

## CURRICULUM VITAE

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### Qualification

Degree	Year	Subject	Institution
Ph. D	2013	Pharmacology	Universiti Sains Malaysia Penang, Malaysia
M. Phil	1996	Pharmacology*	University College of Pharmacy, University of the Punjab Lahore, Pakistan
Graduation	1994	B. Pharmacy	University College of Pharmacy, University of the Punjab Lahore
Intermediate	1990	FSc (Pre-Medical)	Govt. APWA College for Women, Lahore
Matriculation	1988	Science	Govt. Girls High School, Ravi Road Lahore

\* First position amongst the successful candidates in M.Phil

### Teaching/Research Experience

S.#	Designation	Subject	Institution	Period	
				From	To
1	Assistant Professor	Pharmacology	University College of Pharmacy University of the Punjab Lahore	14-11-2007	To date
2	Lecturer	Pharmacology	University College of Pharmacy University of the Punjab Lahore	07-11-2002	13-11-2007
3	Lecturer (Contract)	Pharmaceutical Chemistry	University College of Pharmacy University of the Punjab Lahore	Jan 2001	July 2001
4	Drug Inspector/ Hospital Pharmacist		THQ Hospital Muridkey, District Sheikhupura	22-05-99	10-10-2000
5	Demonstrator	Pharmacology	University College of Pharmacy University of the Punjab Lahore		

## Publications (15)

1. **Anwar, R.**, Ahmad M. (2006). Studies of *Raphanus sativus* as Hepato Protective Agent. *J. Med. Sci.* 6:662–665.
2. **Anwar, R.**, Hussin, A.H., Ismail, S., Mansor, S.M. (2012). In vitro effect of mitragynine on the activity of drug metabolizing enzymes, N-demethylase and Glutathione-S-transferase in streptozotocin-induced diabetic rats. *PharmacologyOnline*, 1, 68-75.
3. **Anwar, R.**, Hussin, A.H., Ismail, S., Mansor, S.M. (2012). *In vitro* effect of mitragynine (a major alkaloid of *Mitragyna speciosa* Korth) on aminopyrine metabolism in rat hepatocytes. *Int. J. Pharm. Sci. Res.*, 3 (7), 2238-2242.
4. Ahmad M, Javaid A, Kamran SH, **Anwar R**, Saleem Z, et al. (2016). Comparative Effectiveness of Cysteine, Lysine and Glycine to Fend Off Paracetamol-Induced Hepatic Insult. *J. Drug. Res. Dev.*, 2(1).
5. Riaz, H., Saleem, N., Ahmad, M., Mehmood, Y., **Anwar, R.**, Kamran, S.H. (2016). Hepatoprotective Effect of *Crocus sativus* on Amiodarone-Induced Liver Toxicity. *Br. J. Pharm. Res.*, 12(4): 1-11.
6. Salman, S., **Anwar, R.**, Kamran, SH., Manzoor, A., (2017). Hepatoprotective Effect of *Solanum nigrum* Leave Diethyl ether Extract on Liver CCL4 Toxicity. *Pak. J. Pharm.* 30 (1) 17-21, 2017.
7. Latif, A., Hussain, K., Shehzadi, N., Islam, M., **Anwar, R.**, Khan H.M., Bukhari, N.I. (2017). Glutathione Sulfotransferase Inhibition Activity of a Self-fermented Beverage, Kanji. *Pharm. Biol.*, 55(1): 547-553
8. Mushtaq, A., Naqvi, S. F., **Anwar, R.**, Jamil, M., Anwar, H., Bashir, A. (2017). Evaluation of Hypolipidemic Activity of *Allium schoenoprasum* in Albino Rats. *Br. J. Pharm. Res.*, 14(5): 1-10.
9. Mushtaq, A., Rehmat, S., **Anwar, R.**, Mahmood, M. A., Anwar, H., Iqbal, N., (2017). Hepatoprotective Action of Ethanolic Extract of *Cyperus pertenuis* in Chronic Intoxicated Albino Rats. *Int. J. of Bio. Pharma. A. Sci.*, 6(3): 581-594.
10. Mushtaq, A., Rashid, S., Jamil, M., **Anwar, R.**, Khawaja, N.R. (2017). Anti-nociceptive and Anti-inflammatory Activity of *Trapa bispinosa*, *Chenopodium album* and *Cuscuta reflexa*. *Int. J. Bio. Pharma., A. Sci.*, 6(4): 608-622.
11. Ahmad, M., Wazir, R., **Anwar, R.**, Kamran, S.H., Mobasher, A., Akhtar, A. (2017). Prophylactic and Protective Activity of Crude and Methanolic Extracts of *Punica granatum* Peel Against Gentamycin Induced Nephrotoxicity. *J. Pharm. Res. Int.*, 17(4): 1-7, 2.
12. Kamran, S.H., Shoaib, R., Ahmad, M., Ishtiaq, S., **Anwar, R.**, (2017). Antidiabetic and Renoprotective Effect of *Fagonia cretica* L. Methanolic Extract and *Citrus paradise* Macfad. Juice in Alloxan Induced Diabetic Rabbits. *J. Pharma. & Pharmacog. Res.*, 5 (6): 365-380.
13. Ahmad, M., Masood, I., Ikram, H., **Anwar, R.**, Mobasher, A., Kamran, S. H., Akhtar, U. (2018). Pharmacological Investigation of *Phoenix dactylifera* L. in Azithromycin Induced Toxicity. *Int. J. Parmacol.*, 14 (1): 61-67.
14. **Anwar R.**, Sultan R., Batool F., (2018). Ameliorating Effect of *Berberis lycium* Root Bark Extracts against Cisplatin Induced Nephropathy in rat. *Bangladesh J Pharmacol*; 13: 248-54.
15. Mushtaq A., **Anwar R.**, Ahmad M., (2018). *Lavandula stoechas* L alleviates dementia by preventing oxidative damage of cholinergic neurons in mice brain. *Trop. J. Pharm. Res*; 17(8):1539-1547.

