

CURRICULUM VITAE

Name: **Saeed Ahmad Nagra**
Position: Professor of Biochemistry
Date & Place of Birth: 24-02-1951, Faisalabad (Lyallpur). Pakistan
Address: 102-E, DHA Lahore, EME Sector, Multan road, Lahore, Pakistan.
Correspondence Address: Institute of Chemistry, University of the Punjab, Lahore 54590. Pakistan.
Nationality: Pakistani
Telephone: Off. +92-42-9230998,
Res +92-42-5868194
E-mail: nagra@chem.pu.edu.pk , sanagra@gmail.com
Language: Urdu, English, and Punjabi.

ACADEMIC QUALIFICATION

| Degree / Certificate | University / Board | Year | Subject |
|----------------------|--|------|------------------------------|
| Ph.D. | University of Agriculture, Faisalabad. | 1979 | Nutrition |
| M.Sc. | University of Islamabad | 1973 | Chemistry |
| B.Sc. | University of the Punjab. | 1971 | Chem., Phys, Eng. |
| F.Sc. | B.I.S.E. Sargodha | 1968 | Chem., Phys, Math. |
| Matric | B.I.S.E Lahore | 1966 | Chem, Phys, Math, Eng, Urdu. |

PROFESSIONAL EXPERIENCE

- **Professor of Biochemistry**, Institute of Chemistry, University of the Punjab, Lahore from August 2001 to date
- **Associate Professor**, Institute of Chemistry, University of the Punjab, Lahore from August 1991 to October 2001.
- **Assistant Professor**, Institute of Chemistry, University of the Punjab, Lahore. from July, 1983 to August, 1991.
- **Lecturer**, Institute of Chemistry, University of the Punjab, Lahore. from September, 1982 to July, 1983.

- **Research Officer**, Institute of Chemistry, University of the Punjab, Lahore. from October, 1980 to March, 1982.
- **Research Fellow**, Department of Nutrition, University of Agriculture, Faisalabad. from January, 1976 to December, 1979.
- **Research Officer**, Department of Livestock Management, University of Agriculture, Faisalabad. from October, 1974 to January, 1976.

Administrative Responsibilities

- Member Senate University of the Punjab
- Deputy Advisor (Students), University of the Punjab, 1995-2004.
- Warden, International Hall, University of the Punjab.
- Secretary, Punjab University Academic and Co-curricular Committee (PUACC).

MEMBERSHIP

- Fellow: Pakistan Academy of Medical Science
Pakistan Institute of Chemists.
Chemical Society of Pakistan,
- Life Member: Pakistan Society of Biochemistry and Molecular Biology,
Pakistan Association for the Advancement of Science.
Nutritionists Association of Pakistan
- Member: Pak. Soc. of Food Scientists & Technologists

RESEARCH ACCOMPLISHMENTS

- List of 76 Publications attached herewith.
- Beside the completion of various research projects funded by Punjab University, Worked on the compilation of Nutritional atlas of Northern Areas of Pakistan, under the Pak-German research project “Culture Area Karrakorum” during 1991-1995.
- DAAD fellow from August to October, 1997. Worked at Federal Research Center for Nutrition, Stuttgart (Germany), on vitamin analysis by HPLC.

SUPERVISION

| Level | Completed | Under Supervision |
|--------------|------------------|--------------------------|
| M.Sc. | 134 | |
| M.Phil. | One | One |
| Ph.D. | 3 | 6 |

