



## Curriculum Vitae

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## Field of Specialization

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*Human Anatomy*

## Academic Qualification

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<b>M. Phil</b>	Anatomy	2017	Baqai Medical University Karachi, Pakistan.
<b>M.B,B.S</b>	Medicine/Surgery	2005	Baqai Medical University Karachi, Pakistan.
<b>B.Sc</b>	Microbiology Biochemistry Chemistry	1997	University of Karachi Karachi, Pakistan.

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## Work Experience

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- ❑ **Working as “Assistant Professor” in the Department of Health Science Gelisium University Istanbul, Turkey from 15-02-2019 till now.**
- ❑ **Worked as “Assistant Professor” in the Department of Anatomy Baqai Medical University from 13-02-2018 to 21-01-2019.**
- ❑ **Worked as “Senior Lecturer” in the Department of Anatomy Baqai Medical University from 15-04-2014 to 12-02-2018.**
- ❑ **Worked as “Lecturer” in the Department of Anatomy Baqai Medical University from 09-09-2013 to 14-04-2014.**
- ❑ **Worked as “Senior Lecturer” in the Department of Physiology Al Tibri Medical College & Hospital from 16-09-2010 to 02-07-2011.**
- ❑ **Worked as “Lecturer” in the Department of Physiology Baqai Medical University from 01-12-2007 to 16-09-2010.**
- ❑ **Worked as “Demonstrator” in the Department of Physiology Baqai Medical University from 30-10-2006 to 30-11-2007.**

## Diploma Certificate:

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- ❑ Diploma in Human Anatomy and Physiology by Alison management

## Articles Published in International refereed Journals

1. Hussain, A., Mustafa, N., Al Ali, R., & Almodaimagh, H. (2014). Adult cardiac critical care at the King Abdulaziz cardiac center. *European Heart Journal Supplements*, 16(suppl B), B52-B54. <https://doi.org/10.1093/eurheartj/suu002>
2. Kamal, A. K., Rehman, H., Mustafa, N., Ahmed, B., Jan, M., Wadivalla, F., & Kamran, S. (2015). Diagnostic TCD for intracranial stenosis in acute stroke patients: Experience from a tertiary care stroke center in Karachi, Pakistan. *BMC Research Notes*, 8(1). <https://doi.org/10.1186/s13104-015-1289-3>
3. Mustafa, N. Zahoor, H., Majoo, F. & Ullah, A. (2020). Collaborative Learning Aspect for Training Hip and Knee Joint Anatomy. *Rheumatic Diseases and Treatment Journal*, 2020 PDF: 105, 1:1, <https://doi.org/10.13140/RG.2.2.18591.30883>
4. Nasir Mustafa, 2021. "Research and Statistics: Coronavirus Disease (COVID-19)," *International Journal of System Dynamics Applications (IJSDA)*, IGI Global, vol. 10(3), pages 1-20, July. DOI: 10.4018/IJSDA.20210701.0a1

## Articles Published in National refereed Journals

1. MUSTAFA, N., ZAHOOR, H., & Ghulam, M. (2020). Emotional intelligence is the Beta Blocker for job stress. A comparative study of academicians of Pakistan and Turkey. InTraders Academic Platform Sakarya *Book*, ISBN: e-ISBN: 978-605-69427-1-6
2. MUSTAFA, N., ZAHOOR, H., & MAJOO, F. M. (2020). İnsan-COVID-19'da Pandemik SARS coronavirus-2 Enfeksiyonları. İstanbul Gelişim Üniversitesi Sağlık Bilimleri Dergisi, (10), 77-93. <https://doi.org/10.38079/igusabder.695778>

## Papers published in the proceedings book presented at national scientific meetings

Impact of training and development on nurses and technical staff's performance and motivation, A case study of Shamsi hospital Karachi". InTraders International Trade Congress Congress Book. ISBN: 978-605-251-073-5