\*\*A Research Article titled “Memory enhancing effect of Anise (*Pimpinella anisum*) with respect to its antioxidant activity in albino mice- III” accepted for publication in *the Journal of Animal and Plant Sciences* vol:29 (2).

### Research Projects/ Awards/ Travel Grant

Sr. No.	Type	Title	Organization	Order No.	Date
1	Award	Performance Evaluation Award 2008	University of the Punjab Lahore	D/3530-99/ Est.I	09-07-09
2	Award	Performance Evaluation Award 2012	University of the Punjab Lahore	D/198/ Est.I	15-01-14
3	Award	Performance Evaluation Award 2014	University of the Punjab Lahore	D/565-A-4/ Est.I	23-02-15
4	Award	Performance Evaluation Award 2017	University of the Punjab Lahore		22-06-18
4	Overseas Scholarship	Overseas Scholarship for PhD study at Universiti Sains Malaysia Penang, Malaysia.	University of the Punjab Lahore	D/1633-58/ Est.I	23-02-10
5	Travel Grant	For poster presentation of research paper in International Scientific Congress organized by PPISC at Kuala Lumpur, Malaysia	University of the Punjab Lahore	D/ 4539/ Est.I	15-07-14
6	Research Grant	Effects of <i>Carica papaya</i> Linn. Leaves Extracts on Phase I and Phase II Drug Metabolizing Enzymes. (2014-2015)	University of the Punjab Lahore	D/ 603/ Est.I	24-02-15
7	Research Grant	Effects of <i>Raphanus sativus</i> leaves extract on hepatic CYP450 activity and expression in Type 1 Diabetes induced rats (2017-	University of the Punjab Lahore	D/ 4412/ Est.I	13-09-17

### International Proceedings:

S.#	Year	Title	Name of Publisher & Address
1	2012	Possible mechanism of aminopyrine n-demethylase activity by mitragynine in rat hepatocytes	Pharmacology and Physiology International Scientific Congress 2012, Penang, Malaysia
2	2012	<i>In vitro</i> effect of mitragynine on phase II drug metabolizing enzyme glutathione s-transferase (GST) in female SD rats	International Conference on Research Methodology- New Trends and Integrative Approach from bench to bed side. Organized by PUCP in collaboration with HEC and PPA. 6-8 September, 2012

