

CURRICULUM VITAE

Dr. Sabira Sultana (Assistant Professor)

Department of Eastern Medicine, Faculty of Medical Sciences, Government College University Faisalabad-Pakistan

IT Coordinator, Department of Eastern Medicine, Faculty of Medical Sciences, Government College University Faisalabad, Pakistan

EX Executive Physician, Qarshi Foundation Dispensary, Bahawalpur

CORRESPONDENCE DETAILS

Contact Address: Department of Eastern Medicine, Faculty of Medical Science, Government College University Faisalabad.

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PERSONAL INFORMATION

<u>Name</u>	<u>Sabira Sultana</u>
<u>Father Name</u>	<u>Abdul Qayyoom Chishti</u>
<u>Domicile</u>	<u>Rahim Yar Khan, Punjab, Pakistan</u>
<u>Religion</u>	<u>Islam</u>
<u>Date of Birth</u>	<u>16-09-1980</u>
<u>Marital status</u>	<u>Married</u>
<u>Qulification</u>	<u>Ph.D. Eastern Medicine</u>
<u>Field of interest:</u>	<u>Antipyretic activity of medicinal plants</u> <u>Anticancer activity of medicinal plants</u> <u>Principle of Eastern Medicine</u> <u>Medicinal plants and Clinical trial</u>

CARRIER OBJECTIVE

- To work in reputable Institutes, demanding quality work and to gain experience in this profession.
- To remain on the top through hard and dedicated work.
- A dynamic position in an organization that provides a challenging environment for exercising my acquired skills.

- To prove my commitment to my profession with depth in knowledge, ethics in work, respect for seniority and loyalty in administration.

RESEARCH INTEREST:

Antipyretic activity, Antipyretic activity of some selected medicinal plants, Enzyme Inhibition, Study of traditional system medicine (Indusyunic Medicine) Phytochemistry, and poisonous plants. Bioactivity and phytopharmaceutical evaluation of herb drugs and their natural products, Medicinal plants and Clinical trial, Biochemistry, Bioinformatics

CODE WORDS OF FIELD OF SPECIALIZATION:

Medical Sciences, Eastern Medicine, Ethnomedicine, Unani Medicine, Alternative System of Medicine, Complementary Medicine, Indusyunic Medicine, Phytotherapy, Pharmacognosy, Traditional Medicine, Medicinal plants, Phytopharmacology, Natural Products, Herbal Drugs, Drug Analysis, Phytochemistry, Poisonous plants, Bioactivity, Extraction and Isolation and clinical trials on Unani formulations.

HAND-ON EXPERTISE:

- Medical equipment's
- Clinical practices and protocols
- Familiarity with all laboratory equipment (Microscope, pH meter, Soxhlet Extractor, Rotary evaporator, preparative HPLC, Chromatography instruments, Spectrophotometer, Autoclave, Microbiological Incubator, Quebec colony counter)

ACADEMIC AND PROFESSIONAL QUALIFICATION

Degree	Institute	Year	Position and distinctions
Ph.D Eastern Medicine	Hamdard University Karachi	2019	Highest Marks in PhD Batch 2014-2019
M. Phil (Phytomedicine)	The Islamia University Bahawalpur	2011	2 nd Postition
BEMS Bachelor of Eastern medicine and surgery	The Islamia University Bahawalpur	2007	Silver Medal in BEMS Second position in Third Professional B.E.M.S First position in Final Professional
B.Sc	The Islamia University Bahawalpur	2002	
FSC (Pre-Medical)	Larkana Board Sindh	1999	First Division
Metric (Pre-Medical)	Larkana Board Sindh	1997	First Position in WAPDA High School Guddu

ACADEMIC RECORD PERCENTAGE

- PhD Eastern Medicine (3.7 CGP)
- M. Phill Phyto medicine (3.6 CGP)
- BEMS (66.93%)
- B.Sc (57%)
- F.Sc Physics/Bio/Chem. (69.99%)
- Matriculation Physics/Math/Chem./Bio. (75.15%)

ACADEMIC AWARDS/POSITIONS

- Got **Silver Medal** in BEMS (Bachelor of Eastern Medicine and Surgery) The Islamia University Bahawalpur.
- **Second position** in Third Professional B.E.M.S Examination (2004-2005)
- **First position** in Final Professional B.E.M.S Examination (2006-2007)
- Got **2nd Prize in Marketing Design Competition** on Best of Asia Qarshi Johar Joshanda From **Qarshi Foundation on May 2008.**

WORK EXPERIENCE

S. No	Name of Organization	Designation	Period	Work Experience
1	Department of Eastern Medicine, Government College University Faisalabad	Assistant Professor	24/06/2018 to present	3 Month
2	Department of Eastern Medicine, Government College University Faisalabad	Assistant Professor (OPS)	03/03/2020 to 23/06/2022	2 year and 3 month
3	Department of Eastern Medicine, Government College University Faisalabad	Lecturer	17/04/2018 to 3/03/2020	2 Years
4	Department of Eastern Medicine, UCCM The Islamia University Bahawalpur	Visiting Lecturer	2009-2018	9 years
5	Qarshi Eastern Medicine Dispensary Bahawalpur	Executive trainee	2009-2018	9 years

COURSES TAUGHT FROM 2009 TILL DATE

- Principle of Eastern Medicine
- Physiology
- Clinical Diagnostic
- Gynecology and Obstetric
- Materia Medica
- Forensic Medicine and Toxicology
- Pharmacognosy
- Anatomy

COURSES TAUGHT TO M. PHIL

- Phytomedicine II

PROFESSIONAL STATUS

- Registered from **National Council for Tibb**; Registration: **QBH-0078**

ADMINISTRATIVE RESPONSIBILITIES AND EXPERIENCES

- **House Officer**, at Hijaz Hospital Lahore, 2007-2008
- **Executive Tabib**, at Qarshi Eastern Medicine Hospital Bahawalpur, 2009-2018.

