

Rahela Najam

Citizenship : Pakistani ▪ Date of birth : 21 December 1960

Contact

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Profile

Availability Immediate

Work Shops

*** International conference on Nanotechnology King Saud University**

April 2009

Riyadh

***Conference on ISO certification**

King Saud University

Jan 2009

Riyadh

***14th international conference on Pharmacy**

March 2007

***Conference on Pharmacy exhibition and seminar by Pharma expo**

April 2007

***Pharmacy for life Conference**

Feb 2004

The 12th international conference and exhibition (IPEC) 2004 was attended at Karachi from Feb 18-21-2004. I also presented a paper on the Pharm D program that has recently been implemented in the different universities of Pakistan. This was organized by Pakistan pharmacist Association.

***Workshop on Psychopharmacology**

H.E.J Research Institute of Chemistry

Feb 19th to March 1st 2001

University of Karachi

The H.E.J research institute of chemistry, University of Karachi organized a workshop on the recent advances in Psychopharmacology and its importance on the management of psychiatric illnesses. This was delivered by Dr. Mujeebuddin Shad from western Psychiatric Institute and clinic, University of Pittsburgh USA.

***Workshop on Molecular Biology**

H.E.J Research Institute of Chemistry

2000

University of Karachi

This workshop was on the cellular basic mechanism. This workshop was conducted by Dr. Riffat Ali Siddiqui from USA and gave concepts about genes and cellular mechanisms involved in many pathological conditions.

***Training course in Pharmacy**

University Grants Commission

Feb 19th to March 1st 2001

Islamabad

This training workshop conducted by UGC covered the analytical methods of analgesic of pharmaceuticals, application of Drug-metal complex in biological system. The course also covered advances and mechanism of action of psychiatric drugs, herbal medicines, advances and its development, and also the curriculum involvement in Pharmacy.

***Workshop By ISBBP**

Department of Biochemistry

1997

University of Karachi

This international conference of biochemists was attended and also presented a paper on the herbal effects of Lantana camara. The conference was on the effects of neurotransmitters in different psychiatric conditions and their possible interrelationship.

***Second Biennial National Conference**

Department of Pharmacology

1996

University of Karachi

This conference was conducted in collaboration with department of pharmacology university of Karachi. I also presented a paper in the conference as the conference covered the session related to the Pharmacology and therapeutics.

***First Biennial National Conference**

Department of Pharmacology

1995

University of Karachi

This was first biennial national conference on pharmacology and therapeutics held at Karachi University. I also presented a paper in this conference.

Appreciation Certificate

Department of Pharmacology

1994-1995

University of Karachi

A certificate of appreciation was awarded to me during my excellent research papers during the calendar year of 1994-1995 and these papers were on different screening of herbal natural products to explore their therapeutic value.

Name in Researchers of Pakistan

Department of Pharmacology

2001-2002

University of Karachi

The list of researcher of Pakistan also include my name since I have research on herbal products.

Education

2004	PhD (Neuropharmacology) Department of Pharmacology Faculty of Pharmacy University of Karachi
1992	MPharm (Neuropsychopharmacology) Dept of Pharmacology Faculty of Pharmacy University of Karachi
1984	Pharm. B Faculty of Pharmacy University of Karachi
1980	H.S.C St-Josephs Govt College for women Karachi
1978	S.S.C Minwalla Cant School Karachi.

Activities and Interests

Internet	Web designing, Web surfing, Facebook
Reading Books	Medical in general, Poetry, Philosophical
Teaching	Pharmacology, Anatomy, Physiology, Pathology
Music	Classical, Ghazals, Sufi's

Languages

Urdu (native)

English (fluent)

Arabic (basic)

Current Position

Associate Professor

2005 TO DATE

Chairperson Department of Pharmacology

July 2009 to Date

POSITIONS HELD:

Associate Professor

King Saud University

Nov 2008 to June 2009

Assistant Professor

2000-2005

Lecturer

1994-1999

Teaching following courses to **PharmD**

- ▶ Physiology
- ▶ Hematology
- ▶ Toxicology
- ▶ CVS Pharmacology
- ▶ Psychopharmacology
- ▶ Neuropharmacology
- ▶ Systemic Pharmacology
- ▶ Clinical Pharmacology
- ▶ Therapeutic Drug Monitoring
- ▶ Anatomy
- ▶ Pathology

Post graduate teaching experience **MPharm, MPhil , MS & PhD**

- ▶ Supervising 5 PhD students.
- ▶ 4 M.S are enrolled
- ▶ 2 M.Phil students completed their research
- ▶ Teaching MPharm since 2001 and 8 MPharm students have completed their research under my supervision.

