

RESUME

Professor Dr. Muhammad Arif

**Head of Department
Pharmacology and Therapeutics
AJK Medical College, Muzaffarabad
Azad Jammu & Kashmir, Pakistan**

Objective: To serve as a teacher, facilitator, researcher, and learner in medical education.

Personal:

Name: Muhammad Arif

Father's name: Muhammad Yasin

Date of birth: May 5, 1965

Place of birth: Karachi, Pakistan.

Religion: Islam

Nationality: Pakistani.

Sex: Male

Marital status: Married.

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Pakistan Medical & Dental Council (PMDC) Registration Number: 20944-S

Education:

Post graduation:

1. Ph. D. Pharmacology, in year 2015 from Department of Pharmacology, Faculty of Pharmacy, University of Karachi, Pakistan.

Title of thesis: Pharmacological and toxicological evaluation of herbal drugs and their combination used in the treatment of male infertility.

2. M. Phil Pharmacology, in year 2000 from Basic Medical Sciences Institute, Jinnah Postgraduate Medical Centre, Karachi, University of Karachi, Pakistan.

Title of thesis: Comparison of verapamil & moxonidine for their effects in opioid dependence.

Graduation:

Bachelor of Medicine and Bachelor of Surgery (M.B., B.S.) in 1990 from Sind Medical College Karachi, University of Karachi, Pakistan.

Experience: More than Thirty two years.

Presently working as Professor and Head of Department, Department of Pharmacology and Therapeutics, AJK Medical College, Muzaffarabad, University of AJ&K, AJ&K, Pakistan since 24-06-2014. The institute has Modular Integrated Organ / System Based Curriculum.

S. No.	Designation	Institution	Duration
1	Professor and Head of Department	Department of Pharmacology and Therapeutics, AJK Medical College, Muzaffarabad, AJ&K,	24-06-2014 – Till to date
2	Professor and Head of Department	Department of Pharmacology and Therapeutics , Islam Medical College and Islam Dental College, Sialkot, University of Health Sciences, Lahore, Pakistan	01-01-2012 – 30-06-2014
3	Professor	Department of Pharmacology and Therapeutics , Baqai Medical College, Baqai Medical University, Karachi, Pakistan	01-04-2011 – 28-02-2012
4	Associate Professor	Department of Pharmacology and Therapeutics , Baqai Medical College, Baqai Medical University, Karachi, Pakistan	25-08-2008 - 31-03-2011
5	Assistant Professor	Department of Pharmacology and Therapeutics , Baqai Medical College, Baqai Medical University, Karachi, Pakistan	24-12-2007 - 24-08-2008
6	Resident Doctor	Department of Pharmacology, College of Medicine, King Khalid University Hospital, King Saud University, Riyadh, Saudi Arabia	20-08-2002– 20-12-2007
7	Assistant Professor	Department of Pharmacology and Therapeutics, Hamdard College of Medicine and Dentistry, Hamdard University, Karachi, Pakistan.	27-01-2001 – 19-08-2002
8	Lecturer (Post-M.Phil)	Department of Pharmacology and Therapeutics, Hamdard College of Medicine and Dentistry, Hamdard University, Karachi, Pakistan.	23-08-2000 – 26-01-2001
9	Lecturer	Department of Pharmacology and Therapeutics, Hamdard College of Medicine and Dentistry, Hamdard University, Karachi, Pakistan	31-03-1994 – 22-08-2000
10	Lecturer	Vohra Medical College, Karachi, Pakistan.	20-11-1991 – 30-03-1994
11	House officer	Departments of Surgery and Department of Medicine, Jinnah Postgraduate Medical Centre Karachi, Pakistan.	20-11-1990 – 19-11-1991

Present Job Responsibilities:

In addition to the administrative and academic responsibilities of the Department, I also served as Chairman of Examination Department from October 11th, 2017 till February 7th, 2022. I am also Chairman College Inspection committee, responsible for verification of the items purchased and approval of the payment bills. I had been signatory in some bank accounts of College. I also contribute the assignments in the Curriculum committee, Department of Medical Education, and Teaching Modules planning and coordination, and Class Incharge and coordinator of third year MBBS

International Experience:

Worked with following Professors at Department of Pharmacology, College of Medicine, King Khalid University Hospital, King Saud University, Riyadh, Saudi Arabia:

1. Professor Dr A.A. AlMotrefi
2. Professor Dr M .S. AlHumayyd
3. Procfessor Dr A. Q. AlHaider
4. Professor Dr Ali A. Mustafa
5. Professor Dr Abu Taib Mohammad Mobarok Ali

Examiner:

Examiner at Baqai Medical University Karachi, Dow University of Health Sciences Karachi, University of Karachi, University of Health Sciences Lahore, Bahria University Karachi, and Jinnah University for Women Karachi for the undergraduate and postgraduate students.

