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| **Dr (rer.nat.) IFTIKHAR ALAM**  423C0895  **Assistant Professor**  **Department of Agriculture**  **BACHA KHAN UNIVERSITY, CHARSADDA, KPK** | |
| ***PERSONAL*** | * Date of Birth: 10-03-1974. * Nationality: Pakistani * Marital Status: Married (*Safia Beum (wife) and three daughters, Adiba, Zeba and Mihrun Nisa*). |
| ***ACADEMICS*** | * Ph.D: Center for Medical Research *(Zentrum fur Medicinche Forchung, ZMF*), University of Tuebingen, **GERMANY** (“very good A Grade”) * M.Sc. Biology, University of Tuebingen, **GERMANY** (“Good A Grade”) * M.Sc. (Hons) Human Nutrition, AUP (A grade CGPA: 3.69; 83%) * B.Sc. (Hons) Human Nutrition, AUP (A grade CGPA: 3.29; 75%) * H.S.S.C., F.Sc. (Pre-Medical)–**EDWARDES COLEGE, Peshawar** (71.2%) A-grade Ist Div * Intermediate (Science) – (74%) A-grade, Ist Div |
| ***DISTINCTION*** | * **Best Academic Performance Certificate** of the year, 1990 * Best Academic Performance Certificate of the year, **Edwardes College Peshawar,** 1992-93**.** * **HEC Indeginous Scholarship** * **Dr. Ghaffar Award for the best college student, 1993** * Ist position throughout B.Sc. (Hons) and M.Sc (Hons), Department of Human Nutrition, AUP. * Won **DAAD Fellowship Award** for PhD 2007-2010 |
| ***SHORT-TERM***  ***COURSES*** | * ***Child Care*** (AIOU, Islamabad) * ***Food and Nutrition*** (AIOU, Islamabad) * ***Applied Food and Nutrition*** (AIOU, Islamabad) * ***Family Health and Care*** (AIOU, Islamabad) * ***Awareness of Public About Special Needs of children*** (AIOU,   Islamabad)   * ***Common Health Problems, Their prevention and Nutritional Therapy***  (AIOU, Islamabad) |
| ***TRAININGS*** | * 4 weeks training on **blood specimen collection, crypreservation, storage in liquid nitrogen and shipment at Centre for Medica Research** (ZMF), **Tuebingen University, Germany.** * 2 week training on operation of **FLOW CYTOMETRY** **at Centre for Medica Research** (ZMF), **Tuebingen University, Germany** * 1 week training on **CMV analysis** at **Department of Virology Tuebingen University, Germany.** * **CMAM and IYCF, UNICEF**, Peshawar on 6-11 Feb, 2012. * **Experts Training in Fortification**, Dubai UAE * **Laboratory Bio-safety and Bio-security**, **Bangkok, Thailand** * **Total Nutritional Therapy (TNT)** by Abbott, Pakistan * **PCM & Logical Framework**, Asia Link Program, **EU Karachi** * **Clinical Nutrition**, Paracha Hospital Peshawar * **Nuclear Technology in Food Preservation**, NIFA Peshawar |
| ***CURRENT***  ***POSITION &***  ***RESPONSIBILITIES*** | * Presently working as Founder Chairman, Department of Human Nutrition & Dietetics, Faculty of Sciences, Bacha Khan University Charsadda, Pakistan * ***Assistant Professor***, in the Department of Agriculture, Department of Human Nutrition & Dietetics, Faculty of Sciences, Bacha Khan University Charsadda, Pakistan, teaching Immunology, Human Physiology, Laboratory Techniques and other nutrition subjects. * Also responsible for the supervision of M.Sc. (Hons) research thesis and B.Sc. (Hons) internship students of Department of Human Nutrition, AUP. |
