic Hepatitis C patient treated with Conventional INF+RIB" Seoul Korea APASL March 2008, <https://link.springer.com/article/10.1007/s12072-008-9101-2>
3. Invited lecture "Hepatitis C in Pakistan" 8th Euro Asian Association of Gastroenterologists 12th June 2008 Baku Azerbaijan. <https://www.ejohg.com/doi/EJOHG/pdf/10.5005/ejohg-8-2-iv>
4. Invited lecture Role of Endotherapy in Acute Variceal Bleeding Management 11th September 2008 Asia Pacific Digestive Week(APDW), 11th September 2008 New Dehli India. <https://www.apdwcongress.org/>.
5. Invited lecture "Cirrhotic versus Non Cirrhotic Portal Hypertension" World Congress of International Association of Surgeons, Gastroenterologist, Oncologist (IASGO). 8th October 2008, Istanbul Turkey. <https://www.tandfonline.com/doi/full/10.2217/14796694.5.1.9>
6. Invited lecture "Management of Hepato-renal Syndrome" 5th Hepato-Gastroenterology Congress 25-29 October 2008, Istanbul Turkey. https://www.topkon.com/tk/en/national_congress.pdf
7. Invited lecture "Non Alcoholic Fatty Liver-Disease (NAFLD)" it require treatment" 8th Symposium of Liver Disease, 20th November 2008, Dhaka Bangladesh.
8. Invited lecture "Management of Hepato-renal and Hepato-pulmonary Syndrome", Postgraduate Course in Collaboration of ACG/WGO 28th November 2008, Cairo Egypt.
9. Invited lecture "Medical Management of Viral Related HCC" 4th Single Topic Conference Viral Related Hepato-cellular Carcinoma, 5-7th December 2008 at Nusa Dua Bali Indonesia.
10. Invited lecture "Medical Management of Viral Related HCC" 16th International Postgraduate Course on Diagnostic & Therapeutic Approaches for GI Malignancies 11-13 December 2008 Athens, Greece.
11. Invited Lecture 'Endotherapy: Past, Present and Future' on February 5th – 6th 2009 International Congress of Abu Dhabi
12. Invited Lecture "New Management Strategies for HCV Nonresponders and Relapsers" April 2009 in Damascus, Syria.
13. Invited Lecture "Management of Refractory Variceal Bleeding" 17-20 May 2009 5TH APASL Single Topic Conference, Istanbul, Turkey. https://www.natap.org/2009/AASLD/AASLD_01.htm
14. Chairing in the Special Asia Hep Forum (Controversies in Hepatitis B) Friday, 17th July 2009 World Hotel, Bandar Utama City Centre, Petaling Jaya in Malaysia
15. Invited Lecture "Endoscopic Management for Treatment of Acute Variceal Bleed" International Association of Surgeons Gastroenterologists and Oncologists (IASGO) Conference September 23-26, 2009, Beijing, China. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2999086/>
16. Invited Lecture "Prevention of Transmission of Hepatitis B & C in Maintenance Hemodialysis Patients" 20th Conference of Asian Pacific Association for the Study of the Liver (APASL) 25th March 2010, Beijing China. <https://www.natap.org/2010/APASL/APASL.htm>
17. Invited Lecture "Chronic Viral Hepatitis in Children", 21st Conference of Asian Pacific Association for the Study of the Liver (APASL) 17-20 February, 2011 Bangkok Thailand. <https://www.natap.org/2011/APSL/APSL.htm>
18. Invited lecture OMED Standardization of Endoscopy Department in Developing World Gastro 2009 London UK. <https://www.thieme-connect.com/products/ejournals/pdf/10.1055/s-0029-1215279.pdf>
19. Invited Lecture Management of Acute Variceal Bleeding: Current Standards & Future Possibilities in APDW 2011
20. Invited Lecture on "End Stage Liver Disease and Liver Transplant, Pakistani Perspective" International Liver Symposium 2011. India. <https://www.livertransplantindia.com/liver-transplant-surgeon/>

