

Dr. Syed Faisal Haider
BEMS, M.phil, MPH (Fellow, USA), PhD (Japan)
Professor, Faculty of Eastern Medicine
Hamdard University

Personal Details

Full Name: Syed Faisal Haider Zaidi
Date of Birth: May 11th, 1979
Marital Status: Married
Children: One Son; Two Daughters
Nationality: Pakistan
Email: sfaisalhz@gmail.com

Biography

I am currently working as **Professor of Pharmacology** and with a teaching experience of more than 15 years in reputed medical colleges of Japan, Pakistan and Saudi Arabia, I am well equipped with up-to-date teaching skills and capabilities. Being trained in Japan for more than 10 years and while involved in research related to Gastroenterology and Natural Products Pharmacology for more than 15 years, my area of interest covers mostly on the pathogenesis and treatment of 1) *H. pylori* associated disorders like peptic ulcer/ gastric cancer, 2) colon cancer, 3) ulcerative colitis, 4) food allergy and 5) topics related to herbal medicines and public health research in Pharmacy. Research is further directed to identify potential candidates from natural sources against *H. pylori*, mast cell degranulation and colon cancer. Published **61 papers** with **cumulative impact factor more than 100**, more than **1200 citations**, **one international patent** and has been awarded with best presentation and **young investigator award** in USA and Korea respectively. Moreover, I have been nominated twice for the **Best Teacher Award for 2017-2019** under Annual President Award KSAU. I was also awarded with **Best Tutor Award** of 2017-2018 by College of Medicine, KSAU.

Key Scientific Contributions

Yashiro T, Ogata H, **Zaidi SF**, Lee J, Hayashi S, Yamamoto T, Kadowaki M. Pathophysiological Roles of Neuro-Immune Interactions between Enteric Neurons and Mucosal Mast Cells in the Gut of Food Allergy Mice. [Cells](#). 2021; 10(7):1586 (**IF: 6**)

Zaidi SF, Ahmed K, Saeed SA, Usmanghani K, Sugiyama T. Can Diet Modulate Helicobacter pylori-associated Gastric Pathogenesis? An Evidence Based Analysis. [Nutrition & Cancer](#). 2017; 69:979-989. (Review article, **As corresponding author, IF: 2.5**).

Muhammad JS, **Zaidi SF**, Zhou Y, Sakurai H, Sugiyama T. Novel epidermal growth factor receptor pathway mediates release of human β -defensin 3 from Helicobacter pylori-infected gastric epithelial cells. [Pathog Dis](#). 2016. doi: 10.1093/femspd/ftv128. (**IF: Impact factor 2.4**)

Zaidi SF, Refaat A, Shin M, Muhammad JS, Saiki I, Sugiyama T, Sakurai H. *Helicobacter pylori* induces serine phosphorylation of EGFR via novel TAK1-p38 activation pathway in an HB-EGF-independent manner. [Helicobacter, 2015;20:381-9](#) (*As corresponding author; IF: 4*).

Hayashi S, Hamada T, **Zaidi SF**, Oshiro M, Lee J, Yamamoto T, Ishii Y, Sasahara M, Kadowaki M. Nicotine suppresses acute colitis and colonic tumorigenesis associated with chronic colitis in mice. [Am J Physiol Gastrointest Liver Physiol. 2014;307: G968-78](#) (*IF: 3.5*)

Zaidi SF, Yamamoto T, Refaat A, Ahmed K, Sakurai H, Saiki I, Kondo T, Usmanghani K, Kadowaki M, Sugiyama T. Modulation of Activation-induced Cytidine Deaminase by Curcumin in *H. pylori*-infected Gastric Epithelial Cells. [Helicobacter, 2009; 14, 588–595](#) (*IF: 4*)

Zaidi SF, Yamada K, Kadowaki M, Usmanghani K, Sugiyama T. Bactericidal activity of medicinal plants, employed for the treatment of gastrointestinal disorder, against *Helicobacter pylori*. [Journal of Ethnopharmacology, 2009; 121, 286–291](#) (*IF: 3.5*)

