

CURRICULUM VITAE



ASSOCIATE PROFESSOR DR. KHADIJA QAMAR
MBBS (QAU), M.Phil (QAU), FCPS (CPSP), MCPS HPE

PERSONAL DETAILS

Name : Khadija Qamar
Father's Name : Qamar Zaman
Nationality : Pakistani
Date of Birth : 3rd Oct 1966
Sex : Female
Permanent Address : H No 31 Lane No 2 Westridge 3, Rawalpindi Pakistan
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Language (S/R/W) : English, Urdu, Punjabi
Registration(s) : PM&DC Regn No. 20873-P (Permanent)
QAU Regn No.6541-AMC/MBBS-85
RTMC Regn No. ANT-2004-119-009
RTMC Regn No. M-HPE-2012-181-37
CPSP No. ANT-111 11516

EDUCATIONAL AND ACADEMIC QUALIFICATION

Year	Level	Institution
2014	MCPS HPE	CPSP
2011	FCPS (Anatomy)	CPSP
2003	M.Phil	Quaid-e-Azam University Islamabad
1990	M.B.B.S	Army Medical College Quaid-e-Azam University Rawalpindi
1984	FS.c (Pre Medical)	Pakistan Bahrain School Bahrain
1982	S.S.C	St. Anne's High School Presentation Convent, Tufail Road, Rwp

PRESENT APPOINTMENT:

Professor of Anatomy, Anatomy Department, Army Medical College, Rawalpindi, Pakistan.
Deputy director medical education department Army medical college, Rawalpindi, Pakistan.

PROFESSIONAL EXPERIENCE

- HOUSE PHYSICIANS (MEDICINE & ALLIED) COMBINED MILITARY HOSPITAL, ABBOTTABAD (8TH MARCH 1990 TO 8TH NOVEMBER 1990)**
Combined Military Hospital (CMH), Abbottabad is an 800 bedded teaching hospital catering for the undergraduate requirement of Army Medical College, Rawalpindi. I spent six months full time residential internship in medicine and allied subjects in this hospital.
- HOUSE SURGEON (GYNAE/OBS & PAEDITRICS)**
Combined Military Hospital, Abbottabad (9th November 1990 To 19 June 1991)
I Worked For 04 Months In Gynae/Obs Ward Where I Was Involved In The Normal Labour Procedures In The Pre And Post Op Care Of Patients.
- MEDICAL OFFICER MILITARY ESTABLISHMENTS IN BALUCHINSTAN (1991 TO 1993)**
I served as medical officer in the military establishment in Balochistan trusted with the task of health care of a field unit. The nature of the job included not only maintenance of health of troops but also of the local population of about 2000, first handedly responsible for the management and evacuation of the emergence of the troops and the civilian population.
- INSTRUCTOR / DEMONSTRATOR IN THE DEPARTMENT OF ANATOMY, ARMY MEDICAL COLLEGE RAWALPINDI (1993 TO DATE)**

I remained in the Army Medical College from February 1993 to date as a senior instructor in the subject of Anatomy including the field of Gross Anatomy, Histology, Embryology and Neuroanatomy. Appreciating my interest in studies I was made in charge of the training of Gross Anatomy. My duties included lectures of undergraduate students, formulating, supervising dissection program, lectures and conducting examinations

TEACHING EXPERIENCE

Overall teaching experience of over 21 years in Anatomy Department. Involved in teaching undergraduate and postgraduates as an Associate Professor and supervising dissection program, lectures on the subject of Histology, Microtechnique, Embryology, Gross Anatomy and Neuroanatomy in Anatomy department, Army Medical College Rawalpindi since 1993 to date. Facilitator, examiner and supervisor of FCPS Anatomy of College of Physicians and Surgeons Pakistan, Quaid e Azam University and National University of Sciences and technology Pakistan. I am also involved in conducting and organizing medical education workshops and lectures at Amcollege, Afgmi and CPSP.