Research Achievements:

▪ Papers Presented In Pakistan:

1. Paper presented at 3rd Annual Symposium, Azad Jammu & Kashmir Medical College, Muzaffarabd. May 6 – 8, 2015. Study of sub-chronic toxicity of Mucuna pruriens, Cinnamomum zeylanicum, Myristica fragrans with their effects on renal hepatic, and cardiac parameters.
2. Paper Presented at 38th symposium 2001, Jinnah Postgraduate Medical Centre, Karachi, Pakistan, February 13 – 15, 2001, Contemporary medicine and information technology.
3. Paper presented at 3rd Annual Hamdard Symposium, Advancing technology and healthcare, January 6 – 7, 2001, Hamdard College of Medicine and Dentistry, Hamdard University Hospital, Karachi, Pakistan.

▪ **Papers Presented on International Forum:**

(<http://faculty.ksu.edu.sa/motrefi/Pages/publications.aspx>)

(<http://www.pa2online.org/abstract/search.jsp>)

E-journal of the British Pharmacological Society

1. A.A. ALMOTREFI & **M. ARIF** . Proceedings of the British Pharmacological Society . Evaluation of the antifibrillatory drug interactions between propranolol and captopril in perfused rabbit hearts
At <http://www.pa2online.org/vol4issue2abst184p.html> , 2006
<http://www.pa2online.org/abstract/abstract.jsp?abid=28462&author=arif&cat=-1&period=-1>
2. A.A. ALMOTREFI & **M. ARIF**. Acta Pharmacologica Sinica, Supp. 1, 124, 2006 . 15th World Congress of Pharmacology , July 2-7 , Beijing , China. Investigation of the antifibrillatory drug interactions between lidocaine and captopril in perfused rabbit hearts
3. A.A. ALMOTREFI & **M. ARIF** . Proceedings of the British Pharmacological Society. Evaluation of the antifibrillatory drug interactions between propranolol and valsartan in perfused rabbit hearts
At <http://www.pa2online.org/vol3issue2abst048p.html> , 2005
<http://www.pa2online.org/abstract/abstract.jsp?abid=27309&author=arif&cat=-1&period=-1>
4. A.A. ALMOTREFI & **M. ARIF** . Proceedings of the British Pharmacological Society Summer Meeting, Joint meeting with the Danish Society for Pharmacology & Toxicology, 5th – 8th July, 2004, University of Bath. "Investigation of the antifibrillatory drug interactions between lidocaine and valsartan in perfused rabbit hearts".
At: <http://www.pa2online.org/Vol2Issue2abst098P.html>

▪ **List of Research Articles:**

- **Research Articles on Internet / Pubmed:**

1. Meo SA, **Arif M**, Rashied S, Khan MM, Vohra MS, Usmani AM, Imran MB, Al-Drees AM. Hypospermatogenesis and spermatozoa maturation arrest in rats induced by mobile phone radiation. **J Coll Physicians Surg Pak**. 2011; 21(5):262-5.
2. Meo SA, **Arif M**, Rashied S, Husain S, Khan MM, Al Masri AA1, Muhammad S. Vohra MS, Usmani AM, Husain A, Al-Drees AM. Morphological changes induced by mobile phone radiation in liver and pancreas in Wistar albino rats. **Eur J Anat**. 2010; 14 (3):105-9
3. Meo SA, Al-Drees AM, **Arif M**, Al-Rubean K. Lung function in type 2 Saudi diabetic patients. **Saudi Med J** 2006; 27(3):338-43.

4. Meo SA, AlDrees AM, **Arif M**, Al-Rubean K. Assessment of respiratory muscles endurance in diabetic patients. **Saudi Med J** 2006;27(2):223-6.
5. Meo SA, Al Drees AM, Shah SF, **Arif M**, Al-Rubean K. Lung function in type 1 Saudi diabetic patients. **Saudi Med J** 2005;26(11):1728-33.