Zaidi, Syed Faisal & Tomoe, Yashiro & Lee, Jaemin & Kim, Ji-Hyun & Kadowaki, Makoto. Activation of Murine Isolated Enteric Neurons by IgE-Antigen and Mediators Released From Mucosal Type Bone Marrow-Derived Mast Cells. [Gastroenterology, 146. S-92. 10.1016/S0016-5085\(14\)60333-4](#). Digestive Disease Week (DDW) by American society of gastroenterology. (*IF: 22.6*)

Current Status

Professor
Faculty of Eastern Medicine
Hamdard University
Karachi, Pakistan
From November 2021 to date.

Professional Experience

<u>Name of Institution</u>	<u>Location</u>	<u>Position</u>	<u>From-to</u>
Batterjee Medical College for Science and Technology	Jeddah, Saudi Arabia	Associate Professor (Pharmacology)	03/10/2021-02/01/2022
King Saud Bin Abdulaziz University for Health Sciences	Jeddah, Saudi Arabia	Associate Professor (Pharmacology)	28/05/2017-10/03/2021
King Saud Bin Abdulaziz University for Health Sciences	Jeddah, Saudi Arabia	Assistant Professor (Pharmacology)	11/03/2014-27/05/2017

University of Toyama	Toyama, Japan	Post-Doctoral Researcher	15/05/2012-02/11/2013
University of Toyama	Toyama, Japan	Visiting Scientist	20/06/2011-29/07/2011
Aga Khan University Medical College	Karachi, Pakistan	Assistant Professor (Pharmacology)	28/06/2010-22/04/2012
University of Toyama	Toyama, Japan	Researcher	01/04/2010-25/06/2010
University of Toyama	Toyama, Japan	Instructor	01/10/2009-31/03/2010
University of Toyama	Toyama, Japan	Teaching Assistant	01/05/2008-27/02/2009
University of Toyama	Toyama, Japan	Research Assistant	01/05/2008-28/02/2009

Teaching Related Responsibilities in Current Job

Problem based learning (PBL) sessions

I am conducting PBL sessions in various blocks of medical college. I am getting excellent to outstanding appraisal from students' for my facilitation.

Large class format sessions (LCFs)

I take LCF sessions of medical students in almost all blocks of year I & II medical program. My LCF sessions are interactive with end session feedback from students. Student's evaluations of my LCFs are very good to excellent.

Pharmacology representative of Foundation, Musculoskeletal, Endocrine & Reproductive, Respiration & Circulation, Haemopoetic, Cardiovascular, Neuroscience, Urology, Oncology & Gastroenterology Blocks

As the senior full time faculty in Pharmacology in College of Medicine-Jeddah (COM-J), I represent Pharmacology in various blocks of medical college. As a Pharmacology representative, I take care of Pharmacology discipline needs/ objectives in the block. I make Pharmacology related MCQs for the block examinations. I have received excellent feedback from students on my sessions.

Coordinator Pharmacology course PMED-213 in college of basic sciences (2015-2016 COSHP-J)

Discipline point person plays a central role in the management of the section and planning and supervising the curricular activities of the discipline. In this capacity, I have to make sure that Pharmacology discipline is meeting its goals in a conducive environment. I have received excellent feedback from students on my sessions.

Coordinator Clinical Pharmacology course 314 NURS in College of Nursing (2014-2015 CON-J)

Discipline point person plays a central role in the management of the section and planning and supervising the curricular activities of the discipline. In this capacity, I have to make sure that Pharmacology discipline is meeting its goals in a conducive environment. I have received excellent feedback from students on my sessions.

Instructor Pharmacology course EMMS-313 (Emergency Medicine), ANTC-313 (Anesthesia course), REST-313 (Respiratory therapy) and ECVT-315 (Echocardiographic therapy) in college of applied medical sciences (2016- to date in CAMS-J)

In this capacity, I deliver several lectures related to Pharmacology and submit MCQs accordingly. I have received excellent feedback from students on my sessions.