| ***PROFESSIONAL EXPERIENCE*** | * As ***Human Nutritionist & Diet Counselor*** *at* ***Department of Neurosurgery, Postgraduate Medical Institute, Hayatabad Medical Complex, Peshawar***, Pakistan from **March, 1998**. * As ***Human Nutritionist & Diet Counselor*** *at* ***Department of Neurosurgery and Head Injury Society, Postgraduate Medical Institute, Hayatabad Medical Complex, Peshawar***, Pakistan from **January, 2000 till 30 January 2002**. * As ***Dietitian*** (BPS-16) **at Combined Military Hospital (CMH) Kharian Cantt**., from February **2002 till December 2002**. * As ***Short-Term Consultant*** of **Micronutrient Initiative (MI)** from **January, 2003 till January 2004.** * As ***Assistant Superintendent Prison* (ASP)** from **January 2004 till 28-08-2005**. * As ***Lecturer & Junior Research Specialist (JRS)* (BPS-18)** at the Department **of Human Nutrition, Faculty of Nutrition Sciences, Agriculture University Peshawar, KPK**, Pakistan from **28-08-2005** till **05-04-2012**. * As ***Assistant Professor* (BPS-19) (Human Nutrition & Food Technology)** in the **Department of Agriculture, Abdul Wali Khan University, Mardan, KPK, Pakistan**, from **05-04-2012** till **21-06-2012.** * As ***Assistant Professor* (BPS-19) (Human Nutrition & Food Technology)** in the **Department of Agriculture, Bacha Khan University, Charsadda, KPK, Pakistan**, from **06-04-2012** till **date.** |
| ***FACILITATION EXPERIENCE*** | * Training experience of nursing staff at **Head Injury wards, ICU and pediatric wards** in nutritional care at **Hayatabad Medical Complex, Peshawar, Aga Khan Hospital Karachi, KTH, Peshawar**. * Knowledge and broad experience in facilitating brainstorms, project start ups and project evaluations. * Organization/design of and participation in a number internal and external (scientific) meetings. * Supervising Assistant in practical laboratory teaching at the **University of Agriculture, Peshawar.** * Mentorship of student groups in problem oriented education, **Tuebingen University, Germany.** * Organization and supervision of theory and practical laboratory teachings of **DIPLOM students, Tuebingen University, Germany**. |
| ***KNOWLEDGE FIELDS*** | * Nutritional immunology in the aged populations * Nutritional status assessment * Evaluation of body composition using BIA techniques * Dairy products, fruit juices and Cardiovascular Health * Potential effects of foods on mood * Phospholipids and Functional Foods * Eating disorders * Overweight and weight management: definitions, population statistics and health concerns * Satiety and satiation * Energy metabolism * Potential Health effects of Fermented Dairy Products (coaching of high school students) * Protein digestion (coaching of junior researcher) * Mucosal integrity (coaching of junior researcher) * Nutrition and atopic disease in young children * Milk and bone metabolism * Milk protein allergy in infants * Age limits and Guidelines for a healthy diet. * Folic acid and neural tube defects. * Addition of essential nutrients to food. * Health claims on food and the use by consumers * Cereal dietary fibers and gut health * Cereal dietary fibers and weight management * Health effects of whole grains * Nutrient profiling of foods * Methodology of study design of human intervention studies * Criteria for the validation of (bio)markers |
| ***SOCIAL SKILLS AND COMPETENCE*** | * Sensitive in interaction with others, strong team worker, stimulates others to cooperate where possible, give feedback where necessary * flexible and teaching others to learn how to adapt an effective working style * Stimulate others to take action, integer, active participator in meetings, networker. |
| ***ORGANISATIONAL SKILLS AND***  ***COMPETENCES*** | * Result driven, strong in controlling processes during meetings, high quality standard, high organizational skills (being trained as facilitator). |