### 7.3 Conference Participation:

1. International Conference on Anatomy, Physiology, Psychology and Behavioral Science *The effect on histomorphology of lungs in fluconazole and vitamin E treated Sprague Dawley rats with septic shock.* (November 14-15, 2018 San Antonio, USA)
2. Arthritis and Rheumatology, 3<sup>rd</sup> International conference on Anatomy and Physiology *Learning methods and strategies of anatomy among medical students by using mobile apps* (December 9-10, 2019 | Barcelona, Spain)

## 8. Scientific Memberships:

1. Social Science and Humanities Research Association (SSHRA)
2. member of IRC (International Conference Research Series)  
IRC Scientific and Technical Committee & Editorial Review Board.
3. Biomed Research International– Anatomy Section (SCIE)
4. International Journal of Research in Medical Sciences

## **9. Awards, Workshops:**

The National Cadet Corps Certificate of Service	1992
Participate in Poster Chart Competition Forensic Medicine and Toxicology Baqai Medical University	2001
Participate in Lactation Management Workshop Forensic Medicine and Toxicology Baqai Medical University	2003
Participate in 3 <sup>rd</sup> Annual Symposium of National Institute of Child Health NICH Karachi, Pakistan	2007
Participate in Workshop “Professional Core Competencies, Knowledge, Attitude And Communication Skills in Teaching Anatomy. Dow University of Health Sciences DUHS Karachi, Pakistan	2015
International School for Etiquette Training And Professional Excellence (Trained British Style) Complete Course.	2018

## **10. Record of Achievement:**

- Let's Break the Chain of COVID-19 Infection UAE AID  
(16<sup>th</sup> April 2020)
- AACC Laboratory Medicine on NEJM, Knowledge+ and is accredited by the  
Massachusetts Medical Society. Coronavirus 2019 (COVID-19)  
(24<sup>th</sup> April 2020)
- COVID-19: TACKLING THE NOVEL CORONAVIRUS,  
LONDON SCHOOL OF HYGIENE & TROPICAL MEDICINE AND UK PUBLIC HEALTH RAPID  
SUPPORT. TEAM (24<sup>th</sup> April 2020)
- Record of Achievement by WHO COVID-19: Operational Planning Guidelines  
and COVID-19 Partners Platform to support country preparedness and response  
(25<sup>th</sup> March 2020)
- Record of Achievement by WHO e PROTECT Respiratory Infections (EN)  
(9<sup>th</sup> April 2020)

## **10. CME Program attended:**

\*THE COLLEGE OF FAMILY MEDICINE, PAKISTAN & THE ROYAL COLLEGE OF GENERAL PRACTITIONERS, UK. *Attended Eight Sessions i.e 66 Credit Hours CME Program. At National Institute of Child Health, Karachi form December 2006 to November 2007.*

\*Medical Ethics held on (5<sup>th</sup> March 2015) at Baqai Medical University.

\*Synopsis Writing held on (26<sup>th</sup> March 2015) at Baqai Medical University.

\*Medical Education in 21<sup>st</sup> Century held on (2nd April 2015) at Baqai Medical University.

\*Diarrhoea and Probiotics held on (9<sup>th</sup> April 2015) at Baqai Medical University.

\*Parkinsonism held on (17<sup>th</sup> April 2015) at Baqai Medical University.

\*Insulin A to Z held on (21<sup>st</sup> May 2015) at Baqai Medical University.

\*Cardiovascular System held on (28<sup>th</sup> May 2015) at Baqai Medical University.

\*Evaluation and Management of Abnormal Uterine Bleeding held on (1<sup>st</sup> October 2015) at BMU.

\*Career Guidance for PLAB and Training in UK held on (18<sup>th</sup> July 2017) at BMU.

\*ECG Interpretation & Interceptive session held on (1<sup>st</sup> November 2017) at Baqai Medical University.

\*Upper Gastrointestinal Tract – Pathology & Common Disorders held on (24<sup>th</sup> April 2018) at BMU.

\*Eliminate Hepatitis held on (31<sup>st</sup> July 2018) at Baqai Medical University.

\*Awareness on Breast Cancer held on (26<sup>th</sup> October 2018) at Baqai Medical University.