Awards/ Skills

AWARDS:

1. Received **Best Tutor in Basic Medical Sciences Department certificate** from Dean, College of Medicine, Jeddah. (2018)
2. Nominated from College of Medicine-Jeddah for **Best Teacher Award under Annual President Award 2017-2018** in King Saud bin Abdulaziz University for Health Sciences.
3. Received appreciation certificate from Dean, COM-J on publishing **15 research papers in the year 2015-2016 (8.Nov.2016)**.
4. Received YOUNG INVESTIGATOR AWARD in 10th Japan-Korea joint symposium, Seoul, Korea (June 2013).
5. Received award of Distinct Presentation in Digestive Disease Week 2013, Florida, USA (May 2013).
6. Recipient of Monbusho Scholarship from Government of Japan to pursue M.phil-Ph.D. course at Toyama University, Toyama, Japan (2005-2009).
7. Received Four Gold Medals on securing highest position in BEMS undergraduate course, Hamdard University, Karachi (2003).

SKILLS:

1. Fluent in English, Japanese & Urdu.
2. Competency in computer skills and expertise in using all the commonly used soft wares.
3. Research skills:
 - Primary culture of Bone Marrow Derived Cells (Dendritic and mucosal type Mast cells) from BALB/c mice
 - Primary enteric neuron culture from BALB/c and C57BL/6 mice via microdissection
 - Cancer Cell Culture (both floating and attached cells)
 - *Helicobacter pylori* Culture
 - Immunohistochemistry
 - Immunocytochemistry
 - Calcium Imaging
 - Confocal Microscopy
 - Real-time PCR
 - Western Blotting
 - Gel Electrophoresis
 - Flow Cytometry

- ELISA
- Animal Handling (DSS and Ovalbumin-induced mouse models for ulcerative colitis and food allergy)

Grants / Proposals/ Supervision/ Patent

GRANTS:

1. **Seed Money Grant No. SM100906 (2010), Aga Khan University, Karachi, Pakistan**
Project Title: Anti-Helicobacter pylori Candidates from Natural source
Principal Investigator: Syed Faisal Zaidi
Amount: US\$ 9,212
2. **KAIMRC-NGHA/KSAU-HS project RJ15/004/J (2015)**
Project Title: Molecular epidemiological study of Saudi *H. pylori* strain to determine the association with disease outcomes.
Principal Investigator: Syed Faisal Zaidi
Amount: 138,035 SR or 36,000 US\$ (Received funding in May 2020)
International collaboration with Japan.
3. **KAIMRC-NGHA/KSAU-HS project SP17/385/J (2017)**
Project Title: Knowledge, attitude and practices towards use of herbal medicine products: A questionnaire-based survey among general population in Jeddah, Saudi Arabia.
Principal Investigator: Syed Faisal Zaidi
Amount: SR 10,000.
4. **KAIMRC-NGHA/KSAU-HS project SP17/441/J (2017)**
Project Title: Knowledge and Attitude towards Antibiotic Usage: A questionnaire-based survey among general population in Jeddah, Saudi Arabia.
Principal Investigator: Syed Faisal Zaidi
Amount: SR 10,000.
5. **KAIMRC-NGHA/KSAU-HS project SP17/466/J (2017)**
Project Title: Knowledge and Attitude towards Antibiotic Usage: A questionnaire-based survey among pre-professional students at King Saud bin Abdulaziz University for Health Sciences on Jeddah Campus, Saudi Arabia.
Principal Investigator: Syed Faisal Zaidi
Amount: SR 10,000.
6. **KAIMRC-NGHA/KSAU-HS project SP18/355/J (2018)**
Project Title: Comparison of five-year survival rate between adjuvant and neoadjuvant chemotherapy of gastric cancer patients at King Khaled Hospital in Jeddah.
Principal Investigator: Syed Faisal Zaidi

Amount: SR 3,000.