THESIS AND RESEARCH

M.Phil (Anatomy)

Histological study of human placenta in ultrasonically determined cases of Intrauterine Growth retardation (M.Phil thesis, QAU-2003).

FCPS (Anatomy) PART II

Effect of mifepristone, a progesterone antagonist on the morphology of the rat uterus (FCPS thesis, CPSP-2011).

Research of Mcps Hpe. (MCPS Health Profession Education)

Comparison of learning anatomy with cadaveric dissection and plastic models by the medical students CPSP-2014).

Extra Curricular Activities/Interests:

1988 – 1989	Dramatic secretary, Army Medical College, Rawalpindi
2001 – 2003	Company Commander/Warden of the Girls Hostel, Army Medical College, Rawalpindi.
2005 to date	OIC Declamation Committee and Naat & Qiraat Committee, Army Medical College Rawalpindi.
2002 to date	Member College Organizing Committee and invitation Committee Army Medical College Rawalpindi
2010 to date	M.phil course Supervisor NUST and QAU Member NUST News and Publications Army Medical College Rawalpindi.
2012	Member Executive Council of Amcolian Alumni Association, Army Medical College Rawalpindi. Member of Amcolian undergraduate research foundation. Assistant editor of Pakistan Armed Forces Medical Journal. Reviewer of

	Pakistan Armed Forces Medical Journal .Member of scientific advisory board of Rawal Medical Journal.OIC skill and simulation department lab am college.
2013	Supervisor and facilitator /examiner of FCPS Anatomy of College Of Physcians And Surgeons Pakistan. Member of scientific advisory board of Rawal Medical Journal. Member Committee to conduct GRE Subject test Anatomy (HEC). Member Selection Faculty Board of Foundation University Medical College.Member continuous professional development program for ADC and AMC.Member medical education department Amcollege. Lifetime member of Pakistan association of medical editors. Member and Fellow of College and Physcians Pakistan. Member of scientific advisory board of Rawal Medical Journal
2014 to date	Deputy director medical education department.
2015 to date	Professor of anatomy

M.phil Project Supervised and Completed

S.No	Research Title	Name of Trainee
1.	The Role of Folic Acid in the Prevention of Neural Tube Development Defects Caused by High Dose Progesterone on Early Chick Embryos	Dr. Irum Iqbal
2.	A Comparative Study of Human Placenta in Normal and Hypertensive Pregnancies and its association with Neo-Natal weights.	Dr. Ifra Saeed
3.	Effects of Iron Supplementation on Histomorphology of Rat Placenta	Dr. Umbreen Noor
4.	Anatomic Variations of the Coronary Arteries A Cadaveric Study.	Dr. Qazi Waheed Ullah
5.	Effects of Mobile Induced Electromagnetic Field on Histomorphology of Thyroid Gland of Mice.	Dr. Farheen Shaukat
6.	Effect of Anastrozole on the histomorphology of cornea and lens of rabbit	Dr Amina Khalil
7.	Histomorphological study of effects of monosodium	Dr Sarwar Zia

glutamate on oviduct of rat and its prevention with diltazem
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Research Articles Published

S/No	Publications (with evidence)	National	International
1	Histological study of human placenta with emphasis on capillaries and syncytial knots of terminal villi, Dec 2008, Published in PAFMJ	✓	
2.	Histomorphology of Terminal Villi of Human Placenta at Low and High Altitude with Emphasis on Blood Capillaries Mar 2008, Published in PAFMJ	✓	
3.	Histological Study of Human Ultrasonically Determined Cases of Intrauterine Growth Retardation Jun 2009, Published in PAFMJ	✓	
4.	Effects of free & Restricted remobilization on the Bodyweight and Mid Thigh Circumference of Rabbit, Sep 2009, Published in PAFMJ	✓	
5.	Immobilization Induced Osteoarthritic Changes on the Femoral Articular Cartilage of Rabbit, Jan 2011, Published in Pak J Pathol	✓	
6.	Foeto-Placental weight Relationship in normal Pregnancy and Preeclampsia – A Comparative Study, May 2011, Published in JRMC	✓	
7.	Effect of Routine Antenatal Daily Iron Supplementation on Fetal Weight, May 2011 Published in JRMC	✓	
8.	Wall Thickness of Major Coronary Arteries in Pakistan Population, Mar 2011 Published in PAFMJ	✓	
9.	Effects of Mobile Phone Induced Electromagnetic Field on Height of Follicular Cell in Thyroid Gland of Mice, May 2011 published in JRMC	✓	