- **Member Board of Studies**, Department of Eastern Medicine, Government College University Faisalabad
- **IT Coordinator**, Department of Eastern Medicine, Faculty of Medical Sciences, Government College University Faisalabad, Pakistan
- **Time Table Coordinator**, Department of Eastern Medicine, Faculty of Medical Sciences, Government College University Faisalabad, Pakistan.
- **Examination Coordinator**, Department of Eastern Medicine, Faculty of Medical Sciences, Government College University Faisalabad, Pakistan

CERTIFICATES

- English language course of 8 week duration from British University College and Network Bahawalpur.
- Equivalence Certificate of B.E.M.S to M. Sc for Higher Education and BPS-17 as per rule of H.E.C.

THESES DISSERTATION

Ph.D THESES TITLES

- Acute and sub-acute toxicity study and randomized clinical trial of polyherbal coded drug candicure in the management of acute vulvovaginal candidiasis (2019)

M.PHIL: THESIS TITLE

- Antipyretic effect of Hydro-methanolic extract of some medicinal plants in rabbits (2013).

SUPERVISOR

Prof. Dr. Naveed Akhtar, Chairman/ Principle, University College of Conventional Medicine Faculty of Pharmacy & Alternative Medicine, the Islamia University Bahawalpur.

Prof. Dr. Tasneem Qureshi, Dean, Zia ud Deen University Karachi, Department of Eastern Medicine.

PROFESSIONAL EXPERIENCE

- One year House Job at Qarshi Pvt. Ltd. 2007-2008
- One year House Job at Hijaz Hospital 2008

Responsibilities: As a house officer in different departments

- Gynecology
 - Medicin
 - Surgery
 - Pediatrics
 - E.N.T
- Nine years experience of Clinical Practice at Qarshi Eastern Medicine Hospital Bahawalpur.
 - Eight years' experience of Visiting lecturer at Islamia University Bahawalpur.
 - Regular lecturer BPS-18 at Government College University Faisalabad (2018-2019).
 - Assistant Professor (OPS) (2019-Till)

COMPUTER LITERACY

- Internet, Microsoft Office (Word, Excel, PowerPoint, SPSS)

SKILLS AND ABILITIES

- Good in Communication, Time and Work Management

INTERESTS

- Reading Books, Novels, Netsurfing, Cooking

CERTIFICATES

- English language course of 8-week duration from British University College and Network Bahawalpur.
- Equivalence Certificate of B.E.M.S to M. Sc for Higher Education and BPS-17 as per rule of H.E.C

CERTIFICATE OF APPRECIATION:

- For top performance and participant in promotion of department of Eastern Medicine, GCUF
- Participated in Oath Taking Ceremony, held in Directorate Of Medical Sciences GCUF Faisalabad on 14 November 2018.
- In recognition of efforts as copy editor in Publication of Pakistan Journal Of Medical and Biological Sciences Published at Faculty of Medical Sciences GCUF.

REVIEWER CERTIFICATES

1. Certificate of Excellence in Reviewing, Molecule Journal (**Impact Factor 4.927**).
2. Review confirmation certificate, Process journal (**Impact Factor 2.753**)
3. Reviewer of journal food (**Impact factor 5.561**)
4. Reviewer of the International Journal of Natural Medicine and Health Sciences. **HEC Y-CATEGORY**
5. Certificate of Excellence in Reviewing, Journal of complementary and alternative medical research
6. Certificate of Excellence in Reviewing, Asian Hematology Research Journal.
7. Certificate of Excellence in Reviewing, Asian Journal of Research in infectious disease.

CERTIFICATE OF ORGANIZER

1. The International Projects seminar entitled “Kidney stone disease and thermobalancing therapy” organized by Department of Eastern Medicine, GCUF.
2. The Webinar Entitled cystic ovarian disease and Eastern Medicine Organized by Department of Eastern Medicine, GCUF Dated 15 Feb 2022.
3. The Webinar Entitled Management of Diabetes Mellitus Organized by Department of Eastern Medicine, GCUF Dated 26 Jan 2022.
4. The Webinar Entitled Obesity and Hormonal Disorder” Organized by Department of Eastern Medicine, GCUF Dated 15 Feb 2022.
5. The Webinar Entitled Mushrooms: Nutritional value and Health benefits” Organized by Department of Eastern Medicine, GCUF Dated 15 Feb 2022.
6. The Webinar Entitled “Medical Biotechnology” Organized by Department of Eastern Medicine, GCUF Dated 15 Feb 2022.

7. The Webinar Entitled Nosocomial infections, Types, causes and preventions” Organized by Department of Eastern Medicine, GCUF Dated 15 Feb 2022.
8. One day awareness Seminar on Breast Cancer, organized by Directorate of Medical Sciences, Government college University Faisalabad, held on October, 2019.