7. **KAIMRC-NGHA/KSAU-HS project SP18/337/J (2018)**
Project Title: A Questionnaire-Based Survey to Assess the Level of Knowledge and Awareness of People at North of Jeddah About Drug-Food Interactions.
Principal Investigator: Syed Faisal Zaidi
Amount: SR 4,800.
8. **KAIMRC-NGHA/KSAU-HS project SP18/071/J (2018)**
Project Title: A cross-sectional survey on the knowledge, attitude, and practices towards use of herbal medicine products among health sciences students in KSAU-HS Jeddah, Saudi Arabia.
Principal Investigator: Syed Faisal Zaidi
Amount: SR 4,800.
9. **KAIMRC-NGHA/KSAU-HS project RJ18/081/J (2018)**
Project title: Awareness, self-use, perceptions, believes and attitude toward Complementary and Alternative Medicine (CAM) among health professions students in Jeddah, Saudi Arabia.
Co-Investigator: Syed Faisal Zaidi
Amount: SR 12,000.
10. **KAIMRC-NGHA/KSAU-HS project SP19/110/J (2019)**
Project title: Cholecystectomy Operative Time and Hospital Stay Difference between Sicklers and Non-Sicklers: A five-Year Comparative Cross-sectional Study.
Co-Investigator: Syed Faisal Zaidi
11. **KAIMRC-NGHA/KSAU-HS project SP19/111/J (2019)**
Project title: Surgical Site Infection Rate in Sutured versus Stapled Wound Closure after Orthopedic Limb Surgeries done at King Abdulaziz Medical City, Jeddah: A Prospective Cohort Study.
Co-Investigator: Syed Faisal Zaidi
12. **KAIMRC-NGHA/KSAU-HS project SP19/222/J (2019)**
Project title: Pattern and factors associated with utilization of herbs as medications among Saudi patients in King Khalid Hospital, Jeddah, Saudi Arabia
Co-Investigator: Syed Faisal Zaidi
13. **KAIMRC-NGHA/KSAU-HS project SP19/203/J (2019)**
Project title: Assessment of Colorectal Cancer Prevalence and Risk Factors Among Type 2 Diabetes Mellitus Patients in King Abdulaziz Medical City, Jeddah.
Principal Investigator: Syed Faisal Zaidi
14. **KAIMRC-NGHA/KSAU-HS project SP19/202/J (2019)**
Project title: Awareness, self-use, perceptions, believes and attitude toward Complementary and Alternative Medicine (CAM) among the general population of Jeddah, Saudi Arabia.

Principal Investigator: Syed Faisal Zaidi

15. **KAIMRC-NGHA/KSAU-HS project SP19/263/J (2019)**

Project title: Comparison of Bariatric Surgeries Complications and Outcome at King Khalid Hospital in Jeddah.

Principal Investigator: Syed Faisal Zaidi

16. **KAIMRC-NGHA/KSAU-HS project RJ19/091/J (2019)**

Project title: Awareness, self-use, perceptions, believes and attitude toward Complementary and Alternative Medicine (CAM) among health professions students in Riyadh, Saudi Arabia.

Co-Investigator: Syed Faisal Zaidi

17. **KAIMRC-NGHA/KSAU-HS project SP19/548/J (2019)**

Project title: Electronic cigarette consumption among general population in Jeddah, Saudi Arabia.

Principal Investigator: Syed Faisal Zaidi

18. **KAIMRC-NGHA/KSAU-HS project RC19/021/R (2019)**

Project title: A questionnaire based cross sectional survey on knowledge, attitude and practice of antibiotics among pre-professional students at King Saud bin Abdulaziz University for Health Sciences, Riyadh campus, Saudi Arabia.

Co-Investigator: Syed Faisal Zaidi

19. **KAIMRC-NGHA/KSAU-HS project SP20/040/J (2020)**

Project title: The Awareness and Practice of Self-medication in General Public in Jeddah and Makkah, Saudi Arabia.

