

CURRICULUM VITAE

Dr. WAJIHA MAHJABEEN

Father's Name	Sibtay-Nabi Zafar
Date of Birth	24-05-1977
Domicile	Punjab
PMC Registration No.	41322-P
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EDUCATIONAL QUALIFICATION:

Degree	Year of Passing	Percentage Obtained	Board	Division
Matric	1992	83%	Lahore Board	First
FSc(Pre-Medical)	1994	67%	Lahore Board	First
MBBS	2001-2002	62%	Hamdard University	First
M.Phil(Che mical Pathology) <ul style="list-style-type: none">• Comprehensive Exam• Research Work	2008 2010	71%	National University of Sciences & Technology	First
PhD(Che mical Pathology) <ul style="list-style-type: none">• Comprehensive Exam• Research Work	2021	78%	<ul style="list-style-type: none">• University of Health Sciences, Lahore• National University of Medical Sciences, Islamabad	First

ACADEMIC HONOURS:

- Distinction in Anatomy.
- Scholarship holder NUST S&T Fund for M.Phil leading to PhD program in Chemical Pathology.
- 2nd Position in 32nd PAP National Conference 2008 held at Ayub Medical College Abbottabad.
- 2nd position in M-Phil comprehensive exam 2008.
- (Silver Medal) 2nd Position in 33rd PAP National Conference 2009 held at Pakistan Institute of Medical Sciences Islamabad.
- 2nd position in 41st Annual Conference of Pakistan Association of Pathologist held at the PC Rawalpindi, 9-10th November 2018.

WORK EXPERIENCE:

- House Officer Gynaecology (Six Months) at Lady Aitchison Hospital Lahore.
- House Officer Medicine (Six Months) at Mayo Hospital Lahore.
- Medical Officer (Six Months) at Cardex Hospital Lahore.
- Demonstrator Bio-Chemistry department at Wah Medical College Wah cantt, 1st November 2005 - 30th November 2007.
- Resident Demonstrator Pathology department at Army Medical College Rawalpindi, 1st December 2007 - 1st November 2009.
- PhD postgraduate Training from AFIP, Rawalpindi since 2016
- Assistant Professor Pathology department at Islamabad Medical and Dental College Islamabad, 2nd February 2011- 4th May 2016.
- Focal person of Quality Assurance Department at Islamabad Medical and Dental College during 2015 to 2017.
- Selection and Induction of laboratory equipment's for chemistry related tests.
- External examiner of Post graduate degree at SZABMU-PIMS since 2015.
- External paper setter of graduate and post graduate Degrees at SZABMU-PIMS since 2016.
- Marking of MBBS professional examination papers at SZABU-PIMS since 2015.
- Associate Managing Editor of Journal of Islamabad Medical and Dental College.
- Statistical Editor of Journal of Islamabad Medical and Dental College.
- In charge Research cell at HITEC-IMS
- Associate professor Pathology department at Islamabad Medical and Dental College Islamabad from May 2016 till 29 July 2020.
- Professor Pathology department at Islamabad Medical and Dental College Islamabad from 30 July 2020 till 18th March 2022
- In charge of Chemical Pathology Laboratory at Akbar Niazi Teaching Hospital from 2017 till 18th March 2022.

- Professor Pathology department at HITEC-IMS Taxilla from 21st March 2022 till date.

PUBLICATIONS:

International Publications:

- Khan DA, Hashmi I, **Mahjabeen W**, Naqvi TA. Monitoring health implications of pesticide exposure in factory workers in Pakistan. Environmental monitoring and assessment. 2010 Sep 1;168(1-4):231-40 (**Impact Factor: 1.98**).
- Qureshi AA, Khan DA, **Mahjabeen W**, Papasian CJ, Qureshi N. Suppression of nitric oxide production and cardiovascular risk factors in healthy seniors and hypercholesterolemic subjects by a combination of polyphenols and vitamins. Journal of clinical & experimental cardiology. 2012 Jun 7:008 (**Impact Factor: 1.97**).
- Qureshi AA, Khan DA, **Mahjabeen W**, Papasian CJ, Qureshi N. Nutritional supplement-5 with a combination of proteasome inhibitors (resveratrol, quercetin, δ -tocotrienol) modulate age-associated biomarkers and cardiovascular lipid parameters in human subjects. Journal of clinical & experimental cardiology. 2013 Mar 2;4(3) (**Impact Factor: 1.97**).
- Qureshi AA, Khan DA, **Mahjabeen W**, Trias AM, Silswal N, Qureshi N. Impact of δ -Tocotrienol on inflammatory biomarkers and oxidative stress in hypercholesterolemic subjects. Journal of clinical & experimental cardiology. 2015;6(367):2 (**Impact factor: 1.97**).
- Qureshi AA, Khan DA, **Mahjabeen W**, Silswal N, Qureshi N. Comparative evaluation of NS-5 mixture and its components on superoxide production in HUVEC, and inflammatory biomarkers in humans. Journal of clinical & experimental cardiology. 2015;6(388):2 (**Impact factor: 1.97**).
- Qureshi AA, Khan DA, **Mahjabeen W**, Qureshi N. Dose-dependent Modulation of Lipid Parameters, Cytokines and RNA by [delta]-tocotrienol in Hypercholesterolemic Subjects Restricted to AHA Step-1 Diet. British Journal of Medicine and Medical Research. 2015 Jan 1;6(4):351.
- Qureshi AA, Khan DA, **Mahjabeen W**, Silswal N, Qureshi N. A Novel Mixture of δ -Tocotrienol, Vitamin D3 , Resveratrol (NS-3) Significantly Decreases Diabetes Biomarkers Including Inflammatory in People with Type 2 Diabetes. J Diab Clin Stud. 2021; 4(1): 001-016.
- Qureshi AA, Khan DA, **Mahjabeen W**, Qureshi N, Dehankar MK, et al. The NS-3 Mixture of δ -Tocotrienol, Vitamin D3 and Resveratrol Modulates Gene Expression of Several Novel MicroRNAs Identified by Transcriptomic Analyses in People with Type 2 Diabetes. J Diab Clin Stud. 2021; 5(1): 001-040.
- **Mahjabeen Wajaha**, Khan DA, Mirza SA, Pervez MA. Effects of Delta-Tocotrienol Supplementation on Glycemic Control, Oxidative Stress, Inflammatory Biomarkers and miRNA Expression in Type 2 Diabetes Mellitus: A

- Randomized Control Trial. *Phytotherapy Research*. 2021 (**Impact factor: 5.882**).
- **Mahjabeen W**, Khan DA, Mirza SA. Vitamin D improves the glycemic control, inflammation, oxidative stress and related miRNA expression in type 2 diabetes mellitus: a randomized placebo controlled trial. *Metabolism-Clinical and Experimental*. 2021; 116 (**Impact factor: 6.513**).
- **Mahjabeen W**, Khan DA, Mirza SA. Role of Resveratrol supplementation in regulation of glucose hemostasis, inflammation and oxidative stress in patients with diabetes mellitus type 2: A randomized placebo controlled trial. Accepted for publication. 2022 (**Impact factor: 2.446**)

National Publications:

- Khan DA, **Mahjabeen W**, Khan FA. Effects of δ -tocotrienol and polyphenol on ageing induced oxidative stress and inflammation in humans. *Pakistan Journal of Pathology*. 2009 Aug 3;20(2).
- **Mahjabeen W**. Diabetes mellitus and its laboratory diagnosis. *Journal of Islamabad Medical and Dental College (JIMDC)*. 2012;1(2):102-6.
- Kafeel S, **Mahjabeen W**, Alam S. Role of female age in determining causes of infertility and predicting outcome of In Vitro Fertilization. *Journal of Islamabad Medical and Dental College (JIMDC)*. 2012;1(2):56-61.
- **Mahjabeen W**. Pathogenesis of gestational diabetes mellitus and its diagnosis. *Journal of Islamabad Medical and Dental College (JIMDC)*. 2012; 1(3): 146-149.
- **Mahjabeen W**. Iron overload diseases of genetic origin, patho-physiology and diagnosis. *Journal of Islamabad Medical and Dental College (JIMDC)*. 2013; 2(1): 41-48.
- **Mahjabeen W**, Kafeel S, Alam S, Bibi R. Immunoglobulin therapy in recurrent pregnancy loss. *Journal of Islamabad Medical & Dental College (JIMDC)*. 2013;2(4):64-8.
- **Mahjabeen W**, Khan DA. Independent relationship of hyperuricemia with chronic kidney disease. *Journal of Islamabad Medical & Dental College (JIMDC)*. 2014;3(1):7-10.
- **Mahjabeen W**. Effect of vitamin D on musculoskeletal system and immunity. *Journal of Islamabad Medical & Dental College (JIMDC)*. 2014;3(1):29-35
- Sajjad S, Alam S, **Mahjabeen W**, Kafeel S. Association of clinical features with obesity and gonadotropin levels in women with polycystic ovarian syndrome. *Journal of Islamabad Medical & Dental College (JIMDC)*. 2014;3(2):58-61.
- Rasheed M, Islam N, **Mahjabeen W**. Factors associated with uncontrolled type 2 diabetes mellitus. *Journal of Islamabad Medical & Dental College (JIMDC)*. 2015;4(2):68-71.