21. Invited Lecture on WGO guidelines and cascades: from concept to clinical practice, Gastro Antayla 2011. Turkey.
<https://www.worldgastroenterology.org/UserFiles/file/e-wgn/e-wgn-2011-december.pdf>
22. Invited Lecture on NASH in Myanmar 27 Jan 2011. <https://academic.oup.com/book/6292/chapter/149968681>
23. Invited Lecture on Hepatitis C in Pakistan in RMCANA USA August 2013
24. Invited Lecture on A critical review of current strategies for the management of chronic viral hepatitis C in APDW Shanghai China Sept 2013
25. Invited Lecture on Stopping the Treatment of Hepatitis B in APDW Bali Indonesia. 2014.
https://www.apage.org/newsletter/APDNews2014_APDW2014.pdf
26. Invited Lecture on Portal Hypertension in APASL Turkey. 2015.
<https://link.springer.com/content/pdf/10.1007/s12072-015-9609-1.pdf>
27. Invited Lecture on Challenges of Medical Education in Pakistan APPNA Annual Meeting July 2018 Washington USA. <https://appna.org/wp-content/uploads/2018/05/APPNA-41st-Annual-Convention-2018-online-1.pdf>
28. Invited Lecture on University Resident Program in RMU APPNA Annual Cone fence 2021 Orlando USA.
<https://appna.org/wp-content/uploads/2021/07/Convention-Journal2021-revised-onlineversion-July5.pdf>
29. Invited Lecture on “Excellence in Medical Education” at RMCAANA Meeting 2023 Orlando USA
30. Invited Lecture on Meeting the Sustainable Development Goals for a Medical University at APPNA RAMCAANA meeting 2024, Washington UK
31. Data-Driven Strategies for Hepatitis C Management: Lessons from Clinical Analysis in a Pakistani Setting (2013-2024) at 58th Asia Pacific Advanced Network (APAN58) TOKYO on 26/8/2024. Asma Umer Khayam and Prof Dr Muhammad Umar.
32. Zoom Metting invited Lecture on RMU Research Model August 2024

Postgraduate Courses Attended and Organized

(National & International)

1. UEGW Post-Graduate Course in Gastroenterology Paris, 1996.
2. UEGW Postgraduate Course on GI Endoscopy, Therapeutic ERCP, Birmingham UK October, 1997.
3. AGA Postgraduate Course New Orleans, USA, May 1998.
4. AGA Post Graduate Course, Orlando USA May, 1999.
5. AASLD Post Graduate Course Dallas USA 4-5 Nov, 1999 USA.
6. Organized 1st Postgraduate Course in Hepatology 3rd Dec 1999 Holy Family Hospital Rawalpindi.
7. AGA Postgraduate San Diego May 2000.
8. AASLD Post-Graduate Course, Dallas Nov-2000.
9. AGA Postgraduate Atlanta USA 2001.
10. AASLD Postgraduate Course Dalas USA November 2001.
11. ACG Postgraduate Course Seattle USA, 18-19th October 2002.
12. AASLD Postgraduate Course, Boston USA from 1-2nd November 2002.
13. ACG Postgraduate course of 68th annual meeting Oct 2004 Baltimore Maryland USA.
14. AGA postgraduate Course May 2004. New Orlean USA.
15. AGA Postgraduate Course May 2007 Chicago USA
16. AASLD Postgraduate Course 2007 Boston USA
17. AGA Postgraduate course, San Diego USA 2008
18. Therapeutic Endoscopy Workshop in Diana Princess of Wales Hospital, Grimsby UK, 18-19 April 2008
19. AASLD Postgraduate course 2008 Boston USA
20. AGA Postgraduate course San Francisco 2009
21. First Egyptian Gastrohep course in Hepatology, Cario, Egypt November 2008
22. AGA Postgraduate Course, New Orlean May 2010
23. ACG Postgraduate Course San Antonio USA Oct 2010
24. AGA Postgraduate Course Chicago USA May 2011
25. APASL Postgraduate Course in Hepatology Bangkok March 2011
26. APDW Postgraduate Course in Endoscopy China 2013
27. DDW Postgraduate Course in Endoscopy Chicago 2015
28. DDW Postgraduate Course in Endoscopy USA 2016
29. APPNA International Conference Orlando USA 2021
30. APPNA Conference CME Orlando USA 2023
31. APPNA Conference CME on Washington 5th July 2024

Hepatology and Gastroenterology Workshops

(National and International)

1. Attended Workshop "Role of Medical Colleges in Community Health" December 1987, Rawalpindi-Pakistan.
2. Attended CPSP Workshop on “MCQ Formulation” May 1998, Rawalpindi by CPSP.
3. Attended CPSP Workshop Education Planning & Evaluation Rawalpindi Pakistan, 1997.
4. Attended CPSP Workshop “Teaching Skills” June 1998 Rawalpindi Pakistan.