EDITORIAL BOARD MEMBER

1. Member of advisory of board of Medicon Medical Sciences Editorial Board
2. Assistant Editor Pakistan journal of medical and biological sciences

ROLL AS BS PROJECTS SUPERVISOR

NO	STUDENT NAME	YEARS	THESIS TITLE (Completed)
1	Tayyaba Ashraf (2015-GCUF-19626) Samina Parveen (2015-GCUF-19615)	2020	Awareness, Prevalence, Attitudes, And Practice Of Polycystic Ovarian Syndrome Among University Students
2	Alsoom Siddiq, Qurat ul Ain Nadeem	2020	Premenstrual syndrome and Medicinal Plants used in Premenstrual syndrome
3	Hafsa yousaf (2016-GCUF-02974) KAINAT ZAFAR (2016-GCUF-011742) NAIMA SAEED (2016-GCUF-08601)	2021	Covid-19 , a global pandemic and effects of sars-cov-2 on different organs of The body
4	Rayyan Fatima 2017-GCUF-04176 Aansa Rafi 2017-GCUF-03968 Khadija Batool 2017-GCUF-03341	2022	Human Papilloma Virus infection, vaccine knowledge attitude, and informational behavior among university students
5	Hamra Ikram 20036 2017-GCUF-05479 Komal Sharif 20063 2017-GCUF-06536	2022	Knowledge, Attitude & Practice Regarding Vitamin-D
6	Rimsha Saeed 20022 2017-GCUF-08030 Sana Mehmood 20037 2017-GCUF-04973 Laiba Sarwar 20047 2017-GCUF-04845	2022	Prevalence of Hypothyroidism in Females and its Effect on Pregnancy

Supervision of M.phil students

No	Student Name	Year	Thesis Title
1	Maria Pervaiz	2020-2022	In vitro evaluation of <i>Sesuvium sesuviodes</i> for antioxidant, antimicrobial, and cytotoxic potential.
2	Shafique Ur Rehman	2020-2022	In vitro evaluation of <i>Caesalpenia boundecella</i> and cassia tara for antioxidant, antimicrobial, and cytotoxic potential.

Member of Supervisory Committee of M. Phil students (Thesis Process)

No	Student Name	Year	Thesis Title
1	Muhammad Wajid	2020-2022	Detection of Heavy Metals and Micronutrients from <i>Vaccinium macrocarpon</i> and <i>Piper Cubeba</i>
2	Hamza Tahir	2020-2022	Phytochemical analysis and invitro evaluation of antibacterial activity of <i>Zanthoxylum armatum</i> and <i>Datura stramonium</i>
3	Isbah Shahid	2020-2022	Detection of Heavy Metals and Micronutrients from <i>Allium cepa</i> and <i>chicorium intybus</i>

PUBLICATIONS

PUBLISHED BOOK

- 1) Muhammad Akram, Sabira sultana, Hafza Yousaf, Kainat Zafar et al, (2022). Covid-19 global pandemic: effects of SARS-Cov-2 on different Organ of human body. Academic publication C-11, 169, Sector-3, Rohini, Dehli, India. E- book E-book ISBN:978-93-93336-04-0.P.65.
- 2) Naheed Akhtar, **Sabira Sultana** “Manual of Pathology” VDM Verlag Publishing Germany, ISBN 978-3-659-82867-6, 53 Pages (2016).

- 3) **Clinical diagnosis manual**, Sabira sultana, **Naheed Akhtar**, H.M. Asif. ISBN: 3330012781, 68 pages, 2016 (LAMBERT ACADEMIC PUBLISHER GERMANY)

BOOK CHAPTER

- 1) **Sabira Sultan**, Muhammad Akram, Syed Muhammad Ali Shah et al Prevalence, Symptomatology and Herbal Management of Polycystic Ovarian Syndrome, Alternative Medicine DOI: 10.5772/intechopen.95319
- 2) **Sabir Sultana**, Abid Rashid, Muhammad Akram et al. Medicinal Plants and its health benefits in our day to day life. Integrated Publications ISBN:978-93-93502-27-8.B

BOOK CHAPTER ACCEPTED

1. Sadia Zafar¹, Muhammad Akram^{2*}, Farhat Jabeen³, **Sabira Sultana**², Viroj Wiwanitkit⁴, Naheed Akhter^{5*}, Fahad Said², Ersha Shahid⁶, Nilgun Guler⁷, Joanna Wessely-Szponder⁸, Muhammad Mahran Aslam⁹, Okechukwu H. Eke¹⁰, Dowkuru SVGK Kaladhar¹¹, Isha Ishtiaq Novel properties of *Cocos nucifera* (L.) and its beneficial impact on human health [Handbooks of Crop Diversity: Conservation and Use of Plant Genetic Resources. Oilseed Crops](#) Springer Publisher.
2. Godswill Ntombobh Ntsefong¹, Anees Ahmed Khalil², Abdur Rauf³, Muhammad Akram⁴, **Sabira Sultana**⁴, Fahad Said Khan⁴, Umme Laila⁴, Tamnay Sarkar⁵, Mohammad Ali Shariati^{6*} *Olea europaea* Linn.: Dissemination, production cultivation and Therapeutic Properties [Handbooks of Crop Diversity: Conservation and Use of Plant Genetic Resources. Oilseed Crops](#) Springer Publisher
3. Sadia Zafar¹, Muhammad Akram^{2*}, Farhat Jabeen³, Fahad Said¹, Sabira Sultana, Muhammad Amjad Chishti⁴, Marwan Salih Al-nimer⁵, Dowluru SVGK Kaladhar⁶, D. S. V. G. K. Kaladhar⁷, Gawel Sołowski⁸, Mohamed M. Amer⁹, Vanessa de Andrade Royo¹⁰, Joanna Wessely-Szponder¹¹, Ersha Shahid¹² Comprehensive review on *Helianthus annuus* (Sunflower) L [Handbooks of Crop Diversity: Conservation and Use of Plant Genetic Resources. Oilseed Crops](#) Springer Publisher

