



Ahmed Badar Munawar Ali Sheikh

Associate Professor

Personal Data

Nationality | Pakistani

Date of Birth | 20/08/1964

Department | Physiology

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Office Phone No. | +966 13 333 1024

Language Proficiency

Language	Read	Write	Speak
Arabic	Good	Good	Fair
English	Good	Good	Good
Urdu	Good	Good	Good

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2004	FCPS (Fellowship)	College of Physicians & Surgeons	Pakistan
1996	MPhil	Karachi University	Pakistan
1987	MBBS	Peshawar University	Pakistan

PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

Master	Frequency of iron deficiency in regular blood donors
Fellowship	Correlation of eosinophil activity markers with airways resistance in asthmatics

Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work		Date
Associate Professor	Physiology	University of Dammam, KSA	Sep 2007 to date
Associate Professor	Physiology	Ayub Medical College, Pakistan	July 2001 - Sep 2007
Assistant Professor	Physiology		May 1998 - July 2001
Lecturer	Physiology		May 1991 - May 1998



Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Medical Officer	KPK health Dept, Pakistan	May 1989 - May 1991
Resident Medical Officer	Sheikh Zayed Hospital, Lahore	Aug 1988 - May 1989
House Officer/Intern	DHQ teaching Hospital, Abbottabad	July 1987 - July 1988

Scientific Achievements

Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	Alsunni AA, Badar A.	Energy drinks consumption pattern, perceived benefits and associated adverse effects amongst the students of university of dammam, Saudi Arabia.	J Ayub Med Coll Abbottabad. 2011;23(3)Jul-Sep
2	Jan M, Badar A.	Effect of crude extract of <i>Raphanus sativus</i> roots on isolated trachea of albino rat.	Pak J Physiol 2012;8(1):23-26
3	Badar A, Alsheikh MH, Alsheikh BA.	Learning physiology by competition.	Pak J Physiol 2012;8(1):1-2
4	Almomen MMA, Alsaleh QLA, Almomen AMA, Badar A.	Effect of fasting after exercise on blood lactate clearance in untrained male volunteers.	J Pak Med Assoc 2011;61:104-7
5	Al-Shaikh BA, Badar A.	Quality assurance of Physiology laboratory teaching at university of Dammam by students' feedback.	Pak J Physiol 2010;6(2):3-7
6	Badar A.	Our link with Nobel's Will. (Editorial).	Pak J Physiol 2010;6(2):1-2
7	Badar A, Hussain MM, Aslam M.	Correlation of eosinophil derived neurotoxin with airway resistance in asthmatics.	J Pak Med Assoc 2010; 60 (2):97-101
8	Razaq Z, Aslam M, Hussain MM, Naqvi S, Zameer M, Badar A.	Variable response to inhaled nitric oxide in postoperative patients of mitral stenosis with pulmonary hypertension.	J Ayub Med Coll Abbottabad 2009;21(1):98-102.
9	Ahmed A, Alam MB, Khan W, Badar A, Shah SH.	Frequency and characteristics of skin cancers diagnosed at Ayub Medical College, Abbottabad Pakistan from 1995-2003	. (J Ayub Med Coll Abbottabad 2007;19(4):3-6.
10	Badar A..	Problems faced by a medical journal editor – A farewell editorial.	J Ayub Med Coll Abbottabad 2006;18(2):1-3
11	Badar A. L	Launching a new journal in the era of publication accountability.	Pak J Physiol 2006;1(1-2):1



