



Prof. DR. ADEELA SHAHID

Professor & Head of Physiology | Medical Education Leader, Researcher | Editor-in-Chief

📍 Lahore, PK ✉ dradeela71@gmail.com ✉ adeela.shahid@sihs.org.pk 📞 03334481073

ABOUT

Distinguished Professor and Head of Physiology with over two decades of progressive leadership in medical education, research, and academic administration. Recognized for pioneering contributions to physiology research, particularly in metabolic disorders and health professional education, evidenced by extensive publications and editorial leadership as Editor-in-Chief of JSHMDC. Leverages expertise in curriculum development, assessment methodologies, and bioethics to shape future medical professionals and advance health sciences.

DESIGNATION & INSTITUTION:

- Prof & Head Department of Physiology Shalamar Medical & Dental College Lahore, Pakistan
- Editor-in-Chief, "Journal of Shalamar Medical & Dental College (JSHMDC).
- Adjunct Professor of Physiology, University of Health Sciences Lahore, Pakistan.
- Adjunct Professor of Physiology, University of Lahore, Pakistan.
- FCPS Supervisor
- MPhil & PhD supervisor

QUALIFICATIONS:

- B.Sc., MBBS, MPHIL & PHD in Physiology
- **International Certificate** on Principles of Bioethics and Human Rights, Department of Education, UNESCO Chair in Bioethics, HAIFA
- **Certificate in Medical Editing** (CME)
- **Certificate in Health Professional Education** (CHPE)
- **International Certificate** Assessment in Health Professional Education by UniLearn
- **Certificate of Online Distance Education** (CODE)

NATIONALITY : PAKISTANI
RELIGION : ISLAM
ADDRESS : 57-H, Canal Burg Society near Thokar Niaz Baig, Lahore, Pakistan
TELEPHONE : 042-35292257 – 03334481073
ORCID ID : 0000-0002-9520-1766
Web of Science Researcher ID: AEU-5332-2022
PPS Membership No : L 310/2016
ACSE Membership No: 242644909

ACADEMIC QUALIFICATIONS:

Exam/Course	Institution	Year	Remarks
International Certificate” of Assessment in Health Profession Education”	UniLearn MEd	Dec 2022-May2023	Completed
Certificate in Medical Editing (CME)	University of Health Sciences Lahore	July 23-Dec 29 2021	Completed (96 credit hours)
CODE - Certificate of Online Distance Education	University of Health Sciences Lahore	1 st Aug 2020-31 st Jan 2021	Completed (12 Credit Hours)
CHPE - Certificate in Health Professions Education	University of Lahore	Dec, 2019-May, 2020	completed
International Certificate on Principles of Bioethics and Human Rights of Department of Education, UNESCO Chair in Bioethics, HAIFA.	UNESCO Chair in Bioethics, HAIFA	2019	completed
PhD Physiology	University of Health Sciences Lahore, Pakistan	2013	Completed
M.Phil Physiology	University of Health Sciences, Lahore Pakistan	2007	First Division 84% in Part II minor & 1 st position in subject
BSc	University of Punjab	1993	Pass
M.B.B.S	Fatima Jinnah Medical College, Lahore Pakistan	1996	First Division
F.SC	Government College for Women, Sialkot Pakistan	1989	First Division
Matriculation	Green Land High School, Lahore Pakistan	1986	First Division

EXPERIENCE:

	Position	Period	Institution/Hospital
1.	HOD & Professor of Physiology	2.6.2020 to date	1. Shalamar Medical & Dental College Lahore, Pakistan. 2. "Adjunct Professor," University of Health Sciences (UHS) Lahore, Pakistan. 3. Adjunct Professor, University of Lahore (UOL), Pakistan.
2.	Editor in Chief (JSHMDC)	2020 to date	Journal of Shalamar Medical & Dental College (JSHMDC).
3.	Mentor Certificate in medical editing program at UHS, Lahore	2021	To date
4.	Professor of Physiology	29.12.15 to 1.06.2020	1. Shalamar Medical & Dental College Lahore, Pakistan. 2. "Adjunct Professor" University of Health Sciences (UHS) Lahore, Pakistan, 2018 to date. 3. Adjunct Professor, University of Lahore (UOL), Pakistan, 2018 to date.
5.	Associate Professor of Physiology	23.1.12 -28.12.15	Shalamar Medical & Dental College Lahore, Pakistan.
6.	Assistant Professor of Physiology	01.09.2009- 22-01-12	Shalamar Medical & Dental College Lahore, Pakistan.
7.	Assistant Professor of Physiology	01.06.2009- 30.8.2009	F.M.H College of Medicine & Dentistry Lahore, Pakistan.
8.	Sr. Demonstrator in Physiology/Lecturer (after doing M Phil)	01.06.2007 – 31.05.2009	University of Health Sciences Lahore, Pakistan
9.	Sr Demonstrator in Physiology	11.01.2007 to 31.5.2007	F.M.H College of Medicine & Dentistry, Lahore, Pakistan.
10.	PG Trainee at UHS	10.01.2005 to 10.01.2007	University of Health Sciences Lahore, Pakistan
11.	Demonstrator in Physiology	18.12.2000 to 09.1.2005	F.M.H College of Medicine & Dentistry Lahore, Pakistan.
12.	Medical Officer	10.05.1998 to 01.01.1999	Masood Hospital Lahore, Pakistan.
13.	House Officer in Medicine	01.08.1997 to 10.04.1998	Lahore General Hospital, Lahore, Pakistan.
14.	House Officer in Gynae & Obs	01.01.1997 to 31.06.1997	Sir Ganga Ram Hospital Lahore, Pakistan.

TEACHING RESPONSIBILITIES: FOR UNDERGRADUATE AND POSTGRADUATE MEDICAL STUDENTS Teaching Physiology and Medical Education for undergraduate and postgraduate medical and dental sciences students :

Teaching / Training Area	Topics / Activities
Lecture / Tutorials / PBL	Physiology of the following Topics: Hematology, Cell, Nerve, Muscle, Cardiovascular System, Gastrointestinal System, Respiratory System, Endocrinology, Reproductive System, Neurophysiology, Renal, etc.
Experimental Physiology	Lung Function Laboratory (Spirometry), Clinical Physiology Laboratory (Audiometry), Nerve Conduction Studies, Cardiovascular Studies, Doppler ultrasound
Medical Education	Medical Scientific Writing, Medical Dissertation Writing, Medical Ethics, Medical Professionalism, Plagiarism, and Similarity in Medical Writing Peer review, Synopsis writing
Postgraduate Teaching	Medical Scientific Writing, Dissertation Writing, Case Presentation and Discussion, Presentation Skills, Teaching Skills, Learning Skills, journal club, synopsis writing, critical review of papers, poster presentation skills, abstract writing skills. DOTS, DOPS

M. Phil Research Topic:

“Family History as a Risk Factor for the onset of Type 2 Diabetes in a sample of the local population”.

The research project was accomplished under the supervision of **Dr. M Arslan** (HEC Foreign Faculty, University of Health Sciences, LHR).

Phd Research Topic: “Genetic Variants in the Leptin, Leptin Receptor and FTO Genes in Obese Pakistani Population”. (Supervisor: Prof Dr Nasir Afzal, Co-Supervisor: Prof Dr Saqib Mehmood)

Ph.D. SUPERVISOR / EXAMINER:

- 1. Ph.D. thesis of Dr. Zaima Ali:** Placental-specific microRNAs related to genes expressed in angiogenesis and apoptosis in preeclamptic and normotensive women
- 2. Ph.D. thesis of Dr Uzma Zafar:** Genetic Variants and Hormone Levels in Metabolic Syndrome.
- 3. Ph.D. thesis of Dr Ambreen Touseef:** Proteomic profiling & Identification of Novel Biomarkers in Infertile Polycystic Ovary Syndrome and Ovarian cancer women

4. **Ph.D. thesis of Dr Rizwana Hussain:** Comparison of relative expression of PI3K/AKT/MTOR cascade and related miRNAs in ovarian cancer and healthy women
5. **Ph.D. thesis of Dr Huma Saeed Khan:** Pathophysiology of long non-coding RNA in patients with type II diabetes mellitus with and without diabetic kidney disease
6. **Ph.D. thesis of Dr Zubia Shah:** Effects of enhanced physical activity on antioxidant status and cardiometabolic markers in a prediabetic population
7. **FCPS Physiology Thesis by Dr Sampana Fatima:** Serum Asprosin and Oxidative Stress Biomarker Levels in Perimenopausal and Postmenopausal Women
8. **FCPS Physiology Thesis by Dr Maryam Rao:** Association of serum Spexin levels with insulin resistance in patients with polycystic ovarian syndrome
9. **FCPS Physiology Thesis by Dr Naila Masood Riaz:** Electrophysiological study of antidepressant effect of Nelumbinis semen on alpha and beta waves of electroencephalogram, beck depression inventory, and Stress Response Inventory scores
10. **FCPS Physiology Thesis by Dr Qanita:** Association of serum ferritin and hepcidin levels with gestational diabetes mellitus
11. **Master of Physiology by Dr. Tashfeen Akram:** Serum Visfatin, Pancreatic Beta Cell Function and Insulin Resistance In The Offspring of Type II Diabetic Patients
12. **Master of Physiology by Dr Aasia Kanwal:** Comparison of Serum vitamin B12, homocysteine, and Glutathione peroxidase levels in subjects with Gestational Diabetes mellitus and Healthy Pregnant Controls.
13. **Master of Physiology by Seher Naeem:** Effect of ginger supplementation and exercise on levels of serum SIRT1, Irisin, and Insulin resistance in a type 2 diabetic rat model.
14. **Master of Physiology by Dr. Nabiha Saeed:** Comparison of cardiovascular risk markers among women exposed to biomass fuel and LPG fuel.
15. **Master of Physiology by Dr Misbah-ul-Qamar:** Anti-Mullerian hormone (AMH) levels in women with and without polycystic ovary syndrome (PCOS).
16. **Master of Biochemistry by Mehwish Javed:** Comparison of serum ghrelin levels in type II diabetics and obese participants.