3	2013	Glutathione s-transferases specific activity, acute oral toxicity and in vivo hepatoprotective effects of kanji	11th International Ethnobotany Symposium Turkey
4	2014	<i>In vitro, in vivo</i> assessment of mitragynine on phase II drug metabolizing enzyme Glutathione s-transferase (GSTs) activity	Pharmacology and Physiology International Scientific Congress 2014, Malaysia
5	2017	Anti-Inflammatory and Analgesic activities of Chitosan - Based Serratiopeptidase Microcapsules	1 <sup>st</sup> National Conference on “Emerging Trends in Pharmaceutical Sciences” organized by University of Malakand Pakistan

### Acceptance of Abstracts (Publish in Frontiers in Pharmacology)

1 A paper entitled “Alleviating effect of mitragynine on microsomal UDP-glucuronosyltransferase activity and UGT1A6 expression in STZ-induced diabetic rat” has been selected for the **POSTER PRESENTATION** in International Conference on Drug Discovery and Translational Medicine 2018 (ICDDTM '18) to be held on the 4th and 5th of December, 2018 at The Everly Putrajaya, Malaysia.

2 A paper entitled “Investigation of Antihypertensive Activity of Standardized *Colebrookea Oppositifolia* Methanolic Extract and Elucidation of Possible Mechanism Of Action” has been selected for the **POSTER PRESENTATION** in International Conference on Drug Discovery and Translational Medicine 2018 (ICDDTM '18) to be held on the 4th and 5th of December, 2018 at The Everly Putrajaya, Malaysia.

### List of Research Supervision of M.Phil/ PhD Scholars

Approved Supervisor by Higher Education Commission of Pakistan

Sr. No.	Type	Title	Ownership	Date
1	M.Phil	“Effect of <i>Carica papaya</i> Linn. Leaves Extracts on Phase II Drug Metabolizing Enzymes” submitted by Usman Ali (session 2013-2015)	1 <sup>st</sup> Supervisor	14-07-15
2	M.Phil	“Effect of <i>Berberis lyceum</i> Root Extracts on Phase II Drug Metabolizing Enzymes” submitted by Nishat Jamshad (session 2013-2015)	1 <sup>st</sup> Supervisor	14-07-15
3	M.Phil	“The Pharmacological activity of <i>Solanum nigrum</i> leaves Extracts” submitted by Sheherzad Salman Shahid (session 2013-2015)	1 <sup>st</sup> Supervisor	18-05-15
4	M.Phil	Evaluation of Antioxidant Activity of <i>Berberis lycium</i> Root Extracts Against Cisplatin Induced Oxidative Stress” submitted by Amina Javid Qaiser (session 2014-2016)	1 <sup>st</sup> Supervisor	23-08-16