LIST OF PUBLICATIONS

1. Iqbal,MZ; Ghani,U; Afzal,SM. & **Nagra,SA**.
Syntheses and phytotoxic effect of alkaline earth and alkali metal chelates derived from the metabolites of the *Alternaria Eichhorniae* on Waterhyacinth. *J. Sci. Res. PU. XI, 47-60, 1982*.
2. Iqbal,MZ; **Nagra,SA**; Afzal,SM. & Ghani,U.
Effect of ionic concentration on Wateryacinth. *J. Sci. Res. PU. XII, 45-48, 1983*.
3. **Nagra,SA** & Gilani AH.
Longitudinal study on head circumference of Pakistani infants in different socioeconomic groups. *Archivos latinoamericanos de Nutricion 34, 308,-314, 1984 (Guatemala)*.
4. **Nagra,SA**; Gilani AH; Ahmad,MD. & Haq,E.
Longitudinal study in body weight of Pakistani infants as influenced by socioeconomic status. *J. Trop. Pediatr. 30, 217-221, 1984 (UK)*.
5. **Nagra,SA**.
Infant Feeding in Pakistan-- A fresh look. *Proc. Symp. on World Food Day. Directorate of Research, University of Agriculture, Faisalabad, 1986*.
6. Anwar, J; **Nagra,SA**. & Kousar,T.
Elimination of depression effect of certain anions in Calcium emission by using organic solvents. *J. Sci. Res. PU. XV, 1-5, 1986*.
7. Gilani, AH; Asif,M. & **Nagra,SA**.
Energy utilization of supplemented cereal diets in human volunteers. *Archivos Latinoamericanos de Nutricion 38, 373-378, 1986 (Guatemala)*.
8. **Nagra,SA** & Gilani AH.
Effect of socioeconomic status on body length of Pakistani infants during first year of life. *J. Trop. Pediatr. 32, 10-13, 1986 (UK)*.
9. Anwar, J; **Nagra,SA**; Cheema,SA. & Athhar, MM.
Determination of Cyanocobalamine in therapeutic injections by atomic absorption spectroscopy. *J. Sci. Res. PU. XVI, 39-49, 1987*.
10. **Nagra,SA** & Gilani AH.
Variations in infant feeding practices in Pakistan with socioeconomic stratification. *J. Trop. Pediatr. 33, 103-106, 1987 (UK)*.
11. **Nagra,SA**; Anwar, J. & Pasha NUA.
Nutritional evaluation of some brands of formula milks. *J. Sci. Res. PU. XVI, 17-23, 1987*.

12. Anwar,J; Farooqi,MI; **Nagra,SA**. & Farida,B.
Determination of Nitrogen (as ammonia) by indirect turbidimetric method. *Pak. J. Sci. Ind. Res.* 31, 820-822, 1988.
13. Farooqi,MI; Anwar,J; **Nagra,SA**; Iqbal,M. & Hussain,I.
Microdetermination of Strontium in the presence of Calcium. *J. Sci. Res. PU.* XVII, 1-9, 1988.
14. **Nagra,SA** & Samina,K.
Vitamin A (β -Carotene) losses in Pakistani cooking. *J. Sci. Food Agric.*46,249-251, 1989 (UK).
15. **Nagra,SA**; Anwar, J. & Parveen,R.
A comparative study of serum Creatinine, Urate and Urea level in controlled diabetics and non diabetics. *J. Sci. Res. PU.* XVII, 31-36, 1988.
16. Anwar,J; Anjum,I; Samra,J. & **Nagra,SA**.
An indirect spectrophotometric method for the microdetermination of Nitrogen. (as ammonia). *J. Chem. Soc. Pak.* 10, 381-384, 1988.
17. Anwar, J; **Nagra,SA**; Farooqi,MI & Hayat,S.
Determination of Phosphate by using molecular emission of Molybdenum. *An. Quim.* 85, B, 117-121, 1989 (Spain).
18. **Nagra,SA**.
Longitudinal study in biochemical composition of human milk during first year of lactation. *J. Trop. Pediatr.* 35, 126-128, 1989 (UK).
19. **Nagra,SA**; Anwar, J. & Farhat,N.
Comparison of serum serum Cholesterol, Triacylglycerol and Lipase activity in controlled diabetics and non diabetics. *J. Sci. Res. PU.* XVIII, 1-5, 1989.
20. Farooqi,MI; Anwar,J; **Nagra,SA** & Hussain,A,
A new spectrophotometric method for the microdetermination of sulphate. *J. Chem. Soc. Pak.* 11, 37-40, 1989.
21. **Nagra,SA**.
Body weight of Pakistani infants reared on different feeding regimes. *Archivos Latinoamericanos de Nutricion* 39. 9-16, 1989, (Guatemala).
22. **Nagra,SA**; Abida,J; Farooqi,MI. & Anwar, J.
Hemoglobin, serum Calcium, Copper, Magnesium and Zinc during the first trimester of pregnancy in Pakistani women. *Ecology of Food & Nutr.* 22, 307-319,1989 (USA).
23. Anwar,J; Farooqi,MI; **Nagra,SA**. & Khan,AM.
A new method for the spectrophotometric determination of Ascorbic acid. *J. Chem. Soc. Pak.* 12, 75-79, 1990.