10.	The Role of Folic Acid in Prevention of Neural Tube Defects Caused by High Dose Progesterone, Feb 2011 Published in Turkish Neurosurgery Journal		✓
11.	Progesterone in High Doses Causes Neural Tube defect in Early Chick Embryo, Jan 2012 Published in Turkish Neurosurgery Journal		✓
12..	The Effect of Mifepristone Antiprogestosterone on the Thickness of Myometrium and Number of Progesterone and Estrogen Receptors in the Rat Myometrium, Published in Apr 2012 by JRMC	✓	
13.	Histomorphological changes in placentae of preclamptic mothers with special reference to the vasculosyncytial membrane thickness and syncytial knot formation Published in Apr 2012 by JRMC	✓	
14.	Effect of routine antenatal daily iron supplementation on gross morphology of rat placenta, Published in Apr 2012 by JRMC.	✓	
15.	Histomorphology of Umbilical Vessels at Regions of Low and High Altitudes in Pakistan, Published in Pak J Pathol	✓	
16.	Effect of Anti-Progestrogen Mifepristone on the Endometrium of Rat Uterus, Published in July 2012 by International Research Journal of Biochemistry and Bioinformatics (IRJBB)		✓
17.	Anatomic Variation of Origin and Branches of Common Hepatic Artery a Cadaveric and Per Operative Study, Published in PAFMJ June 2012.	✓	
18.	Affect of Nicotine Acid (Niacin) on body Weight in New zealand White Rabbits on Atherogenic Diet, Published in JRMC Dec 2012.JRMC; 2012;16(2):183-185	✓	

19.	Morphological Study of Anatomical Variations in the Branching Pattern of Human Axillary Arterial System Published by JRMC 2012	✓	
20.	The Effect of Mifepristone Antiprogesterone on the Number of Progesterone Receptors in the Rat Uterus Published in APMC Dec 2012	✓	
21.	Effects of Anti-progesterone on Progesterone and Oestrogen Receptors Present on the Stromal Cells of Rat Uterus Published in IJCRR Dec 2012		✓
22.	Wall Thickness of Major Coronary Arteries in Pakistan Population, Published in PAFMJ Mar 2012.	✓	
23.	Effect of Mobile Phone Radiations on Size of Thyroid Follicles in Balb/C Mice published in Volume 30 No.1 (2013)J. Biol. Chem. Research 20, 2013 in Volume 30 (1) Part B, 2013		✓
24.	Effect of Anti-Progestrogen on the epithelial cell height of rat Endometrium IJCRR vol 05 issue 06 2013		✓
25.	Teaching Anatomy at Undergraduate Level -- A Survey amongst Students Comparing the use of PowerPoint and Blackboard Published in Medical Forum Monthly Mar 2013	✓	
26.	Vitamin E (α -tocopherol) supplementation in diabetic rats: effects on the PANCREATIC β - CELL.J .Biol. Chem. Research. Vol. 30, No. 2: 367-373		✓
27.	Effects Of Monosodium Glutamate On The Epithelial Thickness Of Fallopian Tubes Of Rats And Its Prevention with Diltiazem Published on PAFMJ Sep 2013	✓	
28.	Histomorphology Of The Corneal Epithelium Of Anastrozole Treated Rabbits	✓	