RESEARCH PUBLICATIONS of Prof Dr Adeela Shahid (Shahid A*)

1. Optimizing Osteoporosis Pre-Screening (OOPS) through AI-Driven Models and Validation in the Asian Population. Muhammad Abrar, Sampana Fatima, Mohsin Islam Tiwana, **Adeela Shahid***, Fazlina Shaid. Journal of Clinical Densitometry. April–June 2026, [Volume 29, Issue 2](https://doi.org/10.1016/j.jocd.2026.101669), 101669. <https://doi.org/10.1016/j.jocd.2026.101669>
2. Serum asprosin and its association with bone mineral density, oxidative stress, and osteoprotegerin levels in Pakistani women with postmenopausal osteoporosis. Sampana Fatima, Muhammad Abrar, Adeela Shahid, Hira Moin, & Sadaf Majeed. (2025). *Expert Review of Endocrinology & Metabolism*, 1–13. <https://doi.org/10.1080/17446651.2025.2510595> (Impact Factor 3.1)
3. Sohail S, Majeed H, Dar LR, **Shahid A**. Provision of Handouts at The End of Lecture; An Effective Teaching And Learning Practice. Journal of Rawalpindi Medical College. 2024 Jun. 27; 28(2). Available from: <https://www.journalrmc.com/index.php/JRMC/article/view/2388>
4. Vitamin B12, homocysteine and glutathione peroxidase levels in women with gestational diabetes mellitus. Aasia Kanwal, Ambreen Khalid, **Adeela Shahid**, Hafiza Hina Pasha, Mehwish Rana, Muhammad Shahid Saeed: Gomal J Med Sci. 2023 Jan-Mar;21(1):16-20. <https://doi.org/1046903/gjms/21.01.1204>
5. "Role of Serum Vitamin B12 and Glutathione Peroxidase during Third Trimester of Pregnancy with Gestational Diabetes Mellitus". Aasia Kanwal, **Adeela Shahid**, Aisha Bashir, Naveed Aslam Lashari: Pak Armed Forces Med J. 2023; 73(1): 187-190. DOI: <https://doi.org/10.51253/pafmj.v73i1.7728>
6. Khalid S, Baloch MB, **Shahid A**, Noor J, Akhtar U, Omar M. Attitude and Reactions of Medical Students While Working in the Anatomy Dissection Hall. Available at SSRN 4081930. 12 Apr 2022.
7. "Frequency of overweight and obesity, and its associated factors amongst school children in Lahore, Pakistan" **Adeela Shahid**, Muhammad Shahid Saeed, Aasia Kanwal, Sophia Shahid. **Proceedings S.Z.M.C. 2022. Vol: 36(4): 31-36.**
8. Booster Dose of COVID 19 and Ethical Issues. **Adeela Shahid***. Journal of Shalamar Medical & Dental College(JSHMDC), Vol 2; Issue 2: 2021. 54-55. <https://doi.org/10.53685/jshmdc.v2i2.82>.
9. From the Chief Editor's Desk. **Adeela Shahid***. Journal of Shalamar Medical & Dental College (JSHMDC), Vol 2; Issue 1: 2021. 1-2. <https://doi.org/10.53685/jshmdc.v2i1.26>
10. Etiological Analysis of Pancytopenia in a Tertiary Care Hospital. Asma Saadia, ***Adeela Shahid**, Muhammad Shahid Saeed, Ayesha Sadiqa, Momina Chishti. Annals of King Edward Medical University, **ANNALS of KEMU**. VOL 27; Issue 1: 2021. 48-55.
11. Determinants of Underweight School Children in Lahore. **Adeela Shahid**, Ayesha Sadiqa, Muhammad Shahid Saeed, Rida Hayat, Remsha Fatima, Shanza Khan. **ANNALS of KEMU**, VOL 27; Issue 1: 2021. 56-61.
12. Serum Magnesium Level is Associated with Exacerbation of Bronchial Asthma. Muhammad Shahid Saeed, Adeela Shahid, Samia Jawed, Muhammad Akram, Irshad Hussain Qureshi. **ANNALS of KEMU** Vol 25; No 3: 2019.
13. Frequency and Severity of Imposter Syndrome among Medical Students of a Private Medical College. Ambreen Khalid, **Adeela Shahid**, Khalid Rahim Khan. Journal of Shalamar Medical & Dental College(JSHMDC), formerly known as "Medical Journal of Shalamar medical & Dental College (JSHMDC)". June- Dec, 2019; Vol.1, Issue II.

14. Prevalence of Smoking among Young Pakistani Adults. Fizza Nasim, Saira Yousaf, Rozina Arshad, Bilal bin Younis, **Adeela Shahid**, Hafiza Rabia Naeem. Journal of Shalamar Medical & Dental College (JSHMDC), formerly known as "Medical Journal of Sakina Begum Institute". July- Dec, 2019; Vol.1, Issue II.
15. The Short Term Cardiovascular and Pulmonary Responses to Exercise in Young Adults. Ambreen Khalid, **Adeela Shahid***, Farhat Aitazaz. Journal of Shalamar Medical & Dental College(JSHMDC), formerly known as "Medical Journal of Sakina Begum Institute". Jan-June 2019; Vol.1, issue 1.
16. Frequency of foot ulcers in people with type 2 diabetes, presenting to specialist diabetes clinic at a Tertiary Care Hospital, Lahore, Pakistan. Younis BB, **Shahid A***, Arshad R, Khurshid S, Ahmad M, Yousaf H. **BMC Endocr Disord**. 2018 Aug 6;18(1):53. doi: 10.1186/s12902-018-0282-y. PMID: 30081878
17. Intravenous Magnesium Sulphate: An Effective Therapy for Acute Severe Attack of Bronchial Asthma Muhammad Shahid Saeed, **Adeela Shahid***, Samia Jawed, Muhammad Akram, Irshad Hussain Qureshi. **ANNALS of KEMU**: Vol 24 No 1 (2018): AKEMU
18. Glucose Intolerance, Insulin Resistance and Obesity Risk in Children with Family History of Type II Diabetes. **Adeela Shahid**, Muhammad Shahid Saeed, Muhammad Shoaib. **ANNALS of KEMU**, VOL 23, ISSUE 3, 2017, 386-391.
19. **Ghrelin Level in Type 2 DM and Obesity**. Mahwish Jawed, Muhammad Shahid Saeed, Adeela Shahid, Samia Jawed. **ANNALS of KEMU**, VOL 23, ISSUE 3, 2017, 312-319
20. **No Role of rs1137101 Variant of the Leptin Receptor Gene in Manifestation of Obesity. A Shahid***, S Rana, S Mahmood. **West Indian Medical Journal**; 5th April 2016. DOI:10.7727/wimj.2016.116. (Impact Factor: 0.319)
21. [Evidence of male hypogonadism at an early age as a familial risk of type 2 diabetes](#). Janjua QM, **Shahid A**, Alam R, Rizwan M, Saeed S, Qazi MH, Arslan M. **Ann Endocrinol (Paris)**. 2015; 76(6):658-63. doi: 10.1016/j.ando.2015.10.005. Epub 2015 Nov 27. (Impact Factor: 0.871)
22. [Charcot osteoarthropathy in type 2 diabetes persons presenting to specialist diabetes clinic at a tertiary care hospital](#). Younis BB, **Shahid A***, Arshad R, Khurshid S, Masood J. **BMC Endocr Disord**. 2015, 12 June; 15:28. (Impact Factor: 1.67)
23. [Role of leptin G-2548A polymorphism in age- and gender-specific development of obesity](#). **Shahid A***, Rana S, Mahmood S, Saeed S. **J Biosci**. 2015; 40(3):521-30. PMID: 26333398. (Impact Factor: 2.064)
24. [Lack of Association of the NPAS2 Gene Ala394Thr Polymorphism \(rs2305160:G>A\) with Risk of Chronic Lymphocytic Leukemia](#). Rana S, **Shahid A***, Ullah H, Mahmood S. **Asian Pac J Cancer Prev**. 2014; 15 (17):7169-74. PMID: 25227809 [PubMed - in process] (Impact Factor: 1.50)
25. **Mini-review: Prostate cancer: Leading and misleading routes to TRAIL of death**. Farooqi AA, Qureshi MZ, Rehman A, Nogueira DR, Awan II, **Shahid A***. **Pak J Pharm Sci**. 2014 Sep; 27(5):1371-7. PMID: 25176369 (Impact Factor: 1.103)
26. [Deregulated expression of circadian clock and clock-controlled cell cycle genes in chronic lymphocytic leukemia](#). Rana S, Munawar M, **Shahid A***, Malik M, Ullah H, Fatima W, Mohsin S, Mahmood S. **Molecular Biology Reports**. 2014 Jan; 41(1):95-103. doi: 10.1007/s11033-013-2841-7. Epub 2013 Nov 5. PMID:24190490 (Impact Factor: 1.958)
27. [Common Variant of FTO Gene, rs9939609, and Obesity in Pakistani Females](#). **Shahid A***, Rana S, Saeed S, Imran M, Afzal N, Mahmood S. **Biomedical Research International**. 2013; 2013:

28. Effect of Type 1 diabetes mellitus on bone status of children. Tahir A, Shoaib M, Akhtar B, Khalid A, **Shahid A***, Quereshi HJ. **Pakistan Journal of Medical & Health Sciences**, 2013; 7: 251-253.
29. Disturbance of Carbohydrate Metabolism and Obesity Risk in Healthy Offspring of Diabetic Parents. **Shahid A***, Saeed S. **Journal of Rashid Latif Medical College**, Lahore, Pakistan 2012; 1(2): 5-7.
30. Translating the communication between cancer cells and microenvironment in prostate cancer. Farooqi AA, **Shahid A***. **Journal of Rashid Latif Medical College**, Lahore, Pakistan 2012; 1(1) 33-39.
31. [Family history of diabetes and parental consanguinity: important risk for impaired fasting glucose in south east Asians.](#) **Shahid A***, Saeed S, Rana S, Mahmood S. **West Indian Medical Journal**. 2012 Jun; 61(3):219-23. (Impact Factor: 0.319)
32. Comparison of Thyroid Function Tests by RIA/IRMA based Commercial Kit and In House Method in Hypothyroid Patients. Rana S, **Shahid A***, Saeed S, Iqbal MN. **ANNALS of KEMU** 2012; 18(2): 180-190.
33. [Leptin deficiency and leptin gene mutations in obese children from Pakistan.](#) Fatima W, **Shahid A***, Imran M, Manzoor J, Hasnain S, Rana S, Mahmood S. **International Journal of Pediatric Obesity**, 2011; 6: 419-27. (Impact Factor: 4.60)
34. Evidence of hypogonadism and its association with serum insulin and leptin levels in male offspring of diabetic parents. **Shahid A***, Saeed S, Saeed S, Alam R, Butt T, Qazi MH, Arslan M. **Acta Endocrinologica (Buc)**, 2011; 7(3): 365-372. (Impact Factor: 0.21)
35. Male offspring of both diabetic parents have higher insulin resistance and serum leptin levels compared to those with one diabetic parent. **Shahid A***, Lone KP, Saeed S, Arslan M. **International journal of Endocrinology and Metabolism, HORMONES** 2008, Oct 7(4): 313-319. (Impact Factor: 1.273)

ABSTRACTS PUBLISHED:

1. Abstract of Keynote Talk on **“BEYOND GENES: EPIGENETICS—THE QUIET FORCE BEHIND OBESITY”** published in proceedings of the at SAAP IX Biennial International Conference at the University of Lahore, Pakistan, on 7th December, 2024
2. Smartphone-based pain manikin Aap. Usability, feasibility and health equity impact of digital pain self-reports on chronic musculoskeletal pain management. Sulman Khurshid Imami, **Adeela Shahid**, Syed Mustafa Ali, Saira Elaine Khan, Sharjeel Mahmood, Faiza Naeem. Abstract published in Proceedings of the **Rheumatology conference**. Bhurban 20-22, September, 2024
3. Understanding pain experience and requirements of pain self-reporting tools for improving pain assessment and management. **Adeela Shahid**, Syed Mustafa Ali, Saira Elaine Khan. Abstract published in Proceedings of the **Rheumatology conference** Bhurban 20-22, September, 2024
4. **“The cost and control of diabetes along with its treatment modalities among People with different educational and social backgrounds in Pakistan”** BB Younis*, R Arshad, A Shahid, S Khurshid, R Ahmed, Z Noreen, M Ahmad, M Junaid. in Abstract of the **Diabetes UK Professional Conference** 2017, Manchester, UK on 8-10 March 2017. Published in **Diabetic Medicine journal** (Impact Factor: 3.115)

5. **Prevalence of foot ulcers in people with Type 2 diabetes presenting to a specialist diabetes clinic at a tertiary care hospital**, Lahore, Pakistan, B Bin Younis, **A Shahid***, R Arshad, S Khurshid, and H Yousaf. Abstract of the **Diabetes UK Professional Conference 2016, SECC, Scotland, 2-4 March 2016**, [Volume 33, Issue Supplement-1](#), page 138 (35-196), published in **Diabetic Medicine journal (Impact Factor: 3.115)**
6. **Comparison of methods for early detection of diabetic peripheral neuropathy in a third world country to prevent diabetic foot disease**. BB Younis, **A Shahid***, S Khurshid, R Arshad, Q Anwaar, and A Shahzad. Abstract of the **Diabetes UK Professional Conference 2015, ExCeL London, 11-13 March 2015**, [Volume 32, Issue Supplement S1](#), pages i-iii, 1-218, published in **Diabetic Medicine journal (Impact Factor: 3.115)**
7. "Disturbance of Carbohydrate Metabolism and Obesity Risk in Non Diabetic Offspring with Family History of Diabetes" in proceedings of **1st Medical Conference Mohtarma Benazir Bhutto Shaheed Medical College, Mirpur AJK, 2013**.
8. "Association of rs9939609 Variant of FTO Gene with Obesity" In **Pak J Physiology 2012;8 (S-1)**. **Shahid A***, M Imran, Saeed S, Rana S, Mehmood S.
9. LEPR p.Q223R gene variant in obese Pakistani subjects. **Shahid A***, Imran M, Rana S, Saeed S, Q Warda, Munawar F, Mehmood S, Afzal N. Abstract published in proceedings of **12th Biennial International Conference of Pakistan Physiological Society, April 2011** at King Edward Medical University Lahore & CMH Medical College, Lahore.
10. "Leptin and its Potential Role in Human Obesity" **Shahid A***, Arslan M. Abstract published in proceedings of **Third National Symposium on Recent Trends in Endocrinology and Reproductive Sciences** held at University of Lahore Pakistan. May, 2010.
11. Insulin resistance and levels of serum leptin, gonadotrophin and testosterone in male children of diabetic parents. **Shahid A***, Saeed S, Arslan M. In **Pak J Physiology 2008; 4 (S-53)**.

PRESENTATIONS GIVEN IN NATIONAL & INTERNATIONAL CONFERENCES & SYMPOSIUMS

1. When Sleep Deprives Insight: Examining the impact of Chronic Sleep Restriction on Cognitive Fatigue, Metacognitive Awareness, and Decision-Making Confidence in Medical Students", accepted for presentation on 23rd August at the International Student Research Conference (ISRC) at Aga Khan University (AKU), Karachi, from 21st to 23rd August, 2026
2. Presentation given as an invited speaker at UHS Lahore on "**Journey of the Journal of Shalamar Medical & Dental College (JSHMDC)**" in the 2nd Discipline-Specific Faculty Council (DSFC) Meeting of Medical Journalism on 12th June 2026
3. Presentation given in Online webinar "Bridging the divide in pain management in Pakistan using digital tools. Digital Health Inequities seminar series. NIHR. Applied research collaborator, Greater Manchester, UK. 12 November 2025
4. Keynote Talk on "**BEYOND GENES: EPIGENETICS—THE QUIET FORCE BEHIND OBESITY**" at **SAAP IX Biennial International conference** at University of Lahore, Pakistan, on 7th December, 2024
5. Understanding pain experience and requirements of pain self-reporting tools for improving pain assessment and management. Adeela Shahid, Syed Mustafa Ali, Saira Elaine Khan. **Presentation in SAAP IX Biennial International conference** at UOL on 6th December, 2024
6. **Journal poster presentation in PAME conference** on 21, Oct, 2024 at UHS
7. Understanding pain experience and requirements of pain self-reporting tools for improving pain assessment and management. Adeela Shahid, Syed Mustafa Ali, Saira Elaine Khan. **Presentation in Rheumatology conference**. Bhurban 20-22 September, 2024