- Asim M, Shabbir F, **Jabeen WM**, Kiran-e-Munira, Khan S, Rajput TA. Comparison of HCV treatment: HCV monoinfected and HCV/HBV co-infected patients. Professional Med J 2016; 23(5): 559-563.
- **Mahjabeen W**, Alam S, Hassan U, Zafar T, Butt R, Konain S, Rizvi M. Difficulty Index, Discrimination Index and Distractor Efficiency in Multiple Choice Questions. Annals of PIMS-Shaheed Zulfiqar Ali Bhutto Medical University. 2018 Jan 10;13(4):310-5.
- Rana H, Chaudary R, Alam S, **Mahjabeen W**. Seroprevalence of Rubella IgG in Pregnant Women in Pakistan. JIMDC.2018; 7(4):295-298.
- Muneeb-ullah, Abbasi AS, Niaz S, **Mahjabeen W**. Commonly occurring bacteria in diabetic foot infections and their sensitivity to various antibiotics. J Islamabad Med Dental Coll.2019; 8(1):8-12.

PAPERS/POSTER PRESENTED:

- Paper presented at 32nd PAP Conference held at Abbottabad Medical College Abbottabad; October 2008 titled “The Effects of Pesticide on Health of Industrial Workers in Pakistan”.
- Paper presented at the 33rd PAP National Conference held at Pakistan Institute of Medical Sciences Islamabad, 6th-8th November 2009 titled “Synergistic Effects of δ - Tocotrienol and Polyphenol on Ageing induced Hypercholesterolemia, Oxidative stress and Inflammation in Hypercholesterolemic Humans”.
- Paper presented at the 34th PAP National Conference held at King Edward Medical University, Lahore, 5th-7th November 2010 titled “Appropriate Dose of δ - Tocotrienol and Polyphenol on Ageing induced Oxidative stress, Inflammation and Hypercholesterolemia in Hypercholesterolemic Humans”.
- Paper presented at the 1st joint conference of PAP/Societies of Pathologists held at AFIP/Convention center Islamabad, 7th to 9th December 2012 titled “Etiology of Infertility and Predictive Capability of Multiple Parameters Regarding IVF Outcome in Different Age Groups”.
- Paper presented at the 2nd joint conference of societies of pathology/37th annual conference of PAP at the PC Lahore, 20th -22nd December 2013 titled “Role of Immunoglobulin Therapy in Recurrent Pregnancy Loss”.
- Paper presented as Guest Speaker in 67th Local Chapter meeting of Pakistan Association of Pathologists at Islamabad Medical and Dental College, 22nd November 2014 titled “Effects of Antioxidants in Ageing”.
- Poster presentation at 6th Annual Public Health Scientific conference 2015 at Health Services Academy Islamabad, 11th-12th December 2015 titled” Fragile Health System: Issues and Challenges in Pakistan- Harnessing opportunities.
- Paper presented at 41st Annual Conference of Pakistan Association of Pathologist held at the PC Rawalpindi, 9-10th November 2018 titled “Effects of delta Tocotrienol on modulation of Glycemic control and Inflammatory Biomarkers in Patients with Diabetes Mellitus”.

- Paper presented at 10th Annual Conference of PSCP held at Army Medical College Rawalpindi, 4th-5th October 2019 titled” Effects of Resveratrol on Modulation of Glycemic Control, Inflammatory Markers and Oxidative stress in Patients with Diabetes Mellitus”.
- Abstract presented in 18th Annual World Congress Insulin Resistance Diabetes & Cardiovascular disease (WCIRDC); Live interactive online virtual event, California. 3rd-6th December 2020.

WORKSHOPS/CONFERENCES/LECTURES ATTENDED:

- 2nd Biennial course in Chemical Pathology and Endocrinology held at Army Medical College Rawalpindi, 1st-3rd February 2008.
- Workshop on Laboratory Accreditation held at National Institute of Health Islamabad, 27th March 2008.
- Workshop on Working with Laboratory Animals held at Army Medical College Rawalpindi, 27th-28th May 2008.
- Workshop on Research Methodology and Biostatistics held at Armed Forces Institute of Pathology, Rawalpindi, 28th Feb – 1st March 2009.
- Workshop on Applied Statistics in Healthcare and Management Sciences held at Professional Development Centre (PDC), NUST, Rawalpindi, 11th -12th March 2009.
- Workshop on Diabetes Mellitus-Clinical Correlations held at Armed Forces Institute of Pathology, Rawalpindi, 25th April 2009.
- 33rd PAP National Conference held at Pakistan Institute of Medical Sciences Islamabad, 6th-8th November 2009.
- Workshop on Gene Sequencing held at Army Medical College Rawalpindi, 8th November 2009.
- 3rd Biennial Course in Chemical Pathology held at Armed Forces Institute of Pathology Rawalpindi, 2nd-3rd April 2010.
- 34th PAP National Conference held at King Edward Medical University, Lahore, 5th-7th November 2010.
- Symposium on Medical Research/Writing held at Islamabad medical and dental college Islamabad, 16th June 2011.
- Workshop on Construction of MCQs and SEQs held at Islamabad Medical and Dental College Islamabad, 19th April 2013
- Workshop on Standardization of Laboratories Based on ISO 15189:2007 held at AFIP Rawalpindi, 17th may 2013
- Workshop on Principles of Forensic Toxicology held at AFIP Rawalpindi, 20th - 22nd January 2014
- Workshop on Research Grant Writing Skills held at University of Health Sciences Lahore, 13th February 2014.