Principal Investigator: Syed Faisal Zaidi

20. **KAIMRC-NGHA/KSAU-HS project SP20/065/J (2020)**

Project title: The effect of LDL levels on the outcomes of patients with acute coronary syndrome and underwent percutaneous coronary intervention in King Faisal Cardiac Center in the period between 2017-2018.

Co-Investigator: Syed Faisal Zaidi

21. **KAIMRC-NGHA/KSAU-HS project SP20/069/J (2020)**

Project title: Comparison of Recurrence Rate of Pilonidal Sinus between Closed and Open Surgical Methods in KAMC, Jeddah, KSA.

Co-Investigator: Syed Faisal Zaidi

22. **KAIMRC-NGHA/KSAU-HS project SP20/098/J (2020)**

Project title: A Questionnaire-Based Survey to Assess the Level of Knowledge and Awareness of Medical Students about Drug-Food Interactions at King Saud Abdulaziz University for Health Sciences, Jeddah, Saudi Arabia

Principal Investigator: Syed Faisal Zaidi

23. **KAIMRC-NGHA/KSAU-HS project SP20/132/J (2020)**
Project title: Awareness regarding COVID-19 and its effects on mental health among pre-professional health science students at King Saud bin Abdulaziz University for health sciences
Principal Investigator: Syed Faisal Zaidi
24. **KAIMRC-NGHA/KSAU-HS project NRJ21J/066/03 (2021)**
Project title: The Prevalence of Iron Deficiency Anemia in Patients with Gastrointestinal Conditions at King Abdulaziz Medical City, Jeddah
Principal Investigator: Syed Faisal Zaidi
25. **KAIMRC-NGHA/KSAU-HS project SP21J/115/03 (2021)**
Project title: Patient Satisfaction with the use of Subdermal Contraceptive Implant (Implanon) in Women Attending National Guard Hospital in the Western Region during the Year 2020
Co-Investigator: Syed Faisal Zaidi
26. **KAIMRC-NGHA/KSAU-HS project SP21J/132/03 (2021)**
Project title: Prevalence and Characteristics of Anthracycline Induced Cardiomyopathy among Pediatric Cancer Patients Undergoing Chemotherapy in Princess Noorah Oncology Center (PNOC), Jeddah
Co-Investigator: Syed Faisal Zaidi
27. **KAIMRC-NGHA/KSAU-HS project SP21J/122/03 (2021)**
Project title: Questionnaire-based Survey to Assess Perception and Attitude Regarding Lifestyle Modifications in the Prevention and Management of Diabetes among General Population in Jeddah, Saudi Arabia
Co-Investigator: Syed Faisal Zaidi
28. **KAIMRC-NGHA/KSAU-HS project SP21J/106/03 (2021)**
Project title: Comparison on the Prevalence, Knowledge, and Determinants of Self-medication among Medical and Non-medical Students in Jeddah, Saudi Arabia
Co-Investigator: Syed Faisal Zaidi
29. **KAIMRC-NGHA/KSAU-HS project SP21J/103/03 (2021)**
Project title: General Public Perception and Awareness Regarding the Impact of Air Pollution on Cardiopulmonary Diseases Including COVID-19
Co-Investigator: Syed Faisal Zaidi
30. **KAIMRC-NGHA/KSAU-HS project RJ17/033/J (Under review by funding agency)**
Project title: Anti-Helicobacter pylori and Gastroprotective Candidates from Natural Source; Role of Dietary Factor in H. pylori Associated Disorders.
Principal Investigator: Syed Faisal Zaidi
Amount: SR 305,684.

SUPERVISION of UNDERGRADUATE MEDICAL STUDENTS:

Currently supervising more than 50 College of Medicine undergraduate students in their medical research block projects which included projects related to patients, general public, and students.