8. Smartphone-based pain manikin App. Usability, feasibility and health equity impact of digital pain self-reports on chronic musculoskeletal pain management. Sulman Khurshid Imami, Adeela Shahid, Syed Mustafa Ali, Saira Elaine Khan, Sharjeel Mahmood, Faiza Naeem. **Presentation in Rheumatology conference.** Bhurban, 20-22, September, 2024
9. Supervised **six research projects** of students, presented at **12th Annual Undergraduate Medical Research Conference** on 13th-14th March 2019 at **Peshawar Medical College and Intercollegiate Research competition** held on 26th March 2019 at **UCMD, University of Lahore (UOL).**
10. Research Paper (poster) presentation "Immediate response of cardiovascular system during post-exercise period in **2nd International conference** in February, 2018 at Shalamar Medical & Dental College Lahore Pakistan
11. Ala394Thr Polymorphism in the Circadian Clock Gene NPAS2 and the Risk of Chronic Lymphocytic Leukemia in "**15th Biennial International Conference of Pakistan Physiological Society** held on 25th -26th Feb, 2017 at Sahiwal Medical College, Punjab, Pakistan.
12. "Leptin deficiency and Leptin gene G-2548 A polymorphism in obese Pakistani Children" in 1st International Conference "**Innovations in Healthcare**" on 3rd -5th February 2017 at Shalamar Medical & Dental College Lahore Pakistan
13. Research paper presentation "**The cost and control of diabetes along with its treatment modalities among People with different educational and social backgrounds in Pakistan**" in **Diabetes UK Professional Conference 2017, Manchester, UK on 8-10 March 2017.**
14. Research paper presentation "**Prevalence of foot ulcers in people with Type 2 diabetes presenting to a specialist diabetes clinic at a tertiary care hospital, Lahore, Pakistan** in **Diabetes UK Professional Conference 2016, SECC Scotland, 2-4 March 2016.**
15. **Research paper presentation on "Role of Leptin G2548A polymorphism in age and gender specific development of obesity" in 4th Under Graduate & Postgraduate Research Symposium, "Integrated Modular Teaching- The New Trend in Medical Education" at CMH Medical College & Institute of Dentistry, Lahore. 27th January 2016. (Won Best Research Paper Award*)**
16. **Research paper (Poster) presentation on "Comparison of methods for early detection of diabetic peripheral neuropathy in a third world country to prevent diabetic foot disease". In Diabetes UK Professional Conference 2015, ExCeL London, 11-13 March, 2015.**
17. **Research paper (Oral) presentation on "Disturbance of Carbohydrate Metabolism and Obesity Risk in Non Diabetic Offspring with Family History of Diabetes" in 1st Medical Conference, Mohtarma Benazir Bhutto Shaheed Medical College, Mirpur, AJ. 9-10th March 2013.**
18. **Research paper (Oral) presentation on "Association of rs9939609 Variant of FTO Gene with Obesity " in 13th Biennial International Conference of Pakistan Physiological Society held on 7th -9th Sep, 2012 at Saidu Medical College, Sawat, Pakistan**
19. **Research paper (Oral) presentation on "LEPR p.Q223R gene variant in obese Pakistani subjects" in 12th Biennial International Conference of Pakistan Physiological Society held on 11-12th April 2011 at King Edward Medical University Lahore & CMH Medical College, Lahore.**
20. **Research paper (Oral) Presentation on "Leptin & its Potential Role in Human Obesity" in Third National Symposium on Recent Trends in Endocrinology and Reproductive Sciences, at University of Lahore Pakistan. Sponsored by the Pakistan Academy of Sciences on May 15-16, 2010.**
21. Presentation on **Obesity** at CMH College of Medicine Lahore, Pakistan (2009).
22. **Research paper (Oral) presentation on "Insulin resistance and levels of serum leptin, gonadotropin and testosterone in male children of diabetic parents" in 1st SAARC Conference of Physiological Societies & 11th Biennial International Conference of Pakistan Physiological Society on Physiology updates, Trends, Opportunities & Challenges at Shifa College of Medicine, Islamabad, Pakistan (10-12 Nov 2008)**
23. **Research Paper (Oral) presentation on "Serum leptin, insulin and triglyceride levels in offspring with a family history of non- insulin dependent diabetes" in International Symposium on Reproductive Endocrinology held at UHS Lahore, Pakistan on 13th -14th Feb 2007.**
24. Oral Presentation on "**Type II Diabetes the Pandemic of Recent Times**" In Grand Rounds at UHS Lahore Pakistan (2006).

INTERNATIONAL CONFERENCES

- 1 Co-Chaired **“PHYSCON first FMH International conference”** on 4th Oct, 2025
- 2 Co-Chaired Physiology Scientific session in **9th International conference 2025 “Bridging Theory & Practice”** at Shalamar Medical and Dental College, Lahore, Pakistan, on 23-24th April 2025
- 3 Attended the 28th Annual PSR International Conference in Lahore from 17-19th October 2025
- 4 Attended **9th International conference 2025 “Bridging Theory & Practice”** at Shalamar Medical and Dental College, Lahore, Pakistan, on 23-24th April 2025.
- 5 Attended **SAAP IX Biennial International conference** organized by UOL & PPS from 6th -8th December, 2024
- 6 Attended 6th **Pakistan National Conference of Medical Editors (PAME)** held at UHS, Lahore on 21st October, 2024
- 7 Attended **post Pakistan National Conference of Medical Editors (PAME) seminar** held at UOL, Lahore on 22st October, 20204
- 8 Attended “8th International conference 2023 **“Healthcare and Health Education in AI Era”** as **Co-Chair in scientific session** at Shalamar Medical and Dental College, Lahore, Pakistan, on 25-27th April 2024.
- 9 Attended “8th International conference 2023**“Healthcare and Health Education in AI Era”** at Shalamar Medical and Dental College, Lahore, Pakistan, on 25-27th April 2024.
- 10 27th International Conference for Rheumatology, 20-21 September, 2024, Bhurban Pakistan
- 11 Attended “7th International conference 2023**“Sharing Solutions”** at Shalamar Medical and Dental College, Lahore, Pakistan, on 3-5th February 2023.
- 12 Attended “6th International Virtual conference 2022” at Shalamar Medical and Dental College on 3-5th February 2022.
- 13 Attended “**5th International Virtual Conference on Health Professions Education” ICHPE-21** on 3rd November, 2021
- 14 Attended “5th International Virtual conference 2021” at Shalamar Medical and Dental College on 4-6th February 2021.
- 15 Attended “**4th International Conference on Health Professionals Education (ICHPE’ 20)”** held on 22nd October 2020 at UOL. (CME hours awarded:6)
- 16 Attended 4th International conference of Shalamar Medical and Dental College on 1-2nd February 2020.
- 17 Attended “**3rd International Conference on Health Professionals Education (ICHPE’ 19)”** on 4-6 December 2019
- 18 Attended **3rd International conference** “Navigating the Future” on 2-3rd February 2019 at Shalamar Medical & Dental College Lahore, Pakistan.
- 19 Attended “**SAAP & PPS 16 BIENNIAL International Conference 2018”** held at University of Lahore on 13th-15th December 2018.
- 20 Attended International Conference “**Pakistan Islamic Medical association**” on March 2018 at Aewan –e –Iqbal Lahore Pakistan. (CME hours awarded: 12)
- 21 Attended 2nd International Conference “**Beyond Horiozons**” on 3rd - 4th February 2018 at Shalamar Medical & Dental College Lahore Pakistan. (CME hours awarded: 12)
- 22 Attended First International Conference on Medical Ethics “**Ethics in Challenging Times**” at UHS on 21st March 2017.
- 23 Attended Symposium “Spectrum of Endocrinology” on 28th September 2017 at Shalamar Medical & Dental College Lahore Pakistan. (CME hours awarded: 3)
- 24 Attended “**15th Biennial International Conference of Pakistan Physiological Society** held on 25th -26th Feb, 2017 at Sahiwal Medical College, Punjab, Pakistan (CME hours awarded: 6)
- 25 Attended 1st International Conference “**Innovations in Healthcare**” on 3rd -5th February 2017 at Shalamar Medical & Dental College Lahore Pakistan. (CME hours awarded: 12)

- 26 Attended International Anatomical Conference **“ANATCON- 2016 A Road to Revolution”** on 25th & 27th February 2016 at Shalamar Medical & Dental College Lahore Pakistan. (CME hours awarded: 6)
- 27 Attended 26th Annual International conference on Family Medicine **“FAMILYCON-2016”** on 12, 13 & 14th February 2016 at PC Lahore Pakistan. (CME hours awarded: 18).
- 28 Attended International Conference on: **The Integrated curriculum for an “un-integrated” Practice: is seamless transition from education to practice really possible?** at University of Health Sciences Lahore, Pakistan, together with Council for Collaboration in Medical Education, on 29th - 31st October 2015. (CME: 10 credit hours).
- 29 Attended International Conference **“Diabetes UK Professional Conference 2015”** at ExCeL London on 11–13 March 2015. (CME: 10 credit hours).
- 30 Attended **“1st International conference of PhD Fellows and Scholars of Health Sciences”** held on 21-23 Nov 2013 at University of Faisalabad.
- 31 Attended **“13th Biennial International Conference of Pakistan Physiological Society** held on 7th - 9th Sep, 2012 at Saidu Medical College, Sawat, Pakistan
- 32 Attended **“12th Biennial International Conference of Pakistan Physiological Society** held on 11-12th April 2011 at King Edward Medical University Lahore & CMH Medical College, Lahore.
- 33 Attended **“1st SAARC Conference of Physiological Societies & 11th Biennial International Conference of Pakistan Physiological Society on Physiology updates, Trends, Opportunities & Challenges** at Shifa College of Medicine, Islamabad, Pakistan (10-12 Nov 2008)
- 34 Attended **“34th KEMU Annual International Scientific Symposium 2014”** at KEMU on 22-23 December, 2014.

