



RESUME OF PROF. DR. M. NASIR AFZAL

Name: **Muhammad Nasir AFZAL**

Date of Birth: September, 1957

Citizenship: **CANADA**

Present Address: Professor of Physiology
College of Medicine, Alfaisal University
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ONE PAGE SUMMARY

- **Medical qualifications:** Duly qualified Physician & Scientist
 - Ph. D, University of Manitoba, Winnipeg, CANADA
 - Anatomic Pathology, University of Manitoba, Winnipeg, CANADA
 - AFACA, USA
 - MBBS, University of Punjab, Lahore, PAKISTAN

- **Teaching experience:**

- Under-graduate: 28 years of teaching experience (1986 – 2014) to Medical, Dental, Nursing and Post-graduate students at:
 - University of Manitoba, Canada (1986 - 1997)
 - The Aga Khan University, Karachi, Pakistan (1997 -1998)
 - Shifa College of Medicine, Islamabad, Pakistan (1998 – 2008)
 - University of Dammam, Saudi Arabia (2010 -1013)
 - American University of Antigua College of Medicine (2013-2014)
 - Alfaisal University, Riyadh, Saudi Arabia
- Post-graduate: Supervisor & Examiner, M. Phil & Ph. D and FCPS in Physiology (1998 - onwards)
 - Shifa College of Medicine, Islamabad
 - University of Health Sciences, Lahore
 - University of Dammam, KSA

- **Research experience:**

- 71 publications in National & International journals including two papers in American Journal of Physiology as first author
- Books / Book chapters -3, Laboratory manuals - 2
- Participation and Presentations of scientific papers at National & International meetings, 1986 - onwards
- Member, Editorial board and Reviewer of scientific articles for various journals.

- **Administrative experience:**

- Principal, Dean, Assistant Dean, (2002 -2009)
- Chairman & Head of Physiology, Basic Health Sciences (1998 – 2008)
- Professor, Associate Professor and Assistant Professor (1997 -2014)
- President, Pakistan Physiological Society, November (2008 – 2011)
- Member, Board of studies & medical faculty, Bahria Univ. (2003–2008), Board of Advanced Studies, University of Health Sciences, Lahore (Nov 2008 - Nov 2009)
- Chairman, Organizing committee & Host of 1st. SAARC Conference of Physiological Societies at Shifa College of Medicine, Islamabad (2008)
- Chief resident & Senior resident, Member, Promotion & Residency training committees, University of Manitoba, Winnipeg, Canada (1993-1997)

- **Awards and Scholarships:**

- Winner of “Leica Canada Scientific Award” for 1995, given once a year to a scientist under 40 years of age for outstanding scientific contributions in Canada
- Fellowship from Medical Research Council of Canada for my Ph. D (1988-1992)

MEDICAL QUALIFICATIONS

Ph.D. in Physiology: University of Manitoba, Winnipeg, **CANADA** (1993)

Residency in Pathology: University of Manitoba, **CANADA** (1993-1997)

AFACA: American College of Angiology, **USA** (1994)

MBBS: Nishtar Medical College, Multan, **PAKISTAN** (1982)

CAREER HISTORY

Professor of Physiology and Chair, Graduate Program Committee:

August 2014 – Onwards

College of Medicine, Alfaisal University, Riyadh, Saudi Arabia

Professor of Physiology:

July 2013 – June 2014

American University of Antigua, College of Medicine, Antigua

Professor of Physiology and Program Director, Post-graduate studies:

May 2010 – June 2013

College of Medicine, University of Dammam (Formerly, King Faisal University)

Dammam, Saudi Arabia

Professor, Head of Physiology, Dean / Principal:

October 2008 – November 2009

Central Park & Shalamar Medical & Dental College, Lahore, Pakistan.

Professor, Head of Physiology and Chairman, Basic Health Sciences:

September 2005 – September 2008

Dept. of Basic Health Sciences, Shifa College of Medicine, Islamabad, Pakistan.

Associate Professor, Head of Physiology and Chairman, Basic Health Sciences:

October 1998 - August 2005

Dept. of Basic Health Sciences, Shifa College of Medicine, Islamabad, Pakistan.

