

RESUME

Hafiz M. Arsalan Tariq

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Career Objects:

To conduct research in the field of Medical Sciences, Biological Sciences, Life Sciences in the unexplored areas of the field and to launch a Biological Research based career to use my professional knowledge and skills effectively and efficiently. To work with passion and zeal in a growing organization, and also to apply my skills and qualifications to the position where they could be utilized to uphold the organization and enhance my career development. The ultimate of my research will be to serve humanity.

Qualification:

Degree	Board/ University	Major	Year	Marks
Ph.D Scholar	University of Central Punjab	Biochemistry	2018-continue	Continue (Course Work Completed)
M.Phil	The University of Lahore	Biochemistry	2013-2015	3.49/4.0 CGPA
B.S (HONS)	The University of Lahore	Biochemistry	2009-2013	3.12/4.0 CGPA
Intermediate	B.I.S.E LAHORE	Pre-engineering	2007-2009	634/1100
Matric	B.I.S.E LAHORE	Science	2004-2006	727/1050

Skills And Experience:

Biochemistry Technique:

ELISA
Clinical biochemistry Technique
HPLC
Chromatography techniques

Food Technology
Spectroscopy skills (UV, Visible)
Solution Preparation

Molecular Biology Technique:

DNA and RNA Extraction

Gel Electrophoresis

Bioinformatics:

Gene Bank Searching. Multiple sequence Alignment.

Computer Skills:

- MS. Word, MS. Excel, MS. PowerPoint, Corel draw
- Internet Applications and E. mail

EXPERIENCE:

Minhaj University Lahore (MUL), Lahore

- **Lecturer of Biochemistry (M.Phil classes) (From November 06, 2015 to Continue).**

➤ **Subjects Teach**

- Advances in Biochemistry
- Advanced Bioinformatics
- Advanced Biochemical Techniques
- Research Methodology
- Advanced Clinical Biochemistry

➤ **Responsibilities**

- Course Coordinator (M.Phil Biochemistry)
- Research Supervisor of M.Phil Students (at Present Supervised **18** Research Students).
- Internal Examiner of Comprehensive Exam for M.Phil Biochemistry.
- Member Board of Studies (Departmental)
- Member Ethical and Research Committee

- **Lecturer (*Faculty of Allied Health Sciences*) (From November 06, 2015 to Continue).**

➤ **Subjects Teach**

- Introductory Biochemistry (***B.S. Biochemistry***)
- Structural Biology (***B.S. Biochemistry***)

- Carbohydrates and Lipids (*B.S. Biochemistry*)
- Cell Biology (*B.S. Biochemistry*)
- Amino Acids and Proteins (*B.S. Biochemistry*)
- Human Physiology (*B.S. Biochemistry*)
- Genetics (*B.S. Biochemistry*)
- Enzymology/Enzymes (*B.S. Biochemistry*)
- Environmental Biochemistry (*B.S. Biochemistry*)
- Basic Biochemistry-I (***BS Medical Lab Technology***)
- Basic Biochemistry-II (*BS Medical Lab Technology*)
- Basic Physiology-I (*BS Medical Lab Technology*)
- Basic Physiology-II (*BS Medical Lab Technology*)
- Medical Lab Instrumentation (***BS MLT***)
- Histology (*BS Medical Lab Technology*)
- Toxicology (*BS Medical Lab Technology*)
- Pharmacology (*B.S. Medical Lab Technology*)
- Antimicrobial and Chemotherapeutic Agents (*BS Medical Lab Technology*).
- Metabolism (***M.Sc Biochemistry***)
- Biochemical Techniques (*M.Sc Biochemistry*)
- Clinical Biochemistry (*M.Sc Biochemistry*)
- Biomembranes and Cell Signalling (*M.Sc Biochemistry*)
- Bioenergetics (*M.Sc Biochemistry*)

➤ **Responsibilities**

- Course Coordinator (B.S & M.Sc Biochemistry)
- In charge Seminar/Event Organizer
- In charge Extracurricular Activities (Departmental)
- Conduct Examinations
- Member Board of Studies (Departmental)
- Member Instrument/Chemical Purchase Committee (Departmental)

- **The University of Lahore (UOL), Lahore**

- Lecturer Biochemistry (**From August 26, 2014 to July 30, 2015**). (11 Months)

Mayo Hospital Lahore

- 12 Months (1 year) experience in **Mayo Hospital Lahore** as a **Trainee biochemist** in Pathology and Biochemistry Department (**From June 1st, 2015 to May 30, 2016**). (12 Months)

Jinnah Hospital Lahore

- 2 Months experience in **Jinnah Hospital Lahore** as a **Trainee biochemist** in Pathology Department (**From July 04, 2012 to September 09, 2012**). (02 Months)