RG SCORE: 799.1

GOOGLE CITATION INDICES

Total impact factor: 65.762

Citation: 662

Hi Index: 11

i10-index: 11

PUBLISHED PAPER

1. **Sabira Sultana**, Abdelhakim Bouyahya, Maksim Rebezov et al., Impacts of nutritive and bioactive compounds on cancer development and therapy *Critical Reviews in Food Science and Nutrition* 2022; doi: 10.1080/10408398.2022.2062699. (**Impact Factor 11.176**)
2. **Sabira Sultana**, Naveed Munir, Zahed Mahmood, Muhammad Riaz, Muhammad Akram, Maksim Rebezovd, Nazira Kuderinova, Zhanar Moldabayeva, Mohammad Ali Shariatig , Abdur Raufi, Kannan R.R.Rengasamy Molecular targets for the management of cancer using *Curcuma longa* Linn. phytoconstituents: A Review *Biomedicine & Pharmacotherapy* 2021; (135):111078 (**Impact Factor 7.416**)
3. Muhammad Akram, Muhammad Daniyal, **Sabira Sultana et al.** Traditional and modern management strategies for rheumatoid arthritis. *Clinica Chimica Acta* (2021) (**Impact factor 6.314**).
4. Muhammad Akram, Muhammad Daniyal, Naveed Muneer, Ejaz Mohiuddin, **Sabira Sultana**. Medicinal plants combating against insomnia. A green antiinsomnia approach. *The journal of Nervous and Mental Disease* 2019; 207(11). (**Impact Factor 1.859**)
5. Ghazala Shaheen, Muhammad Akram, Farhat Jabeen, Syed Muhammad Ali Shah, **Sabira Sultana et al.** Therapeutic potential of medicinal plants for the management of urinary tract infection: A systematic review *Clin Exp Pharmacol Physiol.* 2019;1–12. (**Impact Factor 2.557**)
6. **Sabira Sultana**, Tasneem Qureshi, Hafiz Muhammad Asif, Muhammad Akram, Sultan Ayaz, and Syed Muhammad Ali Shah. Acute and sub-acute toxicity study and randomized clinical trial of polyherbal coded drug candicure in the management of acute

- vulvovaginal candidiasis. Pak. J. Pharm. Sci., 2019; 32 (1); 315-322 (**Impact Factor 0.804**).
7. Muhammad Akram, Syed Muhammad Ali Shah, Naveed Munir, Muhammad Daniyal, Imtiaz Mahmood Tahir, Zahed Mahmood, Muhammad Irshad, Muhammad Akhlaq, **Sabira Sultana**, Rida Zainab. Hexosemonophosphate shunt,theroleofitsmetabolites andassociated disorders:A review. J Cell Physiol. 2019;1–10 (**Impact Factor 6.913**)
 8. **Sabira Sultana**, Muhammad Akram et al. Ethanopharmacological properties of Woodfordia fruticosa. Pakistan Journal of medical and biological sciences 2019; 2(1)
 9. **Sabira Sultana**, Muhammad Akram et al. Complementary and Alternative Approach to Heal Cancer: Review. Pakistan Journal of medical and biological sciences 2019; 1(2) 2019.
 10. Shifa Shaffique, Hafiz Muhammad Asif, Haseeb Anwer, Ghulam Hussain, Khalil Ahmed, **Sabira Sultana**. A Panoramic View on Ethno Botanical, Chemical, Pharmacological And Homeopathic Use Of Aesculus Hippocastanum American Journal of Research 2019; 1(2).
 11. Shifa Shafique, Hafiz Muhammad Asif, **Sabira Sultana** et al. Antibacterial activity of Homeopathic Mother Tincture Aesculus hippocastanum. RADS Journal of Pharmaceutical Science 2019; 7(1): 34-38. **Y-Category**.
 12. Saeed Ahmad, Muhammad Akram, Syed Muhammad Ali Shah and **Sabira Sultana**. Evaluation of antipyretic activity of hydroalcoholic extract of Corchorus depressus Linn. in Escherichia coli–induced pyretic rabbits. European Journal of Inflammation 2018; 1(4). (**Impact Factor 0.8**).
 13. Imtiaz Mahmood Tahir, Naheed Akhter, Abida Parveen, Huma Mehboob, Sadaf Saleem, Naveed Munir, Syed Muhammad Ali Shah, Jawad Zaheer, Fahad Said Khan, **Sabira Sultana** and Muhammad Akram⁴Effects of methanolic and aqueous extracts of Ipomoea batatas L on mineral contents level (calcium and magnesium) in alloxan-induced diabetic rats. Pak. J. Pharm. Sci.,2018; 31 (5): 2077-2083. (**Impact Factor 0.804**)
 14. Jalil ur rehman, Naveed Akhtar, Hafiz Muhammad Asif, **Sabira Sultana**. Hepatoprotective activity of the aqueous-ethanolic extract of Capparis decidua (Stems) in