5. Attended Workshop OSCE Nov 1999 Islamabad by CPSP Pakistan.
6. Attended AASLD Research workshop on Immunology of Liver Diseases” Nov 2000 at Dallas USA.
7. Attended AASLD Research work “Stem Cell Transplant” Dallas, USA, 2001.
8. Attended AASLD Research workshop “Nitric Oxide (NO) and Live” Nov 2002 Boston USA
9. Attended WGO “Train the “Trainers Workshop” held Porto Portugal April 2007.
10. Organized Workshop “Diagnostic and Therapeutic Endoscopy” December 2000 Holy Family Hospital Rawalpindi, Pakistan.
11. Organized Workshop “Therapeutic Endoscopy” March 2001 HFH Rawalpindi, Pakistan.
12. Participated Workshop on “Pulmonary Diseases and Intensive Care Medicine” December 1987 Military Hospital, Rawalpindi-Pakistan.
13. Participated Workshop on “GI Endoscopy Pakistan Institute of Medical Sciences” Islamabad March, 1988.Pakistan
14. Participated “National Seminar on Medical Education Pakistan” February 1989 at Rawalpindi Medical College, Rawalpindi-Pakistan.
15. Participated in workshop Therapeutic Endoscopy May 2002 Aga Khan University Karachi, Pakistan
16. Participated workshop “Therapeutic Endoscopy” 28th, Feb 2003 Sheikh Zayed Post Graduate Institute Lahore, Pakistan.
17. Participated “Therapeutic Endoscopy Workshop”, Cairo, Egypt Nov 2008.
18. Participated “Therapeutic Endoscopy Workshop”, April 2009 Damascus, Syria
19. Participated “Therapeutic Endoscopy Workshop”, July 2009 Kuala Lumpur Malaysia.
20. Participated “Therapeutic Endoscopy Workshop”, Sheikh Zayed Hospital Jan 2009 Lahore Pakistan
21. Participated “Therapeutic Endoscopy Workshop” Fauji Foundation College, Pakistan Society of Gastroenterology 2011, Rawalpindi, Pakistan

Conferences

- (National and International)

1. Conference on “SOLVED Study” Cologne, Germany, November 1991.
2. Meeting on “Role of ACE Inhibitors in Hypertension” in Sri Lanka, August 1992.
3. 3rd Western Pacific Conference on Chemotherapy in Bali Indonesia March 1993.
4. Meeting on “Management of Hypertension” Dubai, 10 May 1993.
5. “Obesity & Metabolic Problems” Manila Philippine in 1994.
6. Asia Pacific Conference of Rheumatology Melbourne (Australia) April 1996.
7. World Conference of Gastroenterology Hong Kong & China in November 1995.
8. United European Gastroenterology Week (UEGW) in France (Paris) November 1996.
9. European Gastroenterology Week Birmingham, UK in October 1997.
10. Asia Pacific Association for Study of Liver Disease (APASL) in Perth Australia January 28th 1998.
11. Digestive Disease Week (DDW) May 1997 New Orleans America.
12. World Congress Gastroenterology 6 -11th September 1997; Vienna, Austria.
13. Digestive Disease Week (DDW) 16 -21 May 1999 Orlando USA.
14. AASLD 14th – 19th Nov 1999 Dallas USA.
15. United European Gastroenterology Week 13th – 17th Nov, 1999 Rome Italy.
16. Digestive Disease week (DDW) 19-25 May 2000 San Diego USA.
17. AASLD Nov 2000 Dallas USA.
18. DDW May 2001 Atlanta USA.
19. 67th ACG Annual Meeting 17-24 Oct 2002 Seattle USA.
20. AASLD 1- 5 November 2002 Boston USA.
21. ASIA-HEP &, Chang Mai, Thailand, 9-11th Dec, 2002.
22. 20th International Congress of Pakistan Society of Gastroenterology.14th April Queta, Pakistan.
23. 68th Annual Scientific meeting of American College of Gastroenterology Oct 11-25, 2003 Baltimore Maryland USA.
24. DDW May 2004 New Orlean USA.
25. DDW 2007 Chicago USA
26. AASLD 2007 Boston USA.
27. APASL Monothematic Conference on Hepatitis B in Pattaya Bangkok, January 2008
28. APASL Monothematic Conference on Liver Fibrosis in Cairo Egypt, February 2008
29. Presented paper APASL Korea March 2008
30. Presented paper in APASL March 2007Koyato, Japan
31. APASL Hong Kong 2009
32. DDW San Diego USA 2008
33. DDW San Francisco USA 2009
34. DDW New Orleans USA2010
35. ACG San Antonio 2010
36. APASL Bangkok 2011
37. DDW Chicago USA 2011
38. APDW Bali 2014