Work Experience

2004 to date

External examiner

Jinnah University for Women

2009 to date

Member Academic Council

Jinnah University for Women

2009 to date

Member Board of Studies

Sindh University Jamshoro

2003-2006

Faculty Student Advisor

Faculty of Pharmacy

1996-98

External examiner

Bhawalpur University

1986-89

Staff Pharmacist

Aga Khan University Hospital

Department of Pharmacy Services

Karachi

1985-85

Industrial Pharmacy

Hoechst Pharmaceutical Pakistan

Karachi

PROFESSIONAL MEMBERSHIP:

- Member Pharmacological Society of Pakistan
- Member Pakistan Pharmacist Association

EXTRA-CURRICULAR ACTIVITIES:

Incharge official magazine Pharmacia

- **Rahila Najam** “Hypophagic and hypolocomotive effects OF m-CPP (metachloro phenyl piperazine) are smaller in repeated theophylline but not caffeine treated rats.” Pak.J. Pharm.sci (in press).
- **Rahila Najam, Sadaf Naeem.** “**A Comparative study on liver toxicity profile of Diclofenac sodium and Piroxicam on rabbits.**” Med. Forum vol.22. no.4 .pg – 21-26 (2011)
- Nighat Kafil, **Rahila Najam** “Comparison of efficacy and tolerability between sertraline and flouxetine in patients with major depression.” Med. Forum vol.22. no.4 .pg – 44-50 (2011)
- **Rahila Najam, Adila Nasir, Saira Saeed Khan** "**Comparative study on the effect of zopiclone and flurazepam**" Pak. J. Chem.1(2) : 1-5. (2011)
- **Rahela Najam, Saira Saeed Khgan** "**Assessment of lipid lowering effects of vitamin E**" Med. Forum, Vol. 22, No. 1, pg 18-22 (2011)
- Ghulam Rasool Bhurgri, **Rahela Najam, Nazeer Solangi, Abdul Hameed Memon** "**Toxicological profile of typical and atypical anti-psychotic drugs in psychotic disorders**" Med. Forum, Vol. 21, No. 12,(2010)
- **Rahila Najam, Nusrat Bano, Shahida P. Ahmed** "**The therapeutic role of Mg in different depressive syndromes of female patients**" Pak J pharma 27(2) July 2010 Pg (1-8)
- **Rahila Najam, Shahida P. Ahmed and Iqbal Azhar** (2010). Pharmacological activities of Hypnea musciformis. African Journal of Biomedical Research Vol. 13, No. 1, 2010 157-162
- **Rahila Najam, Shahida P. Ahmed, Sadia Suri and Shamoona Takween** (2009). Comparative Study of Drugs in Hyperglycemic State. Pakistan J. Pharmacology. 26 (1): 39-46
- **Najam R,** and Khursid S.J (1997). Bioavailability of chloramphenicol from different brands. ISBBP 2nd conference, pp 177-179.
- Afroz S, Ahmed S.P, Farooqi S, **Najam R,** Haider Sand Haleem D.J (1997). Antidopaminergic activity of Zuclopenthixol acetate. 2nd biennial conference on Pharmacology and Therapeutics. pp 57-61.
- Khursid S.J, Ahmed S.P, and **Najam R** (1997). Biological evaluation of iron (II), (III) amino acid complex. Pak. J Pharmacol. 14 (1): 13.
- Naqvi S.T, Ahmed S.P, **Najam R,** Haider S, Zuberi M S.A and Haleem D.J (1997). Effects of cocain analogos on brain bioamines of male mice. Pakistan J. Pharm Sci 10 (1), pp 47-52.
- **Najam R,** Ahmed S.P, Ahmed S.I and Ahmed M. (1996) Pharmacological screening on P.Lanceolata. ISBBP 2nd conference. pp 251-254.