NATIONAL CONFERENCES / SYMPOSIUMS:

- 1 Organized **“Undergraduate Research Conference SURECON 2026”** on 27rd April 2026 at Shalamar Medical & Dental College, Lahore
- 2 Organized **“Undergraduate Research Conference SURECON 2025”** on 23rd April 2025 at Shalamar Medical & Dental College, Lahore
- 3 Organized **“Undergraduate Quiz competition”** on 25th Oct, 2025 at Shalamar Medical & Dental College, Lahore
- 4 Invited as **PANELLIST** in 6th Pakistan National Conference of Medical Editors (PAME) at UHS, Lahore on 21st October, 20204
- 5 Invited as **PANELLIST** in post Pakistan National Conference of Medical Editors (PAME) seminar at UOL, Lahore on 22st October, 20204
- 6 Attended Seminar on **“ Innovations in Teaching & Assessment”** on 11th March 2022, organized by Medical Education Department of SMDC
- 7 Moderated session on **“Training a trainer- Why and How?”** on 10th October 2020.
- 8 Attended a webinar on **“Covid 19 Global Perspective”** on 15th April 2020, organized by UOL.
- 9 Attended a webinar on **“Future of Medical Education”** on 11th July 2020 organized by UOL.
- 10 Attended a webinar on **“Teach from Home”** in June 2020 organized by UOL.
- 11 Attended National Conference on **“Medical journalism”** organized by **Collaboration of Pakistan Association of Medical Editors, Eastern Mediterranean Association of Medical Editors with HEC, PM&DC, KEMU, FJMU:** held on 19-20 January, 2019; at University of Health Sciences Lahore
- 12 Participated in **Intercollegiate Research Symposium on “Are we ready for Environmental Changes in Pakistan”** held at University of Lahore on 26th March 2019.
- 13 Attended **12th Annual Undergraduate Medical Research Conference on 13th-14th March 2019** at Peshawar Medical College.
- 14 Attended **4th Undergraduate & Postgraduate Research Symposium, “Integrated Modular Teaching- The New Trend in Medical Education”** at CMH Medical College & Institute of Dentistry, Lahore. 27th January 2016.

- 15 Attended Second National Conference **“Pakistan Association of Medical Editors” Theme: Challenges and Opportunities in Scientific publishing in Collaboration with Eastern Mediterranean Association of Medical Editors University of Health Sciences, Lahore. Health Research Advisory Board**, held on 26-27 April, 2014 at University of Health Sciences Lahore.
- 16 Attended **1st Medical Conference of Mohtarma Benazir Bhutto Shaheed Medical College, Mirpur, A J on 9-10th March 2013.**
- 17 Attended **“Third National Symposium on Recent Trends in Endocrinology and Reproductive Sciences**, at the University of Lahore, Pakistan. Sponsored by the Pakistan Academy of Sciences on May 15-16, 2010.
- 18 **Attended “International Symposium on Reproductive Endocrinology”** held at UHS Lahore, Pakistan on 13th-14th Feb 2007.
- 19 Attended Seminar on **“Anger Management”** held at Shalamar Medical & Dental College Lahore, on 7th August 2014.
- 20 Attended the Seminar (2 CME credit Hours) on **“Continuing Medical Education” organized by Agha Khan University** held at Shalamar Medical and Dental College Lahore in 2013.
- 21 Attended Seminar on **‘Implications of Vitamin D for Reproductive Well Being’** by Professor Dr. Lubna Pal, M.B.B.S., M.R.C.O.G., M.S., on Thursday, 12th July, 2012 at University of Health Sciences Lahore.
- 22 Attended seminar on **“Clinical & Research Ethics”** organized by the Department of Medical Education at Shalamar Medical and Dental College Lahore, in collaboration with Agha Khan University Karachi on 07th -08th Jan, 2011.
- 23 Attended seminar on **“Continuing Medical Education”** organized by the Department of Medical Education at Shalamar Medical and Dental College Lahore in collaboration with Agha Khan University Karachi on 3rd Nov, 2010.
- 24 Attended **“5th National Endocrine Symposium’** on 1st and 2nd Sep 2007, organized by Shaukat Khanum Memorial Cancer Hospital & Research Center Lahore.

WORKSHOPS / COURSES / WEBINARS

1. Conducted a workshop **“Skills in Scientific Manuscript Writing”** for undergraduate students attending Summer school at the University of Health Sciences Lahore on 7th July 2026
2. Organized a workshop on **“From Data to Publication: A Hands-on Workshop on CDC Wonder and Global Burden of Disease (GBD) analysis”** at Shalamar Medical & Dental College, Lahore, Pakistan on 18th June 2026.
3. Facilitated an **online webinar of the CorTeach series on “Avoiding the Rejection Trap- Secrets of Medical Writing & Peer Review”** on 31st March 2026
4. Attended an online webinar on **“Inside Paper Mills: Detection, Evidence, and What Editors Should Look For”** by Asian Council for Science Editors on 16th March 2026.
5. Attended an online webinar on **“Beyond Impact Factor: Smarter Metrics with Contrimetric”** by Asian Council for Science Editors on 15th April 2026
6. Attended an online webinar on **“Getting Published: Best Practices in Scholarly Publishing and Editorial Workflows”** by Asian Council for Science Editors on 15th July 2026
7. Attended an online webinar on **“Improving Discoverability and Demonstrating Integrity with Crossref”** by Asian Council for Science Editors on 15th June 2026
8. Organized a workshop on **“AI-Augmented research. From Idea to publication”** on 27th March 2026 at Shalamar Medical & Dental College, Lahore, Pakistan
9. Facilitated a workshop on **“Medical writing and Peer review”** on 29th Jan 2026 at Shalamar Medical and Dental College, Lahore.
10. Attended **Summit: MHPE evolution in Pakistan** on 20th April 2026 at Shalamar Medical and Dental College, Lahore.
11. Attended a workshop on **“Leadership in MHPE: Strategic Planning”** on 22th April 2026 at Shalamar Medical and Dental College, Lahore.
- 12.

13. Conducted a workshop on **"Into Peer Review: Articles that meet scholarly standards"** in **PGMI-AMCON 2025 at Ameer Ud Din Medical College, Lahore General Hospital, Lahore** on 4th December 2025.
14. Organized **"Undergraduate Quiz competition"** under **SciQQuest society** on 25th October 2025 at SMDC
15. Facilitated and conducted a workshop on **"Skills in Synopsis & Thesis Writing"** on 4th August 2025 at the University of Health Sciences Lahore, Pakistan
16. Organized **"Essentials of Neuroscience course"** on 12th September 2025 at SMDC
17. Attended an online **International workshop by Dr. M. Al Eraky, "How to Design in-Class Activities,"** by **UniLearn MedEd ASME** on 29th May 2025.
18. Attended an online **International workshop by Dr. M. Al Eraky, "How to Design Out-of-Class Activities,"** by **UniLearn MedEd ASME** on 30th May 2025.
19. Attended workshop **"Beyond Lectures: Innovative Approach to Student Engagement"** at **Shalamar Medical and Dental College Lahore, 9th International Conference 2025.**
20. Organized workshop **"From Brainstorming to Manuscript Writing and Publication: Transforming Research with AI Tools"** conducted by **Dr Masood Javaid** on 24th April 2025, at **Shalamar Medical and Dental College Lahore, 9th International Conference 2025.**
21. Attended an **online webinar of the CorTeach series** on **"Personal development planning & Dynamic Health Professions Education Environment"** on 27th Sept, 2025
22. Attended a workshop, **"Beyond Books, SMART, Utility of SJs in Holistic Assessment in Professional Training Programs,"** on 8th April 2025, at **Shalamar Medical and Dental College, Lahore, 9th International Conference of Shalamar Medical and Dental College 2025.**
23. Organized a capacity-building workshop in Collaboration with **the University of Manchester, "Analyzing longitudinal health data"**. Conducted by **Darcy Murphy** on 3-4 Jan 2025 at PC Lahore.
24. Organized a capacity-building workshop in Collaboration with **the University of Manchester: "Developing Equitable Digital Health Technologies for Use in Research: Essential Skills for Managing Digital Health Research Projects,"** conducted by **Sabine Van der Veer and Charlotte Stokton-Powdrel** on 3-4 Jan 2025 at PC Lahore.
25. Conducted and **facilitated** a pre-conference workshop on **"Crafting Excellence: Medical writing & peer Review Skills for Health Care Professionals"** on 3rd December, 2024 in **SAAP IX Biennial International Conference at the University of Lahore, Pakistan**
26. Conducted a symposium on **"Breast Cancer awareness"** on 29th October 2024 at **Shalamar Medical & Dental College Lahore**
27. Conducted a workshop on **"Data to Publication: Mastering Medical Research Writing with Ethical Integrity"** as a Pre-Conference workshop of the 6th National Conference on Medical Journals. Held at **Shalamar Medical and Dental College Lahore** on Friday, 4th October 2024
28. **Accreditation, Transparency, and Capacity Building: Enhancing Quality of Medical Journals.** Arranged by **PMDC and HEC** at **KEMU** on 8th June 2024.
29. Peer review 3D view; Authors, peer reviewers and the Editors' Perspective at **CMH Medical College, LMC & IOD Lahore** on 24, May 2024
30. Paper presentation in 27th International Conference for Rheumatology, 20-21 September, 2024, **Bhurban, Pakistan**
31. Workshop attended by the University of Manchester for a collaborative study on **"Accessibility and acceptability of digital pain self-reporting tool for pain assessment and management"** 2023
32. Workshop on **"Skills for Aspiring Change Agents and Leaders in Health Professions Education"** organized by **University of Lahore** as a part of 7th International Conference on Health Professions Education on 1st November 2023.

