

CURRICULUM VITAE

Prof. Dr. Ghulam Mustafa Azad Lodhi

MBBS. (Pb) MPhil. (NUST)

PhD (NUST) MHPE (AKU)



Founder Vice Principal

Head of Physiology Dept

Bahria University College of Medicine, Islamabad.

(Managed the first PM&DC inspection visit of current medical college as a lead role in accreditation process and college scored 97.48 % Marks and got recognized)

QUALIFICATIONS:

MBBS – (Punjab University)

MPhil Physiology - NUST

PhD Physiology – NUST

MHPE - Aga Khan University

Teaching experience

25 years in the subject of Physiology

13 years post PhD

Administrative experience:

10 years

02 years and 3 months as Vice Principal Bahria University College of Medicine, Islamabad

10 months as Principal Al Nafees Medical College, Islamabad

03 years as Vice Principal Al Nafees Medical College

02 years as Associate Dean (Basic Medical Sciences)

03 years as Vice Dean (Basic Medical Sciences)

15 years as HOD Physiology

Medical Education Experience:

- Lead role to run Integrated Modular system at Bahria University College of Medicine from 21 March 2024 till now.
- Lead role to run Integrated Modular system at Al Nafees Medical College from 2012 to 2024

Research Supervisory Experience:

Supervisor MPhil and PhD Physiology

Member PhD Supervisory Committee – NUMS

Member Board of studies, Basic Medical Sciences, STMU.

PERSONAL BIODATA:

Name: Ghulam Mustafa Azad Lodhi

Fathers name: Muhammad Azad Lodhi

Tel No's

Mobile: 0332-1525937
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Residential address:

734, Lodhi House, Street No 4, Zeeshan Colony near Siddique Akbar Mosque, Rawalpindi Cantt.

Permanent Address:

Vil and P.O Dalel pur, Tehsil Choa Saidan Shah, Dist Chakwal.

Email addresses:

drmustafa786@gmail.com

Religion: Islam

Nationality: Pakistani

Marital status: Married.

Date of birth: 08 August, 1972.

Domicile: Punjab – Chakwal

PMDC Regn No: 30522-P.

NIC No: 37202-4175679-7

QUALIFICATIONS:

MBBS

UNIVERSITY OF THE PUNJAB

MPhil (Physiology) NATIONAL UNIVERSITY OF SCIENCES & TECHNOLOGY (NUST)

Effects of antioxidants supplementation on basal

Testosterone cortisol ratio in male rats

PhD (Physiology) NATIONAL UNIVERSITY OF SCIENCES &
TECHNOLOGY (NUST)

*Effects of stress on Testicular steroidogenesis and role of
antioxidant supplementation*

MHPE AGA KHAN UNIVERSITY, KARACHI

*Effect on the OSCE scores of undergraduate medical students, utilizing ambulatory care
settings for teaching and learning during COVID 19 in Gynecology & Obstetrics clerkship*

AREAS OF SPECIFIC INTERESTS:

Reproductive Endocrinology
Cardiovascular Physiology
Medical Education

TEACHING EXPERIENCE:
(Teaching to MBBS students of Medical Colleges in the subject of PHYSIOLOGY.)

S No	Post	From	To	Institution
1	Professor	21 March 2024	Till date	Bahria University College of Medicine, Islamabad
2	Professor	13 Feb, 2015	20 March 2024	Al Nafees Medical College
3	Associate Prof	24 Nov, 2011	12 Feb, 2015	Al Nafees Medical College
4	Asst Prof	25 July 2010	23 Nov, 2011	Wah Medical College, Wah Cantt
5	Asst Prof.	30 April 2008	24 July 2010	Islamic International Medical College, Rawalpindi
6	PG Trainee	1 April 2004	31 March 2008	Army Medical College, Rawalpindi (NUST)
7	Demonstrator	12 Feb 2001	15 Nov, 2003.	Foundation University Medical College, Rawalpindi
8	Demonstrator	1 Feb 2000	12 Feb 2001	Islamic International Medical College, Rawalpindi

ADMINISTRATIVE / CO CURRICULAR EXPERIENCE:

Current:

- Organized all committees, societies and Clubs for academic and co curricular activities at BUCM/BUHSCI
- Successfully managed to present the organization of above to PM&DC Inspectors securing 97.48% marks

Previous:

- 15 years' experience of managing all committees, societies and clubs in Medical College as lead role

ACADEMICS:

1	MHPE	AGA KHAN UNIVERSITY, KARACHI	2021
2	PhD - Physiology	NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY(NUST)	2012
3	MPhil - Physiology	NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY(NUST)	2007
4	MBBS	RAWALPINDI MEDICAL COLLEGE., PUNJAB UNIVERSITY	1996
5	F.Sc	FG Degree College, Kharian cantt Federal board Islamabad	1990
6	Matric	FG Public School, Jhelum cantt Federal board Islamabad	1988

RESEARCH EXPERIENCE:

1. SIX weeks specialized research training at Aga Khan University Karachi in JUMA research lab, on LEYDIG CELL ISOLATION AND CULTURE.

2. Research project of MPhil completed.

“Effects of antioxidants supplementation on basal testosterone cortisol ratio in male rats.”

3. PhD Research project.

“Effects of stress on Testicular steroidogenesis and role of antioxidants supplementation”

PUBLICATIONS:

1. Jawwad G, **Lodhi GMA**, Abbasi J, Tahir R, Kareem A, Asim M. Unmasking the role of obesity in COVID-19: Effects on laboratory parameters, inflammatory markers and clinical outcome. *RMJ*. 2025; 50(3): 576-580. doi:10.5455/rmj.20250328042225
2. Alam N, **Lodhi GM**, Khan UA, Zia A, Azam M, Khan J, Shah TA, Okla MK, younous YA, Bourhia M. Association of ACE2 and TMPRSS2 towards COVID-19 susceptibility. *Discover Life*. 2024 Jul 26;54(1):6.
3. **Lodhi GM**, Shafqat A, Zafar B, Batool M, Anis R, Kazmi AA. Comparison of nigella sativa and pioglitazone on hyperglycemia, adiponectin and resistin in streptozotocin induced diabetic mice. *RMJ*. 2024; 49(3): 656-660.
4. **Lodhi GM**. Personality development – a missing outcome competency that future doctors will need. *Isra Med J*. 2023; 15(1): 1-2. DOI: <https://DOI.org/10.55282/imj.ed63>
5. Batool M, Asad M, **Lodhi GM**, Shafqat A, Anis R, Kazmi AA. Iron deficiency anemia; challenges the diagnostic and prognostic efficacy of hba1c in diabetes mellitus. *PAFMJ*. 2021 Dec 30;71(6):1967-70.
6. Zainab S, Khan UA, **Lodhi GM**, Asad M. Effect of Alpha Tocopherol on Chronic Stress Induced Derangements in Neuropeptide Y on Sprague Dawley Rats. *PAFMJ*. 2020 Jun 30;70(3):776-80.
7. Zafar, H., Tauseef, K. and **Lodhi, G.M.**, 2018. Correlation of Primary Dengue Viral Infection with Body Mass Index (BMI). *Pharmaceutical and Biosciences Journal*, pp.07-10.
8. Amina Nadeem, Sadaf Mumtaz, Abdul Khaliq Naveed, Muhammad Aslam, Arif Siddiqui, **Ghulam Mustafa Lodhi**. Pattern of dyslipidemia and impact of increasing age and duration of type 2 diabetes mellitus on dyslipidemia, insulin levels and insulin resistance. *JPMA*: 2015: 65: 9: 928 – 32.
9. Amina Nadeem, Sadaf Mumtaz, Abdul Khaliq Naveed, Muhammad Aslam, Arif Siddiqui, **Ghulam Mustafa Lodhi** and Tausif Ahmad. Gene-gene, gene-environment, gene-nutrient interactions and single nucleotide polymorphisms of inflammatory cytokines. *World J Diabetes*. 2015; 6(4): 642-47.
10. Nida Naeem, Umar Ali Khan, Nusrat Zareen, **Ghulam Mustafa Lodhi**. Serum Progesterone levels and sleep habits in premenopausal and post-menopausal women. *IMJ*; 2015; 7(1): 42-7.
11. **Ghulam Mustafa Lodhi**, Rabia Latif, Muhammad Mazhar Hussain, Abdul Khaliq Naveed, Muhammad Aslam. Effect of ascorbic acid and alpha tocopherol supplementation on acute restraint stress induced changes in testosterone, corticosterone and nor epinephrine levels in male Sprague dawley rats. *J Ayub Med Coll*. 2014; 26(1) pp 7-11.
12. Humaira Zafar, Kiran Tauseef, **Ghulam Mustafa Lodhi**. Global prevalence of dengue viral infection, its pathogenesis, diagnostic and preventive approaches. *Asian J Agri Biol*. 2013;1(1): 38-42.
13. **Ghulam Mustafa Lodhi**.; Muhammad Mazhar Hussain and Muhammad Aslam. Effect of antioxidant supplementation on lipid peroxidation and antioxidant enzyme activity on exposure to acute restraint stress in Sprague dawley rats. *PAFMJ*; 62(1); (2012); p.105-10