- paracetamol induced hepatotoxicity in rabbits. Pakistan Journal of Pharmaceutical sciences. 2017; 30(2): 507-511 (**Impact Factor 0.8**)
15. Mukhtiar Ahmad, **Sabira Sultana**, Hafiz Muhammad Asif et al., Hyperuricemia and Role of Medicinal Plants: Mini Review. World Journal of Pharmacy and Pharmaceutical Sciences. 7(4): 2018.
 16. **Sabira Sultana**, Hafiz Muhammad Asif et al. Incidence Rate, Risk Factors and Histopathological Pattern of Ovarian Cancer In Pakistani Women: Mini Review Journal of young Professional 2018.
 17. Jalil ur Rehman, **Sabira Sultana**, Muhammad Asif Iqbal, Hepatotoxic effect of Acetaminophen (Paracetamol): Mini Review International journal of pharmacy and pharmaceutical science. 2018; 11 (3): 293-299.
 18. **Sabira Sultana**, Muhammad Akram et al. Antipyretic effect of Hydromethanol extract of Tachyspermum ammi. Pakistan Journal of Science 2018 (**Y- category**)
 19. Naveed Munir, Muhammad Akram, **Sabira Sultana et al.** Enhanced production of Lovastatin by filamentous fungi through solid state fermentation. Pakistan Journal of Pharmaceutical Sciences. 31(4): 2018; 1583-1589. (**Impact Factor 0.8**)
 20. **Sabira Sultana**, Muhammad Akram et al. Moringa olifera. Lam. A miraculous medicinal plant: Review. Pakistan Journal of medical and biological sciences 2018; 2(1).
 21. Shifa shaffique, Hafiz Muhammad Asif , Anila Rehman, Haseeb anwer, Ghulam Hussain, **Sabira sultana**. Traditional Medicine to Homeopathy: Review on Pulsatilla Nigricans Healthcare Journal of Pharmaceutical and Allied Sciences Vol 1, No.2, 2018
 22. Muhammad Akram, Syed Muhammad Ali Shah, Sabira Sultana et al., Herbal treatment of viral cancer. Pakistan Journal of medical and biological sciences 2018; 2(1).
 23. Batool K, **Sultana S**, Akhtar N, Muhammad H, Naheed A. Medicinal plants combating against human pathogens: A review. Int J Biotechnol Food Sci. 2018 Sep 14;6(3):42-51.
 24. Irum zulfiqar, Hafiz Muhammad Asif, **Sabira Sultana**. In- vitro antiurease activity of aqueous-ethanol extract of some medicinal plants. Pakistan Journal of science, 2017; 69(1). (**HEC recongnized Y-category**)

25. **Sabira Sultana**, Naveed Akhtar, Hafiz Muhammad Asif. Antipyretic effect of Hydro methanol extract of *Melia azedarac* seeds and *Cucumis melo* seeds in rabbits. Pakistan Journal of Pharmaceutical Sciences.2017; 30(4): 1257-1261 (**Impact Factor 0.8**)
26. **Sabira Sultana**, Hafiz Muhammad Asif, Naveed Akhtar Medicinal plants combating against hypertension: A green antihypertensive approach. Pakistan journal of Pharmaceutical Science 2017; 30(6) : (**Impact Factor 0.8**)
27. Hafiz Muhammad Asif, **Sabira Sultana**, Naveed Akhtar et al. Prevalence and factors, related to cigarette smoking Initiation and use among University Students of Bahawalpur Pakistan: A cross sectional study. Journal of pharmacy and Pharmaceutical sciences.2017; 2521-8484: 1-16. (**HEC recongnized Y-category**)
28. Hafiz Muhammad Asif, **Sabira Sultana**, Shifa Shafique et al., Prevalence of Dysmenorrhea associated with Premenstrual Syndrome and management strategies by using Medicinal Plants adopted by Female Students. Journal of pharmacy and Pharmaceutical sciences.2017; 2521-8484: 1-16. (**HEC recongnized Y-category**).
29. Halima Nazar, Khan Usman Ghani, **Sabira Sultana**. *Saraca indica* (Roxb.): Monograph. International Journal of Botany Research. 2016; 1(2): 01-04.
30. **Sabira Sultana**, Hafiz Muhammad Asif, Shifa Shafiquee, Naveed Akhtar Age at Menarche, Menstrual Pattern and Premenstrual Symptoms of Femalem Students of Islamia University Bahawalpur Journal of Pharmaceutical Science RADS 2016; -4 (2), 137-141. (**HEC Y-Category**)
31. **Sabira Sultana**, Hafiz Muhammad Asif, Saeed Ahmad. Breast Cancer: Epidemiology, Diagnose and Management Guidelines (Review) Sci.Int.(Lahore),28(1),431-439,2016.
32. Muhammad Younus, Farrakh Zia Khan, **Sabira Sultana** and Hafiz Muhammad Asif Spectral Analysis and Antibacterial Activity of Methanol Extract of Roots of *Echinops echinatus* and its Fractions Microb Biochem Technol 2016, 8:3.
33. Muhammad Daniyal, Saeed Ahmad, Mukhtiar Ahmad, Hafiz Muhammad Asif, Muhammad Akram, Saif Ur Rehman, **Sabira Sultana**. Risk Factors and Epidemiology of Gastric Cancer in Pakistan. Asian Pac J Cancer Prev, 16 (12), 4821-4824. (**Impact Factor 2.5**)