| ***TECHNICAL SKILLS AND***  ***COMPETENCES*** | * Strong and broad background in life sciences, nutrition sciences, analytical, science |
| ***COMPUTER SKILLS AND***  ***COMPETENCES*** | * Advanced user of both Apple and Windows platforms and related office software. * Driving licence: Pakistani driving licence, cars up to 3500 kg with trailer. |
| ***NUTRITION/ IMMUNOLOGY/BIOLOGY CONFERENCES/ SEMINARS ATTENDED*** | * **2007.** *Represented Dr Pawelec at Sens-it-iv Meeting, Steering Committee and Management Team, Frankfurt,* **Germany.** * **2007**. *The Phenion Full Thickness Model and its Applications. Phenion Head Quarters*, Düsseldorf, **Germany.** * **2009**. *2nd European Congress of Immunology (EFIS),* Berlin, **Germany.** * **2009**. *3rd International congress on Prediabetes and the Metabolic Syndrome,* Nice, **France.** * **2009.** *EACR Special Conference (satellite meeting): Inflammation and Cancer.* **Berlin, Germany.** * **2009.** *EUROTOX 2009,* Dresden, **Germany.** * **2009.** *Organotypic Tissue Culture for Substance Evaluation,* Potsdam, **Germany.** * **2009.** *T cell recognition of chemicals, protein allergens and drugs: towards the development of in vitro assays, Expert Meeting, IDI-IRCCS Hospital,* Rome, **Italy.** * **2010.** Inter-culture communication skills, **Bonn, Germany** * **2010.** *12th Gut Day Symposium,* **Gent, Belgium.** * **2010.** *4th annual ADMET Europe, Med-Chem Europe, Pharma Outsourcing Congress and Flow Chemistry Europe conference and exhibition*, Munich, **Germany.** * **2010.** *Congrès Francophone annuel de diabétologie,* **Lille, France.** * **2010**: *26th Hohenheim Consensus Conference: Scientific substantiation of health claims: evidence-based nutrition.* **Hohenheim, Germany.** * **2010:** *First BNS Annual Conference - "Lipids in Nutrition"*: 23 April 2010, Brussels, Belgium. * **2010:** *Joined Event: Belgian Lipid Club and Belgian Nutrition Society - "Nutrition and Atherosclerosis":* **Brusseles, Belgium.** * **2010:** *The Power of Programming - Developmental Origins of Health and Disease*. **Munich, Germany.** |
| ***SPECIAL LECTURES ATTENDED*** | * 29. October. 2007. **Dr. Evelyna Derhovanessian.** *IL-17+**CD4+ T cells in cancer patients.* * 05. November. 2007. **Nicole Staudt.** *Cathepsin X in the hematopoietic stem cell niche* * 12. November. 2007. **Flavia Ribeiro.** *Role of IL-15 in T cell memory subsets* * 19. November. 2007. **Paulina Rymkiewicz.** *Netrin receptors in the human thymus.* * 26. November. 2007. **Thomas Schreiber.** *The integrin alpha9 on human hematopoietic stem cells.* * 03. December. 2007. **Tatjana Kaiser.** *Effects of bisphosphonates on osteoblasts.* * 10. December. 2007. **Nicole Staudt.** *Cathepsin X in the human stem cell niche.* * 17. December 2007. **Dr. Anis Larbi .** *T cell differentiation.* * 24. December 2007. **Flavia Ribeiro.** *CMV antigen specific T cells and IL-15.* * 31. December 2007. **Paulina Rymkiewicz.** *MMP-19 in the human thymus.* * 18. März 2009. **Dr. Neufeld (Roche AG).** *The xCELLigence System.* * 25. März 2009. **Katrin Warstat.** *IL-16 expression in rheumatoid arthritis.* * 10. Juni 2009. **Dr. Stefan Reineke.** *Infrared imaging system.* * 28. Oktober 2009. **Dr. Miriam Rothdiener.** *Targeted siRNA carrier systems for the treatment of acute myeloid leukemia.* * 04. November 2009. **Dr. Anis Larbi.** *Immunity in* [*centenarian*](http://dict.leo.org/ende?lp=ende&p=5tY9AA&search=centenarian)*s.* * 11. November 2009. **Nicole Staudt.** *Cathepsins in the stem cell niche*. * 25. November 2009. **Diana Meckback.** *Osteogenic differentiation in MSC.* * 02. Dezember 2009. **Jutta Gamper-Tsigaras.** *Citrullinated proteins in RA.* * 09. Dezember 2009.**Tatjana Kaiser.** *Breast cancer and the bone* marrow. * 30. Juni 2010. **Dr.Valeria Pellicano.** *Systemic inflammation and immune profilinginAlzheimer’s Disease*. |