Senior Assistant Professor of Physiology:

December 1997 – October 1998

Department of Physiology & Pharmacology, Faculty of Medicine, The Aga Khan University, Karachi, Pakistan.

Fellow in Cardiovascular Pathology:

July 1997 – December 1997

Department of Cardiovascular Pathology, Armed Forces Institute of Pathology (AFIP), Washington, DC, USA.

Resident, Anatomic Pathology:

July 1993 – June 1997

Department of Pathology, Health Sciences Centre, University of Manitoba, Winnipeg, Manitoba, CANADA.

Electives in Cardiovascular Pathology:

March 1996 – May 1996

Department of Pathology, Toronto General Hospital, University of Toronto, Toronto, CANADA.

Research Associate / Fellow:

January 1986 – June 1993

Institute of Cardiovascular Sciences, Faculty of Medicine, University of Manitoba, Winnipeg, Manitoba, CANADA.

House Physician & House Surgeon:

January 1983 – February 1985

Department of Cardiology, Medicine & Surgery, Mayo Hospital, Lahore, Pakistan.

TEACHING EXPERIENCE

Undergraduate Teaching:

- To deliver lectures to MBBS students, Dental students, Nursing students, B.Sc students, Junior residents and cytology students (1986 - onwards).
- PBL, TBL, SGT and Tutorials to Year-1,2,3,4 medical students
- To supervise practical demonstrations regarding various physiological concepts
- To conduct regular class tests i.e. written, viva voce and lab. practicals.
- To supervise and guide students in self-study groups and seminars.
- Internal Examiner for MBBS First Professional Part-I and Part-II examinations, Bahria University Islamabad.
- External examiner for MBBS First Professional Part-I and Part-II examinations.
 - Foundation University, Rawalpindi.
 - Rifah University, Islamabad.
 - The Aga Khan University, Karachi.
- Year-1 Coordinator for Integrated modular curriculum implemented at Shifa College of Medicine from January 2008 onwards.

Postgraduate Teaching:

- Approved Supervisor for Ph. D in Physiology Program by:
 - Higher Education Commission (HEC) of Pakistan
 - University of Health Sciences, Lahore, Pakistan
 - College of Physicians and Surgeon Pakistan.
 - University of Science and Technology (NUST), Rawalpindi.
 - University of Health Sciences Lahore.
 - University of Dammam, Dammam, Saudi Arabia.

- Chairman, “Supervisory Committee for Post-graduate studies”, University of Dammam, Saudi Arabia.

- **Post-graduate students trained under my supervision and completed their Ph.D.**
 - Dr. Eyad A Salem (MBBS, M.Sc.), University of Dammam, KSA, 2013
 - Dr. Adeela Shahid (MBBS, M. Phil), University of Health Sciences, Lahore, 2013
 - Dr. Asima Karim (MBBS, M. Phil), University of Health Sciences, Lahore (expected in 2014)

- **Post-graduate students trained under my supervision, graduated as FCPS in Physiology, College of Physicians & Surgeons, Pakistan (2003-2011).**
 - Dr. Tahir A Munir (2007)
 - Dr. Riffat Shafi (2007)
 - Dr. Nazish Rafique (2008)
 - Dr. Khurram Irshad Qureshi (2008)
 - Dr. Sabeen Haque (2010)
 - Dr. Munazza Asad (2011)

RESEARCH GRANTS

- SR 2,000,000 (Two million Saudi Riyals) grant (10-MED 1338-46) given by King AbdulAziz City for Science and Technology (KACST) for the Ph. D project “Effect of Nigella Sativa supplementation on airway resistance and inflammatory mediators in patients with partly controlled asthma”. March 28, 2011-2013.

- SR 50,000.00. Research grant given by the University of Dammam to study “effect of Nigella Sativa supplementation on airway resistance and inflammatory mediators in patients with partly controlled asthma”. March 21, 2011.

- Pak Rs. 237,200.00. Research grant given by Shifa College of Medicine to study “Effect of Acacia modesta extract on hyperglycemia, platelet aggregation and hyperlipidemia in alloxan-induced diabetes in rats”. September 2008.