#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
12	Hameed W, Hussain MM, Aslam M, Aziz S, Razi MS, Badar A.	Sensitivity and specificity of Romhilt-Estes point score system for detecting left ventricular hypertrophy.	Pak Armed Forces Med J 2005;55(3):224-229
13	Badar A.	Are we prepared for Influenza pandemic?	J Ayub Med Coll Abbottabad 2004;17(3):1-2.
14	Razi MS, Butt IF, Ayub M, Aslam M, Hameed W, Badar A , Afzal MN.	Synergistic interaction of adenosine diphosphate – epinephrine and epinephrine – collagen in aggregation of human platelets.	J Ayub Med Coll Abbottabad 2004;16(3):20-4
15	Badar A , Saeed W, Hussain MM, Aslam M.	Correlation of eosinophil cationic protein with severity of asthma in acute exacerbation.	J Ayub Med Coll Abbottabad 2004;16(3):66-71
16	Irfan N, Badar A.	Determinants and pattern of postpartum psychological disorders in Hazara division of Pakistan.	J Ayub Med Coll Abbottabad 2003;15(3):19-23.
17	Badar A.	Plagiarism in the net age.	J Ayub Med Coll Abbottabad 2003;15(3):1-2.
18	Saeed W, Badar A , Hussain MM, Aslam M.	Eosinophils and eosinophil products in asthma.	J Ayub Med Coll Abbottabad 2002;14(4):49-55
19	Irfan N, Badar A.	Top ten stressors in the hysterical subjects of Peshawar.	J Ayub Med Coll Abbottabad 2002;14(4):38-41
20	Badar A , Ahmed A, Ayub M, Ansari AK.	Effect of frequent blood donations on iron stores of non anemic male blood donors.	J Ayub Med Coll Abbottabad 2002;14(2):24-7
21	Saeed AK, Badar A.	Bioterrorism and Biodefence.	J Ayub Med Coll Abbottabad 2001;13(3):1-2.
22	Badar A.	Mobile Phone Use..it is time to take precautions (Editorial).	J Ayub Med Coll Abbottabad 2001;13(1):1-2
23	Badar A , Khoja AA, Sultan N, Yousafzai AUR.	Effect of sleep on serum testosterone levels in young male patients with depression.	J Ayub Med Coll Abbottabad 2000;12(3):38-40
24	Jan M, Yousaf M, Badar A , Marwat MA, Ali M.	Comparison between effects of H2 receptor antagonist Ranitidine and Proton pump inhibitor omeprazole on volume and acidity of carbachol induced gastric secretion.	Pakistan J Med Res 2000;39(2):81-83.
25	Yousafzai AUR, Yousaf M, Jan M, Badar A.	Serum testosterone levels in young male patients with major depression.	J Ayub Med Coll Abbottabad 2000;12(2):31-32.
26	Ahmed ST, Chandio AM, Rahu AA, Zardari MK, Badar A , Ansari AK.	Iron status of diagnosed cases of coronary heart disease with triglyceride risk factor.	Medical Channel 2000;16(2):39-43.
27	Badar A , Youaf M, Sultan N, Jan M, Ahmed A, Ayub M.		



#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
28	Ahmed ST, Rahu AA, Zardari MK, Mughal MA, Badar A , Ansari AK. Stored iron as a risk factor for coronary heart disease in smokers. J Ayub Med Coll Abbottabad 1999;11(2):47-50.	Effect of doubling the altitude on serum testosterone levels of untrained young males subjected to standard exercise	J Ayub Med Coll Abbottabad 2000;12(1):36-38.
29	Sultan N, Badar A , Nawaz M, Sultan A, Fayaz M, Baseer A.	Effect of Menopause on serum Total Cholesterol Level.	J Ayub Med Coll Abbottabad 1999;11(2):24-6.
30	Jan M, Badar A , Yousaf M, Ali M.	Comparison of effects of Verapamil and Ranitidine on volume and acidity of Carbachol induced gastric secretion.	JPMI 1999;13(1):113-8.
31	Zardari MK, Sahto MM, Ahmed AT, Rahu AA, Badar A .	Pulmonary function tests in chronic obstructive pulmonary disease with and without cardiac failure	J Ayub Med Coll Abbottabad 1999;11(1):17-19.
32	Alamgir A, Yousaf M, Badar A , Ayub M.	Iron status of the students of Ayub Medical College.	J Ayub Med Coll Abbottabad 1999;11(1):8-9.
33	Badar A , Shah SH.	Food borne diseases-A neglected public health challenge (Editorial).	J Ayub Med Coll Abbottabad 1999;11(1):1-2.
34	Badar A . HCV-	A Challenge For Researchers (editorial).	Pakistan J Med Res1999;38(1):1-2
35	Ayub M, Badar A , Daud M, Yousaf M, Khan FA, Waqar N.	Pulmonary function tests in Nathiagali natives.	J Ayub Med Coll Abbottabad 1998;10(1):24-27.
36	Sultan N, Badar A , Nawaz M, Sultan A, Fayaz M, Baseer A.	Comparison of total cholesterol and HDL cholesterol ratio by tertile of waist hip ratio in postmenopausal women	. J Ayub Med Coll Abbottabad 1998;10(1):32-34.
37	Sultan N, Shafique M, Badar A , Baseer A.	Comparison of total cholesterol and HDL cholesterol ratio by tertile of waist hip ratio in premenopausal women.	J Ayub Med Coll Abbottabad 1997;9(2):23-4
38	Yousaf M, Badar A , Ansari AK.	Inadequate postprandial compensatory tachycardia in elderly people.	J Ayub Med Coll Abbottabad 1996;8(2):23-5.
39	Yousaf M, Badar A , Ansari AK.	Postprandial variations in blood pressure in the elderly people.	J Ayub Med Coll Abbottabad 1990;3(1):14-20.
40	Ayub M, Daud M, Badar A , Khan FA, Waqar N.	Effect of altitude on spirometric values.	J Ayub Med Coll Abbottabad 1990;3(1):9-13



Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date
1	Badar A.	Using OSCE in teaching of clinical physiology.	SAARC Physiology conference. Colombo. SriLanka. November 2012.
2	Badar A, Basil A. AlSheikh, Mona H. Alsheikh, Talay yar.	Impact of peer review on the quality of multiple choice questions	7 th GCC medical colleges conference. 17-19 November 2009 King Faisal University, College of Medicine, Kingdom of Saudi Arabia
3	Almomen MM, Alsaleh QI, Almomen AM, Badar A.	Comparison of serum Lactate after exercise between Fasting & Non Fasting Groups	6 th International Scientific Conference for Medical Students in the GCC Countries 18-21 January 2009. Faculty of Medicine & Health Sciences, UAE University, Dubai
4	Badar A.	Effectiveness of full time editors	National Conference on Medical editing. 23-25 April, 2007. Army Medical College, Rawalpindi, Pakistan
5	Badar A,	Plagiarism; risks, Limits & Responsibilities	National Conference on Medical editing 23-25 April, 2007 Army Medical College, Rawalpindi, Pakistan
6	Badar A.	Correlation of Eosinophil Cationic Protein & Eosinophil Derived Neurotoxin with airway resistance in asthmatics	Pulmonology & Critical Care . 9-11 March, 2007 Military Hospital/PC Rawalpindi, Pakistan
7	Badar A.	Risk Assessment of mode of entry and spread of avian influenza in Pakistan Spatial and temporal Clustering of Diseases and Risk assessment in Public Health	20-21 Dec, 2005 King Faisal Specialist Hospital, Riyadh, Kingdom of Saudi Arabia
8	Badar A.	Countering Plagiarism in the net age	2 nd Regional Conference on medical journals in the WHO Eastern Mediterranean Region 10-12 Oct 2004. Armed Forces Hospital, Riyadh Kingdom of Saudi Arabia
9	Razi MS, Butt IF, Ayub M, Aslam M, Hameed W, Badar A, Afzal MN. Synergistic interaction of	adenosine diphosphate epinephrine and epinephrine collagen in aggregation of human platelets	9 th Biennial International Conference of Pakistan Physiological Society. 2-3 Apr, 2004 Ayub Medical College, Abbottabad. Pakistan
10	Hameed W, Hussain MM, Aslam M, Aziz S, Razi MS, Badar A. Sensitivity & Specificity	of Rorrhilt and Estes point score system for detecting left ventricular hypertrophy	9 th Biennial International Conference of Pakistan Physiological Society. 2-3 Apr, 2004 Ayub Medical College, , Abbottabad. Pakistan
11	Badar A, Saeed W, Aslam M, Hussain MM.	Correlation of eosinophil cationic protein with severity of asthma	9 th Biennial International Conference of Pakistan Physiological Society . 2-3 Apr, 2004, Ayub Medical College, Abbottabad. Pakistan



Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
1	Alsunni AA, Badar A	Effect of energy drink consumption on parameters of exercise in volunteers	2013
2	Alsunni AA, Badar A	Trends in fruit and vegetable consumption amongst students of University of Dammam	2012
3	Alsunni AA, Badar A	Energy drink consumption patterns amongst the students of University of Dammam	2011
4	Badar A, Talay yar	Effect of Thymoquinone on Induced Tracheal Smooth Muscle contraction	2010
5	Almomen MM, Alsaleh QI, Almomen AM, Badar A	Comparison of serum Lactate after exercise between Fasting & Non Fasting Groups	2009
6	Badar A, Saeed W, Hussain MM, Aslam M.	Eosinophils and eosinophil products in asthma	2003
7	Badar A, Ansari AK	Effect of frequent blood donations on iron stores of blood donors.	1996

Membership of Scientific and Professional Societies and Organizations

- Member, The American Physiological Society.
- Member, Pakistan Physiological Society.

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	MDPL	203	40-50 hours
2	Dental		8-10 hours
3	Applied		20-22 hours
4	Nursing		6-8 hours

Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

1	MDPL-203: Cardiovascular Physiology. Kidney
2	Applied Medical Sciences: Introduction, Cardiovascular Physiology

Brief Description of Postgraduate Courses Taught: (Course Title – Code: Description)

1	Scientific Writing (MDPL-851)
2	Mammalian Physiology Lab (MDPL 812)
3	Environmental Physiology (MDPL 809)



Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	to
1	Integrated	---	Yes	Yes	---	2008	2010
2	MDPL-203	Yes	---	Yes	---	2012	Cont.

Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
1	PhD	Dr. Huda A Kaatabi. (Supervisor). Effect of <i>Nigella sativa</i> supplementation on glycemic control, antioxidant status and cardiac function of type 2 diabetic patients on oral hypoglycemic drugs	University of Dammam	2009-2012
2	MSc	Dr. Miada Nasir Alfares (Supervisor). Effect of energy drink intake before exercise on indices of physical performance in sedentary females	University of Dammam	2010-2012
3	PhD	Dr. Eyad M Salam (co-supervisor). Effects of <i>Nigella sativa</i> supplementation on airway resistance and inflammatory mediators in patients with partly controlled asthma	University of Dammam	2010-2013

Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

1	Trained Workshop Facilitator
2	Medical Journalism (Editing)

Last Update

12 August, 2013