Dr. NAJAM-US-SAHAR

PhD (Pharmaceutics), M.Phil, Pharm-D

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PROFESSIONAL SUMMARY

Dedicated and accomplished educator with **15 years** of **professional teaching experience** in pharmaceutical sciences. Awarded **Double Gold Medals** in Pharm-D and a **Merit Certificate** in M.Phil, demonstrating academic excellence. Passionate about delivering high-quality education, mentoring students and contributing to research in pharmaceutical sciences. Published **15 research articles** with a **cumulative Impact Factor of 25**. Successfully supervised research projects of 45 undergraduate students and M.Phil students fostering a research-oriented academic environment.

EDUCATION

- **Riphah International University, Islamabad: 2025** PhD Pharmaceutics (CGPA= 4/4)
- **Quaid-i-Azam University, Islamabad: 2013** M.Phil Microbiology (CGPA=4.4/5)
- **Riphah International University, Islamabad: 2010** Pharm-D (CGPA= 3.91/4)
- **F. G. College for Women F-7/2, Islamabad: 2005** HSSC (Grade= A)
- **F. G. Girls Model School G-6/1-3, Islamabad: 2003** SSC (Grade= A1)

PROFESSIONAL EXPERIENCE

- **Associate Professor at Bashir Institute of Health Sciences, Islamabad (Oct 2025 to Date)**
  1. Delivered lectures on the subjects of Microbiology and Physical Pharmacy.
  2. Conducted practical work of students of Microbiology and Physical Pharmacy.
- **Assistant Professor at IBADAT International University, Islamabad (Oct 2018 to Sep 2025)**
  1. Head of Departmental Exam Committee
  2. Head of Departmental Admission Committee
  3. Head of Laboratories
  4. Delivered lectures on the subjects of Microbiology and Immunology, Physiology, Clinical Pharmacy, Industrial Pharmacy and Pharmacognosy.
  5. Delivered lectures and supervised classes of M. Phil Pharmaceutics.
  6. Conducted practical work of students for the subjects of Microbiology, Clinical Pharmacy, Industrial Pharmacy and Physiology.

7. Member of all Departmental committees: Board of Studies, Board of Faculty, Departmental Research Committee and Grievance Committee
8. Performed different tasks i.e. Course Folders preparation and PCP files documentation.
9. Designed the Laboratory Manuals of Microbiology, Clinical Pharmacy and Physiology.
10. Supervised the Final Year Projects of Pharm D students.
11. Supervised the M. Phil Pharmaceutics students.

- **Senior Lecturer at Margalla Institute of Health Sciences, Rawalpindi (Feb 2015 to 2018)**
  1. Delivered lectures on the subjects of Clinical Pharmacy, Hospital Pharmacy, Microbiology and Immunology and Management and Marketing
  2. Conducted practical and research work of students for various subjects including Clinical Pharmacy and Microbiology.
  3. Member of various committees and performed different assigned tasks.
- **Lecturer at Riphah International University, Islamabad (Apr 2011 to Jan 2015)**
  1. Delivered lectures on the subjects of Clinical Pharmacy, Physiology, Pharmaceutical Management and Marketing.
  2. Conducted practical work of students for various subjects including Clinical Pharmacy, Industrial Pharmacy, Pharmaceutical Technology and Biotechnology.
  3. Member of various committees and performed different assigned tasks.
- **Trainee Demonstrator at Riphah International University, Islamabad (Feb-Mar 2011)**
  Successfully completed 2 months Internship as a trainee demonstrator of Clinical pharmacy, Biopharmaceutics and Pharmacology.
- **Trainee Pharmacist at Pakistan Institute of Medical Sciences, Islamabad (Aug-2009)**
  Successfully completed 1 month Internship as a trainee Pharmacist in Hospital pharmacy and Clinical pharmacy.

RESEARCH PUBLICATIONS (CUMULATIVE IMPACT FACTOR: 24.947)

1. Lipid core-chitosan shell hybrid nanoparticles for enhanced oral bioavailability of Sorafenib. International Journal of Biological Macromolecules. 2025. **IF = 8.5**
2. Postpartum depression prevalence, risk factors, and interventions among women in Punjab, Pakistan. Discover Mental Health. 2025. **IF = 2.7**
3. Formulation optimization, in vitro and in vivo evaluation of agomelatine-loaded nanostructured lipid carriers for augmented antidepressant effects. Colloids and Surfaces B: Biointerfaces. 2022. **IF = 5.8**
4. Potential and Applications of Nanocarriers for Efficient Delivery of Biopharmaceuticals. Pharmaceutics. 2020. **IF = 6.321**
5. Prioritizing and modelling of putative drug target proteins of Candida albicans by systems biology approach. Acta Biochimica Polonica. 2018. **IF = 1.626**