- Pak Rs. 231,850.00. Research grant given by Shifa College of Medicine to study “Effects of Acacia nilotica extract on hyperglycemia and platelet aggregation in streptozotocin-induced diabetic rats”. September 2008.
- Pak Rs. 140,000.00 Research grant given by Shifa College of Medicine to study “Role of dyslipiemia in Osteoarthritis” in 2006.
- Pak Rs. 130,000.00 Research grant given by Shifa College of Medicine to study “Relationship of serum leptin with body mass index and acute coronary syndrome” 2006.
- Pak Rs. 150,000.00 Research grant given by Shifa College of Medicine to study “C-Reactive Protein and acute coronary syndrome: comparison of conservative and interventional management” in 2004.
- Pak Rs. 140,000.00 Research grant given by Shifa College of Medicine to study “Role of Leptin in female infertility” in 2004.

ON-GOING RESEARCH PROJECTS

- Growth, obesity and pubertal development pattern in school girls of Punjab.
Dr. Asima Karim, Ph.D student at University of Health Sciences in Lahore

RESEARCH PROJECTS COMPLETED

- Genetic Variants in the Leptin, Leptin Receptor and FTO Genes in Obese Pakistani Population.
- Effect of Negella Sativa supplementation on airway resistance and inflammatory mediators in patients with partly controlled asthma.
- Effect of Acacia modesta extract on hyperglycemia, platelet aggregation and hyperlipidemia in alloxan-induced diabetes in rats.
- Effects of Acacia nilotica extract on hyperglycemia and platelet aggregation in streptozotocin-induced diabetic rats.
- C - reactive protein and acute coronary syndrome: comparison of conservative and interventional management.
- Role of Leptin in female infertility.
- Relationship of serum leptin with body mass index and acute coronary syndrome.

- Osteoarthritis and dyslipidemia.
- Alternate medicine and the medical profession in Pakistan.
- Attitude towards euthanasia and assisted suicide among doctors.

CURRICULUM DEVELOPMENT

- Chairman, “Supervisory Committee for Post-Graduate studies”, University of Dammam, Saudi Arabia. Updating PG-Curriculum of the University of Dammam.
- Member of the Curriculum Development Committee at Shalamar Medical & Dental College, Lahore in 2009.
 - Developed **Integrated Modular Curriculum** for first two years of MBBS course as “Hybrid Model” blending Problem Based Learning and Traditional lecture based learning.
 - Conducted eight weeks “Faculty Development Program” for the training of the faculty on shifting from traditional way of learning to “Hybrid Learning System”.
 - Established collaboration with Dr. Aileen Patterson, Curricular Advisor and Lecturer in Medical Education at School of Medicine, Faculty of Health Sciences, Trinity College, Dublin 2, Ireland.
- Member of the Curriculum Development Committee at Shifa College of Medicine, Islamabad since 2006.
 - Developed Integrated Modular Curriculum for five year MBBS course with more emphasis on new Learning Methodologies like **Small Group Learning** and **Problem Based Learning**.
 - Headed “Curriculum Review Committee” for first year MBBS course and implemented it successfully.

NEW ESTABLISHMENTS

- Established Shalamar Medical & Dental College as First Principal of the College with successful completion of the following visits:
 - PMDC comprehensive inspection conduction
 - University of Health Sciences visit conduction
 - Ministry of Health visit from Government of Punjab
- Established Central Park Medical College as First Dean of the College with successful completion of the following visits and start of first year MBBS Class of 2008.
 - PMDC comprehensive inspection conduction

- University of Health Sciences inspection conduction
- Ministry of Health from Federal Government visit conduction
- Joined Shifa College of Medicine, Islamabad as First Employee of the College in 1998 and played a major role in establishment of this College as one of Best Private Medical College of Pakistan.
 - College of Physicians & Surgeons Pakistan inspected the Physiology Department for Post-graduate training (FCPS in Physiology) in 2002 and approved it for Part-II training in Physiology. This is the only post-graduate training program running successfully from last seven years at Shifa College of Medicine, Islamabad.