33. "Capacity building Workshop for the Editors of Research Journals" by HEC on February 14, 2023 at University of the Punjab, LAHORE.
34. Chaired scientific session of Physiology at Shalamar Medical & Dental College Lahore, Pakistan on 3rd Feb, 2023
35. Workshop on **"Structuring of Assessment Methodologies"** on 1st December 2022, at UHS, Lahore, Pakistan.
36. Attended workshop on **"Cultural appropriation for enhanced Education"** on 10th October 2022 at Shalamar Medical & Dental College Lahore.
37. Conducted workshop on **"Skills in Scientific Writing & Publishing"** at UHS, Lahore on 27-28th June 2022.
38. Attended workshop on **"Research & Public Health Ethics- The Essentials"** on 18th -19th March 2022, organized by research & Innovation Department of SMDC
39. Attended workshop on **"Innovations in Teaching & Assessment"** on 11th March 2022, at Shalamar Medical & Dental College Lahore.
40. Attended pre-conference workshop on **"Quality Assurance in Institutions"** held on 20th Jan, 2022 at Shalamar Medical and Dental College on 1st February 2022 in "6th International Conference of SMDC".
41. **"Importance of Medical Education for Medical teachers"** held on 18th Dec, 2021 at SMDC
42. Moderated pre-conference workshop on **"Medical Writing"** at Shalamar Medical and Dental College on 31st January, 2022 in "6th International Conference of SMDC".
43. Chaired **"Scientific Session of Physiology"** in 6th International Conference of Shalamar Medical and Dental College on 3rd February 2022.
44. Chaired **"Scientific Session of Undergraduate"** in 6th International Conference of Shalamar Medical and Dental College on 3rd February 2022.
45. Attended Punjab Bio-ethics group seminars, 2022.
46. Attended Workshop on **"Transformation of Faculty by Providing an Inspirational Platform of Exploring Medical Educators' Expressions of Identity Through Metaphor Analysis"** in ICHPE-21, Organized by University of Lahore on 30th October 2021.
47. Attended Workshop on **"Adapting to Changes in Assessment and Moving Towards Equivalence"** in ICHPE-21, Organized by University of Lahore on 29th October 2021.
48. Attended a Workshop for supervisors on **"RMB &MW"** on 25th -28th October 2021, at CPSP Lahore.
49. Attended a Workshop on **"Research Methodology Training Workshop"** conducted at Shalamar Institute of Health Sciences Lahore by Agha Khan University Karachi from 29th – 30th September 2021.
50. Moderated pre-conference workshop on "Medical writing" at Shalamar Medical and Dental College on 1st February 2021, in the 5th International Conference of SMDC.
51. Attended the 1st contact session of the **"Certificate in Medical Editing"** Program, 3rd Batch at UHS from 23-26 July 2021.
52. Attended a Workshop for supervisors on **"Assessment of Competency"** on 5th -7th July 2021, at CPSP Lahore
53. Attended a Workshop on **"Entrustment Decision Making As An Approach To Assessment In The Workplace"** 01 Feb. 2021 at SMDC
54. Attended a workshop for supervisors on **"Educational Planning & Evaluation"** on 28-30th Jan, 2021 at CPSP Lahore.
55. Attended workshop for supervisors on **"Supervisory Skills"** on 24th-26th Feb, 2021 at CPSP Lahore.
56. Attended Pre-Conference Workshop on **"The Qualitative Research"** on 2nd Feb, 2021 at SMDC, Lahore.
57. Attended Pre-Conference Workshop on **"Modified Essay Questions"** on 3rd Feb, 2021 at SMDC, Lahore.
58. Attended a webinar on **"Increasing the validity and reliability of our examinations"** 12th Nov 2020

59. Moderated a session in the 4th International Conference **“Challenge of Change”** at SMDC on 1-2nd Feb 2020.
60. Attended a webinar on **“Online Teaching and Assessment in Medical Education”** (3 CME hours) on 18th December 2020.
61. Participated in a webinar on **“Student perspective in E-learning challenges and opportunities”** organized by Shifa International Hospitals Islamabad on 12th September 2020.
62. Participated in a webinar on **“Student Engagement in Learning”** at SMDC on 31st Oct 2020.
63. **Moderated** a session **“Training a Trainer; Why and How”** on 10th October 2020.
64. **Moderated** a webinar on **“Emerging Trends in Medical Education”** on 15th August, 2020, organized by SMDC.
65. Participated in a workshop on **“How to Publish a Journal”** at the 4th International Conference at SMDC 2020.
66. Participated in a workshop on **“Medical Writing”** at the 4th International Conference at SMDC 2020.
67. Participated in a workshop on **“Managing change in the health care setting”** at the 4th International Conference at SMDC 2020.
68. Participated in a webinar on **“Professionalism”** on 28th Nov 2020, organized by SMDC.
69. Participated in a workshop on **“HOW STUDENTS LEARN”** on September 24, 2019, at Shalamar Medical & Dental College Lahore, Pakistan.
70. Participated in a webinar on **“Social Accountability: Medical Education the Boldest challenge”** on 26th September 2020, organized by SMDC
71. Attended SIVU webinar on **“New Educational Technologies for Medical Education”** on 5th September, 2020.
72. Attended webinar on **“Contemporary Needs in Our Present Research Culture”** (02 CME hours) on 5th September 2020
73. Attended SIVU webinar on **“Developing a Contextual Curriculum”** on 15th August, 2020.
74. Attended a webinar on **“Future of Medical Education”** on 11th July, 2020, organized by UOL.
75. Attended a webinar on **“Online Assessment”** on 9th June, 2020, organized by UOL.
76. Attended an international webinar on **“Lt Software; A virtual Lab Concept”** on 25th July 2020, jointly organized by University of Swabi and UOL.
77. Attended a webinar on **“COVID-19; Global perspective”** on 15th April, 2020, organized by UOL.
78. Attended a webinar on **“Teach from Home”** (02 CME hours) on 7th April, 2020, organized by UOL.
79. Participated in a workshop on **“Critical Reading of Research Articles, Systematic Literature Review, Mixed-Methods Research and Analysis as Attendee”** in the 3rd International Conference **“Navigating the Future”** on 2-3rd February 2019 at Shalamar Medical & Dental College Lahore, Pakistan.
80. Certificate awarded in recognition of participating in **“Training sessions for the inspectors of PMDC”** on 14th May 2018.
81. Participated in workshop on **“Lecturing at Higher Level Involving Metacognition, Critical Thinking and Role play”** **SAAP & PPS 16 BIENNIAL International Conference 2018** held at University of Lahore on 13th-15th December 2018.
82. Attended workshop on **“Curriculum Mapping and Blueprinting”** on 8th August, 2018 at Shalamar Medical & Dental College Lahore, Pakistan. (03 CME Credit Hours)
83. Attended workshop on **“Developing a Valid Multiple Choice Questions (MCQs) bank; A Step-by-Step Guide”** on 3rd February, 2018 at Shalamar Medical & Dental College Lahore, Pakistan. (03 CME Credit Hours)
84. Attended workshop on **“Assessment in Workplace”** on 3rd February, 2017 at Shalamar Medical & Dental College Lahore, Pakistan. (03 CME Credit Hours)
85. Attended workshop on **“Ethical Challenges in Research”** on 2nd February, 2018 at Shalamar Medical & Dental College Lahore, Pakistan. (03 CME Credit Hours)