PUBLICATIONS:

- Mahmood R, A Malik, KM Khan, MS Qureshi, B Shabbir, S Zahid, M Asif, A Manan, S Rashid, SR Khan, **HM Arsalan**, R Alam, M Arooj, MH Qazi, AGA Chaudhary, AM Abuzenadah, MH Al-Qahtani and S Karim. Assessment of Biochemical and Antioxidative Status in Patients Suffering From Dengue Fever. J Huazhong Univ Sci Technol [Med Sci] 2015, **Vol 35(3)**: 411-418. (**I.F = 1.03**)
- Mahmood R, A Malik, MZ Alam, M Afzal, R Alam, **HM Arsalan**, M Azam, WM Achakzai, S Saddozai, A Haque, Q Alam, M Asif and MA Kamal (2018). Optimization of antibacterial activity of ethanolic extracts of Eucalyptus tereticornis and Nigella sativa: Response surface methodology. Pak. J. Pharm. Sci. **31(4)**: 1259-1266. (**I.F = 1.10**)
- **Arsalan HM**, SA Zeemal, S Saqib, S Farooq, MK Ahmad, M Faiza, H Tanzeela and A Ayesha. Assessment of Prognostic Factors Associated with Anti-oxidative Status in End Stage Renal Disease (ESRD) Patients Experience Surgical Trials: Comparative Study from Punjab-Pakistan. (Journal of Artificial Organs, JOAO) (Submitted, 2018) (**I.F = 1.22**)

- **Arsalan HM**, SA Zeemal, A Nadeem, A Goraya and R Rafay (2018). Interferon-Induced Thyroid Disorder in Hepatitis C Patients. Journal of Sheikh Zayed Medical College (JSZMC). **Vol 9(3)**: 1484-1486.
- **Arsalan HM**, A Goraya, AR Hammad, SA Zeemal and K Rehman (2017). Evaluation of Triiodothyronine (T3) and Lipid Peroxidation in Hepatitis C Patients Receiving Interferon and Ribavirin. Annals of Punjab Medical College (APMC). **Vol 11(3)**: 209-212.
- **Arsalan HM**, SA Zeemal, AR Hammad (2016). Assessment of Lipid Peroxidation and Serum Electrolyte Profile in Epileptic Patients Exposed on Anti-Epileptic Drugs. Annals of Punjab Medical College (APMC). **Vol 10(4)**: 248-251.
- Arif M, M Amjad and **HM Arsalan**. Interrelationship of Anti-oxidative Status and Circulating Biochemical Markers in Patients with Cancer Experience Tumor Lysis Syndrome (TLS) (Submitted, 2015).
- Arif M, KM Khan, M Asif, **HM Arsalan**, S Zahid, A Manan, HS Murawat, MH Qazi and M Rasool. Development of Resistance Mechanism in Mosquitoes: Cytochrome P-450, the Ultimate Detoxifier. J. App. Em. Sc. 2013, **Vol 4(2)**: 100-117.
- A Malik, **HM Arsalan**, M Amjad, N Shuja, A Manan, S Zaheer, A Mahmood, S Bashir and MA Saleem. Biochemical and Antioxidative Response of Asthmatic Patients Receiving Salbutamol. Pakistan journal of Molecular Medicine 2014, **Vol 1(1-2)**: pp 47-52.
- Ghazal M, N Tariq, M Arooj, A Malik, **HM Arsalan**, MH Qazi. Significance of Hepatic Profile and Malondialdehyde (MDA) as Marker of Lipid Peroxidation in HCV Patients: A Perspective study from Local Population of Punjab. Medical Forum 2014, **Vol 25(11)**: pp 31-34.
- Sidra TM, MS Qureshi, M Arooj, A Malik, A Manan, M Munir, A Fatima, **HM Arsalan**, M Rasool and MH Qazi. Inter-Relation of Micro-Nutrients, Antioxidative Status And their Role in Progression of Breast Cancer: A Perspective Study in our local population. Journal of Allama Iqbal Medical College (JAIMC) 2012, **Vol 10(4)**: pp 19-23.
- **Arsalan HM**, A Majid, SA Zeemal and AB Noshahi (2018). "Estimation and correlation of Malondialdehyde (MDA) and Biochemical response in patients of

