Shahid Anwar

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Research Experience

M.Phil (*Pharmaceutical Sciences*), University of Malakand, Pakistan, (**2019-2023**)

Successfully discovered and evaluated the bioactive fraction from the crude methanolic extract of Mentha longifolia L. *against Parkinson's disease in mouse model that possessed more therapeutic potential than available marketed Anti-Parkinsonian drugs*.

Dissertation: "Evaluation of Anti-Parkinsonian Activity of *Mentha lingifolia* L. in Animal Models of Parkinson's Disease"

Skills acquired:

- Medicinal plants research
  - Medicinal plant Identification, Selection, Collection, Phytochemicals Extraction, Fractionation
- Drug/Fraction development
  - Filteration, Rotary evaporation to obtain products/fractions
- Preparation of reagents, buffers and other chemicals for research use
- Animal handling
  - Mice
    - ❖ *In Vivo* techniques
      - Intravenous, Intraperitoneal and Subcutaneous injections, Blood collection, Tissue collection, Oral gavage
- Behavioral assessments
  - Catalepsy Bar test, Hang test, Narrow beam walk test, Open field test
- Biochemical analysis
  - Mice brain excision
    - ❖ Preparation of brain homogenate
    - ❖ Estimation of oxidative stress markers
- Histopathological investigations
  - Performing cervical dislocation in mice
  - Brain tissue collection and preservation
  - Histology slides preparation
    - ❖ Fixation, Embedding, Sectioning, Staining, Mounting, Examination
  - Light microscopy
- Softwares
  - MS Office, Turnitin, Prism

Pharm.D, University of Swabi, Pakistan, (**2013-2018**)

Successfully completed clinical pharmacy project that was aimed to evaluate pharmacotherapy on rational grounds for drug-drug interactions, polypharmacy and untreated conditions, at Medical Teaching Institution Lady Reading Hospital, Peshawar, Pakistan

Dissertation: Rational Drug Therapy for the Management of Diabetes Mellitus

Skills acquired:

- Data collection
    - Patient's demographic information, chief complaints, history of current illness, past medical history, past surgical history, family history, social history, allergies, medication history, laboratory findings, diagnosis, drug therapy provided in the hospital, monitoring notes, discharge medications, treatment outcomes and other patient's informations
- Data analysis
    - The medication history of each patient was analyzed for drug-drug interactions, drug-food interactions, drug allergies, response, adverse drug reactions and compliance
    - Current therapy provided in the hospital was analyzed for its indications and outcomes
    - The whole medication therapy provided in the hospital was analyzed for drug-related problems and their management
- Patient counseling and patient education regarding medications usage
- Softwares
    - MS Office, Turnitin, Prism

Publications

1. DEVELOPMENT AND OPTIMIZATION OF A FAST-DISINTEGRATING ORAL FILM OF MONTELUKAST SODIUM FOR PEDIATRIC USE. (2025). *Journal of Medical & Health Sciences Review*, *2*(4). https://doi.org/10.65035/vrmy1b90
2. Ahmad, S., Khan, A., Saeed, N., Shagufta, Zeb, M. I., Muhammad Adnan, Khattak, H., & Anwar, S. (2025). Synthesis and Characterization of CuO-Ag2S Composite: A Novel Photocatalyst Efficient Degradation of Eosin B and Methylene Blue Dyes. *Indus Journal of Bioscience Research*, *3*(10), 389-396. https://doi.org/10.70749/ijbr.v3i10.2591
3. Muhammad Adnan, Zada, F., Zeb, M. I., Khattak, H., & Anwar, S. (2025). Elemental Analysis of Pulses, Spices and Condiments Associated Health Risk. *Indus Journal of Bioscience Research*, *3*(11), 153-157. https://doi.org/10.70749/ijbr.v3i11.2590
4. Zeb, Mian & Anwar, Shahid & Akbar, Kiran & Younas, Sidra. (2025). Evaluating the Impact of Good Manufacturing Practices (GMP) Compliance on Product Quality and Regulatory Outcomes in Pharmaceutical Industries. *Journal of Pharma and Biomedics*. 3. 317-323. https://doi.org/10.56810/jpbm.003.01.0095.
5. Zeb, Dr & Anwar, Shahid & Akbar, Kiran & Younas, Sidra. (2025). DEVELOPMENT AND VALIDATION OF A NOVEL RP-HPLC METHOD FOR SIMULTANEOUS ESTIMATION OF EMPAGLIFLOZIN AND GLICLAZIDE IN COMBINED TABLET DOSAGE FORM. *Journal of Medical & Health Sciences Review*. 2. https://doi.org/10.65035/1ad0wn09.
6. Zeb, Dr & Anwar, Shahid & Younas, Sidra & Akbar, Kiran. (2025). A LIPOSOMAL CO-DELIVERY SYSTEM FOR DOXORUBICIN AND AN ANTI-PD-L1 NANOBODY SYNERGIZES CHEMO-IMMUNOTHERAPY IN A MURINE COLON CARCINOMA MODEL. *Journal of Medical & Health Sciences Review*. 2. https://doi.org/10.65035/3qvcqd73.
7. Zeb, Dr & Akbar, Kiran & Anwar, Shahid & Ahmed, Syed. (2025). DEVELOPMENT AND CHARACTERIZATION OF FAST-DISSOLVING ORAL FILMS FOR ENHANCED DRUG BIOAVAILABILITY: A FORMULATION AND OPTIMIZATION STUDY. *Journal of Medical & Health Sciences Review*. 2. https://doi.org/10.65035/kq3j6x67.
8. Akbar, Kiran & Ahmed, Syed & Zeb, Dr & Anwar, Shahid. (2025). STABILITY PROFILING AND SHELF-LIFE PREDICTION OF SOLID DOSAGE FORMS UNDER ACCELERATED AND