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| ***RECENT***  ***NATIONAL &***  ***INTERNATIONAL***  ***PUBLICATIONS*** | * Alam I, Ali I, Ali S, **Alam I**, Farzana, et al. (2013) Impact of Combination Interferon Therapy on the Body Weight, Body Fat and Lean Body Mass of Chronic HCV Infected Patients. J Antivir Antiretrovir 6:001-005. doi: 10.4172/jaa.1000087 * Goldeck D, Larbi A, Pellicanó M, **Alam I,** Zerr I, et al. 2013. *Enhanced Chemokine Receptor Expression on Leukocytes of Patients with Alzheimer's Disease.* **PLoS ONE**. 8(6): e66664. doi:10.1371/journal.pone.0066664. **IF=4.08** * Gul R, **Alam I**, Alam I, Khan S, Paracha PI. 2013. *Aging affects the number of WBC and its subsets in a Pakistani cohort of young and elderly women.* **ARPN J of Agri & Bio Sci**. 8:9. 638-641. * Ullah N, **Alam I**,Aurang Zeb, Najma Iqbal and Alam Khan. 2013. *Proximate composition of the prepared dishes of district Mardan and Peshawar.* **ARPN J of Agri & Bio Sci**. 8:9. 364-372. * Farukh Tabassum, Alam Khan, **Alam I**, et al. 2013. *Determination of glycemic indices and glycemic loads of various types of cereal foods.* **ARPN J of Agri & Bio Sci**. 8:6. 493-497 * Ullah N, **Alam I**. 2012. *Nutritional care of patients with pressure ulcers: Some evidence based guidelines*. **Pak J Med Sci**. Vol. 28 No. 1. **IF=0.142** * **Alam I**, Alam I, Paracha PI, Pawelec G. 2012. *Higher estimates of daily dietary net endogenous acid production (NEAP) in the elderly as compared to the young in a healthy, free-living elderly population of Pakistan.* **Clinical Interventions in Aging**. 7. 565 – 573 **IF=2.083.** * **Alam I**, Tze Pin Ng, Anis Larbi. *Does inflammation determine whether obesity is metabolically Healthy or unhealthy? : The aging perspective.* **Mediators of Inflammation**. **2012.** 456456. doi:10.1155/2012/456456   **IF=3.231**   * Alam I, **Alam I**, Ullah N, Ali I. *The effects on and underlying mechanism of interferon therapy on body weight and body composition.* **Pak J Pharm Sci.** **2012.** (In press). **IF=1.181** * **Alam I**, Pawelec G. *Aging, nutrition and immunity – their Relationship and interaction.* Nutr & Aging. **2012**. 1(3-4), 151-165. * **Alam I,** Larbi A, Pawelec G. *Aging affects the number of T and B cells in a group of elderly in developing countries – a pilot study from Pakistan.* AGE. 35(5):1521-30. (Dordr.) **2012** Jul 19. [Epub ahead of print]. **IF=6.28** * **Alam I,** Larbi A, Pawelec G. Paracha PI**.** *A comparison of anthropometrics, biochemical variables and nutrient intake between young and elderly men.* J Aging Res & Clin Prac. **2012**; 1(2): 116-24.). * **Alam I**, Larbi A, Pawelec G. *Nutritional status influences peripheral immune cell phenotypes in healthy men in rural Pakistan.* Immun Ageing **2012**; 9:16 doi:10.1186/1742-4933-9-16. **IF=3.456.** * **Alam I,** David Goldeck, Anis Larbi, Graham Pawelec. 2011. *Flow cytometric lymphocyte subset analysis using material from frozen whole blood.* J Immunoassay Immunochem. **2012**; 33(2):128-39. **IF=1.856** * **Alam I,** Anis Larbi, Graham Pawelec, Parvez. I. Paracha. *Relationship between anthropometric variables and nutrient intake in apparently healthy male elderly individuals: a study from Pakistan.