14. Rabia Latif, **Ghulam Mustafa Lodhi**, Waqas Hameed, Muhammad Aslam. Steroidogenesis in amlodipine treated purified Leydig cells. *Toxicology and Applied Pharmacology* 258 (2012) 26–31
15. **Ghulam Mustafa Lodhi**, Waqas Hameed, Tausif Ahmed, Rabia Latif, Muhammad Aslam. Effects of ascorbic acid and alpha tocopherol Supplementation on basal testosterone cortisol ratio in male Sprague dawley rats. *Pak J Physiol* 2011;7(2), pp 7-10
16. Asma Jabeen, Umar Ali Khan, **Ghulam Mustafa Lodhi**. Effects of simvastatin on lipid profile and nerve conduction velocity in obese Sprague dawley rats. *IMJ*; 2011; 23(3):36-9.
17. **Ghulam Mustafa Lodhi**, Idrees Farooq Butt, Muhammad Mazhar Hussain, Muhammad Aslam. Effects of ascorbic acid and selenium supplementation on basal testosterone cortisol ratio in male Sprague dawley rats. *PAFMJ*. 2009; 59(1):14-9.
18. Rabia Latif, **Ghulam Mustafa Lodhi**, Muhammad Aslam. Effects of amlodipine on serum testosterone, testicular weight and gonado-somatic index in adult rats *J Ayub Med Coll* 2008;20(4) pp 8-10
19. Aslam, M. and **Lodhi, G.M.**, 2006. Medical scenario at high environmental temperature. *JLUMHS*, p.96.
20. Aslam M and **Mustafa G**. Prophylactic antibiotics for tonsillectomy: Experience at Rawalpindi General Hospital. *JCPSP*. 1998. 8(1): 36-8.
21. Aslam M., Rabbani M.Z and **Mustafa G**. Foreign bodies of laryngeo-tracheo-bronchial tree. *Pak J Otolaryngol*. 1997. 114-16

WORKSHOPS/COURSES/CONFERENCES ATTENDED:

1. Facilitating PBL sessions, ANMC&H, Islamabad. 26th Feb 2019. [03 CME points]
2. Developing PBL sessions and cases, ANMC&H, Islamabad. 25th Feb 2019. [03 CME points]
3. "How To Review a Research Paper" Al- Nafees Medical College, Islamabad. 12th May, 2014.
4. One day workshop. Critical appraisal of research paper. Al Nafees Medical College & Hospital, Islamabad. 08th April 2015. [02 CME points]
5. How To Run a Medical Journal , ANMC&H, Islamabad, 8th& 9th March 2018 (11 CME points)