- Afroz S, Naqvi T, **Najam R**, Ahmed S.P, and Haleem D.J. (1996) Neuropharmacological profile of zuclopenthixol acetate. ISBBP 2nd Conference 195/196.
- Khursid S.J, Riffat T, **Najam R**, Sadiq M.Z and Ahmed S.P (1996). Piroxicam determination in pharmaceutical preparations. ISBBP 2nd conference. pp 181-182.
- Ahmed S.P, Ahmed, Ahmed S.I and **Najam R** (1995). Pharmacological screening of Carissa carandas. 1st Biennial National Conference on Pharmacology and Therapeutics. pp 81-85.
- Ahmed S.P, Ahmed M, **Najam R**, and Khurshid S. J (1995). Effects of some psychoactive drugs on stress-Induced in alteration plasma cortisolone level. J.P.M.A. pp 153-155.
- Ahmed S.P, Sharafatullah T, **Najam R** (1994). Effects of antipsychotics on hematological parameters of rabbit. Pakistan J. Pharm Sci 22 (1&2): 109-120
- Aruj N, Ahmed S.P, **Najam R** and Ahmed S.I (1994). Stress induced biochemical changes in rats. Pakistan J. Pharm. Sci. 7 (2): 25-33
- Ahmed S.P, Ahmed M and **Najam R** (1994). Effects of Syzygium Cumini on stress-induced changes. Pakistan J. Pharm. Sci. 7 (2).
- Ahmed S.P, Ahmed M, Rizwani G.H, Siddiqui S, Ahmed S.I and **Najam R** (1994). Neuropharmacological activity of P. spinosa and P. amygdalus. Pakistan J. Pharm.Sci. 7 (2)
- Siddiqui S, Ahmed S.P and **Najam R** (1994). Pharmacological activity of Hypnea musciformis. Pakistan J. Pharm Sci 24 (1) 106-108
- **Najam R**, Ahmed S.P, Ahmed, Ahmed M, Haider S, Haleem D.J, and Ahmed S.I (1994). Pharmacological activity of Lantana camara. ISBBP Proceedings, P 145.
- Aruj N, Ahmed S.P, **Najam R**, and Ahmed S.T (1994). Stress induced hematological changes in the rats. Pakistan J. Pharmacol. 15 (2) pp 75-80
- Ahmed S.P, **Najam R**, and Aruj N (1994). Review on stress. Pakistan J Med Res. Vol. 37 (1) pp 46
- Ahmed S.P, Sharafatullah T, **Najam R** (1993). Effects of antipsychotics on biochemical parameters of rabbit. Pakistan J. Pharmacol. 10 (2): 15-23

(4 new publication are sent for acceptance)

ACADEMIC MEMBERSHIP

- REGISTERED PHARMACIST BY PAKISTAN PHARMACY COUNCIL
- Member, Academic Council, University of Karachi
- Member, Academic Council, Jinnah University for Women, Karachi
- Member, Board of Studies, Department of Pharmacology, Faculty of Pharmacy, University of Karachi
- Member, Board of Studies, Jinnah University for Women, Karachi
- Member, Board of Studies, Sindh University, Jamshoro,
- Member, Committee for designing Pharm-D courses,

EMPLOYMENT RECORD

Associate Professor (Equivalent to BPS-20) on FSL

December 2008 to July 2009

**Department of Pharmacology,
Faculty of Pharmacy,
King Saud University,
Riyadh, KSA**

Teaching to undergraduates pharmacology and therapeutics, drug and disease based study. Also teach Anatomy, Physiology, Pathology and Toxicology.

Teaching to MS/Ph.D students, pharmacology, therapeutics and toxicology, preparing them to work in a clinical setting

Associate Professor (BPS-20)

November 2005 to To-date

**Department of Pharmacology,
Faculty of Pharmacy,
University of Karachi**

Teaching to undergraduates the pharmacology and therapeutics drug and disease based study. Also teach Anatomy, Physiology, Pathology and Toxicology.