* Nutr J. **2011**; 10:111-20*.* **IF=2.451.** * **Alam I**, and Fawad Bangash. *Oral Health and Nutritional Status of the free-living elderly in Peshawar, Pakistan.* SMJ. **2010.** 31(6):713-5. **IF=0.587** * **Alam I,** and Paracha PI. *Breastfeeding during Crises and Emergencies.* Int. J. of Med. and Bio. Frontiers; **2009;** vol. 16, issue: 9-10. * **Alam I,** and Parvez Iqbal Paracha. *Caring for the Muslim patients-some religious issues.* Int. Med J. **2009.** Vol. 8 No 1. * **Alam I, et al**. *Prisoners’ women and children - from Nutrition perspectives.* Sar.J.Agr. **2008**. 24 (1) 123-27. * Ijaz, A. K., G. Hassan, Ihsanullah and **Iftikhar Alam.** *Effect of wild oats (Avena fatua) densities and proportions on yield and yield components of wheat.* Journal of Agriculture and Biological Science. **2008.** 2(1) pp:26-31. * Mohammad Ayub, Quasid Ahmad, Mohammad Abbas, Ihsan Mabood Qazi.and **Iftikhar Alam.** *Composition and adulteration analysis of milk samples.* Sarhad J. Agric. **2008.** Vol. 23, No. 4, pp 1127-1131. * Saleem Khan, M. Abbas, fozia habib, **Iftikhar Aam**, and N. Iqbal. 2007. *Prevalence of diabetes mellitus in Mirpur and Kotli districts of Azad Jammu &Kashmir (AJ&K).* Sarhad J. Agric. **2007.** Vol. 23, No. 4, 2007. * **Iftikhar Alam** and Niamat Ullah. *Qur-an, human embryology and nutrition*. SMJ. **2006.** Vol. 27 (10): 1603-1605. **IF=0.587.** * **Iftikhar Alam**. *Fundamental rights of infants are guaranteed in Islam – Breast feeding is mandatory.* Saudi Med., J. **2007.** 28(2):297-9 **IF=0.587.** * **Iftikhar Alam**, Safoora Khan, Niamat Ullah. *General and nutritional protocol of nasogastric (NG) feeding of neonates in a public hospital of Peshawar, NWFP*. Rawal Med J June **2006**; 31(1):25-8. * Khan IA, Hassan G, Marwat KB, **Alam I**. *Yield and yield components of wheat affected by wild oats (Avena fatua) densities under irrigated conditions.* Herbologia. **2006.** Vol 7:2. * Safya A., **Iftikhar Alam,** Niamat Ullah, Fozia H., M. Abbas, S. Khan, Zia Ud Din,Zafar Iqbal. 2006. *Garlic and its importance in human nutrition.* **PUTAJ 18 (20), 111-120.** * **Iftikhar Alam**, Niamatullah, Muhammad Abbas, Zia-ud-Din and Saleem Khan. 2006. *Calcium Fortification of Vinegar with Chicken Eggshells.* Sarhad journal of Agriculture. 22:4. 681-684. * **Iftikhar Alam,** Ijaz Ahmad Khan and Wajahat Nazif. *Weeds as Human Food-A Conquest for Cheaper Mineral Sources.* Journal of Biological Sciences. **2006.** Vol 1, No.2. * Sajida Parveen, Wajahat Nazif, Mian Furqan Ahmad, Ahmad Khan and **Iftikhar Alam**. 2006. *Nutritional status of different orchards irrigated with wastewater in district Peshawar.* Journal of Biological Sciences. Vol 1, No.1. * **Iftikhar Alam** and Niamat Ullah. 2006. *Dietary Patterns of Macro and Micro-nutrients Intake of Children and Mothers of the Christian Community Living in Peshawar.* Pak J Med Res: 45:3, 2006. * **Iftikhar Alam** *et al*. *Formulation and Nutritional Facts in Respect of Bakery Products of Peshawar and Mardan Divisions* (Sarhad J. Agric. Vol.19. No.1, 2003). * **Iftikhar Alam** *et al***.** *Nutrient Density of Confectionery Products Consumed in Peshawar and Mardan Divisions (NWFP)* (Sarhad J. Agric. Vol.19. No.4, (2003). * **Iftikhar Alam** *et al*. *Ingredient and Chemical Composition of Biscuits Available in Peshawar and Mardan divisions*. (Sarhad J. Agric. Vol.19. No.2 (2003). |