5	M.Phil	“Ameliorating Effects of <i>Raphanus sativus</i> Leaves Extracts on Cisplatin Induced Toxicity” submitted by Saher Saleem session (2014-2016)	1 <sup>st</sup> Supervisor	09-09-16
6	M.Phil	“Protective Effects of <i>Berberis lycium</i> Root Bark Extracts on Doxorubicin-Induced Chronic Cardiotoxicity” submitted by Quratul-Ain Sidra (session 2015-2017)	1 <sup>st</sup> Supervisor	14-06-17
7	M.Phil	“Evaluation of <i>Berberis lycium</i> Root Bark Extracts for their Neuroprotective Activity in rats” submitted by Isma Tariq Sahar (session 2015-2017)	1 <sup>st</sup> Supervisor	14-06-17
8	M.Phil	“Ameliorating effects of <i>Berberis lycium</i> Root Bark Extracts against cisplatin induced Nephroathy” Rabeea Sultan (session 2015-2017).	1 <sup>st</sup> Supervisor	14-06-17
9	M.Phil	Exploration of Analgesic and anti inflammatory potential of novel compound ' N'2,N'4,N'6-tris(2-(4- bromophenyl)-2-oxoethyl) pyridine-2,4,6- tricarbohydrazide submitted by Abdul Raheem Malik (2015-2017)	1 <sup>st</sup> Supervisor	07-07-17
10	M.Phil	“Investigation of anti-rheumatic activity of <i>Solanum nigrum</i> leaves extracts against FCA induced arthritis” submitted by Sumaira Ilyas (session 2015-2017)	1 <sup>st</sup> Supervisor	18-01-18
11	M.Phil	“Hepatoprotective activity of <i>Colebrookea oppositifolia</i> leaves extracts against isoniazid induced toxicity” submitted by Sidra Khalil (session 2015-2017)	1 <sup>st</sup> Supervisor	16-01-18
12	M.Phil	Evaluation of metabolism-mediated herb-drug interaction between <i>Lactuca serriola</i> seed extracts and isoniazid” submitted by Shahzad Ali Raza (session 2015-2017)	1 <sup>st</sup> Supervisor	23-01-18
13	M.Phil	“Investigation of cardiovascular effects of <i>Colebrookea oppositifolia</i> leaves extracts in rats” submitted by Muhammad Usman Khalil (session 2015-2017)	1 <sup>st</sup> Supervisor	18-01-18
14	M.Phil	“Exploration of analgesic and anti-inflammatory activity of <i>Cassia absus</i> seed extracts” submitted by Shahzad Ali (session 2015-2017)	1 <sup>st</sup> Supervisor	23- 01-18
15	M.Phil	“Efficacy and safety of drugs transport of bronchopneumonia in local pediatric hospital and its conformance to the Guidelines of British Thoracic Society” submitted by Ufaq Tanveer (session 2015-2017)	1 <sup>st</sup> Supervisor	25-06-18
16	M.Phil	“Assessment of sofosbuvir-based treatments in hepatitis C in Pakistan” submitted by Adil Ayub (session 2015-2017)	2 <sup>nd</sup> Supervisor	02-06-17
17	M.Phil	“Evaluation of anti-ulcer potential of <i>Caralluzma tuberculata</i> in rats” submitted by Nazim Ali (session 2015-2017)	2 <sup>nd</sup> Supervisor	05-06-17
18	M.Phil	“Evaluation of anti-ulcer potential of <i>Fagonia cretica</i> in rats” submitted by Muhammad Zubair” (session 2015-2017)	2 <sup>nd</sup> Supervisor	05-06-17
19	M.Phil	“Pharmacological evaluation of novel pyridine derivative for anti-inflammatory activity” submitted by Abdul Rehman Malik (2015-2017)	2 <sup>nd</sup> Supervisor	07-07-17

20	M.Phil	“Analytical and biological studies of leaf extracts of <i>Bryophyllum pinnatum</i> ” submitted by Sadhana Dahal (session 2015-2017)	2 <sup>nd</sup> Supervisor	13-01-18
21	M.Phil	“Evaluation of anti-nociceptive and anti-inflammatory activities of five fractions of <i>Loranthus pulverulentus</i> ” submitted by Zara Zafar (session 2015-2017)	2 <sup>nd</sup> Supervisor	15-01-18
22	M.Phil	“Antiepileptic activity of <i>Artemisia maritima</i> in pentylenetetrazole-induced kindling seizures in mice” submitted by Sadia Waqar (session 2015-2017)	2 <sup>nd</sup> Supervisor	18-01-18
23	M.Phil	“Anti-inflammatory and anti-arthritic activity of <i>Skimmia laureola</i> in rats” submitted by Javaria Yahya (session 2015-2017)	2 <sup>nd</sup> Supervisor	19-01-18
24	M.Phil	“Antiulcer activity combination of <i>Aegle marmelos</i> and <i>Caralluma tuberculata</i> in rats” submitted by Banin Munir (session 2015-2017)	2 <sup>nd</sup> Supervisor	19-01-18
25	M.Phil	“Anti ulcer activity of <i>Aegle marmelos</i> and <i>Caralluma tuberculata</i> ’s combination in Indomethacin induced ulcer” submitted by Hira Tahir (session 2015-2017)	2 <sup>nd</sup> Supervisor	19-01-18

### Current Research Students under Supervision

No	Type	Registration	Ownership
1	2 PhD	University College of Pharmacy, University of the Punjab Lahore.	1 <sup>st</sup> Supervisor
2	5 M.Phil	University College of Pharmacy, University of the Punjab Lahore.	1 <sup>st</sup> Supervisor
3	4 M.Phil	University College of Pharmacy, University of the Punjab Lahore.	2 <sup>nd</sup> Supervisor