86. Attended workshop on **“Literature Search, Citation Management and How to Write and Publish a Research Paper”** on 1st February, 2018 at Shalamar Medical & Dental College Lahore, Pakistan. (03 CME Credit Hours)
87. Attended workshop on **“Let’s Play Moral Games & Ethical Reasoning in Medical Education”** on 31st Jan, 2018 at Shalamar Medical & Dental College Lahore, Pakistan. (03 CME Credit Hours)
88. **“N-Vivo Analysis [Qualitative Research Methods] Free Access of Medical Resources”** on 2nd February, 2017 at Shalamar Medical & Dental College Lahore, Pakistan. (03 CME Credit Hours)
89. Attended workshop on **“Diagnosing and Treating the Failing Student”** on 26th February, 2016 at Shalamar Medical & Dental College Lahore, Pakistan. (03 CME Credit Hours)
90. Attended workshop on **“Developing Blueprints for Content Valid Examination”** on 13th June 2016 at Shalamar Medical & Dental College Lahore, Pakistan.
91. Attended workshop on **“Construction of MCQs : A Way to Ensure Validity”** on 14th June 2016 at Shalamar Medical & Dental College Lahore, Pakistan.
92. Attended workshop on **“Improving written Assessment by Improving SEQs”** on 15th June 2016 at Shalamar Medical & Dental College Lahore, Pakistan
93. Attended workshop on **“Multiple Mini Interviews (MMI)”** at Shalamar Medical & Dental College Lahore, Pakistan on 28 October, 2015. (CME: 3 credit Hours)
94. Attended workshop on **“How to Motivate Students”** at Shalamar Medical & Dental College Lahore, Pakistan on 29th October, 2015.
95. Attended **CME** on **“Preclinical Subjects & Disease Relationship: Anatomy, Physiology, Biochemistry, Pathology, Pharmacology”** on 29th August, 2015 organized by University of Health Sciences Lahore & Family Medicine Education Center (FMEC). (CME: 1 Credit Hour)
96. Attended **CME** on **“DVT & Peripheral Vascular Disease”** on 19th August, 2015 organized by University of Health Sciences Lahore & Family Medicine Education Center (FMEC). (CME: 3 Credit Hours)
97. Attended workshop on **“Diabetes Practice”** on 17th August, 2015 organized by University of Health Sciences Lahore & Family Medicine Education Center (FMEC) (CME: 1 credit Hour)
98. Attended Seminar on **“Common Pediatric Emergencies** on 28 July 2015 organized by University of Health Sciences Lahore & Family Medicine Education Center (FMEC) (CME: 3 credit Hours)
99. Attended Seminar on **“Pregnancy Induced hypertension”** on 30th July 2015 organized by University of Health Sciences Lahore & Family Medicine Education Center (FMEC) (CME: 3 credit Hours)
100. Attended Seminar on **“Enthesitis Related Arthritis”** on 25 July 2015 organized by University of Health Sciences Lahore & Family Medicine Education Center (FMEC) (CME: 3 credit Hours)
101. Attended workshop on **“Clinical Management of Dengue Fever”** at KEMU in August 2015, in Collaboration with Dengue Expert Advisory Group, Punjab. (CME: 2 credit Hours)
102. Attended **CME** on **“Diabetic Pregnancy”** on 10th June, 2015, organized by University of Health Sciences Lahore & Family Medicine Education Center (FMEC). [CME: 1 Credit Hour].
103. Attended **CME** on **“Wound Management”** on 15th June, 2015, organized by University of Health Sciences Lahore & Family Medicine Education Center (FMEC). [CME: 1 Credit Hour].
104. Attended **CME** on **“Endometriosis and Principles of Doctor Safety”** on 3rd June, 2015, organized by University of Health Sciences Lahore & Family Medicine Education Center (FMEC). (CME: 1 Credit Hour)
105. Attended **CME** on **“Common Dermatological Problems and Case Studies”** on 30th May, 2015, organized by University of Health Sciences Lahore & Family Medicine Education Center (FMEC). (CME: 1 Credit Hour)
106. Attended **CME** on **“Prenatal Care”** on 27th May, 2015, organized by University of Health Sciences Lahore & Family Medicine Education Center (FMEC). (CME: 1 Credit Hour)
107. Attended workshop on **“Establishing Clinical Research Center in Resource-Constrained Environments”** at Shalamar Medical & Dental College Lahore, Pakistan on 12 May 2015.
108. Attended **CME** on **“GERD management Guidelines”** on 9th May, 2015, organized by University of Health Sciences Lahore & Dyson Research Laboratories (CME: 1 Credit Hour)

109. Attended workshop on **"Promethean Interactive Board Training"** at Shalamar Medical & Dental College Lahore, Pakistan on 26-27 March 2015. (CME: 1 credit hour).
110. Attended workshop on **"Communication Skills"** organized by the Department of Psychiatry on 22 August 2014 at Shalamar Medical & Dental College Lahore.
111. Attended workshop on **"Anger Management"** organized by the Department of Psychiatry on 6 August 2014 at Shalamar Medical & Dental College Lahore.
112. Attended workshop on **"Problem Based Learning"** held on 12-13 June 2014 at Shalamar Medical & Dental College Lahore.
113. Attended workshop on **"Medical Writing"** held on 26th April, 2014 at University of Health Sciences Lahore.
114. Attended workshop on **"Course Design"** held on 9th – 10th April, 2014 at Shalamar Medical & Dental College Lahore.
115. Attended workshop on **"Establishment of Institutional Ethics Review Committee"** held on 17 March 2014 at University of Health Sciences Lahore.
116. Attended workshop on **"Research Methodology"** held on 1-2 Oct 2014 at Shalamar Medical & Dental College Lahore.
117. Attended workshop on **"Teaching Methodologies"** held on 1-2 Oct 2013 at Shalamar Medical & Dental College Lahore.
118. Attended workshop on **"Lecturing Skills"** held on 19-20 Sep 2013 at Shalamar Medical & Dental College Lahore.
119. Attended the workshop on **"Short Essay Questions and Short Answer Questions"** on 11 June 2013 at Shalamar Medical and Dental College Lahore.
120. Attended the workshop on **"Basics of Assessment and Construction of MCQS"** held on 22-23 Jan 2013 at Shalamar Medical & Dental College Lahore.
121. Attended the workshop by **PMDC** for "Training of Inspectors for recognition of Medical Colleges" June 2012.
122. Attended **"Orientation workshop on Medical Education"** held at Shalamar Medical and Dental College Lahore in Oct 2012.
123. Attended the **workshop 'How to Conduct Multiple Mini Interviews of students getting admission to MBBS class in Shalamar Medical College'** at Shalamar Medical and Dental College Lahore in Nov 2012.
124. Workshop on **"E-Learning"** at University of Health Sciences Lahore, Pakistan in collaboration with University of Liverpool, UK on 17th and 18th Oct, 2011.
125. Attended workshop on **"How to Conduct Interviews"** organized by the Department of Medical Education at Shalamar Medical & Dental College Lahore, on 27th & 28th September 2010.
126. **"Course on Research Methodology"** organized by the Department of Medical Education at Shalamar Medical and Dental College Lahore. (March 04, 2010 – April 29, 2010)
127. Workshop/Course on **"Faculty Development Program on Educational Objectives, Teaching Methods and Student Assessment Mechanisms"** organized by department of Medical education at Shalamar Medical and Dental College Lahore (Oct 29, 2009- Jan 21, 2010).
128. Workshop on **Curriculum Planning & Development** held on 30th June 2009, at University of Health Sciences Lahore.
129. Workshop on **Presentation Skills** held on 3rd April 2009 at the **University of Health Sciences, Lahore**.
130. Workshop on **"Real-time Polymerase Chain Reaction (PCR)"** held at **University of Health Sciences, Lahore, 2005**.
131. Workshop on **Principles of Immunoassay for Diagnostic Use**, organized by Sheik Zayed Hospital, Lahore in collaboration with Higher Education Commission and British Council Link Project (15th -18th May 2006).
132. **Basic Concepts in Medical Education**, organized by FMH College of Medicine & Dentistry (23rd - 26th September 2006).
133. **Basic Concepts in Medical Education**, organized by FMH College of Medicine & Dentistry (23rd - 26th September 2003).

134. Workshop on **Research Methods** organized by University of Health Sciences Lahore (6th - 7th July 2005).

EXAMINER FOR UNDERGRADUATE PROGRAM

1. **Examiner 1st & 2nd Professional MBBS**, King Edward Medical University, Lahore, Pakistan
2. **Examiner 1st Professional MBBS & BDS**, University of Health Sciences, Lahore, Pakistan.
3. **Examiner 1st Professional of Physiotherapy, University of Health Sciences**, Lahore, Pakistan.
4. Examiner **"BSC Nursing"** 1st Professional, **University of Health Sciences**, Lahore, Pakistan.
5. Examiner 1st Professional BS. Hons, University of Health Sciences, Lahore, Pakistan

EXAMINER FOR POSTGRADUATE PROGRAM

1. Examiner **"FCPS"** Physiology Program, of CPSP, Pakistan.
2. Examiner **"PhD"** Physiology Program at University of Health Sciences Lahore, Pakistan.
3. Examiner **"M PHIL"** Physiology Program at University of Health Sciences Lahore, Pakistan.
4. Examiner MD **"Dermatology"**
5. Examiner **"M PHIL"** Oral Physiology.
6. Examiner **MD "Anesthesia"**
7. Examiner **MD "Medicine"**
8. Examiner **MD "Cardiology"**
9. Examiner **MS "Neurosurgery"**
10. Examiner **MS "Urology"**
11. Examiner **"Master of Surgery (MS) Basic sciences (General Surgery)"**.