39. DDW Chicago 2014
40. APASL Istanbul 2015
41. DDW San USA 2016
42. WGO International Conference, Gastro Bangkok 2018
43. PSG 2021 Islamabad
44. APPNA Merit Conference Orlando 2020
45. 4th RMU international Conference Organized 2021 in collaboration with APPNA, APNE, RMCAANA, UK, Aus, NZ, UAE Alumni
46. 5th RMU International Conference organized 2023 in collaboration with APPNA, APNE, RMCAANA, UK, Aus, NZ, UAE Alumni
47. RMU Global Initiative International Webinar on Evidence Based Care for Mental Illness in Pakistan Some Stupid Questions and Implantable Solutions 9 Nov 2021
48. RMU Global Initiative International Webinar on Endoscopic Management of Hilar Strictures 14 Nov 2021
49. RMU Global Initiative Covid -19 Management Program 2021
50. 9th July 2024 attending 4th World Conference of Economic & Social (ECOSOC) 2024 on Sustainable Development Goals & (SDG) in UNO office New York USA & Shared the SDG Report -2024 of Rawal Pindi Medical University (RMU) Pakistan - with Delegates of different countries & UN Mission: Professor Mohammad Umar Vice Chancellor RMU - Pakistan

Gastroenterology & Hepatology CME Programme organizer / course Director

1. Organized 1st International GI Endoscopy Workshop and Hepatology Postgraduate Course in Holy Family Hospital Rawalpindi, Pakistan December 1998.
2. Organized National Liver Symposium and Postgraduate Course in Holy Family Hospital Rawalpindi, Pakistan December 1999.
3. Organized National Liver Symposium in Holy Family Hospital Rawalpindi, Pakistan 2000.
4. Organized International Workshop on Therapeutic Endoscopy at HFH Rawalpindi, Pakistan 22nd March 2001.
5. Organized Annual Liver Symposium 2002 "Management of Portal Hypertension" in Holy Family Hospital Rawalpindi, Pakistan June 2002.
6. CME Programme for General Practitioners and Public by publishing guidelines of Purification of Water and Sterilization of Medical Equipment 2003.
7. Lectures Series Prevention of Hepatitis for Primary Rural Healthcare Physicians 10th March 2003 as a part of CME in collaboration with District Health Government of Rawalpindi Pakistan
8. Organized Annual Liver Symposium 2004 "Liver Transplantation & ESLD" 7th CME services (1998 – 2004) Holy Family Hospital Rawalpindi Pakistan
9. Chairman Organizing Committee 22nd Annual International Congress of PSG at Rawalpindi March 2006
10. Course Director of First Course in "Hands on Training on Basic Skills in Endoscopy" Holy Family Hospital Rawalpindi 14-15 March 2008
11. Chairman Joint Meeting of Pakistan Society of Gastroenterology and Pakistan Society of Hepatology for National Consensus Guidelines of Management of Hepatitis B & C Rawalpindi 10th September 2007
12. Course Director of 2nd Course of PSG "Hands on Training in Basic Skills in Endoscopy" Holy Family Hospital Rawalpindi 17-18 March 2009
13. Course Director 3rd Course on "Therapeutic in Endoscopy" Holy Family Hospital Rawalpindi May 2010
14. Course Director 1st Basic Skills in GI Endoscopy Course in March 2008
15. Course Director 2nd Basic Skills in GI Endoscopy Course in May 2009
16. Course Director 3rd Basic Skills ERCP Workshop in March 2010
17. Course Director 3rd Basic and Therapeutic Endoscopy Course Feb 2012
18. Course Director 1st Basic RFA Course Feb 2012
19. Course Director 2nd Advanced ERCP Course Feb 2012
20. Course Director 1st Advanced EUS Course in Feb 2012
21. Course Director 3RD Advanced ERCP Course Dec 2013
22. Course Director 2ND Advanced EUS Course in Dec 2013
23. Course Director Hands on Advanced EUS Course in Jan 2014
24. Course Director Two Days Basic Skills in Colonoscopy Training Course 2015 (Endorsed by ACG, WEO, PSG)
25. Course Director Colonoscopy Hands on Workshop April 2015
26. Course Director of RFA Hands on Workshop June 2015
27. Course Director Colonoscopy Hands on Workshop Dec 2015
28. Course Director PSG International Workshop on Advanced EUS & ERCP March 2016
29. Course Director International Workshop on Advanced EUS & ERCP & Transplant Hepatology Aug 2016
30. Course Director International Workshop on Advanced EUS & ERCP & Transplant Hepatology Aug 2016
31. Course Director International Therapeutic ERCP & EUS Workshop (David Carr Locke Fest) Feb 2018
32. Course Director International Basic Endoscopy & Advanced ERCP & EUS Workshop March 2018
33. Course Director Advanced ERCP, EUS and Colonoscopy Workshop 18th Dec 2018

34. Course Director Advanced ERCP, EUS and Colonoscopy Workshop Feb 2020
35. Course Director Advanced ERCP, EUS and Colonoscopy Workshop Oct 2021
36. Course Director Advanced ERCP, EUS and Colonoscopy Workshop Dec 2021
37. Course Director Advanced ERCP, EUS and Colonoscopy Workshop Jan 2022
38. Course Director Advanced ERCP, EUS and Colonoscopy Workshop Jan 2023