- Workshop on Problem Based Learning held at Islamabad Medical and Dental College Islamabad, 28th April 2014.
- Workshop on Construction of MCQs One Best Type held at Islamabad Medical and Dental College Islamabad, 10th November 2014.
- Conference on The Continuum of Education in the Health Professions: Enhancing the Quality held at Foundation University Islamabad, 7th-8th March 2015.
- 6th Biennial Course in Chemical Pathology held at AFIP Rawalpindi, 15th -16th May 2015.
- Workshop on Guidelines for Writing Multiple Choice Questions held at Riphah International University Islamabad, 26th August 2015.
- Workshop on Uncertainty of Measurement & Validation of Methods held at AFIP Rawalpindi, 28th August 2015.
- CME Workshop on QA in Medical Education held at Islamabad Medical & Dental College Islamabad, 12th Nov. 2015
- Workshop on How to construct & Implement PBL held at Islamabad Medical & Dental College Islamabad, 9th Dec 2015.
- 6th Annual Public Health Scientific Conference on Fragile Health System: Issues and Challenges in Pakistan- Harnessing Opportunities held at Health Services Academy Islamabad, 11th-12th December 2015.
- Workshop on Biomedical Ethics held at Islamabad Medical & Dental College Islamabad, 28th January 2016.
- Workshop on Communication and Presentation Skills held at IMDC, 10th Feb 2016.
- Workshop II on QA in medical education held at IMDC, 6th May 2016.
- 7th Annual course on Chemical Pathology held at AFIP, Rawalpindi, 13-14th May 2016.
- Workshop on Construction and Implemental of PBLs held at IMDC, 16th November 2016.
- Symposium of ChemCON held at AFIP, Rawalpindi, 12th August 2017.
- Workshop of Mendeley Software, referencing style held at IMDC, 21st June 2018.
- 41st Annual Conference of Pakistan Association of Pathologist held at the PC Rawalpindi, 9-10th November 2018.
- Professional training course on Quality Management System Awareness on 22nd June 2019.
- Professional training course on Control of Documents held on 6th July 2019.
- Professional training course on Internal Auditing held on 4th September 2019.
- Workshop on STATA & E-views software packages held at CONSATS University Islamabad, 12th-13th September 2019.

- 10th Annual Conference of Chemical Pathology held at Army medical college Rawalpindi, 4 – 5th Oct 2019.
- CME Seminar on HIV Epidemiology in Pakistan & Myths of transmission.

WORKSHOPS/CONFERENCES/LECTURES ORGANIZED:

- 1st joint conference of PAP/Societies of Pathologists held at AFIP/Convention Center Islamabad, 7th to 9th December 2012.
- Workshop on Gastrointestinal Pathology held at Islamabad Medical & Dental College Islamabad, 28th Nov. 2015.
- Workshop on Male and Female Genital Tracts held at IMDC, 27th August 2016.
- Lecture on Quality control and Integration in Chemical Pathology held at IMDC, 30th September 2016.
- Workshop on FCPS-II Histopathology Exam preparatory workshop held at Islamabad Medical and Dental College, 6th October 2018.

CURRENT PROJECTS:

- Manuscript titled “Association of triglyceride glucose index and triglyceride HDL ratio with glucose levels and micro & macrovascular complications in patients with type 2 diabetes mellitus” is under process.
- Manuscript titled” Association of microalbuminuria with glucose levels in relation with blood pressure in patients with diabetes mellitus type 2” is under process.

SKILLS:

- Competent in using SPSS Version (21.00)
- Proficient in Statistical Analysis of data
- Implementation of ISO 9001:2015 certification in chemical pathology laboratory
- Internal Auditor of ISO-9001:2015 Quality Management System (QMS)
- Technical knowledge of state-of-the-art laboratory equipment
- Conversant in performing miRNA extraction and using RT-qPCR
- Communication and interpersonal skills
- Excellent computer skills

PROFESSIONAL AFFILIATIONS:

- Pakistan Medical Council (PMC)
- Pakistan Society of Chemical Pathologist (PSCP), Pakistan
- Higher Education Commission (HEC)

REFERENCES:

- Will be furnished on request