PATENT:

International patent: Syed Faisal Haider Zaidi, Makoto Kadowaki and Toshiro Sugiyama. Anti-*Helicobacter pylori* agents. Patent application no 2008-183409 and Patent no JP 2010-43061 (Japan).

Membership/ Editorial member/ Reviewer

MEMBERSHIPS:

1. Member American Society of Pharmacology and Experimental Therapeutics, USA (2012-date)
2. Member European Association for Clinical Pharmacology and Therapeutics (EACPT), Switzerland (2019-date)
3. Member of International Society of Ethnopharmacology, USA (2011-date).
4. Member Japanese Society for Helicobacter Research, Japan (2008-2013)
5. Member of Pharmaceutical Society of Japan, Japan (2005-2010).
6. Member of Infectious Disease Society of Pakistan, Pakistan (2011-2012).
7. Member of Pakistan Association for Eastern Medicine, Pakistan (2010-2012).
8. Member of Pakistan Biological Safety Association, Pakistan (2011-2012).

EDITORIAL BOARD MEMBER:

1. International Journal of Functional Nutrition
2. British Journal of Medicine and Medical Research
3. Journal of Advances in Medicine and Medical Research
4. International Research Journal of Gastroenterology and Hepatology (Chief Editor)
5. Austin Journal of Gastroenterology
6. Current Functional Foods
7. Open Journal of Bacteriology
8. International Journal of Gastroenterology Disorders & Therapy
9. RADS-Journal of Pharmacy and Pharmaceutical Sciences
10. Current functional foods
11. London Journal Press
12. Pakistan Journal of Pharmaceutical Sciences (Expert Foreign Referee in 2012)

REVIEWER:

1. PLOS One
2. Scientific reports (Nature Publishing group)
3. Environmental Science and Pollution Research (Elsevier)
4. Journal of Advances in Medicine and Medical Research

5. Oncology letters
6. British Journal of Medicine and Medical Research
7. Oncology reports
8. Alternative therapies in Health and Medicine
9. Dose response
10. European Journal of Integrative Medicine
11. Pakistan Journal of Pharmaceutical Sciences
12. International Journal of Immunopathology and Pharmacology.
13. Anticancer Agents in Medicinal Chemistry
14. International Research Journal of Gastroenterology and Hepatology
15. Pharmacognosy magazine
16. RADS-Journal of Pharmacy and Pharmaceutical Sciences

Administrative Duties at College or University Level

ADMINISTRATIVE Duties or REPRESENTATION in COMMITTEES at College or University Level:

1. **Founding Member, Medical Research Unit**, COM-J, KSAU (Mar 2017 to date).
2. **Coordinator Medical Research Block**, COM-J, KSAU (September 2018 to date)
3. **Academic Counseling Coordinator**, Batch 6, COM-J, KSAU (October 2018 to date)
4. **Owner (responsible person)** for the college data to the automated program “University Research Profile”, COM-J, KSAU (2017 to date)
5. **In-Charge Research**, BMS, COM-J, KSAU (September 2017 to August 2018).
6. **Co-coordinator Medical Research Block**, COM-J, KSAU (September 2017 to May 2018)
7. Nominated as Member University Students Research Board, KSAU (November 2017)
8. Member SUBCOMMITTEE FOR FACULTY DEVELOPMENT PROGRAM under URB (March 2019 to date)
9. Member Faculty Research Board, COM-J, KSAU (March 2016 to date)
10. Member BMS council, BMS, COM-J, KSAU (2016 to date)
11. Member, PBL Task force, COM-J, KSAU (June 2017 to date).
12. Member Standard 7 and 10 committees for NCAAA, COM-J, KSAU (March 2017 to date)
13. Jeddah representative for Standard 7 joint team for NCAAA, COM-J, KSAU (November 2017 to date)
14. Coordinator Basic Pharmacology course PMED-213, COSHP-J, KSAU (2015-2016)
15. Coordinator Clinical Pharmacology course NUR-314, CON-J, KSAU (2014-2015)
16. Member, Endocrine & Reproductive Module committee, Aga Khan University, Karachi (July 2010 – April 2012)
17. Member, Immunity & Infectious Disease Module committee, Aga Khan University, Karachi (March 2011– date)
18. Member, Musculoskeletal Module committee, Aga Khan University, Karachi (2010 – 2011)
19. Member, Cell Biology Group committee, Department of Biological and Biomedical Sciences, Aga Khan University (July 2010 – date)
20. Member, Health Science Research Assembly committee, Aga Khan University, Karachi (March 2011 – April 2012)