REAL-TIME CONDITIONS. *Journal of Medical & Health Sciences Review*. 2. https://doi.org/10.65035/9p271m29.

9. Zeb, M. I., Muhammad Adnan, Anwar, S., Khattak, H., Khan, M. N., & Khair -Un -Nisa. (2025). Qualitative and Quantitative Phytochemical Studies of Medicinal Plants of Chithor Valley, Hindukush Range District Swat, KP, and Pakistan. *Indus Journal of Bioscience Research, 3*(11), 6-11. https://doi.org/10.70749/ijbr.v3i11.2603

10. Anwar, S., Zeb, M. I., Ahmed, S. S., & Akbar, K. (2025). Analytical Method Validation for Quantification of Active Pharmaceutical Ingredients (APIs): A Comparative Study of HPLC and UV-Spectrophotometry. *Journal of Pharma and Biomedics*, *3*(2), 293-300. https://doi.org/10.56810/jpbm.003.02.0096.

11. M I Zeb, S Anwar, K akbar et al "GREEN NANOTECHNOLOGY IN PHARMACEUTICAL FORMULATIONS: DEVELOPMENT, CHARACTERIZATION, AND THERAPEUTIC POTENTIAL OF BIOGENIC NANOPARTICLES" *Journal of Population Therapeutics & Clinical Pharmacology* 2024; 31 (07): 2260-2269. https://doi.org/10.53555/m4fvaz88

12. F Mahmood, Ikram Ullah, I, **Shahid Anwar**, S. (2022). Bacterial detection, identification and isolation in Clinical Samples: A case of Tertiary Care Hospital in Mardan, KPK of Pakistan. *Medical and Life Sciences*, 1(2), 31 – 45.

13. F Mahmood, **S Anwar**, A Javaid et al. "Rational Drug Therapy for the Management of Diabetes Mellitus." *Pakistan Journal of Medical and Health Sciences* 2022; 16 (8): 902–5. https://doi.org/10.53350/pjmhs22168902.

Google Scholor

- https://scholar.google.com/citations?user=sHii4g8AAAAJ&hl=en

M.Phil Thesis/Research

- Evaluation of Anti-Parkinsonian activity of *Mentha longifolia* L. in animal models of Parkinson's disease

Certification

- Medium of instruction certificate…UOM (2023)
- Specialization certificate (Pharmacology)…UOM (2023)
- Certificate of Achievement (2nd position)…Drug Exhibition (UOS)
- Certificate of Participation…Cum Pharma Exhibition (UOS)
- Social Work Certificate…GPGC Swabi (AWKUM)
- Certificate of Achievement (Microsoft Office)…Pak Computer Institute
- Good standing certificate…Khyber Pakhtunkhwa Pharmacy Council Peshawar, Pakistan

Licenses

Registered Pharmacist, Pakistan-May 2019
Khyber Pakhtunkhwa Pharmacy Council, Peshawar, Pakistan, **License**# 5679-A/2019

Skills, Languages and IT

Scientific skills: Specific technical skills, Research skills, Collaboration and teamwork, Project management, Mentoring, Communication, Data management, Problem-solving, Adaptability, Critical thinking, Legal and regulatory knowledge, Business skills, Time management, Observation
Languages: English, Urdu, Pashto
IT: Computer system literacy, Microsoft Office, GraphPad Prism, Turnitin