Editorial Board of Scientific Journals

International Journals

1. Member Editorial Board of Journal of Bangladesh Association for Study Liver Diseases since 2008-2010.
2. Member Editorial Board Libyan Journal of Gastroenterology since 2008-2010
3. Member International Editorial Board of Gastrointestinal Endoscopy Journal (GIE) since 2009
4. Member of the Editorial Board of Journal of Global Hepatitis 2010-12
5. Member of Editorial Board of Monthly Hepatitis Iran since 2010-12
6. Member Editorial Board Euro Asian Journal of Gastroenterology and Hepatology 2011-13
7. Member Editorial Board Liver International, Germany 2010-12
8. Reviewer Pan Arab Journal of Gastroenterology since 2009.
9. Reviewer Electronic Journal of Gastroenterology and Hepatology since 2009.
10. Reviewer of African Journal of Biotechnology
11. Reviewer and on Editorial Board of Endoscopy Ultrasound Journal (EUJ) since 2013

National Journals

1. Patron Editor Journal of Rawalpindi Medical College (JRMCC) 2001 – till date.
2. Patron Editorial Board, “Resident Journal of Rawalpindi Medical College
3. Patron Board member, (HCC) Health & Climate Change RMU
4. Patron Editorial Board, Student Journal of Rawalpindi Medical College 2015
5. Editor of Pakistan Society of Gastroenterology News (PSG News) 2007-2009.
6. Associate Editor Journal Pakistan Society of Gastroenterology (JPSG) 2007-2010.
7. Editor of Pakistan Gastrohep (2010-till date)
8. Member Editorial Board of Journal of Riphah University Islamabad, 2017
9. Member Editorial Board “Journal of Pakistan Society of Internal Medicine.

International Assignments

1. Governor of American College of Gastroenterology (ACG) for Pakistan since 2009-11
2. Member of Guideline Committee of World Gastroenterology Organization WGO 2009
3. Member of Education, Training and Curriculum Committee OMED 2008-10
4. Chairman ASIAHEP Pakistan since 2007-10
5. Councilor of APDW since 2007
6. Member International Affairs Committee of American College of Gastroenterology (ACG) since 2009 till date
7. Chairman WGO Hepatitis C Guidelines Committee since 2013
8. International Advisor of Royal College of Physician and Surgeons Glasgow UK 2016

Faculty Member and Abstract Reviewer of International Conferences

1. Faculty member of APASL 2009, China
2. Faculty member APASL 2010, Bangkok
3. Faculty member APASL 2011, Thailand
4. Faculty member APDW 2009, Taipei
5. Faculty member APDW 2010, Malaysia
6. Faculty member APDW 2011, Singapore
7. Faculty member APASL Taiwan, 2012
8. Faculty member APASL Turkey, 2015
9. Reviewer of ACG/WGO Joint Conference 2016 USA
10. Reviewer of Endoscopy Ultrasound Journal (EUJ) since 2013 China

Membership/Fellowship of Learned Societies

1. Member of American Gastroenterology Association (AGA) since 1998 USA
2. Member American Association for the Study of Liver Diseases (AASLD) since 2004
3. Member APASL since 1995
4. Member ASGE since 2008
5. Member Pakistan Liver Foundation (PLF) since 2000
6. President RRF (Rawalpindi Research Forum) since 2001
7. Member of Education and Training Curriculum WEO - OMED 2008

8. Member ESGE European Society of GI Endoscopy 2008-10
9. Fellow American Gastroenterology Association (AGA) since 2007
10. Fellow of American College of Gastroenterology (ACG)
11. Member of Pakistan Medical and Dental Council Islamabad – Pakistan 1981.
12. President of Pakistan Society of Gastroenterology and GI Endoscopy from 2007-2009.
13. Secretary General of Pakistan Society of Hepatology for 1998 - 2008.
14. Councilor of Association of Medical Education Pakistan College of Physicians and Surgeons Pakistan.
15. Executive Member/Councilor Pakistan Medical Association (PMA) Rawalpindi 2000-2001.
16. Fellowship of Pakistan Society of Internal Medicine PSIM Islamabad 2021
17. President Pakistan Society of Internal Medicine PSIM, Rawalpindi Islamabad Chapter 2021