24. **Nagra,SA.** & Saman,J.
Vitamin C losses in Pakistani cooking. *Nutr. Res. 10*, 829-830, 1990 (USA).
25. **Nagra,SA.** & Hamid,A.
Effect of maternal education level on the growth of Pakistani infants. *J. Sci. Res. PU. XX*, 17-24, 1991.
26. **Nagra,SA** & Gilani AH.
A physiological and hematological study of Ramadan fasting in Pakistan. *J. Sci. Res. PU. XX*, 25-30, 1991.
27. **Nagra,SA**; Tehmina,A; Anwar, J. & Farooqi,MI.
Longitudinal study in the concentration of serum Calcium, Copper, Magnesium, Zinc and Hemoglobin during the last trimester of pregnancy in Pakistani women. *Nutr. Res. 11*, 1341-1348, 1991 (USA).
28. **Nagra,SA.**
Compilation of Nutritional Atlas of Northern Areas. Part I: Yasin Valley. *Proc. Pak-German Joint Workshop, Lahore, 1991.*
29. **Nagra,SA**; Beig,M. & Sheikh,MA.
Comparative efficiency of Furazolidone, Nitrovin and Zinc Bacitracin as growth promoters in Broilers. *Pak. J. Pharm. 5 (1 & 2)*, 71-75, 1992.
30. **Nagra,SA.** & Ahmad,J.
Replacement of Cotton Seed meal with Catering waste in Broiler rations. *Proc. Ist Internal. Confer. on the Impact of Food Res. on New Product Development, University of Karachi, 1993.*
31. Ashraf,Y; **Nagra,SA** & Gilani AH.
Carotene content of some leguminous and non-leguminous fodders. *Indian J. Anim. Nutr. 10*, 107-110, 1993 (India).
32. **Nagra,SA.**
Longitudinal study of serum minerals, electrolytes and hemoglobin during second trimester of pregnancy in Pakistani women. *Nutr. Res. 14*, 777-989, 1994 (USA)
33. Anwar, J. **Nagra,SA**; Bhatti,TM & Khan, MTJ.
Indirect spectrophotometric determination of Epinephrine by oxidation with dichromate ions. *Pak. J. Pharm. 6*, 31-38, 1994.
34. **Nagra,SA** & Winkvist,A.
A longitudinal study of common diseases among Pakistani infants. *Nutr. Res. 14*, 1635-1641, 1994 (USA).

35. Anwar, J; **Nagra,SA**; Latif,M. & Hassan,M.
Spectrophotometric determination of Aspirin and Paracetamol in pharmaceutical formulations. *Pak. J. Pharm.* 6, 121-129, 1994.
36. Ashraf,Y; Gilani,AH. & **Nagra,SA**.
Effect of harvesting interval and varieties on the chemical composition of indigenous fodders I: Proximate Composition. *J. Agri.* 33 (1), 31-44, 1995.
37. Ashraf,Y; Gilani,AH. & **Nagra,SA**. Chemical
composition of indigenous fodders as effected by varieties and harvesting interval. II: Cell Wall Constituents. *J. Agri. Res.* 33 (1), 45-56, 1995.
38. Ashraf,Y; **Nagra,SA**. & Gilani,AH.
Micromineral content of fodder as effected by varieties and harvesting intervals. *J. Agri. Res* 33(5-6), 1995.
39. **Nagra,SA**; Anwar,J. Sheeba,A. & Ahmad,S.

Prevelence of some heavy and trace minerals in the kidneys of renal failure patients. *J.Anal.& Envl. Chem.* 3(1), 91-95, 1995.
40. **Nagra,SA**; Anwar,J. & Rizwana,YQ.

