Personal Data

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| Name | TEHREEM AFTAB |
| Department | PHYSIOLOGY  |
| Nationality | PAKISTANI  |
| Date | 25-12-1984 |
|  Official Email | Tehreem.khyzer@nbu.edu.sa |
| Phone | +966591306387 |

Language proficiency

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| --- | --- | --- | --- |
| Language | Read | Write | Speak |
| English  | Excellent  | Excellent | Excellent |
| Urdu  | Excellent | Excellent | Excellent |
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 Academic Qualifications (Beginning with the most recent)

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| --- | --- | --- | --- |
| Date | Academic Degree | Place of issue | Address |
| 2014 | Fellowship  | Pakistan  | CPSP ISLAMABAD  |
| 2008 | Bachelors  | Pakistan | Rawalpindi medical college , Rawalpindi. |
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PhD, Master or Fellowship Research Title

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| --- | --- |
| PhD | Effect of ghrelin on hematopoiesis on myelosuppressed rats  |
| Master |  |

Professional Record(Beginning with the most recent)

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| Job Rank | Place And Address of work | Date |
| Assistant professor  | Department of Physiology, College of Medicine, NBU, Arar  | 1-1-2017- To Date  |
| Assistant Professor | Department of Physiology, Foundation University Medical College, Islamabad. | 3-6-2015 - 16-12-2016 |
| Assistant Professor  | Department of Physiology, Rawal Institute of Health Sciences, Islamabad | 3-10-2014 - 30-5-2105 |

Management Position(Beginning with the most recent)

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| Administrative position | The disk | Date |
| A member  | Quality and Developing unit (QAU), Female Campus, College of medicine. | 2012 |
|  | Academic advising of students | 2023 |
|  | Member Saudi Association for teaching practitioners | 2022 |

Scientific Achievements (Published Refereed Scientific Research)

|  |  |  |
| --- | --- | --- |
| Name of Investigators | Research Title | Publisher and Date of Application |
| [Nida Suhail](https://link.springer.com/article/10.1007/s13530-022-00132-x%22%20%5Cl%20%22auth-Nida-Suhail), [Sabiha Fatima](https://link.springer.com/article/10.1007/s13530-022-00132-x%22%20%5Cl%20%22auth-Sabiha-Fatima), [Ashwag Saleh Alsharidah](https://link.springer.com/article/10.1007/s13530-022-00132-x%22%20%5Cl%20%22auth-Ashwag_Saleh-Alsharidah),  [Tehreem Aftab](https://link.springer.com/article/10.1007/s13530-022-00132-x#auth-Tehreem-Aftab) & [Naheed Banu](https://link.springer.com/article/10.1007/s13530-022-00132-x#auth-Naheed-Banu) | Effect of chronic unpredictable stress on the chemopreventive potential of Quercetin in experimental carcinogenesis.  | Toxicol. Environ. Health Sci. 14, 213–222 (2022) |
| Aftab T, Khyzer E | Knowledge and attitude about stem cells and their potential applications in field of medicine among medical students of arar, Saudi Arabia. | Journal of clinical and diagnostic research oct 2021vol.15 issue 10 |
| Khyzer E, Aftab T. | Students’ Perceptions about Current Use, Effectiveness and Barriers in Implementation of Interactive Learning at College Of Medicine, Northern Border University, Arar. | International Journal of Medical Research & Health Sciences, 2019, 8(11): 12-16 |
| Aftab T, Ahsin S, Khan SA, Khyzer E. | Enhanced leukopoiesis in ghrelin treated myelosuppressed rats. | Pak Armed Forces Med J 2017; 67(1):176-81. |
| Imran M, Khan SA, Aftab T | Effect of preclinical skill lab training on clinical skills of students during clinical years.  | Pak J Physiol 2016 |
| Aftab T,Khan SA, Khyzer E, Ahsin S. | Effect of ghrelin on erythropoietic indicators in myelosuppressed rats.  | Pak J Physiol 2016; 12(3):13-5. |
| Khyzer E, Aftab T, Junnaid H. | Patterns of radiographic damage to cervical spine in polyarticular juvenile idiopathic arthritis patients presenting to tertiary care hospital in Pakistan.  | Pak Armed Forces Med J 2015:65(4): 553-56. |