6. Prevalence of plantar fasciitis among traffic wardens of Rawalpindi: a cross-sectional study. Frontier in Medical & Health Research. 2025.
7. Assessing Pakistani physicians' knowledge and experience with off-label use of medicines. Insights-Journal of Health and Rehabilitation. 2025.
8. Assessment of prescription completeness and drug use pattern using World Health Organization (WHO) prescribing indicators in private and government hospital pharmacies in the twin cities of Pakistan. Frontier in Medical & Health Research. 2025.
9. Prevalence of fibromyalgia in post covid-19 patients. Frontier in Medical & Health Research. 2025.
10. Prevalence and determinants of intravenous admixture preparation errors. A prospective observational study in hospital. Insights-Journal of Health and Rehabilitation. 2024.
11. A cross-sectional study to investigate cost-related non-adherence among diabetic patients in twin cities. Insights-Journal of Health and Rehabilitation. 2024.
12. Investigation of adverse effects following COVID-19 immunization: A comparison of six vaccines in Pakistan. Journal of Toxicological Studies. 2024.
13. Evaluation of Insulin Prescribing Patterns and Associated Burden among Ambulatory Diabetic Patients in Islamabad. Journal of health and Rehabilitation Research. 2024.
14. Prevalence of depression, anxiety and stress among university teachers of Islamabad, Pakistan. International Journal of Pharmacy & Integrated Health Sciences. 2024.
15. Assessment of knowledge, attitude, and practice of community pharmacists toward chronic obstructive pulmonary disease. Discovery. 2024.

PROJECTS

- **PhD Dissertation title:** Development of Sorafenib-loaded lipid-polymer hybrid nanosystem for sustained drug release and improved oral bioavailability.
- **M.Phil Thesis title:** Biological evaluations of some synthetic derivatives of Drug Lead Compounds.
- Supervised various projects of students related to Clinical Pharmacy, prescription evaluation, patient profiles, drug profiles and disease case studies, undertaken at Railway General Hospital, Margalla General Hospital and Rawal Hospital Rawalpindi.
- Project titled "Proper Storage of drugs in stores and wards, Inventory management and Maintenance of emergency trolleys in wards", undertaken at PIMS Hospital, Islamabad

HONORS AND AWARDS

- Achieved Double Gold Medals in Pharm-D
- Achieved highest CGPA and Merit Certificate in M.Phil
- External Examiner at Riphah International University, Hamdard University, Abasyn University, Shifa Tameer-e-Millat University and Iqra University.
- Continuous top position holder and Achieved merit scholarships in full studies

- Class representative in school, university and Class teacher of Pharmacy
- Reviewer of various national Journals.

CONFERENCES AND WORKSHOPS

- Seminar on "Recent Advancements in the field of Pharmacy" organized by Ibadat International University, Islamabad, 21 May 2025.
- Seminar on "Principles for improved teaching and learning" organized by Ibadat International University, Islamabad, 21 May 2024.
- Seminar on current challenges in Antimicrobial Resistance organized by Ibadat International University, Islamabad, 20 June 2023.
- Symposium on Recent Trends in Pharmaceutical Sciences organized by Ibadat International University, Islamabad, 12 January 2023.
- Trainers Workshop organized by Ibadat International University, Islamabad, August 2022.
- "Annual Medication Management Conference 2021" organized by Shifa International Hospital, Islamabad. Dated: 25 September, 2021
- "3rd International Conference on Recent Innovations in Pharmaceutical Sciences" organized by Riphah International University, Islamabad. Dated: 13-14 March, 2019
- "2nd International Conference on Recent Innovations in Pharmaceutical Sciences" organized by Riphah International University, Islamabad. Dated: 15-16 November, 2017
- "National Conference on Recent Innovation on Pharmaceutical Sciences" organized by Riphah International University, Islamabad. Dated: 25-26 October, 2016
- "International Conference on Recent Innovations in Pharmaceutical Sciences" organized by Riphah International University, Islamabad. Dated: 3-5 March, 2015
- "Bibliography and Referencing Made Easy Hands on Practical Workshop End note XIV" organized by Riphah International University, Islamabad. Dated: 16th March, 2011

PERSONAL SKILLS

- Honest, Dependable and equipped with strong Interpersonal skills
- Excellent Teaching and Communication skills
- Strong Analytical and Research skills
- Self-motivated, Hardworking and Goal oriented
- Highly adaptable, well-organized, and skilled in time management