### List of Seminars/Workshops/Conferences

Sr. No.	Type	Title		Date
1	Organized	Workshop on “Empowering Effective Teaching in Pharmacy Education” on 19th November, 2016	University Level	19 Nov,2016
2	Organized	Lab safety Seminar.	University Level	18 Dec,2017
3	Organized	Scientific Poster Presentation Competition 2017	University Level	22 Dec,2017

<b>Oral/ Poster Presentations</b>				
1	Poster Presentation	Possible mechanism of aminopyrine n-demethylase activity by mitragynine in rat hepatocytes	International Conference	18-20 May 2012
2	Oral presentation	<i>In vitro</i> effect of mitragynine on phase II drug metabolizing enzyme glutathione s-transferase (GST) in female SD rats	International Conference	6-8 Sept. 2012
3	Oral presentation	Glutathione s-transferases specific activity, acute oral toxicity and in vivo hepatoprotective effects of kanji	International Conference	2-5 Nov. 2013
4	Poster Presentation	<i>In vitro, in vivo</i> assessment of mitragynine on phase II drug metabolizing enzyme Glutathione s-transferase (GSTs) activity	International Conference	22-24 Aug. 2014
5	Oral presentation	Anti-Inflammatory and Analgesic activities of Chitosan - Based Serratiopeptidase Microcapsules	National Conference	09-11 Oct. 2017

<b>International &amp; National Conferences</b>				
1	Participated	International Pharmacy Conference & Exhibition 2003 “Better Quality of Life Through Pharmacist”	International Conference	22-23 March 2003
2	Participated	Women Conference Against Drug Abuse on “ Role of Women in Drug Abuse Prevention”	National Conference	2 <sup>nd</sup> June 2007
3	Participated	International Conference on Natural Products 2010 “From Nature to Medicine Through Sustainable Education, R&D and Practice”	International Conference	10-12 Dec. 2010
4	Participated	19 <sup>th</sup> International Pharmacy Conference & Exhibition “ Emerging Role of Pharmacist in Public Health	International Conference	21-24 April 2016
5	Participated	Three-Day International Conference “ Chemical and Pharmaceutical Sciences: Recent Approaches in Research & Applications”	International Conference	17-19 Jan. 2018
6	Participated	National Conference “Recent Advancements in Pharmaceutical Sciences”	National Conference	7-8 March 2018

<b>Seminars/ Workshops</b>				
1	Participated	Workshop on “Rational Use of Drugs” organized by PPA in collaboration with WHO	National Workshop	19-20 Dec. 1999
2	Participated	Workshop on Intravenous/ TPN Programme/ Clinical Pharmacy organized by Punjab Pharmacy Council, Ministry of Health, Government of Punjab, Lahore.	National Workshop	July 1999
3	Participated	Workshop on Safe Blood, Safe Drug and Safe Food organized by Punjab Pharmacy Council, Ministry of Health, Government of Punjab, Lahore.	National Workshop	August 1999

4	Participated	Orientation Programme organized by Human resource Development Centre, University of the Punjab, Lahore.	National	July 2003
5	Participated	Workshop on Presentation Skills, Ideas to Write Good Publishable Papers organized by Institute of Postgraduate Studies, Universiti Sains Malaysia, Penang, Malaysia.	International	26-28 July 2010
6	Participated	Workshop on Personality and Communication Development organized by Institute of Postgraduate Studies, Universiti Sains Malaysia, Penang, Malaysia.	International	16 June 2011
7	Participated	Occupational Safety and Health Course organized by USM, Penang Malaysia held on 2011	International	2 July 2011
8	Participated	Training Workshop on Quality Assurance in Education at PIQC Training Centre Lahore.	National	15 April 2014
9	Participated	Indigenous On - Campus Training Programme of Faculty Members at University of the Punjab Lahore.	National	15-19 Dec. 2014
10	Participated	International Seminar on "Ischemia Perfusion Injury, Instructional Design and Use of Rodents in Physiology and Pharmacology" at University College of Pharmacy, University of the Punjab Lahore.	International	2 Dec. 2016
11	Participated	One Day Seminar on "Awareness on Thalassemia" at University College of Pharmacy, University of the Punjab Lahore.	National	16 Feb. 2017
12	Participated	K. Drive talk on "Developing Shells for Better Career in Pharmaceutical Industry" held on 14 <sup>th</sup> April, 2017	University level	14 <sup>th</sup> April 2017