INDUCTION OF LATEST TECHNOLOGY

- Introduced “Power Lab” in the Department of Physiology as modern way of conduction of Physiology Practicals for MBBS students and Post-graduate students for their Part-II training in 2007.
- Started training of MBBS students in the “Skills Lab” at Shifa College of Medicine since 2006

WORKSHOPS ATTENDED RECENTLY

- **Teaching and Learning Paradigms in an Intercultural Context:** AUA Faculty workshop, conducted by Educational Enhancement Department at the American University of Antigua. March 10, 2014.
- **Teaching skills in the 21st. century:** Two day workshop conducted by Deanship of Education development, University of Dammam, KSA in collaboration with National Institute of Education in Singapore (Dr. Augustine Tan) covering topics such as teaching methods in 21st. century, problem solving & critical thinking skills and assessment for learning. February 17-18, 2013.
- **Introduction to Educational Research:** Two day workshop conducted by Medical Education unit, University of Dammam, KSA covering leadership perspectives, validity & reliability in educational research, variables & conceptual framework, writing a research question design the methodology to answer a research question. December 18-19, 2012.
- **Strategies for improving Research Outcomes:** Three day workshop conducted by Prof. Allan Johnson from the University of Sidney, Australia at the University of Dammam facilitated by Deanship of Scientific Research, University of Dammam, KSA. September 15-17, 2012.

- **Research in the Genetics of Cardiovascular Diseases:** One half day seminar conducted by Dr. Bobby PC Koeleman and Dr. Folkert W Asselberg (from the Netherland) at the University of Dammam facilitated by the Office of the Collaboration & knowledge exchange (with 3 CME credit hours) on January 24, 2012.
- **Spotlights on Curriculum Development:** One day workshop conducted by Medical education unit, University of Dammam, KSA covering principles, trends & approaches to curriculum development, diseases of curriculum and how teachers and students perceive curriculum development at Univ of Dammam on October 11, 2011.
- **Assessment Strategies in Health Professions Education:** Two day workshop conducted by Medical education unit, University of Dammam, KSA, covering construction of MCQs, item analysis, and IDEAL banking system, May 28-29, 2011.
- **Principles of Curriculum Development:** One day workshop conducted by Medical education unit, University of Dammam, KSA on May 4, 2011.
- **Induced Pluripotent Stem Cells & Future Therapy:** One day workshop conducted by Professor Dr. Ernst Wolvetang from The University of Queensland, Australia at University of Dammam, KSA on April 23, 2011.
- **Week of E-Learning:** Four days workshop conducted by Dr. Donald Norris (President, Strategic initiatives, USA), Dr. Paul Lefrere (Strategic initiative, UK), Dr. Bassem Khafagy, CEO, ELME Inc Egypt), Dr. Shameema Parveen, Edutech, UAE on E-Learning and Distance Learning conducted at University of Dammam, KSA on March 26-29, 2011.
- **Lecturing Hands-on-Tools:** One day workshop for Health Profession Educators conducted at Medical Education Center, University of Dammam, Kingdom of Saudi Arabia on January 10, 2011.
- **Teaching for Effective Learning:** Two days workshop for Health Profession Educators conducted at Medical Education Center, University of Dammam, Kingdom of Saudi Arabia on December 18-19, 2010.
- **Integrated Course Design:** Workshop conducted by Prof. L. Dee Fink, consultant in Higher Education, University of Oklahoma, USA at University of Dammam, Kingdom of Saudi Arabia on September 17, 2010.
- **Workshop on Medical Editing & Peer Review:** One day workshop conducted by Shaukat A Jawaid, Dr. Maqbool H. Jafary and Dr. Fatema Jawad, organized by Pakistan medical journalists association (PMJA) and Eastern Mediterranean Association of Medical Editors (EMAME) at Shifa College of Medicine, Islamabad on August 30, 2008.
- **Research Ethics Workshop:** One day workshop conducted by Dr. Farhat Moazam and Dr. Aamir Jafarey from Centre of Biomedical Ethics and Culture, Sind Institute of Urology &

Transplant (SIUT), Karachi at Shifa College of Medicine, Islamabad, Pakistan on March 26, 2008