	<u>PAFMJ Dec 2013</u>		
29.	Effects of an antiprogesterone agent, on serum estrogen and progesterone levels in rats .International Journal of Advanced Research (2013), Volume 1, Issue 5, 189-192		✓
30	Effect of Monosodium Glutamate on the Serum Estrogen and Progesterone levels in female Rat and prevention of this effect with Diltiazem J Ayub Med Coll 2014;26(1)	✓	
31	High Dose Progesterone Effect The Growth Of Early Chick Embryo Pafmj 109-113 March 2014	✓	
32	Dissection Medical students perceptions Sep JPMA 2014	✓	
33	Premenstrual syndrome:messes with my academic performance PAFMJ june 2014	✓	

345	Comparison Of Learning Anatomy With Cadaveric Dissection And Plastic Models By Medical Students Pafmj June 2014	✓	
35	Faculty Perceptions And Objective Impact Of Faculty Development Workshops Pafmj Dec 2014	✓	
36	Higher stress score of female medical students than male measured by the Kessler Psychological Distress Scale (K10) in Pakistan Educ Eval Health Prof. 2014; 11: 27. Published online 2014 October 09. doi: http://dx.doi.org/10.3352/jeehp.2014.11.27		✓
37	Comparison of Case Based Learning with Conventional Teaching-Students' Perspective Pafmj April 2015	✓	
38	Factors associated with stress among medical students in JPMA 2015	✓	
39	Post graduate students' perception of educational environment at public sector medical college, Rawalpindi: assessment by pheim(post graduate education environment measure) in press	✓	
40	Effectiveness of small group during case base learning sessions at army medical college IN PRESS	✓	
41	Role of nicotine and camellia sinensis on the developing femur of chick in press	✓	
42	"Role of vitamin E in preventing arteriohyalinization in kidneys of STZ induced diabetic mice" IN PRESS	✓	
43	Role of Skill Laboratory Training in Medical Education - Student's Perspective" IN PRESS		✓
44	Perceptions of medical students in preventing medical errors and patient safety IN PRESS	✓	
45	A Retrospective Survey of Research Design and Statistical Analyses of articles submitted in Medical Journal IN PRESS	✓	
46	Letter to editor Interest group discussion pafmj april 2015	✓	

WORKSHOP/SEMINARS ATTENDED

1. Symposium on “**Research Methodology, Biostatistics & Medical writing**” held at Army Medical College Rawalpindi on 12-13 June 2002.
2. Workshop on “**Research Methodologies and Advance Databases**” at HQ NUST Rawalpindi in collaboration with the University of the West of England, UK on 25-26 Sep 2002.
3. Seminar on “**Research Methodology and Medical Writing**” at Army Medical College Rawalpindi on 3 May 2005.
4. Five day training course on “**Entrepreneurship**” on 26 Sep 2005 to 2 Oct 2005 at NUST Institute of Management Sciences, HQ NUST Rawalpindi.
5. Seminar on **HIV/AIDS “Stop AIDS, Keep the Promise**” held at Army Medical College on 1st Dec 2005.
6. Workshop on “**Introduction to computer and internet**” held at CPSP Regional centre Islamabad from 16-20 Jan 2006.
7. Workshop on “**Research Methodology, Biostatistics and Medical Writing**, held at CPSP Regional Centre Islamabad from 23-27 Jan 2006.
8. Workshop on “**Communication Skills**” held at CPSP Regional Centre Islamabad from 13-15 April 2006.
9. Workshop on **Journal Article Reading, Writing and Discussion**. Army Medical College Rawalpindi, from 8-12 May 2006.
10. Seminar on **Medical Aspects of Nuclear, Biological & Chemical Warfare** held at Army Medical College Rawalpindi held on 22 May 2006.
11. **Workshop on Working With Laboratory Animals** at Army Medical College, Rawalpindi 28-29 July 2006..
12. Participated in Scientific Symposium on “**National Medical Issues: Perspectives today and tomorrow**” held at Army Medical College Rawalpindi on 26th March 2006.
13. Participated in International Conference on “**Medical Editing**” held at Army Medical College Rawalpindi on 22-25 April 2007.
14. Workshop on Instructional Strategies: **Small Group Discussion and Clinical Training** held on 16th Mar 2008 at Army Medical College Rawalpindi.
15. Participated in Workshop on “**Working with Laboratory Animals**” held at Army Medical College Rawalpindi – Pakistan from 27-28 May 2008.
16. Attended in Workshop on “**Integrated Training Programme**” held at Army Medical College Rawalpindi – Pakistan from 20th July 2008.