21. Member, Health Science Research Symposium committee, Aga Khan University, Karachi (2011)
22. Member, Animal Center Committee, Aga Khan University, Karachi (2010- April 2012)
23. Member, Web Writing Committee, Aga Khan University, Karachi (2011- April 2012)
24. Member, Sports Committee, Department of Biological and Biomedical Sciences, Aga Khan University (July 2010 – April 2012)
25. Member, Management Team committee, Department of Biological and Biomedical Sciences, Aga Khan University (Jan 2012 – April 2012)

Publications

Total citations: 1248; h-index: 19; i10-index 25 (Ref: Google scholar)

1. Alamoudi A, Alrefaey Y, Asiri Y, Farrash E, Farahat F, **Zaidi SF**. (November 12, 2021) Pattern and Factors Associated With the Utilization of Herbs As Medications Among Patients in a Tertiary Care Hospital in Western Saudi Arabia. *Cureus* 13(11): e19502. doi:10.7759/cureus.19502
2. Alzahrani Z, **Zaidi SF**, Alsolami H, Bashrahil B, Alghamdi N, Nooh M, Khan MA, Alshanberi AM, Qanash S. Electronic cigarettes consumption and associated factors among general population in Western Saudi Arabia. *Journal of Public Health Research*. 2021, Sep 24. doi: 10.4081/jphr.2021.2346. Online ahead of print (**As corresponding author**)
3. Yashiro T, Ogata H, **Zaidi SF**, Lee J, Hayashi S, Yamamoto T, Kadowaki M. Pathophysiological Roles of Neuro-Immune Interactions between Enteric Neurons and Mucosal Mast Cells in the Gut of Food Allergy Mice. *Cells*. 2021; 10(7):1586 (**IF: 6**)
4. Khan A, Ahmed ME, Aldarmahi A, Shaikh AA, Feroz Z, Rehman DS, Memon I, Subahi AM, **Zaidi SF**. Awareness, Perceptions and Attitudes of Health Professional Students towards Complementary and Alternative Medicine in Saudi Arabia: Cross-sectional and Comparative Study. Accepted in [Tropical Journal of Pharmaceutical Research](#). 2021; 20 (6): 1307-1319.
5. **Zaidi SF**, Khan MA, Saeed SA, Zahrani KA, Ahmadi AA, Yamy TA, Khan A. Knowledge, Attitude and Practice Regarding Herbal Medicine Among Medical Students in Saudi Arabia. [RADS J. pharm. pharm. Sci](#). 2021; 9 (1):25-39 (**As corresponding author**)
6. Memon I, Alrashid AA, Alshammari HS, Rehman DE, Feroz Z, Nagro A, Alotaibi R, Alsalmi M, Khan MA, Alkushi A, **Zaidi SF**. Assessing the Effects of Basic Medical Science Courses on the Knowledge and Attitude towards Antibiotic Usage among Pre-Professional Students in Saudi Arabia. [Pharmacy](#). 2021 30;9(2):108. (**As corresponding author**)
7. Cui ZG, Ahmed K, **Zaidi SF**, Muhammad JS. Ins and outs of cadmium-induced carcinogenesis: Mechanism and prevention. [Cancer Treat Res Commun](#). 2021;27:100372.