- **Problem based Learning:** Workshop held at Shifa College of Medicine, Islamabad, Pakistan on March 13, 2008.
- **Writing Learning Objectives:** Workshop held at Shifa College of Medicine, Islamabad, Pakistan on March 6, 2008.
- **First Annual Physicians and Society, Islamic Perspective Conference:** Two day conference held at Shifa College of Medicine, Islamabad, Pakistan on February 9-10, 2008.
- **National conference of Medical Editing:** Conducted by Army Medical College on April 23 – 25, 2007 at Army Medical College, Rawalpindi, Pakistan.
- **Evidence based medicine workshop for educators and leaders:** Conducted by Dr. Gordon Guyatt from McMaster University, Canada at Shifa College of Medicine on January 15 – 17, 2007
- **Supervisory Skills:** Conducted by Department of Medical Education & National training centre, College of Physicians & Surgeons Pakistan, WHO collaborating centre for research & training in educational development of health personnel. Held on March 28 – 31, 2006 at CPSP regional Centre, Islamabad, Pakistan.
- **Symposium on Bird Flu:** Conducted by Shifa College of Medicine and Shifa International Hospital on February 25, 2006.
- **Assessing Dissertation:** Conducted by Department of Medical Education & National training centre, College of Physicians & Surgeons Pakistan, WHO collaborating centre for research & training in educational development of health personnel. Held on July 21 – 22, 2005 at CPSP regional Centre, Islamabad, Pakistan.
- **Research Methodology, Biostatistics & Medical Writing:** Conducted by Department of Medical Education & National training centre, College of Physicians & Surgeons Pakistan, WHO collaborating centre for research & training in educational development of health personnel. Held on June 27 – 30, 2005 at CPSP regional Centre, Islamabad, Pakistan.
- **Assessment Drives Curriculum:** Conducted the Department of Continuing medical Education, Shifa College of Medicine on January 1, 2005 at Shifa College of Medicine, Islamabad, Pakistan.
- **Writing Scientific Articles for Medical Journals:** conducted by Higher Education Commission training Section and Prof. Dr. Jim Thornton, Editor-in-chief, British Journal of Obstetrics & Gynaecology, on December 18, 2004 at Islamabad, Pakistan.

- **Assessment of Competence:** Conducted by Department of Medical Education & National training centre, College of Physicians & Surgeons Pakistan, WHO collaborating centre for research & training in educational development of health personnel. Held on August 23 – 26, 2004 at CPSP regional Centre, Islamabad, Pakistan.
- **Educational Planning & Evaluation:** Conducted by Department of Medical Education & National training centre, College of Physicians & Surgeons Pakistan, WHO collaborating centre for research & training in educational development of health personnel. Held on July 26 – 29, 2004 at CPSP regional Centre, Islamabad, Pakistan.
- **Diagnostic problems in Gynecologic Cytology:** Conducted by American society of cytopathology in Wilmington, DE, USA on August 27, 1996.
- **CAP/LAP Inspector training seminar:** Conducted by The College of American Pathologists (7.0 CME credit hours) in Minneapolis, Minnesota, USA on August 12, 1995.

ACADEMIC ACHIEVEMENTS

- **Program Director, Post-graduate Programs**
Department of Physiology, College of Medicine, Univ of Dammam, Dammam, KSA
March 2011 - 2014
- **President, Pakistan Physiological Society**
November 2008-2011
- **Supervisor of Post-graduate (Ph. D & M. Phil) students in Physiology**
University of Health Sciences, Lahore, Pakistan
(November 2008 – Onwards)
- **Assistant Dean, Basic Health Sciences and Post-graduate Studies:**
March 2002 – September 2008
Shifa College of Medicine, Islamabad, Pakistan.
- **Member “Board of Studies” and “Medical Faculty”**
Bahria University, Islamabad, Pakistan
(April 2004 – Onwards)
- **Supervisor of Post-graduate (Ph. D) students in Physiology**
Higher Education Commission, Islamabad, Pakistan
(March 2004 – Onwards)
- **Supervisor of Post-graduate (FCPS) students in Physiology**
College of Physicians and Surgeons Pakistan
(October 2003 – Onwards)