- prostate cancer. (Abstract). Pakistan Congress of Zoology. (PCZ). 38th Congress of Zoology. (*I.F* = 0.6)
- Zeemal SA, **HM Arsalan** and MA Saleem (2018). Correlation between Circulating Biomarkers of Oxidative Stress and Tumor Lysis Syndrome (TLS) From Lahore-Pakistan. (Abstract). Pakistan Congress of Zoology. (PCZ). 38th Congress of Zoology. (*I.F* = 0.6)
 - Noshahi AB, **HM Arsalan**, SA Zeemal and A Majid (2018). Estimation of The Biochemical and Oxidative Stress Status in Chronic Obstructive Pulmonary Disease (COPD) Patients From Lahore-Pakistan. (Abstract). Pakistan Congress of Zoology. (PCZ). 38th Congress of Zoology. (*I.F* = 0.6)
 - Muqaddas A, **HM Arsalan**, SA Zeemal, G Kousar and MA Saleem (2018). Interrelation between Physiological, Biochemical and Anti-Oxidative Biomarker in Schizophrenic Patients Receiving Anti-Psychotic Drugs From Lahore-Pakistan. (Abstract). Pakistan Congress of Zoology. (PCZ). 38th Congress of Zoology. (*I.F* = 0.6).
 - Gulnaz K, **HM Arsalan**, SA Zeemal, A Muqaddas, A Shabbir and MA Saleem (2018). Determination of Physiological, Biochemical and Anti-Oxidative Status in Patient Suffering From Type -1 Diabetes Mellitus. (Abstract). Pakistan Congress of Zoology. (PCZ). 38th Congress of Zoology. (*I.F* = 0.6)
 - Shabbir A, **HM Arsalan**, SA Zeemal and MA Saleem (2018). Evaluation of Circulating Biochemical and Oxidative Stress Markers in Patients with Thyroid Dysfunction under Interferon Therapy. (Abstract). Pakistan Congress of Zoology. (PCZ). 38th Congress of Zoology. (*I.F* = 0.6).
 - Arif M, M Masood, **HM Arsalan**, R Alam, S Zahid, A Manan, M Arooj and MH Qazi. Evaluation of Biochemical Markers and Malondialdehyde Status in Patients with Thyroid Gland Dysfunction Receiving Interferon Therapy. (Abstract). Pakistan Congress of Zoology (PCZ), **33rd** Congress of Zoology 2013. (*I.F* = 0.6)
 - Arif M, HS Murawat, N Nazir, G Majeed, R Alam, **HM Arsalan**, S Zahid, A Manan, M Arooj and MH Qazi. Assessment and Correlation of Total Antioxidative Status with Vitamin C and Vitamin E in Chronic Obstructive

Pulmonary Disease (COPD) Patients. (Abstract). Pakistan Congress of Zoology (PCZ), **33rd** Congress of Zoology, 2013. (*I.F* = 0.6)

- Arif M, **HM Arsalan**, Salma Aslam, R Alam, HS Murawat, F Naz, S Zahid, A Manan, M Arooj and MH Qazi. Antidiabetic and Anti-hyper Lipidemic Potential of Different Extracts of Fruits of Aegle Marmelos in Mice. (Abstract). Pakistan Congress of Zoology (PCZ), **33rd** Congress of Zoology, 2013. (*I.F* = 0.6).

Thesis Supervised (M.Phil):

- Correlation between Circulating Biomarkers of Oxidative stress and Tumor Lysis Syndrome (TLS) from Lahore-Pakistan.
- Correlation and Estimation of Lipid Peroxidation and Biochemical Response in Oral Squamous Cell Carcinoma Patients Receiving Paclitaxel.
- Optimization and Identification of Anti-Inflammatory, Biochemical and Hepato Protective Status of Cannabis Sativa in Albino Rats Receiving CCl₄.
- Correlation between Pre and Post Treatment Effect of Imatinib and Anti-Oxidant Status in Chronic Myeloid Leukemia Patients.
- Correlation between Pre and Post Treatment Effect of Methotrexate And Anti-Oxidant Status In Rheumatoid Arthritis Patients.
- Evaluation Of Biochemical, Antioxidative And Hyperandrogenism Response In Polycystic Ovarian Syndrome Patients Receiving Anti-Infertility Drugs (Clomiphene Citrate).
- Evaluation of Lipid Peroxidation and Biochemical Response in ESRD Patients Receiving Immunosuppressant's.
- Evaluation of Pre and Post Treatment Effect of Anti Asthmatic Drugs and Anti-Oxidative Status in Asthmatic Patients.
- Evaluation of Anti-Oxidative and Anti-Diabetic potential of piper Betel Leaf in Alloxin Induced Diabetic Rats Model.
- Correlation between Circulating Biochemical and Anti-Oxidative Status in Diabetes induced Non-Alcoholic Fatty Liver Disease (NAFLD) Patients from Lahore-Pakistan.
- Evaluation and Correlation of Anti-oxidative and Anti-inflammatory Response of Curcuma Longa (Turmeric) in Arthritis Patients Receiving Curcumin X4000.

