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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
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| ***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.**
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| ***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.
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| ***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.
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| ***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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