- Other Research Articles:

6. Muhammad Rashid Ahmed, Muhammad Mazhar Hijazi, Bushra Sherwani, Hafiz Syed, Imran ul Haque, Masood Ahmed, **Muhammad Arif**. Lithium induced histological alteration in testes of albino rats and their amelioration with vitamin E. **Medical Forum**, 2015; 26(9):21-5.
7. **Muhammad Arif**, Bushra Sherwani, Muhammad Rashid Ahmed, Rafeeq Alam Khan. Evaluation of toxicity of Mucuna pruriens, Cinnamomum zeylanicum, Myristica fragrans and their combination on renal, hepatic and cardiac parameters. **Gomal J. Med. Sci.** 2015; 13:146-50.
8. Bushra Sherwani, Muhammad Rashid Ahmed, Inayat ur Rahman, **Muhammad Arif**. Comparative Study of Olopatadine Hydrochloride 0.1% and Emedastine difumarate 0.05% Comparing their Clinical Efficacy and Adverse Effects in Allergic Conjunctivitis. **Medical Forum**, 2015; 26(5):25-8
9. Rafeeq Alam Khan, **Muhammad Arif**, Bushra Sherwani, Mansoor Ahmed Acute and Sub Chronic Toxicity of Mucuna pruriens, Cinnamomum zeylanicum, Myristica fragrans and their Effects on Hematological Parameters. **Aust. J. Basic & Appl. Sci.**, 2013; 7(8): 641-7.
10. Jamali SN, Laghari MJ, Rukh M, **Arif M**. To evaluate the feasibility of treating prehypertension with an angiotensin receptor blocker candesartan cilexetil. **Pakistan Journal of Pharmacology** 2011; 28(2):1-5.
11. Karim N, Hasan JA, **Arif M**, Syed Sanower Ali SS, Turab SM. Effect of Metformin on Ovulation in PCOS. **Medical Forum** 2010; 21(4):19-24.
12. **Arif M**, Sherwani B, Karim N, Turab SM, Jamali SN. Comparing the effects of verapamil and moxonidine in acute opioid abstinence syndrome. **Medical Forum** 2010; 21(1):16-20
13. **Arif M**, Sherwani B, Turab SM, Jamali SN, Karim N. The role of verapamil in long-term management of opioid dependence. **Medical Forum** 2010; 21(2):3-6.
14. **Arif M**, Ali DM, Hidayat A, Hussain A. The role of calcium channel blocker, Verapamil in treatment of acute opioid abstinence syndrome. **J Coll Physicians Surg Pak** 2002;12 (4):243-246.

15. Jilani T, Siddique MA, **Arif M**, Furqan M . Effect of acute exercise on serum Malondialdehyde levels in physically trained and untrained apparently healthy people. **Medical Channel** 2002;8(2):8-10.
16. **Arif M**, Ahmed M, Karim N, Ali DM. The role of Moxonidine, an alpha-2 agonist in long-term management of opioid dependence. **The Journal of Baqai Medical University** 2001;4(1&2):28-33.
17. Karim N, Ali DM, **Arif M**. Effects of Captopril & glibenclamide combination therapy on the metabolism in hypertensive NIDDM patients. **The Medical Spectrum** 2001;22(2):7-12.
18. Siddique MA, Salahuddin, **Arif M**, Janjua MZ. Teratogenic effects of doxycycline on growth rate of fore limb long bones in albino rat. **Pakistan Journal of Pharmacology** 2001;18(1):27-31
19. Amir K, **Arif M**, Ali DM, Karim N, Hussain A. The role of Moxonidine, an alpha-2 agonist in treatment of acute opioid abstinence syndrome. **J Ayub Med Coll Abbottabad** 2000;12(4):9-12.
20. **Acknowledgment**: To collect data from King Khalid University Hospital for Al-Humayyd MS & Babay ZH. Pattern of drug prescribing during pregnancy in Saudi women: a retrospective study. **Saudi Pharmaceutical Journal** 2006; 14 (3-4):201-207.

Attended Workshops / Conferences on Medical Education:

1. At Department of Medical education & National Teacher Training Centre, WHO Collaborating Centre for Research & Training in Educational Development of health Personnel, College of Physicians & Surgeons Pakistan:
 - a) Research Methodology & Medical Writing, June 24 –29, 1995
 - b) Educational Planning & Evaluation, July 24 – 27, 1995
 - c) Objective Test Items & Essay Questions, June 02 – 05, 1997
 - d) Teaching Skills, August 06 – 09, 1995
 - e) Evaluation of Clinical Competence, September 17 – 19, 1995
2. At Medical Education Centre, College of Medicine, King Khalid University Hospital, King Saud University, Riyadh, Saudi Arabia.
 - a) E- Learning & Search. 5 May, 2007, at the College of Medicine, King Saud University, Riyadh, Saudi Arabia
Approved by the Saudi Commission for Health Specialties-3 CME Hours
(Accreditation #: 3183/3007 Date: 29-3-14280)
 - b) 4th Workshop for Medical Education. 13-15 March 2007, at the College of Medicine, King Saud University, Riyadh, Saudi Arabia
Approved by the Saudi Commission for Health Specialties-14 CME Hours
(Accreditation) No:2711/2001; Dated: 9-2-1428)
 - c) Effective Electronic Search Workshop. 25 April 2006, College of Medicine King Saud University Riyadh Saudi Arabia