34. **Sabira Sultana**, Hafiz Muhammad Asif, Naveed Akhtar Incidence rate and prevalence of major risk factors for ectopic pregnancy in the Pakistani population: mini-review. *Asian Pac J Trop Dis* 2015.
35. **Sabira Sultana**, Hafiz Muhammad Asif, Naveed Akhtar, Khalil Ahmad Medicinal plants with potential antipyretic activity: A review. *Asian Pac J Trop Dis* 2015; 5(1): 202
36. **Sabira Sultana**, Naveed Akhtar, Hafiz Muhammad Asif, Halima Nazar, Asif Iqbal. Inflammatory Breast Cancer: Mini Review 2015; 3(4): 485-491.
37. **Sabira Sultana**, Naveed Akhtar, Hafiz Muhammad Asif, Naheed Akhtar. *Delbergia sisso* Roxb: Monograph. *International Journal of Pharmacognosy* 2015; 2(9): 440-443.
38. **Sabira Sultana**, Hafiz Muhammad Asif, Halima Nazar, Asif Iqbal. *Nigella sativa*: Monograph. *Journal of Pharmacognosy and phytochemistry* 2015; 4(4): 103-106.
39. Muhammad Daniyal, Zamir Ali Siddiqui, Muhammad Akram, HM Asif, **Sabira Sultana**, Asmatullah Khan. Epidemiology, Etiology, Diagnosis and Treatment of Prostate Cancer *Asian Pac J Cancer Prev*, 15 (22), 9575-957. **(Impact Factor 2.5)**
40. Jalil Ur Rehman, Naveed Akhtar, Muhammad Younus Khan, Khalil Ahmad, Mukhtiar Ahmad, **Sabira Sultana**, Hafiz Muhammad Asif. Phytochemical Screening and Hepatoprotective Effect of *Alhagi maurorum* Boiss (Leguminosae) Against Paracetamol-Induced Hepatotoxicity in Rabbits. *Tropical Journal of Pharmaceutical Research*, 2015; 14 (6): 1029-1034 **(Impact Factor 0.5)**.
41. Hafiz Muhammad Asif, **Sabira Sultana**, Naveed Akhtar. *Cucumis Melo* Linn: Monograph. *Journal of Pharmacy and Pharmaceutical Sciences* 2014; 2(1): 52-62. **(HEC-Y Category)**.
42. **Sabira Sultana**, Hafiz Muhammad Asif, Naveed Akhtar, Jalil ur Rehman. Medicinal Plants combating against cancer: A green anticancer approach. *Asian Pacific Journal of Cancer Prevention*. 15 (11), 4385-4394 **(Impact Factor 2.5)**
43. **Sabira Sultana**, Hafiz Muhammad Asif, Naveed Akhtar, Jalil ur Rehman. Prevalence, risk factors and disease knowledge of breast cancer in Pakistan. *Asian Pacific Journal of Cancer Prevention*. 15 (11), 4411-4416 **(Impact Factor 2.5)**

44. **Sabira Sultana**, Hafiz Muhammad Asif, Naheed Akhtar, Saeed Ahmad. HER-2 Positive Breast Cancer: Mini Review. Asian Pacific Journal of Cancer Prevention. **17 (4)**, 1609-1615 (**Impact Factor 2.5**)
45. **Sabira Sultana**, Muhammad Akram, Naveed Akhtar, Hafiz Muhammad Asif. Complementary and alternative approach to treat peptic ulcer. International Research Journal of Pharmacy 2014; 5(5): 353-359.
46. **Sabira Sultana**, Hafiz Muhammad Asif, Naveed Akhtar, Saifur Rehman, Muhammad Waqas. Comprehensive Review On Ethanobotanical Uses, Phytochemistry And Pharmacological Properties Of Melia Azedarach Linn. Asian J Pharmaceut Res Health Care 2014; 6(1): 26-32.
47. Hafiz Muhammad Asif, **Sabira Sultana**, Naveed Akhtar. A panoramic view on phytochemical, nutritional, ethanobotanical uses and pharmacological values of Trachyspermum ammi Linn. Asian Pac J Trop Biomed 2014; (4). **Impact factor (1.903)**
48. Jalilur Rehman, Najam Us Saqib Naveed Akhtar, Muhammad Jamshaid, Muhammad Asif, **Sabira Sultana**, Riaz Ur Rehman. Hepatoprotective activity of aqueous-methanolic extract of suaeda fruticosa in paracetamol induced hepatotoxicity in rabbits. Bangladesh J Pharmacol 2013; 8: 378-381. (**Impact Factor 1.5**).
49. Muhammad Majid Aziz, Naveed Akhtar, Hafiz Muhammad Asif, **Sabira Sultana**. Phytochemical screening and evaluating diuretic activity of aqueous methanolic extracts from aerial parts of *Mentha viridis* in albino rats. Tropical Journal of Pharmaceutical research. 2014; 13(7): 1121 (**Impact Factor 0.5**)
50. Ghazala Shaheen, Irshad Ahmad, Khan Usmanghani, Naveed Akhter, Mukhtiar Ahmad, **Sabira Sultana** and M. Akram Mongraph of Tribulus terrestris Journal of Medicinal Plants Research 6(5): 641-644. (**Impact Factor 0.5**)
51. **Sabira Sultana**, Naveed Akhtar, Muhammad Asif. Phytochemical Screening and Antipyretic effect of hydro-methanol extract of Melia azedarach leaves in rabbits Bangladesh Journal of Pharmacology 2013; 8: 214-217. (**Impact Factor 1.306**).
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55. **Sabira Sultana**¹, Muhammad Shahid Sagheer², Abdul Wadood Chishti¹, Muhammad Akram. Pharmacological Potential Of Quercus Infectoria. Pak J Med Biol Sci 2019 Vol-3, Issue-1
56. **Sabira Sultana**, Muhammad Akram, Hina Anwar, Ume Laila vulvovaginal candidiasis (sailanur raham) and unani. Perspectives Pak J Med Biol Sci 2019 Vol-3, Issue-1
57. Alsoom Sidique, Qurat-ul-Aain, **Sabira Sultana**, Muhammad Shahid Saghir. Abdul Wadood Chishti 1prevalence, Sociodemographic And Menstrual Characteristics Of Premenstrual Syndrome And Premenstrual Dysphoric Disorder Among University Pak J Med Biol Sci 2019 Vol-3, Issue-1