- Estimation of the Biochemical and Oxidative stress status in Chronic Obstructive Pulmonary Disease (COPD) Patients from Lahore-Pakistan.
- Evaluation of Circulating Biochemical and Oxidative stress markers in patients with Thyroid dysfunction under interferon Therapy.
- Estimation and Correlation of Malondialdehyde (MDA) and Biochemical response in patients of Ovarian and Prostate Cancer.
- Interrelation between Physiological, Biochemical and Anti-Oxidative Biomarkers in Schizophrenic Patients Receiving Anti-Psychotic Drugs from Lahore-Pakistan.
- Determination of Physiological, Biochemical and Anti-oxidative status in Patients suffering from Type-1 Diabetes Mellitus.
- Evaluation and correlation of Physiological, Biochemical and Oxidative stress level in Patients suffering from Pregnancy induced Hypertension (PIH) from Lahore-Pakistan.
- Correlation study between Biochemical and Anti-oxidative status in Rheumatoid Arthritis patients update from Lahore Pakistan.
- Evaluation of circulating biochemical and Anti-oxidative Biomarkers in patients with Thalassemia from Lahore-Pakistan.
- Estimation of Malondialdehyde and Circulating Biochemical Markers in Hepatitis C (HCV) Patients receiving Interferon.

Reviewer of Journals:

- Merit Research Journals of Medicine and Medical Sciences (MRJMMS)
(ISSN: 2354-323X) (ISI Impact Factor = 0.678)

Workshops/Certificates/Awards:

- 5th Annual Biosafety Workshop (A Lab Biosafety: A way to Biosafe Pakistan). **October 24, 2018.** University of Central Punjab (UCP), Lahore in Collaboration with Pakistan Biological Safety Association (PBSA) & Fogarty International Center, NIH USA.
- Hands-on Workshop on Advancements in Drug discovery and Vaccine Design. **March 19, 2018.** Lahore University of Management Sciences (LUMS).

- 38th Pakistan Congress of Zoology (**PCZ**) 2018 (International). February 27-**March 1st, 2018**. University of Punjab, Lahore.
- 5th National Hands-on training workshop on Bioinformatics organized by Molecular Care, University of Agriculture Faisalabad, **February 15, 2018**.
- One day Biosafety training for young scientists organized by Minhaj University Lahore in collaboration with National Academy of young scientists (**NAYS**) (**August 24, 2017**).
- Shield of Honor (Chief Organizer) at One day Biosafety training for young scientists organized by Minhaj university Lahore in collaboration with National Academy of young scientists (**NAYS**) (**August 24, 2017**).
- 33rd Pakistan Congress of Zoology (**PCZ**) 2013 (International). **2 – 4 April, 2013**.
- International conference on Health professions education organized by The University of Lahore, Lahore collaboration with Institute for Advancement of Dental Science & Research (IADSR). **August 15-17, 2014**.
- Academic writing with endnote X7, **January 22, 2014** organized by The University of Lahore, Lahore.
- Qualitative Data Analysis Using SPSS, **March 20, 2016** organized by Minhaj University Lahore.

Membership/Societies

- Member National Academy of Young Scientists (**NAYS**).

Research/Thesis:

M.PHIL:

Assessment of Prognostic Factors Associated with Anti-oxidative Status in End Stage Renal Disease (ESRD) Patients Experience Surgical Trials: Comparative Study from Punjab-Pakistan.

BS (HONS):

Biochemical And Antioxidative Response of Asthmatic Patients Receiving Salbutamol (β_2 adrenoceptor agonists).

Personal Information:

Father's Name: Tariq Mehmood Saif
Date of Birth: October 19, 1989
CNIC #: 35201-1140892-9
Passport #: DR7968921
Place of Birth: Lahore-Pakistan
Domicile: Lahore (Punjab)
Interest: Cricket, Books reading (medical, scientific and novels),
Naat khawani.
Religion: Islam
Marital Status: Single
Nationality: Pakistani
Language: English, Urdu, Punjabi

REFERENCES:

REF # 1	REF # 2	REF # 3
Prof. Dr. A.R. Shakoori (T.I., H.I.) • Prof. Emeritus. • National Distinguished Professor. • Director, School of Biological Sciences (SBS), Punjab University Lahore. • Faculty of Life Sciences, University of Central Punjab (UCP) Lahore, Pakistan.	Prof. Dr. Mushtaq A. Saleem • (Dean Faculty of Life Sciences, University of Central Punjab (UCP) Lahore, Pakistan). • Izaaz-e-Fazeelat (President Award) (2003). • HEC University Best Teacher Award (2003). • Zoologist of the year Award (2005). • Lifetime Achievement Award (2018).	Dr. Muhammad Saqib Shahzad (Assoc. Prof). • Faculty of Life Sciences, University of Central Punjab (UCP) Lahore, Pakistan. <u>E.Mail:</u> dr.saqib@ucp.edu.pk