17. Attended in Seminar on “**Joint Diseases**” held at Armed Forces Institute of Pathology Rawalpindi – Pakistan from 31st January 2009.
18. Attended Workshop on **writing PC-1 for PSDP projects** on 17-18 sep 2009 at NUST PDC.
19. Attended 6th **AAA Annual Scientific Symposium**’ held in the Army Medical College on December 24, 2010.
20. Attended Workshop on “**educational planning and evaluation**” held at CPSP regional center Islamabad– Pakistan on 19-22 Oct 2011.
21. Attended Workshop on “**educational leadership**” held at CPSP KARACHI – Pakistan on 19-20 Nov 2011.
22. Attended Workshop on “**Introduction to learning**” held at MH conference room Rawalpindi Pakistan on 10 Dec 2011.
23. Attended Workshop on “**how to develop integrated module**” held at held at Isra university Islamabad– Pakistan on 3 march 2012
24. Attended Workshop on “why and how should we evaluate the curriculum” held at Isra University Islamabad– Pakistan on 3 march 2012
25. Attended Workshop on “**AEME conference**” held at pak china center Islamabad– Pakistan on 4-5 march 2012
26. Attended scientific session of CPSP at Islamabad” held at pearl continental hotel on 5 may 2012
27. Attended Workshop on “**assessment of competence**” held at CPSP regional center Islamabad– Pakistan on 13-16 June 2012.
28. Attended Workshop on pbl facilitation” held at FUMC–on 03-04 July 2012.
29. Attended Workshop on “**Supervisory Skills**” held at CPSP regional center Islamabad– Pakistan on 27-30 August 2012.
30. Attended Workshop on developing **a lesson plan and writing objectives** held at Isra University Islamabad– Pakistan on 29 Sep 2012.
31. Attended and conducted Workshop on **LECTURING SKILLS** held at the Army Medical College on Nov 3, 2012.
32. Attended Workshop on **role of program team in self assessment process** held at the Army Medical College on 13 dec, 2012.
32. Seminar on self-assessment held at the Army Medical College on 14 Dec 2012
33. Attended Workshop on E learning and E assessment held in Isra University Islamabad Pakistan on 11 April 2013.
33. Attended Workshop on **counseling session** held in the Army Medical College on may 16, 2013.
34. Attended Workshop on **academic integrity** held in the Army Medical College on June 01, 2013.
35. Attended one day lecture on research methodology in human molecular genetics held at the Army Medical College on 12 june, 2013.