ARTICLE IN PRESS

1. Sabira Sultana A*, Abdul Wadood Chishti A, Abid Rashid A, Muhammad Akram A And Syed Muhammad Ali. Areca catechu (BETEL NUT) USE AND ADVERSE OBSTETRIC OUTCOMES. Journal of Disease and Global Health.
2. Arooj Aftab, Sabira Sultana, Abid Rashid, Muhammad Akram, Hina Anwar "Santulum album: Medicinal and Pharmacological Properties" Journal of Medicine and health reserch

PUBLISHED IN ABSTRACT BOOK

1. **Sabira Sultana**, Naveed Akhtar, Naheed Akhtar “Antipyretic effects of Hydro-methanolic extract of some medicinal plants in rabbits” National Conference and

Exhibition on; Future Prospects and Challenges for Natural Medicine in Pakistan, organized by University College of Conventional Medicine Faculty of Pharmacy and Alternative Medicine, the Islamia University Bahawalpur in Collaboration with Higher Education Commission Pakistan, May, 3rd -4th , 2013.

2. Hafiz Muhammad Asif, **Sabira Sultana** (Medicinal Plants for the Management of Breast Cancer and its Prevalence in Pakistan; International symposium on advances in Molecular Biology and Health Sciences. 29-31 December 2015-Lahore Pakistan.
3. **Sabira Sultana**, Naveed Akhtar. Eastern Medicine Challenges and way forward. One day seminar on Economic based innovation in Eastern Medicine organized by University college of conventional medicine, The Islamia University Bahawalpur. 20th December 2017.
4. Naheed Akhtar, Hamza Altaf and **Sabira Sultana**, “Ethnobotanical Survey of Medicinalplants of District Rawlakot,Azad Kashmir” National Conference on Research and Education of Eastern Medicine in Pakistan; Future Prospects and Challenges, organized by Faculty of Medical and Health Sciences, department of Eastern Medicine & Surgery, The University of Poonch Rawlakot, AJ&K, in Collaboration with Higher Education Commission Pakistan, Oct. 9th-10th , 2013.
5. **Sabira Sultana**, Naveed Akhtar, Muhammad Asif, “Phytochemical screening and antipyretic effects of hydro-methanol extract of *Melia azedarach* Linn. leaves in rabbits”National Conference on Research and Education of Eastern Medicine in Pakistan; Future Prospects and Challenges, organized by Faculty of Medical and Health Sciences, department of Eastern Medicine & Surgery, The University of Poonch Rawlakot, AJ&K, in Collaboration with Higher Education Commission Pakistan, Oct. 9th-10th , 2013.

PAPER PRESENTATION

- Antipyretic activity of Hydro-methanolic extract of some medicinal plants in rabbits in 2 Days National Conference in Islamic University Bahawalpur **Future Prospects and Challenges for Natural Medicine in Pakistan.**

CONFERENCES, SEMINAR AND WORKSHOPS ATTENDED

INTERNATIONAL CONFERENCES:

1. 3rd Biennial International Conference, Organized by Pakistan Society of Chemical Pathologist (PSCP), at Quaid-e-Azam Medical College, Bahawalpur, Pakistan, March 2009.
2. 1st International conference, entitled “Multidisciplinary Approach in Medication Usage” organized by Jinnah Hospital, Lahore, From 12 to 14 February, 2010.
3. 16th International Pharmacy Conference & Exhibition organized by Pakistan Pharmacist Association (PPA) from 28th to 1st May, 2011, Lahore, Pakistan.

NATIONAL CONFERENCES /SEMINARS/ WEBINARS /WORK SHOPS

1. 2nd National Conference and Exhibition, entitled “Future Prospect and Challenges for Natural Medicine in Pakistan” organized by University college of Conventional Medicine, the Islamia University of Bahawalpur, Bahawalpur, Pakistan, from 3rd– 4thMay, 2013.
2. One day seminar on Economic based innovation in Eastern Medicine organized by University College of conventional Medicine, The Islamia University Bahawalpur. 20th December 2017.
3. Two days national conference on Scope and Development of Eastern Medicine in Pakistan” organized by University college of Conventional Medicine, the Islamia University of Bahawalpur, Bahawalpur, Pakistan, from 12-13 April 2012.
4. National Conference on “ Research and Education of Eastern Medicine in Pakistan; Future Prospects and Challenges” organized by Faculty of Medical and Health Sciences, department of Eastern Medicine & Surgery, The University of Poonch Rawlakot, AJ&K, in Collaboration with Higher Education Commission Pakistan, Oct. 9th_10th , 2013
5. National Conference on “Applied Aspects Of Pharmaceutical Sciences In Patient Care” organized by Faculty of Medical and Health Sciences, department of

pharmacy, The University of Poonch Rawlakot, AJ&K, in Collaboration with Higher Education Commission Pakistan, Jun. 18th_19th , 2014.