National Assignments

1. Chairman of ASIA-HEP Pakistan since 2007
2. President of Pakistan Society of Gastroenterology (2007-2009)
3. Secretary General of Pakistan Society of Hepatology (1998 – to 2008)
4. President of Pakistan Society of Hepatology 2010-2013
5. Regional Coordination Committee of College of Physicians and Surgeons Pakistan, Islamabad 2005-2006
6. Member of Provincial Advisory Committee for Legislation for Prevention of Hepatitis in Punjab, Ministry of Health Govt of Punjab, Pakistan 2005
7. Member of Five Year Plan 2005-2010 (Sub group Catastrophic Diseases and Organ Transplant Ministry of Planning & Development Islamabad, Pakistan 2005
8. Provincial Clinical Coordinator of National Program for Prevention & Control of Hepatitis in Pakistan from 2005 - 2015
9. Member Federal drug Registration Appellate Board, Pakistan since 2009 to 2011
10. Member of Human Organ Transplant Authority (HOTA), Pakistan since 2007-2009
11. Member of DEAG Punjab 2015

Assignment in Higher Education Commission Pakistan (HEC)

1. Member Travel grant Award Committee 2024
2. Member National Award Selection Committee 2024

Assignment In Pakistan Medical & Dental Council (PMDC)

1. Member National Medical & Dental Academic Board of PMDC 2023
2. Member Admission Committee 2023
3. Member NEB Examination 2022
4. Chairman undergraduate curriculum committee of PMDC 2023
5. Member postgraduate Committee PMDC 2024

Provincial Assignments

1. Member of Hajveri Organ Transplant Committee in Health Department Government of Punjab 2013-2017
2. Member of Standing Committee for sustainable improvement in hospital operations, Health Department Punjab Lahore 2021.
3. Member of Central Induction Committee Punjab Postgraduate Residency Program 2021
4. Incharge of Sehat Sahulat Program Rawalpindi Division Punjab 2022
5. Nominated by Chief Minister Punjab, Member of Selection Board for Selection and Recommendation of Heads of Medical Institutions & Medical Superintendent of Medical & Health Institutions in Punjab 2022
6. Nominated by Chief Minister Punjab, Member of Selection Committee for Appointment of Principals of Various Medical Colleges/Institutions of Punjab 2022
7. Nominated by Chief Minister Punjab as Member of PMC/PMDC Pakistan for National Medical and Dental Academic Board (PMC) Islamabad 2022
8. Nominated by Health Minister Punjab Convener of Curriculum and Research Review Committee for UHS affiliated medical colleges of Punjab 2022
9. Member Inter University Board of Medical Universities of Punjab
10. Member of Hub & Spoke Program for Technical & Assistant Hospital of Special Health Care and Medical Education Punjab 2024.

Examiner/Supervisor

1. Examiner for MBBS Punjab University Lahore-Pakistan since 1993.
2. Examiner for FCPS Medicine & Gastroenterology, College of Physicians & Surgeons Pakistan since 1998
3. Supervisor of Fellowship Training Program - College Physicians & Surgeons Pakistan since 1993
4. Member of faculty of medicine of College of Physicians & Surgeons Pakistan 1998-2000.

5. Examiner for MD Medicine Quaid-I-Azam University, Islamabad-Pakistan since 2000.
6. Examiner for MBBS NUST (National University of Sciences and Technology, Islamabad Pakistan
7. Examiner for Royal College of Physician Glasgow 2006
8. Royal College of Physicians London since 2006
9. Supervisor of “MD-Master in Gastroenterology” Training Program Health Sciences University Lahore Pakistan 2007
10. Inspector of PMDC (Pakistan Medical & Dental Council) institution recognition committee
11. Inspector for CPSP (College of Physicians and Surgeons Pakistan) to recognition committee

Academic Contributions

1. Development of framework for Clinically Oriented Integrated Undergraduate Modular Curriculum for Rawalpindi Medical University, Rawalpindi 2020.
2. Review of Clinically Oriented Integrated Undergraduate Modular Curriculum for Rawalpindi Medical University, Rawalpindi 2021.
3. Development of assessment framework for Clinically Oriented Integrated Undergraduate Modular Curriculum for Rawalpindi Medical University, Rawalpindi 2021.
4. Review of MD & MS Curricula for University Residency Programs at Rawalpindi Medical University, Rawalpindi.
5. Review of synopsis of MD & MS candidates under University Residency Programs at Rawalpindi Medical University, Rawalpindi.
6. Review of thesis of MD & MS candidates under University Residency Programs at Rawalpindi Medical University, Rawalpindi 2021.
7. Developed Clinical Governance Model of Patient Care in RMU/Allied Hospitals 2024

