



DR KAMRAN AFZAL

MBBS, MPHIL (PHYSIOLOGY), CRCP, CQAP

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AWARD-WINNING & DETAIL-ORIENTED PROFESSOR OF PHYSIOLOGY

RESEARCH & ANALYSIS | PHYSIOLOGY | CLASSROOM MANAGEMENT | LECTURESHIP

Highly analytical and excellence-driven professional with extensive experience imparting knowledge as a physiology professor and an outstanding academic portfolio that includes numerous complimentary degrees and certifications. Impeccable record of developing and refining student knowledge by effectively educating medical students across various key institutes about the key concepts of physiology. Proven strong analytical and technical skills through substantial high-impact publications and research presentations. Strategic leader with highly effective lectureship technique to convey knowledge most comprehensively thus adding value to the institute and the students. Adept at assessing and reviewing the program to uncover areas of improvement, conducting research to identify the latest trends, and developing a new curriculum based on updated scientific knowledge and studies. Articulate communicator with the ability to foster growth-driven culture and trusted relationships with students, faculty, and management.

Areas of Expertise:

Value-based Education | Curriculum Development | Syllabi Preparation
Mentorship and Professional Development | Student Management | Lecture Presentation
Evaluation and Assessment | Research and Publishing | Grading | Performance Management | Collaboration

Technical & Language Proficiency:

English, Fluent | Urdu, Native | Arabic, Beginner
MS Office Suite | SPSS | Endnote | E-Learning | Zoom | Blackboard Training

PROFESSIONAL EXPERIENCE

MAJMAAH UNIVERSITY

2011 – At Present

Lecturer

Administered main functions such as delivering impactful and comprehensive lectures across key concepts of physiology. Interacted with students and gathered feedback to continuously modify teaching approaches to attain optimal understanding. Crafted several testing modules throughout the course to enable proficiency assessment. Supported and mentored students in delivering exceptional performance and attaining high grades.

Coordinator for psychology and Behavioral sciences module for four years and introduction to human body for two years and medical learning skills for two years,

Journal club member, Exam centre work for printing and preparing paper. Editor for Majmaah journal of health sciences. Member of faculty development committee.

AGA KHAN UNIVERSITY

Senior Instructor at Biological and Biomedical Sciences Dept

2022 – 2024

Education; Participating in teaching and educational activities like preparation of exams and conducting mock exams. Preparing research proposals and learning different aspects of research and lab procedures. Conduct three research projects in research module with the students.

Conducting sessions in Modules Human structure and function. Neurosciences and blood and respiration and circulation. Learning techniques. PCR, Eliza, Animal handling, Power lab. Designed educational workshop and course (for the orientation of students about medical curricula)

Attending all Medical education workshops.

- ✚ Conduct workshop on emotional intelligence in Hamdard University (Eastern medicine) on 26th May 2023
- ✚ Conduct workshop on PBL and TBL at Azra Naheed Medical College (superior university) on 5th and 8th august 2023
- ✚ Achieved Digital badge on completion of course on Facilitating online courses (FOC) in Aga khan university (22nd September 2023)

BAHAWALPUR MEDICAL AND DENTAL COLLEGE

2021 – 2022

Professor of Physiology

Oversaw and led various aspects of classroom management and lectureship to ensure effective conveyance of complex concepts and knowledge. Reviewed and assessed program effectiveness to identify gaps, devised corrective actions, integrated modification, and gathered feedback to assess lecture progress. Crafted and graded assignments to examine the work and progress of students based on defined criteria. Strategically deployed organizational resources and facilities to foster a developmental and learning-conducive environment.

COLLEGE OF MEDICINE MAJMAAH UNIVERSITY

2019 – 2021

Head of Assessment Unit of Quality Department

Developed, implemented, and led strategic plans and policies to ensure compliance with quality standards across the organization. Analyzed and highlighted areas of improvement as well as performance gaps and enforced prompt corrective action. Monitored service progress and delivery to confirm conformance with standard of excellence. Integrated procedures and processes to refine efficiency, reduce inconsistencies, and achieve desired outcomes.

AZRA NAHEED MEDICAL COLLEGE (SUPERIOR UNIVERSITY)

2013 – 2019

Professor of Physiology/Associate Professor/Assistant Professor

Directed key functions involved in the delivery of intensive educational lectures by deploying expert teaching skills and best practices. Continuously conducted research and analysis to identify ways to modify and refine the curriculum. Expertly executed classroom management and enforced compliance with organizational policies and rules. Drafted syllabus in conformance with structure and standards of the organization. Empowered and aided students in performance enhancement by offering help in and outside the class.

MAJMAAH UNIVERSITY

2011 – 2013

Lecturer

Administered main functions such as delivering impactful and comprehensive lectures across key concepts of physiology. Interacted with students and gathered feedback to continuously modify teaching approaches to attain optimal understanding. Crafted several testing modules throughout the course to enable proficiency assessment. Supported and mentored students in delivering exceptional performance and attaining high grades.