6. 14th “ Bieniel Convention of Pakistan Islamic Medical Association (PIMA) Azad Kashmir” on 09-10th May,2015
7. 2 Days Conference in Islamia University Bahawalpur Scope and development of Eastern System Of Medicine in Pakistan Collaboration with Higher Education Commision on 2nd April 2013.
8. 1 Day Conference in Islamia University Bahawalpur Scope and Development of Homeopathy in Pakistan organized by University College of conventional Medicine, The Islamia University Bahawalpur Ist June 2013.
9. One day seminar on endnote and sample size calculation organized by Ripha Institute of Pharmaceutical Sciences, Lahore on 26 April, 2015.
10. One day seminar on BEMS ALUMINI MEET 2015, organized by BEMS Doctor Association in collaboration with College of conventional Medicine, The Islamia University Bahawalpur.10th May 2015.
11. One Day workshop on Disaster Management preparedness conducted by PIMA held on May 09, 2015.
12. One day semina on Chronic diseases in view of Unani Medicine in Pakistan held organized by Anjman-e-Atiba Hasilpur in in collaboration with College of conventional Medicine, The Islamia University Bahawalpur. On 16th Dec 2012.
13. One Day seminar on Dengue awareness walk, Organized by Department of Eastern Medicine, Government college University Faisalabad, October 2019.
14. One day seminar on world orthotics and prosthetics Day organized by Department of Orthotics and Prosthetics, Directorate of Medical Sciences, Government college University Faisalabad, January 24,2020.
15. One Day awareness Seminar on Corona Virus, organized by Diretorate of Medical Sciences, Government college University Faisalabad, held on February 26,2020.
16. One day awareness Seminar on Breast Cancer, organized by Diretorate of Medical Sciences, Government college University Faisalabad, held on October, 2019.

17. Muhammad Akram (2021). Seminar and Medical Camp on Covid-19 Awareness, organized by Department of Eastern Medicine, Government College University Faisalaabd Pakistan held on 21st September, 2021.
18. Muhammad Akram. Prof Dr Usman Ghani Khan Vision and Modern Research Perspectives in Eastern Medicine organized by Department of Eastern Medicine, Government College University Faisalaabd Pakistan held on 08 January, 2022.
19. Webinar on Alzheimers Disease held on 26th September 2021, organized by Department of Eastern Medicine, Government College University Faisalabad Pakistan
20. Webinar on Blood Cancer Awareness held on 1st October 2021, organized by Department of Eastern Medicine, Government College University Faisalabad Pakistan
21. Participation as a Physician in Medical Camp on Dengue Awareness, organized by Department of Eastern Medicine, Government College University Faisalaabd Pakistan held on 14 October, 2021.
22. Participation as a Physician in Medical Camp on Covid-19 Awareness, organized by Department of Eastern Medicine, Government College University Faisalaabd Pakistan held on 21st September, 2021.
23. Webinar on HK. Muhammad Saeed Vision and Modern Research Directions in Eastern Medicine organized by Department of Eastern Medicine, Government College University Faisalaabd Pakistan held on 12 January, 2022.
24. live webinar on Hk Muhammad Saeed vision and modern research direction in Eastern Medicine Organized by Department of Eastern Medicine on 12th of Jan 2022.
25. Live Event on Rare Bleeding Disorders in women organized by North American Center for continuing Medical Education on 22nd March 2022.
26. Live webinar entitled, Series of webinar on Gastrointestinal Disorders Organized by Alsehat Unani Medical College Faisalabad Dated 16 Feb to 21st 2022.
27. Live webinar entitled, Series of webinar on STDs Organized by Alsehat Unani Medical College Faisalabad Dated 2nd March to 9th March 2022.

28. Live webinar entitled, Series of webinar on Regimental Therapies of Eastern Medicine Organized by Alsehat Unani Medical College Faisalabad Dated 30th April to 6th 2022.
29. Live webinar entitled, Series of webinar on Nutrition Organized by Alsehat Unani Medical College Faisalabad Dated 1st Sep to 7th Sep 2022.
30. Live webinar entitled, Series of webinar on Psychological Disorders Organized by Alsehat Unani Medical College Faisalabad Dated 20th July to 27th 2022.
31. Live webinar entitled, Series of webinar on Muscular disorders Disorders Organized by Alsehat Unani Medical College Faisalabad Dated 17th August to 24th August 2022.
32. Live webinar entitled, Series of webinar on Cardivasular disorder Disorders Organized by Alsehat Unani Medical College Faisalabad Dated 6th July to 30th July 2022.
33. Live webinar entitled, Series of webinar on Neurological Disorders Organized by Alsehat Unani Medical College Faisalabad Dated 11th May to 18th May 2022.
34. Live webinar entitled, Series of webinar on Philosphical concept of Eastern Medicine Organized by Alsehat Unani Medical College Faisalabad Dated 22nd June to 29th June 2022.
35. Live webinar entitled, Series of webinar on Blood born Disorders Organized by Alsehat Unani Medical College Faisalabad Dated 8th June to 15th June 2022.
36. Live webinar entitled, Series of webinar on Respiratory Disorders Organized by Alsehat Unani Medical College Faisalabad Dated 13th April to 20th April 2022.
37. Live webinar entitled, Series of webinar on Autoimmune Disorders Organized by Alsehat Unani Medical College Faisalabad Dated 16th March to 23rd March 2022.
38. Live webinar entitled, Series of webinar on Safety and Health at work Organized by Alsehat Unani Medical College Faisalabad Dated 27th April to 4th May 2022.
39. Live webinar entitled, Series of webinar on Ophthalmic Disorders Organized by Alsehat Unani Medical College Faisalabad Dated 3rd August to 9 August 2022.
40. Live webinar entitled, Series of webinar on Obstetric Disorders Organized by Alsehat Unani Medical College Faisalabad Dated 25th May to 1st June 2022.

REFERENCE:

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