- d) Problem Based Learning Workshop. 13-14 February 2006. College of Medicine King Saud University Riyadh Saudi Arabia
- e) Practical Assessment Skills Workshop. 27 February 2006. College of Medicine King Saud University Riyadh Saudi Arabia
- f) 2nd King Saud University Workshop on Medical Education (1 – 3 March, 2005) - Approved by Saudi Council for Health Specialties 17 CME Hours
- g) First Scientific Conference on the March of Medical Education in Saudi Arabia (23 – 24 March, 2004) - Approved by Saudi Council for Health Specialties 7 CME Hours
- h) Uses of Computer in Medical Education (11 May, 2003) - Approved by Saudi Council for Health Specialties 2 CME Hours
- i) Assessment (20 April, 2003)
- j) Skills of Instructional Methods (9 March, 2003)
- k) Computing Skills (19 January, 2003)
- l) 2nd Intensive Course on : 1. Planning and Performing a Research Study and 2. Writing and Presenting a Scientific Paper (9 January, 2003) - Approved by Saudi Council for Health Specialties 6 CME Hours
- m) Assessment (27 October, 2002)
- n) Skills of Instructional Methods (6 October, 2002)

Other Conferences / Symposium Attended:

1. 2nd Annual Hamdard Psychiatric Conference (7th April, 2001) - Organized by Department of Psychiatry, Hamdard University in collaboration with Pakistan Psychiatric Society – Sind Chapter, Karachi, Pakistan
2. International Conference on : “Focus on Pharmaceuticals National / International Issues: The Next Millennium” (August 4 – 7, 1997) - Organized by Drug Information Association , Karachi, Pakistan
3. Second Biennial National Conference on Pharmacology and Therapeutics. (December 14 – 15, 1996) - Organized by Pakistan Pharmacological Society
4. Awareness Workshop on Minamata Initial Assessment, and Training on inventory of Mercury and Mercury compounds /In-products in Pakistan, 31st January, 2017 Pearl Continental Hotel Muzaffarabad, Azad Jammu & Kashmir, in collaboration with AJK Environmental Protection Agency, Government of AJ&K.
5. Scope of Integrated Modular Teaching in Medical Education. First Annual Symposium Poonch Medical College, 11th September to 13th September 2015. Symposium Attendance Entitles 18 Contact hours.
6. Seminar on “Professional ethics & Obstetrical” conducted by PIMA, May 09-10, 2015, with 06(Six) contact hour(s). Riphah Academy of Research & Education. Riphah International University. PM&DC-Recognition No. 09/CME/PM&DC. CME/CDE-Multispeciality
7. Annual Scientific Symposium 2015, 18th & 19th April, 2015,
8. The Seminar On clinical pharmacology & Current Challenges; May 11, 2012 at Islam Colleges of pharmacy Sialkot Pakistan
9. Jinnah Post Graduate Medical Centre , Karachi; 47th Annual Medical Symposium (J. P.M.C .- N.I.C.V.D.- N.I.C.H) FROM 15th February 2010 to 21st February 2010
10. Participated in the CME conference held at Moin Baqai Hall, Baqai Medical College , Karachi. On 12 February 2009.

11. 2nd ANNUAL HAMDARD PSYCHIATRIC CONFERENCE HELD AT HOTEL MARRIOTT, KARACHI ON 7TH APRIL 2001; Department of Psychiatry , Hamdard University
In collaboration with Pakistan Psychiatric Society-Sind Chapter; Scientific Proceedings of the 38th ANNUAL MEDICAL CYMPOSIUM ; Jinnah Post Graduate Medical Centre, Karachi
12. Has participated in the international Conference Focus on Pharmaceuticals National /International Issues: the Next Millennium”; Held in Karachi, Pakistan, August 4-7,1997; Drug Information Association
13. Participated in the proceedings of the SECOND BIENNIAL NATIONAL CONFERENCE ON PHARMACOLOGY AND THERAPEUTIC , held on December 14 & 15th , 1996 at the University of Karachi

Other Skills:

1. Language: Able to read, write and speak English and Urdu.
2. Computer: Using Microsoft office (Word, Excel, Power point), different softwares, and internet for different academic and research activities for last thirty years.

Referees:

1. Prof. Dr. Sultan Ayoub Meo
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