Special Establishments

1. Established GI & Liver Clinic in Holy Family Hospital Rawalpindi 1998.
2. Established Rawalian’s Research Forum (RRF) 1998. The Forum provides a base for research to medical students, postgraduates, gastroenterologists and Hepatologist to do clinical research in the field of Gastroenterology and Hepatology in teaching hospitals of Rawalpindi Medical College, Pakistan.
3. Established 1st Learning Resource Centre in GI & Liver Diseases in Holy Family Hospital Rawalpindi 1999.
4. Established the 1st Database for Liver Diseases in 2008.
5. Established new Endoscopy Centers in Holy Family Hospital Rawalpindi Pakistan 2008.
6. Established 1st biggest website in Public Health Institution of Pakistan (www.rawalianresearch.org / www.pakistangastrohep.org)
7. Established RMU Research Lab Complex 1.7 Billions 2021
8. Established Postgraduate Nursing Institute, Holy Family Hospital Rawalpindi Rs. 250 million 2022
9. Established “RMU Research Dashboard” 2022

CME Hours In Personal Credit

In Personal credit have more than 550 CME hours by attending Scientific Meetings and Post-Graduate Courses of APASL, EASL, UEGW, APDW, DDW, ACG and AASLD since 1998.

Administration

1. Over the past 33 years’ experience of Administrative affairs & Human Resource Management of RMU, its affiliated Hospitals and Nursing Colleges.
2. Secretary Project Committee for the New Teaching Hospital Complex of Rawalpindi Medical College, Rawalpindi. (750 bedded Hospital under completion) 1998-2002.
3. Member District Drug Quality Control Board (DQCB) Rawalpindi Division since 2002
4. Secretary Library Committee for Teaching Hospital Complex of RMC June 2003-2004.
5. Chairmen House Officer Selection Committee of RMC since August 2000-2009.
6. Medical Director Holy Family Hospital since 2008 till date.
7. Elected Member of Board of Management Rawalpindi Medical College & Allied Hospital 2009-2010
8. Member of Federal Drug Appellate Board Since 2009
9. Member of Human Organ Transplant Authority Punjab (HOTA) 2007-2009
10. Provisional Clinical Coordinator of National Program for the Prevention and Control of Hepatitis since 2008-2011
11. Member of District Drug Quality Control Authorities Rawalpindi since 2008
12. Member Provincial Hepatitis Control Program since 2011.
13. Member of National Hepatitis Technical Advisory Committee

Grant Finance & Development

- | | | | | |
|---|----------------|-----------|-----------|--|
| ➤ | Rs. 1695.277 m | 2022-2026 | PSDP, HEC | Establishment of Postgraduate Research Lab complex |
| ➤ | Rs. 216 m | 2022-2024 | PSDP, HEC | Upgradation of College of Nursing HFH in PGT Institute |

- Rs. 30 m 2023 PSDP, HEC Construction of Smart Classroom in RMU
- Rs. 296 m 2023-2025 ADP, Punjab Construction of Hostels for Student of RMU
- Rs. 250 m 2023-2025 ADP, Punjab Upgradation of College of Nursing Chakwal
- RGMO & other grants York University UK
- Grants to ORIC of Pharma

Extra Curriculars

1. President “RAWALIANS” (Association of Old Graduates of Rawalpindi Medical College Rawalpindi, Pakistan) since 1990 - 2007.
2. General Secretary of Punjab Medical Teachers Association (PMTA) Rawalpindi 1998-2000.
3. Member of Hiking Club of Rawalpindi Medical College Rawalpindi 1998-2005.
4. Chairperson of RMU “Plant for Pakistan” program 2023
5. Established first ,LMS,CMS, Research Dash Board in system RMU 2024 ???

Social and University Work

1. In-charge of Rural Health Program of Pakistan Medical Association Rawalpindi (PMA) for 2 years.
2. In-charge of “Ghulam Rasool Memorial Rural Health & Community Education Program” Head Marala Sialkot 1995-2001
3. Arranged “Liver Day” and Hepatitis B Vaccination Campaign and Public Awareness Programme in 3 teaching Hospitals of Rawalpindi since 1998-2001.
4. Arrange Free Vaccination of Hepatitis B for low paid staff of Allied Teaching Hospitals of Rawalpindi Medical College 1998-2001.
5. Arranged Hepatitis Public Awareness Campaign & Liver Day in collaboration of District Government Rawalpindi 1998-2008.
6. Arranged Awareness Program World Hepatitis Day in collaboration with Department of Community Medicine and District Health Authority 2017
7. Arranged Awareness Program World Hepatitis Day in collaboration with Department of Community Medicine and District Health Authority 2018
8. Arranged Awareness Program World Hepatitis Day in collaboration with Department of Community Medicine and District Health Authority 2019
9. Arranged Awareness Program World Hepatitis Day in collaboration with Department of Community Medicine and District Health Authority 2020
10. Arranged Awareness Program on COVID in collaboration with Department of Community Medicine and District Health Authority 2020
11. Arranged Awareness Program on Dengue in collaboration with Department of Community Medicine and District Health Authority 2020
12. Arranged Awareness Program on Polio in collaboration with Department of Community Medicine and District Health Authority 2021