Cordinator for psychology and behavioral sciences module for four years and introduction to human body for two years and medical learning skills for two years

DOW INTERNATIONAL MEDICAL COLLEGE (D.I.M.C)
Lecturer – Research and Teaching Associate

2008 – 2011

Steered key activities involved in developing and delivering value-based education through a wide range of modules. Ensure effective learning by incorporating teaching best practices. Devised various assessments to highlight areas of weaknesses and supported students in betterment. Complied with organization standards and policies.

AGA KHAN UNIVERSITY HOSPITAL
Visiting Lecturer Physiology

2008 – 2011

Designed, developed, and produced effective teaching material across a diverse range of modules. Drafted and delivered lectures in line with organizational policies, requirements, and standards. Aided students in better conceptual understanding and skill development by offering help in-class and outside class. Conducted assessments to evaluate performance and supported students at their points of improvement.

Deal with sessions of human structure and functions module with radiology students and also conducted sessions of introduction of psychology and behavioral sciences.

Additional Experience: Lecturer at Hamdard College of Medicine and Dentistry; Medical Officer at Mashoor Herbal & Medical Center/ Sobail Memorial Hospital/ Al Shifa Welfare Medicare Center; Post-graduate Trainee at Civil Hospital Karachi; Internee in Medicine/ Surgery at Civil Hospital Karachi.

PROFESSIONAL AFFILIATIONS & HONORS

Nomination of **Editorial Board Member** from Pakistan for **SAAP** bulletin /College of Family Medicine, **Member** | American Physiology Society, **Member**
 Pakistan Physiology Society, **Member** | Pakistan Medical and Dental Council, **Member**
 Majmaah University Journal of Health Sciences, **Editor**
Winner of Best Teacher, Award | **2 Second Runner-up for Best Teacher, Award**

EDUCATION

DOW UNIVERSITY OF HEALTH SCIENCES | **M.Phil. in Physiology**
 CIVIL HOSPITAL KARACHI | **MCPS – Training in Family Medicine**
 DOW MEDICAL COLLEGE | **M.B.B.S**

CERTIFICATIONS & TRAINING

AGA KHAN UNIVERSITY | **Workshop Title: “From Books to Bots: Enhancing Teaching with ChatGPT”** | **Developing Your Teaching Dossier, Including for Promotion** | **Faculty orientation program** | **Introductory Short Course of Health Profession Education** | **Continuous Faculty Development Programme in Health Professions Education (CFDP-HPE)** | **Workshop on Critical Appraisal of Literature** | **Digital Boot camp: Creating & Sharing Interactive Lecture Content using Panopto** | **Continuous Faculty Development Programme in Health Professions Education (CFDP-HPE)** | **Workshop on Developing Extended Matching Questions (EMQs)** |

DOW UNIVERSITY OF HEALTH SCIENCES | **Clinical Research Certified Professional (CRCP)**

Biostatistics | Diversity of Vitamin D Functions**Grant Writing and Research Methodology – by Dr. Abdul Sohail Rao****National CME Series 2010 | Research Methodology | Medical Writing****PIQC | Certified Quality Assurance Professional (CQAP)****UNIVERSITY OF LAHORE | Quality Management in Health Care****COLLEGE OF MEDICINE MAJMAAH UNIVERSITY – DEPARTMENT OF MEDICAL EDUCATION****The Faculty Development Program | Revisiting the Basics of PBL | Seminar on Scientific Specialization****Emotional Intelligence | Blue Printing in Assessment | E-learning | Symposium ON Medical Education****Self-Reflection in Medical Education | Workplace Conflict Management | Training Session MD Consult Training****Effective Learning Skills to Write an Essay Question | Writing Outcomes/ Objectives for a Medical Course****Evaluating the Quality of Exams | Oral Presentation on Interactive Lecture | First Research Day****LIAQUAT NATIONAL HOSPITAL | Instruction in Basic Surgical Skills | ACLS workshop | National CME Series****SAUDI COUNCIL NCAAA | Work for Accreditation of College of Medicine Majmaah University****ROYAL COLLEGE OF FAMILY MEDICINE | CME Program****BAQAI INSTITUTE OF DIABETOLOGY & ENDOCRINOLOGY | CME on Diabetes****HAMDARD COLLEGE | Current Concepts in Medical Research, Biostatistics and Epidemiology****OJHA INSTITUTE OF CHEST DISEASES | Smoking Cessation Skills Building Workshop****Protecting Human Research Participants | Hepatitis B, C | Polio Awareness and Initiative | Expanding the Horizon of Integrative Medicine****RESEARCH PRESENTATIONS**

- Paper presentation at Lahore in Pakistan Physiological biannual conference in King Edward Medical and Dental College in April 2011 on **Vitamin D status in Type 2 Diabetics population attending the diabetic clinic in Karachi.**
- Poster presentation at Dow university research day **morphology of placenta in Gestational Diabetes Mellitus**
- Poster presentation on titled “**Vitamin D in type 2 diabetes patients of Karachi**” at International Union of Physiologist Congress in Birmingham, UK in July 2013.
- Poster presentation on titled “**Pulmonary functions in petrol pump workers of Karachi**” at International Union of Physiologist Congress in Birmingham, UK in July 2013.
- Poster presentation on titled “**Statistical model to predict Pulmonary function in type 2 Diabetes Mellitus patients**” at International Union of Physiologist Congress in Birmingham, UK in July 2013.