- **FCPS Examiner in Physiology**
College of Physicians and Surgeons Pakistan, Karachi, Pakistan
(1999 – Onwards)
- **External Examiner for M.Phil and Ph. D students in Physiology**
National University of Science and Technology, Rawalpindi
(2004 – Onwards)
- **Chief resident and Senior Resident, Pathology residency training program**
Department of Pathology, University of Manitoba, Winnipeg, CANADA
(April, 1995 - June, 1997)
- **Member, Promotion Committee**
Department of Pathology, Health Sciences Centre, University of Manitoba,
Winnipeg, CANADA
(April, 1996 - June, 1997)
- **Member, Residency training committee**
Department of Pathology, Health Sciences Centre, University of Manitoba,
Winnipeg, CANADA
(Feb.1994-June, 1997)
- **Coordinator, Journal club**
Institute of Cardiovascular Sciences, University of Manitoba, Winnipeg, Manitoba,
CANADA
(1991-1992)

HONOURS, AWARDS & SCHOLARSHIPS

- **“Pride of Performance Award”** nominated by Ministry of Education and Higher Education Commission of Pakistan in 2005.
- **Winner of "1995 Leica Canada Scientific Award" from Canadian Association of Pathologists** (awarded annually to one Young Scientist in Canada under 40 years of age for his outstanding contributions in Pathology), Canada.
- **Full-page interview published in Winnipeg Free Press” on August 20, 1995 on achievement of “1995 Leica Canada Scientific Award” for a resident of Winnipeg in Canada.**
- **Fellowship from Medical Research Council (MRC) of Canada** for my Ph.D. program at University of Manitoba, Winnipeg, Manitoba, Canada (1989-1993).

- **Introduction in “Doctors with achievements”** published in “Doctor’s Review” October 1995 Issue, Canada.
- **Winner, poster competition**, Department of Physiology, University of Manitoba, Winnipeg, Canada (1990).
- **Volunteer Award** from H.S. Paul School, School Division no.6, Winnipeg, Manitoba, Canada (1993).
- **Merit Scholarship** at Nishtar Medical College, The University of Punjab, Lahore, Pakistan (1976-1982).
- **Merit Scholarship** at Forman Christian (FC) College, Lahore, Pakistan (1973-1975).
- **Merit Scholarship** at Primary and Secondary School level (1968–1973)

PRESENTATIONS AT NATIONAL & INTERNATIONAL MEETINGS

- “Status of leptin in acute coronary syndrome”. **Presented at the 22nd Malaysian Society of Pharmacology & Physiology Scientific Meeting 2008 held at University of Malaya, Kuala Lumpur, Malaysia** (April 5-6, 2008).
- “Deregulation of leptin levels in female infertility”. **Presented at the 18th Iranian Congress of Physiology & Pharmacology at Mashhad University of Medical Sciences at Mashhad, Iran** (August 2007).
- “Islamic Perspectives of Human Cloning”. **Presented at the “Islamic Ideology Council of Pakistan”**, Islamabad, Pakistan to make them familiar with the concept of human cloning (April 2003).
- “Human Cloning”. **Presented at a seminar on Cloning, Institute of Advanced Technology (IAT), Islamabad, Pakistan** (March 2003).
- “Sarcoplasmic reticular calcium transport in congestive heart failure secondary to myocardial Infarction”. **Presented at the annual meeting of Royal College of Physicians and Surgeons of Canada and Canadian Association of Pathologist** in Montreal (September 1995)
- “Approach to the laboratory diagnosis of lymphoproliferative lesions of the ocular adnexa, a study of 10 cases”. **Presented at the annual meeting of Royal College of Physicians and Surgeons and Canadian Association of Pathologists** in Toronto (September 1994).

- “Cardiac SR Ca²⁺-ATPase gene expression in post-ischemic congestive heart failure”. **Presented at annual meeting of International Society of Heart Research, in Kobe, Japan** (May 1992).