Flood Relief Program – 2010

1. Chairman Rawalians’s Flood Relief Committee 2010
2. Renovated flood effected DHQ Hospital Nowshera KPK with a cost worth 4 million in 2010.
3. Established Rawalians Homes in Daryabad cost 2 lac US Dollars in collaboration with Rawalpindi Medical College Alumni of North America (RMCAANA) 2010 -2011
4. Supported reconstruction of cyclone effected Bhaddar pur Village Head Marala District Sialkot.
5. Renovation of Mosque in Headmarala Chakpakaya Sialkot 2014
6. Renovation of Mosque in Holy Family Hospital Rawalpindi 2015

Flood Relief Program – 2022

1. As Chairman Rawalians Flood Relief Committee of RMU in 2022. Collected amount of 10 million as donation and held medical camps in all four provinces of Pakistan. as follows; Punjab, Rajanpur, Fazalpur, Taunsa (Camps 9), Sindh, Umarcot (Camps 15), KPK, Naushera (Camps 9), Balochistan Sobotpur (Camps 7).120 doctors and nurses worked for one month and treated 13,000 patients and distributed, rashan and Medicines. I personally participated on site in all these camps.
2. I was appointed as coordinator of Flood Relief Program of all Medical Universities of Pakistan by Higher Education Commission 2022. with the help of Vice Chancellors of all other Provincial Medical Universities.

International Visiting Faculty Association and References

Has regular liaison with the following International Faculty of Gastroenterology and Hepatology:

1. Prof. David L. Carr-Locke MD, FRCP
Director of Endoscopy
Brigham & Women's Hospital, Boston USA, 2005
2. Dr. Steven Flamm, MD
Division of Gastroenterology and Hepatology
North Western Medical Faculty Foundation
Chicago, Illinois, USA, since 2003
3. Dr. James H. Grendell, MD
Chief, Division of Gastroenterology, Hepatology & Nutrition Winthrop University Hospital
New York, USA 1998
4. Dr. Asif Abbas Naqvi, FRCP
Chief Gastroenterologist
Diana Princess Wales Hospital, Grimsby, UK 1995
5. Dr. Nancy W.Y. Leung, MD, FRCP(Edin), FRCP(Lon), FHKCP, FHKAM
Consultant Physician
The Chinese University of Hong Kong, Prince Wales Hospital, Hong Kong. 2001
6. Prof. David J. Bjorkman MD, MSPH (HAS), SM(Epid)Dean, University of Utah School of Medicine
Executive Medical Director, University of Utah Medical Group Salt Lake City, Utah USA, 2006
7. Prof. John O Grady
Dean, Kings College Hospital, London UK 2006
8. Prof. Joseph C. Kolars MD
Residency Program Director and Associate Chair
Department of Medicine, Mayo Clinic College of Medicine, Rochester USA 2006
9. Prof. Peter B. Kalsey
Associated Professor of Medicine
Interventional Endoscopy Harvard Medical School, Massachusetts General Hospital 2003
10. Prof. James A. Dissario
Adjunct Professor of Medicine
University of Utah Health Sciences Center
Chairman OMED Education Committee 2006
11. Prof. Eammon Quigely
Ex President
World Gastroenterology Organization
USA

National References

1. Prof. Yasmeen Rashid
Provincial Health Minister
Punjab
2. Prof. Dr. Mukhtar Ahmad
Chairman, HEC
3. Prof. Sibtul Hasnain Syed
Professor of Medicine,
President PMDC Pakistan
Principal Allama Iqbal Medical College
Lahore-Pakistan 1990
4. Prof. Arshad Taki
Ex President
PMDC
5. Dr. Ahmad Javed Qazi
Secretary Health
Punjab
6. Prof. Muhammad Iqbal
Vice Chancellor
Shifa Tameer-i-Millat University
Islamabad
7. Prof. Muhammad Mussadiq Khan
Ex-Principal-2013
Rawalpindi Medical College
Rawalpindi
8. Prof. Anwaar A. Khan, MD, FACP, FACG
Diplomate American Board of Gastroenterology and Hepatology
Diplomate American Board of Internal Medicine
Chief Gastroenterologist and Hepatologist,
Sheikh Zahid Hospital 1990
Lahore, Pakistan
9. Prof. Wasim Jafri, MRCP, FRCP, FACG
Chief Gastroenterologist and Hepatologist
Aga Khan University Hospital