### Review of Journal Papers

1	Reviewed	The manuscript, entitle "Attenuation of TGF- $\beta$ 1/ Smad induced liver fibrosis by Phyllanthin" for Natural Product Research.	IF Journal	23 Jan. 2015
2	Reviewed	The manuscript, entitle "the Effects and possible mechanism of <i>Angelica Sinensis</i> and <i>Radix Hedysari</i> ultrafiltration extracts on X- irradiation-induced rats myocardial fibrosis" for Natural Product Research.	IF Journal	03 Sep. 2018
3	Reviewed	The manuscript, entitle "In vitro efficacy of <i>Tribulus terrestris</i> L. & <i>Ziziphus mauritiana</i> Lam. As potential anthelmintic against <i>Haemonchosis contortus</i> " for Biologia.	National	April 2018
4	Reviewed	The manuscript, entitle "Evaluation of antioxidant and antidiabetic activity of Phyllanthusemblica (Fruit)" for Biologia	National	June 2018



### Evaluation of Research Work (External Examiner)

1	Evaluated	Thesis titled "Evaluation of anti-diabetic activity of various commercially available herbal products in Pakistan" and conducted viva voce of Mr. Malik Arif mehmood in International Riphah University Lahore	M.Phil	August 2015
2	Evaluated	Thesis titled "Effect of <i>Caralluma tuberculata</i> against Carbamazepine induced hepatotoxicity" and conducted viva voce of Mr. Syed Imran Haider in The University of Lahore.	M.Phil	21 Feb. 2017
3	Evaluated	Thesis titled "Nephroprotective effect of aqueous methanolic extract and various fractions of <i>Berberis orthobotrys</i> Bien Ex Aitch against chemically induced nephrotoxicity in rat models and conducted viva voce of Ms. Shehla Saeed (Session 2015-2017) in University of Sargodha	M.Phil	20 Jan. 2018
4	Evaluated	Thesis titled "Anti ulcer and antioxidant activities of new synthetic indole imines on experimental gastric ulcer models in rats" and conducted viva voce of Ms. Sara Batool (Session 2015-2017) in the University of Sargodha	M.Phil	20 Jan. 2018
5	Evaluated	Thesis titled "Pharmacological investigation of scientific evidences for folkloric repute of <i>Alcea rosea L.</i> " and conducted viva voce of Ms. Arooba Mazhar in the BZU Multan	M.Phil	13 April 2018
6	Evaluated	Thesis titled "Pharmacological studies pertaining to validate the folkloric uses of <i>Agave americana L.</i> and <i>Ficus benjamina L.</i> in multiple disorders" and conducted viva voce of Ms. Shahla Shahnaz in the BZU Multan.	M.Phil	13 April 2018
7	Evaluated	Thesis titled "Evaluation of <i>Convolvulus arvensis</i> and <i>Plumeria obtusa L.</i> to validate their ethnopharmacological claims" and conducted viva voce of Ms. Sumaira Naz in the BZU Multan.	M.Phil	13 April 2018
8	Evaluated	Conducted viva voce of Ms. Sehrish Iqbal (Session 2015-2017) in the University of Sargodha	M.Phil	02 July 2018
9	Evaluated	Conducted viva voce of Ms. Khush Bakhat Kiran (Session 2015-2017) in the University of Sargodha	M.Phil	02 July 2018
10	Evaluated	Thesis titled "Analgesic and muscle relaxant effects of diclofenac sodium and Tizanidine in the non-operative treatment of cervical spondylosis" and conducted viva voce of Ms. Nabeela Iqbal (Session 2015-2017) in the University of Sargodha	M.Phil	18 Sep. 2018

11	Evaluated	Thesis titled "Sofosbuvir based triple therapy effects on renal function in hepatitis C patients" and conducted viva voce of Ms. Zeenat Khalid (Session 2014-2016) in the University of Sargodha	M.Phil	18Sep. 2018
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### **Membership of Learned Societies**

- i. Member, Pakistan Pharmacist Association Pakistan
- ii. Member, Malaysian Society of Physiology and Pharmacology, Malaysia
- iii. Member, British Pharmacological Society UK.
- iv. Member, Board of Studies University College of Pharmacy, University of the Punjab Lahore Pakistan