36. Attended Workshop On **BEST PRACTICES IN HEALTH EDUCATION RESEARCH** Held At The NILE NUST FROM June 17-19, 2013.
37. Attended Workshop On **mcqs and saqs** held at CPSP regional center Islamabad– Pakistan on first July 2013.
38. Attended integrated curriculum lecture held in the Army Medical College on august 26 2013.
39. Attended Workshop on **communication skills** held in the Army Medical College on october, 2013.
40. Attended one day lecture on EQ held at the Armed forces institute of cardiology on 14 Dec, 2013.
41. Attended Workshop on group dynamics and concept of teaching and learning held in the Army Medical College on 25 jan, 2014.
42. Conducted Workshop on **continuous professional development awareness** held at cmh Lahore 27 jan , 2014.
43. Conducted Workshop on **continuous professional development awareness** held at AM COLLEGE 14 FEB , 2014
44. Elsevier author workshop at nust HQ ON 27 Feb 2014
45. Attended Workshop on scoring performance based assessments held in the KEMU Lahore on 8 march 9-12, 2014.
46. Attended Workshop on A beginners guide 2 creating a test held in the CPSP regional center Lahore on 8 march 2-5 pm, 2014
47. Attended aeme international conference at UHS Lahore 9 march , 2014.
48. Attended one day lecture on Remembering RUMI by prof aziz ali najam held at the Armed forces institute of cardiology on 14 March, 2014.
49. Attended international conference of anatomists at CMH Lahore medical college and institute of dentistry.'academic challenges in anatomy and modern educational trends.; Lahore 21 & 22 march , 2014.
50. Presented oral presentation at international conference of anatomists at CMH Lahore medical college and institute of dentistry.'academic challenges in anatomy and modern educational trends.; Lahore 21 & 22 march , 2014.
51. Presented poster presentation at international conference of anatomists at CMH Lahore medical college and institute of dentistry.'academic challenges in anatomy and modern educational trends.; Lahore 21 & 22 march , 2014.
52. Attended one day faculty development workshop On "Key Elements of writing research grant proposals" Held At The NILE NUST on 01 April , 2014.
53. Conducted Workshop on what,why and how to teach in medical education held at AM COLLEGE 19 April , at afpgmi .2014
54. Conducted Workshop on what,why and how to study in medical education held at AM COLLEGE 18 April , at army medical college.2014

55. Attended one day workshop On “journal indexing” organized by Pakistan association of medical editors Held At The university health sciences on 26 April , 2014.
56. Attended second national conference of Pakistan association of medical editors organized by Pakistan association of medical editors Held At The university health sciences on 26 & 27 April , 2014.
57. Attended conference on medical education at CPSP 20 may , 2014
58. Conducted Workshop on TEACHING METHODOLOGY LECTURING AND PROCEDURAL SKILLS held at AM COLLEGE 24 may ,.2014
59. Attended one day workshop On patients centeric healthcare-patient first” Held held at AM COLLEGE 27 May 2014
60. Organized Workshop on research methodology and plagiarism –Basic concept held at AM COLLEGE 7 Aug ,.2014
61. Organized Workshop on literature search, turnitin and endnote –held at AM COLLEGE 23 Aug 2014
62. Attended Workshop on EVIDENCE BASED PRACTICE held at AFGMI 13 Sep 2014
63. . Organized Workshop on MCQS –held at AM COLLEGE 27 Sep 2014
64. . Attended Workshop on EVIDENCE BASED PRACTICE held at AFGMI 13 Nov 2014
65. Conducted Workshop on “Teaching Skills - CBL” held at AM COLLEGE 27 Nov, .2014
66. Attended Workshop on 'Embracing Cultural aspects of Professionalism. 20th December 2014
67. Conducted Workshop on Supervisory skills held at CPSP regional center 28-31 Jan ,.2015
68. Conducted Workshop on E learning and Virtual learning held at AFGMI 28 Jan ,.2015
69. Conducted Workshop on ASSESSMENT OF COMPETENCE held at CPSP regional center 2,3-March .2015
70. Attended Workshop on “AEME conference” held at FUMC Islamabad– Pakistan on 6-8 march 2015
71. Attended Workshop on lecturing skills held at AM COLLEGE –on 28 march 2015
72. Attended **National Scientific Conference** held at Allama Iqbal Medical College Lahore (AIMS) Pakistan on 18 April 2015
73. Presented oral oresentation EFFECTIVENESS OF SMALL GROUPS DURING CASE BASED LEARNING SESSIONS AT ARMY MEDICAL COLLEGE at National Scientific Conference held at Allama Iqbal Medical College Lahore (AIMS) Pakistan on 18 April 2015

Brig (Retd), Dr. Rizwan Hashim

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