\*Updates of Diabetes Mellitus World Diabetes Day held on (14<sup>th</sup> November 2018) at Baqai Medical.

## **Research Experience**

(Published in BMJ International Journal)

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### TOPIC

**“DIAGNOSTIC TCD FOR INTRACRANIAL STENOSIS IN ACUTE STROKE PATIENTS: EXPERIENCE FROM A TERTIARY CARE STROKE CENTER IN KARACHI, PAKISTAN”.**

- Worked as Senior Research Associate with the stroke service of AGA KHAN UNIVERSITY HOSPITAL, section of Neurology and Dept. of Medicine from 1<sup>st</sup> November 2011 to 31<sup>st</sup> June 2012.
  
- I worked on the project entitled Karachi Intracranial Stenosis Study. The Karachi Intracranial Stenosis Study (KISS) is a prospective, observational, case-control study to describe the clinical features and determine the risk factors of patient with stroke due to intracranial stenosis and compares them to those with stroke due to other etiologies as well as unaffected individuals.  
*Referenc: BMC Research Notes 2015*8:341 <https://doi.org/10.1186/s13104-015-1289-3>

## **M. Phil Thesis**

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### TOPIC

**“THE EFFECT ON HISTO-MORPHOLOGY OF LUNGS IN FLUCONAZOLE AND VITAMIN E TREATED SPRAGUE DAWLEY ALBINO RATS WITH SEPTIC SHOCK”.**

#### **PURPOSE OF STUDY:**

The present study is designed to observe the following:

1. Qualitative and quantitative morphological changes of lungs in fluconazole and vitamin E treated albino rats.
2. Biochemical effect of fluconazole along with vitamin E treated albino rats with septic shock.
3. Effect of vitamin E on lung injury.
4. To determine the substantial evidence regarding the significance of adjuvant vitamin E with fluconazole in septic shock.

#### **STUDY DESIGNED:**

This was an experimental study intended to observe the outcome of interventions.

#### **RESULTS:**

The present study reveals that *Candida albicans* has distorting effects on lung mucosa and treatment with fluconazole along with vitamin E decreases the elevated levels of TLC, Lymphocytes, CRP and neutrophils and attenuates the lung injury.

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## ***EXTRA CURRICULAR ACTIVITIES:***

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<b>Captain of School Cricket Team</b> Jamia Millia Government Pilot Secondary School	<b>1990</b>
<b>Basic Organ training Course</b> From Rangoonwala Community Centre	<b>1992</b>
<b>Certificate of Proficiency</b> Leadership Training Project Fauji Foundation Welfare Division	<b>1993</b>
<b>Certificate of Participation</b> As Organizer, Annual Sports Week Baqai Medical University	<b>2018</b>
<b>Certificate of Participation</b> As Organizer, Rung Festival, Baqai Medical University	<b>2018</b>

## ***Computer / IT Skills:***

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- Oracle Orientation Level (SQL) Course, Bright Scope Institute of Computer Technology Karachi, Pakistan. From 28<sup>th</sup> July 1998 to 27<sup>th</sup> August 1998.
- Microsoft Office by Computer Span Coaching and Computer Centre Karachi, Pakistan. From 6<sup>th</sup> January 2004 to 6<sup>th</sup> January 2005.
- Has a good working knowledge Microsoft Office XP (Word, Excel, Power Point and Project).
- Has a good working knowledge of record maintaining software and regularly uses databases.
- Has the ability to learn efficiently and use new analytical software.

## ***Personal Profile:***

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A versatile, positive and self-motivated team player who is result driven. Specializing in teaching with excellent and proven computer skills, I have exceptional communication skills and able to strike an appropriate balance between time lines and challenging deadlines.

## ***Key Teaching Skills:***

- An innovative and knowledgeable professional who has 15 years of medical college teaching experience.
- Proficient in developing new lessons (lesson planning) and activities to expand learning opportunities.
- Extensive participation and has played an active role in committees and extra-curricular activities.
- Extensive knowledge of teaching and also has a wide practical knowledge in the subject.
- Proficient in disseminating conceptual knowledge.