6. Why and How Should We Evaluate Our Curriculum, Al Nafees Medical College, Islamabad. 3rd March 2012.
7. How to Develop Integrated Modules/ Blocks, Al Nafees Medical College, Islamabad. 3rd March 2012.
8. Integrated Contextual Modular Development, Shifa International Hospital, Islamabad. 14th June 2012 to 20th July 2012 (Series of Four Workshops).
9. Research Proposal Development. Al Nafees Medical College, Islamabad. 17th to 18th September 2012.
10. Developing a lesson plan and writing objectives. Al Nafees Medical College, Islamabad. 29th September 2012.
11. How to promote self-directed learning? Al Nafees Medical College, Islamabad. 29th September 2012.
12. 2nd Regional Dengue workshop" PAEC Hospital Islamabad, November 2012.
13. "Structured Viva and OSCE" Al- Nafees Medical College, Islamabad. 21, January, 2013.
14. "Curriculum Evaluation Part - I &II " Al- Nafees Medical College, Islamabad. 22, January, 2013.
15. "Planning An Integrated Module" Al- Nafees Medical College, Islamabad. 11, April, 2013.
16. One Day Training Workshop On "Achieving Excellence Through Quality Healthcare" Al- Nafees Medical College, Islamabad. 16, April,2013.
17. "Construction of MCQs: blueprinting, item flaws, and analysis" Al- Nafees Medical College, Islamabad. 02, December, 2013.
18. *International conference of PPS*, from April 2 to 3 in Abbottabad at Ayub Medical College.
19. *Workshop on Medical Statistics*, organized by AFIP from 30 to 31 July, 2004.
20. *IT ADVANCE DIPLOMA* (3 months duration) from SUPERTECH INSTITUTE.
21. Special Lecture by Prof Red Grave, University of Western Australia on *Physiology of Cholesterol* on 25 Aug, 2004.

22. *Basic Medical Sciences Course* at CPSP regional centre Islamabad from 20 Dec 2004 to 28 Jan 2005 (6 weeks duration)
23. *Research methodology*, 2 days workshop organized by NUST 21 and 22 March, 2005.
24. *Art of Medical writing* by Syed Maqbool Jaffrey on 5th May, 2005.
25. *Creating Medical presentations in Power point*, Organized by Microsoft and Macter on 28 May, 2004.
26. *Workshop on Animal Handling* on 5 July, 2005.
27. *Workshop on Mathematical skills in Biological Sciences*, on 16 July, 2005.
28. *Workshop on family planning and contraception* on 17 Sept, 2005.
29. *Seminar on AIDS* at AM College on 1st Dec, 2005.
30. *Post graduate research workshop by Prof H.R Ahmed* from 8 to 12 May, 2006 in Army Medical College
31. Integrated seminar on *Hypertension* on 26 May, 2006.
32. CPSP workshop on *Communication skills*
33. CPSP workshop on *research methodology, biostatistics and dissertation writing*
34. CPSP workshop on *introduction to computer and internet*.
35. *National Conference on Medical Editing*, at Army Medical College from 23 to 25 April, 2007.
36. *Workshop on Integrated Curriculum Development, 10-Dec-11* *Dr. Ara Tekian*
USA
37. *Workshop on Integrated Module Development 4-Feb-12* *Dr. Moyn Aly*
KSA

38. Workshop on Why and How Should We Evaluate the Curriculum? Ara Tekian, USA
39. Conference: Association for Excellence in Medical Education conference 2012 (AEME Conference 2012)
40. Workshop on ECG Interpretation Dr. Anjum Illahi, 10 May, 2012
41. Developing a lesson plan and writing objectives by Ara tekian, 3 oct, 12
42. Formative and summative assessment by Ara tekian 3 oct, 12
43. Constructing Single Best Answer Questions Dr. Rukhsana H Malik, 11-Apr-13
44. Workshop on "How to Review a Research Paper" Prof Ishtiaq Ahmed.

MEMBERSHIP

Life member of Pakistan Physiological Society. (Membership No: 07-R-1241)

EXTRA CURRICULAR ACTIVITIES/ACHIEVEMENTS.

Got ***1st Position*** in

- a. Khyber Agency Urdu Declamation Contest
- b. Mangla region Urdu Declamation Contest
- c. **FIRST IN ALL PAKISTAN URDU DECLAMATION CONTEST**

REFERENCES:

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