PUBLICATIONS

1. **Evaluation of the anti-inflammatory pharmacological effects of Artemisia annua extracts artemisinin in vitro and in vivo**, GDDDR (Global drug Design and development review.2023, vol 8(2), e-ISSN 2788-4120
2. **Incidence and association of seizures in stroke patients undergoing endovascular therapies**. PJMHS. 2023, Vol 17(4), 565-568
3. **Students’ and Faculty Perspective of Effective Feedback Analysed in an Outcome based Medical Education system of KSA**, ANNALS ABBASI SHAHEED HOSPITAL,2022, Vol 27(3)265-270
4. **Level of Vitamin D assessment in the serum of acute myocardial infarction (AMI) patients in tertiary care hospital**, BIOSCIENCE RESEARCH, 2022 19(2): 1126-1132.
5. **Assessing the knowledge of the paediatrician and general physician about the probiotics in the treatment of the infant diarrhoea**, BIOSCIENCE RESEARCH, 2022 19(2): 1148-1154.
6. **Item Analysis of Multiple-Choice Questions of Anatomy at Aziz Fatimah Medical and Dental College, Faisalabad**
P J M H S (Pakistan journal of medical and health sciences) Vol. 16, No. 2, FEB 2022

7. **Students' and Faculty Perspective about the Challenges in Feedback Process in an Outcome Based Education System,** P J M H S (Pakistan journal of medical and health sciences) Vol. 16, No. 2, FEB 2022
8. **Effectiveness of Hold Relax Proprioceptive Neuromuscular Facilitation Technique in Total Knee Arthroplasty.** Bioscience Biotechnology Research Communications. Vol 14. No 4 (2021): Jan-March.
9. **Prevalence of Metabolic Syndrome and Their Associated Risk Factors Amongst Adults** in District Bahawalpur. P J M H S (Pakistan journal of medical and health sciences) Vol. 15, No.12, DEC 2021
10. **Non-invasive exploration of Cardiac Autonomic Neuropathy by heart rate and blood pressure variability analysis in Type 2 Diabetic patients** Pakistan journal of medical sciences Vol 37 No 4 (2021): July – August 2021
11. **Correlation between sleep habits and academic performance in medical students of Majmaah University,** Kingdom of Saudi Arabia, Rawal Medical Journal: Vol. 45. No. 1, Jan.-Mar. 2020
12. **Medical Student's Feedback towards Problem Based Learning and Interactive Lectures** as a Teaching and Learning Method in an Outcome Based Curriculum, International Journal of Medical Research & Health Sciences 8 (4), 78-84, 2019
13. **Sample size determination in health research,** Journal of Ayub Medical College (JAMC) 2018
14. **Perception of medical undergraduates towards Problem Based learning (PBL) in an integrated outcome-based curriculum at College of Medicine.** Majmaah university, Saudi Arabia, South-East Asian Journal of Medical Education 47 Vol. 12, no. 1, 2018
15. **Perception of medical undergraduate students about interactive lectures in an outcome-based integrated curriculum: A cross-sectional study,** Journal of education and health promotion, volume 6,2017
16. **Perceived stress among male medical undergraduates at college of medicine, Majmaah Saudi Arabia,** IJAR and innovative idea of education, volume 1 issue 5 2015, ISSN (0) 2395-4396
17. **Students' Opinion About Usefulness of Interactive Lectures in conventional and hybrid curriculum,** Pak J Physio 2013;9(1)
18. **Gentamicin induced biochemical changes in auditory cortex of adult albino rats.,** journal of Asian scientific research, 2013 pgs. 876-881
19. **Interactive Lectures: A Perspective of Students and Lecturers,** JPMI 2013 Pgs152-156 Vol 27
20. **Gentamicin Induced Neurodegenerative Changes in Auditory Cortex of Adult Albino Rats,** Majmaah Journal of Health Sciences 2013
21. **How many subjects should be studied: sample size determination through hypothesis testing and confidence interval,** Majmaah j. health sciences, 2013 – vol. 1, no. 2
22. **"Uric acid, creatinine and proteinuria: Do they have any relationship with Leptin during pre-eclampsia? "**, medical forum, July 2012, pgs. 59-61.
23. **"Perception and preferences of undergraduate medical students regarding the use of contemporary teaching aids at Dow International Medical College,** Karachi, Journal of the Dow University of Health Sciences, 2011, Vol. 5: No. 1 pp. 34-36