MEMBERS OF COMMITTEES

1. Faculty Head SciQuest Society 2025 to date
2. Editorial Board member of the SAAP Journal of Integrated Physiology 2025 to date.
3. Member, SAAP Bulletin committee for research and publication
4. Member, Mentor Oversight Committee
5. Chairperson, **IRB sub-committee** of student research SMDC 2021 to 2023
6. Member **"Curriculum Committee"** University of Health Sciences Lahore July, 2021 to date.
7. Member **"Curriculum Review Committee"** University of Health Sciences Lahore, 2024.
8. Member **"Academic Council"** of SMDC, 2015 to date
9. Member of **"Ethical Review Board"**, Shalamar Medical & Dental College, Lahore, Pakistan, 29th Jan 14 2014 to date.
10. Member **"Synopsis Review Board"**, University of Health Sciences Lahore, 2018 to 2023.
11. Member Organizing Committee **'5th' International conference at Shalamar Medical & Dental College Lahore**, going to be in Feb, 2021.
12. Member **"Selection Board of Faculty"** of UHS 2018 to date.
13. Editor-in-Chief **"Journal of Shalamar Medical & Dental College (JSHMDC)"**, January 2018 to date.
14. Member **Board of Studies** University of Lahore (UOL), Pakistan, 2015 to date.
15. Member of committee for **"promotion of Research in Physiology"** of UHS 8th Feb 2019
16. Member **"Synopsis Review Board"** University of Health Sciences 28th May 2018 to date.
17. Member Organizing Committee **'1st' International conference at Shalamar Medical & Dental College Lahore** held on 3-5th Feb 2017.
18. Member Organizing Committee **'2nd' International conference at Shalamar Medical & Dental College Lahore** in Feb, 2018.
19. Member Organizing Committee **'3rd' International conference at Shalamar Medical & Dental College Lahore** in Feb, 2019.
20. Member of **Advisory Committee, "Shalamar Medical & Dental College Lahore, Pakistan"**, Nov 14, 2014 to date.
21. Member of **"Research Grant Review Committee"**, Shalamar Medical & Dental College, Lahore, Pakistan, 29th Jan 2014 to date.
22. Member of **"Year 1 Committee"** Shalamar Medical & Dental College Lahore, Pakistan, 2013 to date.
23. Member of **"Admission Committee"** Shalamar Medical and Dental College, Lahore, Pakistan,

2013 to date.

24. Member of **"Library Committee"**, Shalamar Medical and Dental College, Lahore, Pakistan, 2010 to date.
25. Member of **Disciplinary committee** Shalamar Medical and Dental College, Lahore, Pakistan 2011 to date.
26. Member of **"Mentors Oversight Committee"** Shalamar Medical and Dental College, Lahore, Pakistan, 2015 to date

POST GRADUATE SUPERVISOR:

Supervisor of M.Phil, PhD & FCPS Programs

1. Supervised FCPS project of Dr Sampana Fatima: **Serum Asprosin and oxidative stress biomarker levels in premenopausal and postmenopausal women.**
2. FCPS Supervisor of Dr Afsheen project: **Comparison of mitochondrial-derived peptide humanin levels in diabetic and non-diabetic Adults.**
3. FCPS Supervisor of Dr Nida Zubair Project: **Growth Differentiation Factor -15 as a Biomarker of Cardiovascular Risk Using Carotid Intima-Media Thickness in Pakistani Obese Adults**
4. FCPS Supervisor of Dr Uswa project: **Association of Endoglin Gene Polymorphism (rs1800956) and Soluble Endoglin with Biomarkers of Endothelial Dysfunction in Obese and Non-Obese Adults**
5. FCPS Supervisor of Dr Kashifa Ehsan: **Association of Endoglin Gene Polymorphism (rs1800956) and Soluble Endoglin with Inflammatory–Angiogenic Biomarkers Related to Endothelial Dysfunction in Obese and Non-Obese Adults**

HONORS & REWARDS

1. Head Examiner Physiology for MBBS, BDS, DPT, MPHIL, PhD, FCPS Physiology
2. **Adjudicator for Poster competition** at Shalamar Medical & Dental College, Lahore, NEXT GEN MED 1st International Research Assembly 2024.
3. **Member, Editorial Board, "Peshawar journal of Medical sciences"**
4. Won a **Research Grant worth 47,714 Pounds** from **"International Science Partnerships Fund 2024/25 (ISPF), University of Manchester"** for a collaborative research project on **"Translating knowledge to a low-resource setting on how to develop tools for digitally enabled pain management services in Pakistan"**
5. Grant received from the **University of Manchester** for a collaborative project on **"Accessibility and acceptability of digital pain self-reporting tool for pain assessment and management"**
6. **Adjudicator for Poster competition** at CMH Lahore Medical College & Institute of Dentistry on **"Annual Research Day"** on 22nd June 2023.
7. Editor-in-Chief of **"Journal of Shalamar Medical & Dental College (JSHMDC)"** 2019 to date.
8. Member of Editorial Board of **"Journal of Aziz Fatimah Medical and Dental College"**
9. **Member, Editorial Board, "Peshawar journal of Medical sciences"**
10. Member of Editorial Board of **"Austin Journal of Endocrinology and Diabetes"**.
11. Member of Editorial Board of **"International Journal of Advanced Research and Innovative Ideas in Education (IJARIE)"**
12. Reviewer of **"Journal of Rashid Latif Medical College Lahore Pakistan"**
13. Reviewer of **"ANNALS of KEMU"**
14. Reviewer of **"JCPSP"**
15. Reviewer of **"Scientific Reports"**
16. Reviewer of: **"Clinical and Experimental Medicine"**

17. Reviewer of: **Pakistan Journal of Medical Sciences**
18. Reviewer of: **"Khyber Medical University Journal"**
19. Reviewer of: **Pakistan Journal of Physiology**
20. Reviewer of: **Esculopia**
21. Approved supervisor of **FCPS, MPhil, PhD**
22. Research projects of undergraduate SMDC students supervised, and students won 3rd position in the Undergraduate session at the 5th International Conference of SMDC 2021.
23. Research projects of undergraduate students supervised, and one student of SMDC won **2nd & 3rd position among 150 research projects** presented at **14th Annual Undergraduate Medical Research Conference** on 11th-12th March 2021 at Peshawar Medical College.
24. Research projects of undergraduate students supervised, and students won 1st, 2nd & 3rd positions among 161 research projects presented at the **13th Annual Undergraduate Medical Research Conference** on 11th-12th March 2020 at Peshawar Medical College.
25. Research projects of undergraduate students supervised, and students won 1st position in Poster Presentation & 1st position in poster presentation among all undergraduate and postgraduate posters, in Research Seminar at FMH Lahore on **11th March 2020**.
26. Research project supervised **got 3rd position among 100 research projects** presented at **12th Annual Undergraduate Medical Research Conference** on 13th-14th March 2019 at Peshawar Medical College.
27. Research project supervised got **1st, 2nd, 3rd positions** at **Intercollegiate Research Symposium on Are we ready for Environmental Changes in Pakistan** held at University of Lahore on 26th March 2019.
28. Member **"Selection Board of Faculty"** of UHS since 2018 to date.
29. Member **"Synopsis Review Board"** of University of Health Sciences Lahore, Pakistan since 2018.
30. **Co-chair of Scientific session in the 3rd International conference "Navigating the Future" at Shalamar Medical & Dental College, Lahore, Pakistan** on 2nd-3rd Feb 2019.
31. Member **"Selection Board of faculty"** of UHS since 2018 to date.
32. Awarded prize for best **"Post Graduate Research Paper in Physiology"** in 4th Undergraduate & Postgraduate Research Symposium **"Integrated Modular Teaching-The New Trend in Medical Education"** on 27th January 2016 at CMH Medical College & Institute of Dentistry.
33. Conducted **FCPS-Part I course** from 21.03 2011- 21. 05. 2011 at Shalamar Medical and Dental College Lahore, Pakistan
34. **Secretary** in a Scientific Session of Genetics at 13th Biennial International Physiology Conference at Saidu Medical College, Swat (7-9 Sep 2012).
35. Registered as **Inspector by PMDC** for recognition of Medical Colleges (2012).
36. **Distinction & First position** in M Phil Part II Minor.
37. Attended a lecture by Nobel Laureate Professor Peter Agre, a Nobel Laureate in the field of Biochemistry, on AQUAPORINS organized by the University of Health Sciences Lahore, on March 30, 2007.

Co-curricular Activities

1. Conducted interviews of students for admission at Shalamar Medical and Dental College Lahore in 2009, 2010, and 2012.
2. Organized 1st yr & 2nd yr MBBS class functions in 2011, 2012, 2013 & 2014.

SKILLS

Have command in Microsoft Word, Excel, PowerPoint, SPSS, and OJS. Have vast experience of research.

RESEARCH INTERESTS:

- | | |
|--------------------------------------|------------------------------|
| 6. Endocrinology | 11. Obesity |
| 7. Genetic polymorphisms & mutations | 12. Metabolic syndrome |
| 8. Respiratory Physiology | 13. Heat stress in pregnancy |
| 9. Cardiovascular Physiology | 14. Medical Education |
| 10. Diabetes | |

Prof. DR. ADEELA SHAHID

MBBS, MPhil, PhD, CHPE, CME, CODE
BioEthics International certificate course
Prof & Head, Department of Physiology,
Shalamar Medical & Dental College, Lahore,
Pakistan.
Editor-in-Chief, "Journal of Shalamar medical &
Dental College (JSHMDC)
Adeela.shahid@sihs.org.pk
E mail: dradeela71@gmail.com
adeela.shahid@sihs.org.pk
Telephone#: **Office:** 36852658. **Ext** 404
Mobile No: 92 03334481073