Teaching to MS/Ph.D students, pharmacology, therapeutics and toxicology, preparing them to work in a clinical setting

Research guidance of M. Phil / M.Pharm, MS and Ph.D students

Assistant Professor (BPS-19)

June 2001 to October 2005

**Department of Pharmacology,
Faculty of Pharmacy,
University of Karachi**

Teaching to undergraduates the pharmacology and therapeutics drug and disease based study. Also teach Anatomy, Physiology, Pathology and Toxicology.

Teaching to M. Pharm students, pharmacology, therapeutics and toxicology, preparing them to work in a clinical setting

Research guidance of M.Pharm, students

Lecturer (BPS-18)

June 08, 1994 to May 2001

**Department of Pharmacology,
Faculty of Pharmacy,
University of Karachi**

Graduate level teaching, M. Pharm Courses, teaching advanced Neuropharmacology, and Hematological aspects. New advancement in Cancer Chemotherapy and Physiology courses

Staff Pharmacist (Equivalent of BPS-17)

1985 to 1989

Aga Khan University Hospital, Karachi

Formulated the formulary of the Hospital, Prepared cancer chemotherapy, I/V admixture, Training of Nurses, Drug Information Service, Counselling of Patients in OPD, Drug Monitoring, Compounding and Dispensing

Industrial Pharmacist

Hoechst Pharmaceutical Pakistan

1985 on the Job Training

Got training in various areas of production, quality control for solid dosage forms and for parentals.

Finalization and packing of finished products. Exposure to Quality Control methods.

RESEARCH GUIDANCE

Degrees Awarded (M. Pharm)

S. No	Name	Degree awarded	Year	Title
01	Sadaf Naeem	M. Pharm	2007	A comparative study of diclofenac sodium, potassium and piroxicam in inducing hepatocellular damage in rabbits
02	Syeda Ambreen Bano	M. Pharm	2008	Comparison of behavioral deficits produced by haloperidol and lithium
03	Hina Ilyas	M. Pharm	2009	Assessment of cognitive impairment in non-venzodiazepines
04	Adila Nasir	M. Pharm	2009	Comperative study on effects of zopiclone and flurazepan
05	Tamar Albert	M. Pharm	Degree awaited	Evaluation of fluoxetine induced hyper excitability in rex.
06	Fareha Aleem	M. Pharm	Degree awaited	Evaluation of drug induced neuronal damage in rex.
07	Qurat-ul-Ain Zaidi	M. Pharm	Degree awaited	Assessment of prescription error in psychiatric patient
08	Syed Abdul Musavir	M. Pharm	Degree awaited	Comparative study of diclofenac and piroxicam on CVS system.

Students Enrolled (M. Phil)

S. No.	Name	Year	Title
01	Saira Saeed Khan	2010 Degree Awarded	Role of Antioxidants and Effects of Lipid Lowering Agents on Different Biochemical and Hematological Parameters
02	Humera Siddiqui	2010 Degree Awarded	CNS screening of drugs from herbal origin and their effect on hematological and biochemical parameters.
03	Afshan Rafeeq		Toxicological and pharmacological aspects of acetylsalicylic acid in different doses and in different preparations.
04	Farzeen Ilyas	2010 Thesis Submitted	Toxicological profile of valproic acid, levetiracetam and pregabalin.
05	Dr. Faiza Hassan		In vitro evaluation of antimicrobial activity of calcium hydroxide in dental treatment.

Students Enrolled (M.S /Ph.D)

S. No.	Name	Year	Title
01	Humera Khatoon	2010	Screening of acarbose and rosiglitazone for their pharmacological and toxicological profile.

Students Enrolled (Ph.D)

S. No.	Name	Year	Title
01	Nusrat Bano		Adverse effects of a new combination of 5 FU with oxaliplatin in advanced carcinoma
02	Masood Ilyas		Role of antioxidant in neurodegenerative disorders.
03	Dr. Ghulam Rasool		Studies on efficacy and safety of resperidone and haloperidol in psychotic patients
04	Dr. Nighat Kafeel		Comparative analysis of the effects of conventional antidepressants (Tricyclic Antidepressants) with Selective Serotonin Reuptake Inhibitors in Pakistani Population Suffering from Major Depression.