Effect of cooking on some proximate principals and hypolipidemic properties of Garlic. *Proc. 2nd. Internat. Conf. on the Impact of Food Res. on New Product Development,University of Karachi, 1995.*
41. Ahmad,B; Hasan,SS; **Nagra,SA**. & Ayesha,A.
The study of serum profile of trace elements in patients with breast carcinoma. *Pak. J. Med. Res.* 34 (4), 229-232, 1995.
42. Taufiq,A; Sattar, A;**Nagra,SA**.
Effect of frying on chemical quality of edible oils. *Pak. J. Pharm.* 9(2) 51-55, 1996.
43. **Nagra,SA**; Shabana,I. & Anwar,J.
Incidence of serum urate in high-risk patients. *Science International*, 8(1) 1996.
44. **Nagra,SA**; Misbah,I; Hasan,SS. & Ahmad,B.
Study of serum urate in local population. *Pak. J. Med. Res.* 35 (2),91-94, 1996
45. Anwar,J; **Nagra,SA**. & Mehnaz,N.
Thin-Lyer Chromatography: Four Simple Activities for Undergraduate Students. *J. Chem. Edu.* 73(10), 977-980,1996 (USA).
46. Ahmad, T, Sattar,A. & **Nagra,SA**.
Effect of dietary fats on digestibility, blood and hepetic cholesterol contents in albino rats. *Pak. J. Food Sci.* 7(1-2), 1997.

47. **Nagra,SA.** & Afia,A.
Effect of enzyme supplementation on the performance of broilers fed wheat based diets. *Proc. 3rd. Internat. Conf. on the Impact of Food Res. on New Product Development,University of Karachi, 1997.*
48. Atta,S. Sattar, A. Ahmad, A. Ali,I. & **Nagra,SA.**
Evaluation of different techniques to identify irradiated meats, chicken and fish. *Proc. 3rd. Internat. Conf. on the Impact of Food Res. on New Product Development,University of Karachi, 1997.*
49. **Nagra, SA,** , Rahman Z.U., Javaria,M. and Afshan, J.Q.
Study of some biochemical parameters in young women as effected by Ramadan fasting. *Int. J. Ramadan Fasting Res. 2(1), 1998 (USA).*
50. **Nagra, SA,** Bilal Zikrya and Tahir Maqbool
Determination of serum cadmium and lead in patients of ischemic heart disease associated with or without hypertension and diabetes mellitus. *Pak. J. Med. Res. 37(4), 1998.*
51. **Nagra, SA**
Nutritional status of the population in the Northern Areas of Pakistan. In: Karakorum-Hindukush-Himalaya: Dynamics of change/ Irmtraud Stellrecht (ed). Cultural Area Karakorum Scientific Studies Vol. 4, Part-II, pp.559-573. Rüdiger Köppe, Cologne, Germany, 1998.
52. Sattar,A., Ahmad, T, **Nagra,SA.,** Hussain, A. and Sundram, A.
Plasma/Liver lipids and lipoproteins in rats fed on red palm oil (Carotino) and other oils and fats. Accepted for oral presentation in 1999 PORIM International Palm oil Congress (1-6 Feb 1999), Kualalumpur.
53. Mariam, I. and **Nagra, S.A.**
Optimization of cutural conditions for biosynthesis of calcium gluconate by *Aspergillius niger* IC-15. *Biologia 45(2), 1999.*
54. Bhattay,N., Gilani, A.H. and **Nagra, S.A.**
Effect of cooking and supplementation on nutritional value of Gram (Cicer arietinum). *Nutrition Research, 20 (2), 2000. (USA)*
55. Bhattay,N., Gilani, A.H. and **Nagra, S.A.**
Effect of cooking and supplementation with different kinds of meats on the nutritional value of Mash (*vigna mung*). *Internat.J.Food Sci. & Nutr. 51(3), 2000, UK*
56. Bhattay,N., Gilani, A.H. and **Nagra, S.A.**
Nutritional valu of mung (*Vigna radiata*) as effected by cooking and supplementation. *Archivos Latinoamericanos de Nutricion 50(4), 2000 (Guatemala).*