PARTICIPATION IN NATIONEAL & INTERNATIONAL CONFERENCES

- 29th. International Conference of Alzheimer’s Disease International held in San Juan, Puerto Rico. (May 1- 4, 2014)
- 19th. Annual meeting of the Medical Research Society of Pakistan: Held in collaboration with American Academy of Continuing Medical Education at University of Health Sciences, Lahore, Pakistan (October 31, 2009)
- Chairman, organizing committee & Host of 1st. SAARC Conference of Physiological Societies & 11th. Biennial Conference of Pakistan Physiological Society on Physiology updates, going to be held at Shifa College of Medicine, Islamabad. (November 10-12, 2008)
- 22nd Malaysian Society of Pharmacology & Physiology Scientific meeting 2008 at University of Malaya, Kuala Lumpur, Malaysia (April 5-6, 2008)
- 18th. Iranian congress of Physiology & Pharmacology at Mashhad University of Medical Sciences at Mashhad, Iran (August 26 – 30, 2007)
- 9th. Biennial conference of the Pakistan Physiological Society, Ayub Medical College, Abbottabad. (April, 2004)
- Golden Jubilee Health Congress 2002, Nishtar Medical College, Multan, Pakistan (December 2002)
- Annual meeting of International Congress of the International Academy of Pathology and 12th World Congress of Academic and Environmental Pathology and Hungarian Association of Pathologists, Budapest, Hungary. (October, 1996)
- Annual meeting of Royal College of Physicians & Surgeons and Canadian Association of Pathologists, Montreal, Quebec, Canada (1995)

- Annual meeting of Canadian Association of Pathologists and Association of Chemical Pathology, Toronto, Ontario, Canada (1994)
- XVIII Annual meeting of International Society for Heart Research and Japan Medical Association, Kobe, Japan (1992)
- XVII Annual meeting of International Society for Heart Research and American Heart Association, Cincinnati, Ohio, USA (1991).
- XV Annual meeting of International Society for Heart Research and American Heart Association, Chicago, Illinois, USA (1989).
- XIV Annual meeting of International Society for Heart Research and American Heart Association, Ann Arbor, USA (1988).
- XIII Annual meeting of International Society for Heart Research and American Heart Association, Boston, Massachusetts, USA (1987).
- XII Annual meeting of International Society for Heart Research and Canadian Association of Physiologist, Winnipeg, Manitoba, Canada (1986).

MANUSCRIPTS REVIEWER FOR MEDICAL JOURNALS
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- Member, Editorial Board, Pakistan Journal of Physiology
- Member, Editorial Board, Al-Ameen Journal of Medical Sciences
- Journal of Pakistan Medical Association
- Journal of College of Physicians & Surgeons of Pakistan
- Oman Medical Journal, Jordan
- Journal of African Studies & Development
- Archives of Medical Research
- Journal of Liaquat University of Medical and Health Sciences
- Corresponding Editor, Annals of King Edward Medical University Lahore
- Pakistan Council for Science & Technology, Islamabad
- Rawal Medical Journal, Rawalpindi

- Isra Medical Journal, Hyderabad
- Medical Science Monitor International Reviewers Panel
- Journal of Molecular & Cellular Cardiology, USA
- Canadian Journal of Cardiology, Canada
- Journal of Cellular Biochemistry, Canada

MEMBERSHIPS OF PROFESSIONAL COMMITTEES

- Member, Board of Governors, Shalamar Medical & Dental College, Lahore
- Member, Board of Advanced Studies, University of Health Sciences, Lahore.
- Member, Board of Governors and Advisory Board, Central Park Medical College, Lahore
- Member, “Board of Studies and Medical Faculty” Bahria University, Islamabad, Pakistan.
- Member, “Committee for Post-graduate Programs in Basic Health Sciences” Bahria University, Islamabad, Pakistan.
- Member, “College Academic Council” Shifa College of Medicine, Islamabad, Pakistan.
- Member, “College Promotion Committee” Shifa College of Medicine, Islamabad, Pakistan.
- Member, Research Committee, Shifa College of Medicine, Islamabad
- Member, “Curriculum Task Force” Shifa College of Medicine, Islamabad
- Member, “Dean’s forum”, Shifa College of Medicine, Islamabad, Pakistan.
- Member, “Curriculum Reforms Task Force” Committee, Shifa College of Medicine, Islamabad, Pakistan.
- Member, “Advanced Placement committee”, Shifa College of Medicine, Islamabad, Pakistan.
- Advisor, “Literary & Debating Committee”, Shifa College of Medicine, Islamabad, Pakistan.