| ***BOOK/PERIODICALS*** | * **Iftikhar Alam** and Parvez Iqbal Paracha. 2009. *Breastfeeding During Crises and Emergencies.* Inc. **Breastfeeding: Methods, Benefits to the infant and mother and difficulties**. Nova Publishers, NY USA. * **Iftikhar Alam.** *Nutrition through Lifespan.* A syllabus book for BSc (Hons) Students *(In press).* * **Iftikhar Alam** and Safiya Begum. 2009. *Advocating Breastfeeding – Can Religious Teachings Bring a Change?*Nova Publishers, NY USA * **Iftikhar Alam.** *Aging, Nutrition and Immunity**(In press).* * **Iftikhar Alam.** *A Quick Reference Guide for Competitive Examas (In press).* |
| ***STUDENTS***  ***SUPERVISED*** | * **M.Sc. (Hons):** Supervised 12 students as Major & Co-Supervisor. * **B.Sc. (Hons):** Supervised 5 students for special problem and internship |
| ***PROJECTS*** | * **“**Age Associated Changes in Body Composition and Their Effects on Immune Parameters**” Funded by Japan.** * “Body composition analysis using BIA” **Funded by Pakistan.** |
| ***PROFESSIONAL***  ***COURSES***  ***COMPLETED*** | * ***‘’***[***Online Dietetics Preceptor Training***](http://www.cdrcampus.com/)***’’*** organized by Commission for Dietetic Registration (CDR), Academy of Nutrition and Dietetics, USA (2013). * Participated in the education activity titled **“*working together to manage Diabetes: A guide for Pharmacists, podiatrists, optometrists and dental professionals*’’** organized by CDC, USA (2009) * Certificate of **“*Advances in B-Cell Biology in the treatment of Autoimmune and inflammatory Disease (Highlights of the Fall 2008.* National Rheumatology Meeting)”**organized by Cleveland Clinics (2009). * Course ***“Nutrition screening of seniors”*,** organized by Dietitians of Canada, Canada (2009). * Course in ***“Hepatitis C Nutritional Care”*** organized by Dietitians of Canada, Canada (2009). * Completed course on ***“improving the lives of your aging male patients: considering whether testosterone plays a meaningful role”*** by Canadian Geriatric Society, Canada (2009). * Completed course on ***“Education Day for training I Geriatrics”*** by Canadian Geriatric Society, Canada (2009). * Completed course on ***“Vaccines in older adults”*** by Canadian Geriatric Society, Canada (2009). * Completed course on ***“Importance of proper Nutrition in wound healing”*** by Abbott Nutrition, USA (2009). * Completed course on ***“Disruptive Behavior in the Workplace: No Longer Tolerated”***, by Abbott Nutrition, USA (2009). |
| ***JOURNAL***  ***REVIEWER*** | * ***Saudi Medical Journal***, Saudi Arabia since 2006. * ***African Journal of Food & Nutrition***, SA since 2007. * ***Nutrition and Metabolic Insight***, since 2010.   ***Note:***Review **128** ***Research Papers*** for various journals since 2006 |
| ***SOCIETIES***  ***MEMBERSHIP*** | * **International Society of Exercise Immunology**, Germany. * **Dutch Society of Immunology**, The Netherlands. * **International Society of Electrical Bio-impedance**, USA. * **American Society of Nutrition**, USA. * **Feline Nutrition Education Society** (FNES), USA. * **Pakistan Society of Nutrition**, Pakistan. * **Pakistan Society of Dietetics**, Pakistan |
| ***LINKS*** | **agriculture biologiquehttp://t1.gstatic.com/images?q=tbn:ANd9GcSxiOtzDBKjuygZam4ls0GVNa8pxbK-C11pJQirjWI41lpE0CATJA**  **Nutrition-AGRICULTURE**  **Agriculture**  **FOOD FOR LIFE**  **http://t0.gstatic.com/images?q=tbn:ANd9GcQWGYNi-d8un3t3wNF3TAA6S3dRI7tg0pl-duKun5IT2ABSj6qc**  **SFP** |
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