57. Muniza, Q. **Nagra, S.A.** and Abidi, M.N.
Effect of desferrioxamine administration on some of the serum trace minerals in thalassemic children. *Mother & Child* 38(1), 2000.
58. Bhattay,N., Gilani, A.H. and **Nagra, S.A.**
Nutritional improvement of Masoor (*Lens esculenta*) by supplementation with different kind of meats. *Nutritional Sciences* 3(2), 2000 (Korea).
59. Bhattay,N., Gilani, A.H. and **Nagra, S.A.**
Nutritional improvement of Lobia by supplementation with poultry, mutton and beef meat. *Internat.J.Food Sci. & Nutr.* 52(4), 2001 (UK).
60. Atta, S., Sattar, A., Ahmad,I., Ali,I., **Nagra, S.A.** and T. Ahmad
Suitability of thermoluminescence for the detection of irradiated chicken and fish. *J. Radioanal. Nucl. Chem.* 250(3), 2001 (Hungry)
61. Mariam, I. and **Nagra, S.A.**
Production of Calcium Gluconate by *Aspergillus niger* in shake flask. *Pak. J. Biol. Sci.* 5(3), 2002.
62. Ahmad, T., Sattar, A., Atta, S. and **Nagra, S.A.**
Quality improvement of used fried rapeseed oil by treatment with activated charcoal and magnesium oxide. *Acta Alimentaria* 31(3), 2002 (Hungry)
63. Tahira, R. Rehman A. and Nagra S.A.
Comparison of serum β -carotene and retinol in smokers and non smokers. *International J. Agri. Biol.* 2003
64. Elahi, S. Syed Z. and **Nagra S.A.**
Status of iodine deficiency disorders as estimated by neonatal cord serum thyrotropin in Lahore, Pakistan. *Nutr. Res.* 24(12), 2004 (USA)
65. Nayab Batool, **Nagra S.A.** and Shafiq MI.
Incidence of iron deficiency anemia in day scholar university girls as effected by socioeconomic status. *Nutritional Sciences.* 7(4), 2004 (Korea)
66. Mariam, I. Fareeha Rashid and **Nagra, S.A.**
Iodine intake and stimulation of Thyroid related hormones during first trimester of pregnancy. *J. Med. Sci.* 4(4), 2004.
67. Mariam, I. Shehla Iqbal and **Nagra, S.A.**
Distribution of some trace and macro minerals in beef, mutton and poultry. *Int. J. Agri. Biol.* 6(5), 2004.
68. Elahi, S. Syed Z. Lubna Nazir and **Nagra S.A.**
A study of goiter among female adolescents of Lahore. *Pak. J. Med. Sci.* 21(1), 2005.

69. Faiqa Laeeq, **Nagra S.A.** and Shan Elahi
Study of thyroid-related hormones during second trimester of pregnancy. *Nutritional Sciences*. 8(3), 2005 (Korea)
70. Mumtaz Begum..... **Nagra, S.A.**
Evaluation of CA 15-3 levels in serum of breast cancer patients using different chromatographic techniques. *Pak. J. Biochem. Mol. Boil.* 38(1-2), 2005.
71. Shan Elahi, **Nagra, S.A.**
Urinary excretion of Iodine and thyroid related hormones in pregnant women of Lahore, Pakistan. *Maternal and Child Nutrition*. Submitted.
72. Shafiq MI. **Nagra S.A.** and Nayab Batool,
Biochemical and Trace Mineral Analysis of *Silajit* Samples from Pakistan. *Nutritional Sciences*. 9(3), 2006.
73. **Nagra, S.A.** and Bhatti, N.
In vivo (rat assay) assessment of nutritional improvement of peas (*Pisum sativum* L.)
Eastern Mediterranean Health Journal, 13(3), 2007
74. **Nagra, S.A.**, Nomani, M.Z.A. and Shaista N.
A sharper decline in serum albumin, a labile protein, in female than male students with Ramadan fasting. *Eastern Mediterranean Health Journal* 2007 (in press)
75. Elahis, S. Nazir I. and **Nagra S.A.**
Thyroid dysfunction in infertile women. *J. Coll. Physician. Surg. Pak.* 17(4), 2007
76. Ahmad, T., Atta, S. and **Nagra, S.A.**
Characteristics of *Silybum marianum* as a potential source of dietary oil and protein.
Pak. J. Sci. ind. Res. 50(1), 2007

BOOKS

1. Trace Minerals. In: Text Book on Food & Nutrition (Urdu) for B.Sc. Course, Allama Iqbal Open University, Islamabad, 1988.
2. Urdu translation of "Medicinal Plants". Urdu Science Board Lahore (Government of Pakistan), 1990.
3. Editor, TextBook of Chemistry for Class IX. Punjab TextBook Board, Lahore, 2002.