MEMBERSHIPS OF SOCIETIES

- Pakistan Physiological Society, Pakistan (Life Membership)
- South Asian Associations of Physiologists (SAAP)
- Canadian Medical Association, Canada.
- Alberta Medical Association, Alberta, Canada
- Canadian Association of Pathologists, Canada
- American Association for the advancement of science, USA
- Pakistan Medical Association, Pakistan
- Formanites Alumni Association (F.C. College, Lahore)

INSPECTOR

- Member of the Bahria University comprehensive Inspection team for inspection of medical colleges.

LIST OF JOURNALS IN WHICH RESEARCH PAPERS PUBLISHED
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1. **American Journal of Physiology (USA)**
2. **American Journal of Forensic Medicine & Pathology (USA)**
3. Journal of Molecular & Cellular Cardiology (USA)
4. Diabetes (USA)
5. Endocrinology (USA)
6. Clinical and Investigative Medicine (USA)
7. Pediatric Pathology.& Lab Medicine (USA)
8. Journal of Cell Biochemistry (USA)
9. **Canadian Journal of Cardiology (CANADA)**
10. Pathology International (NETHERLAND)
11. **Acta Endocrinologica (DENMARK)**
12. **Saudi Medical Journal (SAUDI ARABIA)**
13. Physiology & Pharmacology (IRAN)
14. International Heart Journal (NETHERLAND)
15. Journal of Beijing Medical University (CHINA)
16. **Journal of Pakistan Medical Association (PAKISTAN)**
17. **Journal of College of Physician Surgeons Pakistan (PAKISTAN)**
18. **Journal of Ayub Medical College (PAKISTAN)**
19. Pakistan Journal of Physiology (PAKISTAN)
20. Rawal Medical Journal (PAKISTAN)
21. Pakistan Armed Forces Medical Journal (PAKISTAN)

LIST OF PUBLICATIONS

Refereed Journals

1. **N. Afzal**, P.K. Ganguly, K.S. Dhalla, G.N. Pierce, P.K. Singal and N.S. Dhalla. Beneficial effects of verapamil in diabetic cardiomyopathy. **Diabetes** 37; 936-943: 1988.
2. **N. Afzal**, G.N. Pierce, V. Elimban, R.E. Beamish, and N.S. Dhalla. Influence of verapamil on some subcellular defects in diabetic cardiomyopathy. **Am J Physiol**. 256; E453-E458: 1989.
3. G.N. Pierce, **N. Afzal**, E.A. Kroeger, K. Lockwood, M.J.B. Kutryk, C.D. Eckhert, and N.S. Dhalla. Cataract formation is prevented by administration of verapamil to diabetic rats. **Endocrinology**. 125; 730-735: 1989.
4. **N. Afzal** and N.S. Dhalla. Differential changes in left and right ventricular sarcoplasmic reticular Ca^{2+} transport in congestive heart failure. **Am J Physiol**. 262; H868-H874: 1992.
5. N.S. Dhalla, **N. Afzal**, R.E. Beamish, B. Naimark, N. Takeda, M. Nagano. Pathophysiology of cardiac dysfunction in congestive heart failure. **Can J Cardiol** 9(10); 873-887: 1993.
6. **N. Afzal** and N.S. Dhalla. Sarcoplasmic reticular Ca^{2+} -pump ATPase activity in congestive heart failure due to myocardial infarction. **Can J Cardiol** 12; 1065-1073: 1996.
7. A. Zarain-Herzberg, **Nasir Afzal**, V. Elimban and N. S. Dhalla. Decreased expression of cardiac sarcoplasmic reticulum Ca^{2+} -pump ATPase in congestive heart failure due to myocardial infarction. **Mol Cell Biochem** 163; 307-312: 1996.
8. **N. Afzal**, A. Alguacil. Primary cardiac angiosarcoma: clinical and pathological diagnostic problems. **Can J Cardiol** 13; 293-296: 1997.
9. **N. Afzal**, S. Dancea and J. de Nanassy. Mucosal calcified nodule of the hard palate in a neonate: Case report and review of the literature. **Ped Path.& Lab Med** 17; 609-614: 1997.

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