Scientific Achievements (Scientific Research accept for publication)

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| --- | --- | --- | --- |
| Name of Investigators | Research Title | Date | The magazine |
|  |  |  |  |
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Scientific Achievements(Scientific Research submitted for Arbitration of specialized )

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| --- | --- | --- |
| Name of Investigators | Research Title | Plot And Date of publication |
|  |  |  |
|  |  |  |
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Scientific Achievements(Finished Research Projects)

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| --- | --- | --- |
| Name of Investigators | Research Title | Date Title |
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Scientific Achievements(Current Research)

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| --- | --- |
| Name of Investigators | Research Title |
| Aftab T, Khyzer E |  Smart phone addiction and its association with quality of sleep and hypertension among medical students of Northern Border University |
| Khyzer E, Aftab T | Prevalence of metabolic syndrome among medical students of Northern Border University |

Scientific Achievements (Contribution to Scientific Conference and symposia)

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| --- | --- | --- |
| Conference Title | Place And Date of the Conference | Extent of Contribution |
| AEME conference at FUMC – | FUMC ,Islamabad-April 2015 | Attendee |
| Attended annual rheumatology conference –  | Lahore-May 2015 | Attendance  |
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Scientific Achievements(Membership and Committees participating in)

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| 1- |  |
| 2- |  |
| 3- |  |

Teaching Activities(Undergraduate)

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| Course | Course Number | Extent of Contribution |
| Second year medical college - Core course physiology | 1203211 | instructor |
| MSK | 1200301 | instructor |
| Second year Nursing college - physiology | 1203212 | instructor |
| Second year MLT - physiology | 1203212 | instructor |
| Second year Nutrition- physiology | 1203212 | instructor |
| IBL Module | 1200302 | instructor |
| CNS& Special sense | 1200309 | instructor |
| Respiratory | 1200304 | Instructor and coordinator |
| CVS Module | 1200303 | instructor |
| GIT Module | 1200308 | instructor |
| Endocrine | 1200306 | instructor |
| Reproductive | 1200307 | instructor |
| Urinary | 1200305 | instructor |

Brief Description of the Undergraduate Courses taught

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| --- | --- |
| 1- | Second year medical college - Core course physiology |
| 2- | Second year Nursing college & Applied college physiology |
| 3- | 3rd year all modules |

Teaching Activities (Scientific Studies)

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| --- | --- | --- |
| Course | Course Number | Extent of Contribution |
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Teaching Activities (academic advising for Student)

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| --- | --- | --- | --- |
| Stage | Number of Students | Form | To me |
| 1st year medical female students |  | Sep 2022 | June 2023 |
| 2nd year medical female students |  | Sep 2022 | June 2023 |
| 3rd year medical female students |  | Sep 2022 | June 2023 |

Teaching Activities(Supervision of master and doctoral theses)

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| --- | --- | --- | --- |
| Scientific Certificate | The Side | The address | Date |
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Teaching Activities(Supervision of Ongoing Research)

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| --- | --- | --- | --- |
| Scientific Certificate | The Side | The address | Date |
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Administrative Tasks And Community Service

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| The Side | Position | Form | To me |
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Administrative Tasks and Community Service (Committee membership)

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| The Side | Position | Form | To me |
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Administrative Tasks and Community Service (Educational Consultancy)

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| Time-full Partial-time | The Side | Form | To me |
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Administrative Tasks and Community Service (Volunteer Work)

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| The Side | Volunteer Type | Form | To me |
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Voluntary Competencies and Skills

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| 1- |  |
| 2- |  |
| 3- |  |