8. **Zaidi SF**, Baroom MW, Hanbashi AI, Alkhaibari AA, Yahya AO, Alsalmi M, Alotaibi R, Nagro A, Khan MA, Alshanberi AM. Knowledge and attitude towards antibiotic usage: A cross-sectional survey among general population in Western Saudi Arabia. [Pharmacy](#) (Basel). 2021 May 1;9(2):98. (*As corresponding author*)
9. Ghaddaf AA, Aziz M, Alomari MS, Abdulhamid AS, Alharbi FA, Mullah AN, **Zaidi SF**. Influence of aspirin on prevention of colorectal cancer: an updated systematic review and meta-analysis of randomized controlled trials. [Int J Colorectal Dis](#). 2021 Mar 8. doi: 10.1007/s00384-021-03880-3. Epub ahead of print. PMID: 33682036. (Systematic review)
10. **Zaidi SF**, Mgarry, R, Alsanea, A, Almutairi, S.K, Alsinnari, Y, Alsobaei, S, Ahmed, K.A. Questionnaire-based Survey to Assess the Level of Knowledge and Awareness about Drug-Food Interactions among General Public in Western Saudi Arabia. [Pharmacy](#). 2021 Apr 8;9(2):76. (*As corresponding author*)
11. Alshahrani SM, Baabbad FM, Bahobail MS, Hawsawi AY, Jastania EI, Bamousa SO, Shobair A, **Zaidi SF**. Survival time in treatment modalities of gastric carcinoma at King Khalid Hospital- Jeddah Saudi Arabia: a retrospective cohort study. [Materia Socio Medica](#). 2020 Dec; 32(4): 271-282 (*As corresponding author*)
12. Zahid R, Asif HM, Rashid F, Kamran R, Ahmed K, Saeed SA, Altaf M, Rasheed F, Muhammad JS, Akram M, **Zaidi SF**. In vitro and in vivo Anti-*Helicobacter pylori* activity of selected medicinal plants employed for the management of gastrointestinal ailments. [Pakistan Journal of Pharmaceutical Sciences](#), 2020, 33; 2809-2814 (*As corresponding author*)
13. Ahmed K, **Zaidi SF**, Rehman MU, Rehman R, Kondo T. Hyperthermia and protein homeostasis: Cytoprotection and cell death. [Journal of Thermal Biology](#), 2020, Volume 91, 102615. (Review article)
14. Khan A, Ahmed ME, Aldarmahi A, **Zaidi SF**, Subahi AM, Alghamdi Z, Alhakami LA. Awareness, self-use, perceptions, beliefs and attitude toward Complementary and Alternative Medicines (CAM) among health professions students in Jeddah, Saudi Arabia. [Evidence based Complementary and Alternative Medicine](#), Volume 2020, Article ID 7872819, 11 pages, <https://doi.org/10.1155/2020/7872819>.
15. **Zaidi SF**, Alotaibi R, Nagro A, Alsalmi M, Almansouri H, Khan MA, Khan A, Memon I. Knowledge and Attitude Towards Antibiotic Usage: A Questionnaire-Based Survey among Pre-professional Students at King Saud bin Abdulaziz University for Health Sciences on Jeddah Campus, Saudi Arabia, [Pharmacy](#) 2020, 8, 5. (*As corresponding author*)
16. Rehman H, **Zaidi SF**, Waseem Q, Aziz S, Naveed S. Need of statins among un-diagnosed unaware Pakistanis via revised pool cohort equation by American Heart Association. [Pak. J. Pharm. Sci.](#), Vol.32, July 2019, pp.1755-1759.
17. Ahmed K, **Zaidi SF**, Cui Z-G, Zhou D, Saeed SA and Inadera H. Potential proapoptotic phytochemical agents for the treatment and prevention of colorectal cancer. [Oncology Letters](#), 2019;18(1):487-498. doi: 10.3892/ol.2019.10349. (Review article)
18. Khan M, Rehman H, Naveed S, **Zaidi SF**, Ayaz S, Owais A and Usmanghani K. Chewable cough tablets with improved palatability: A comparative phase II clinical trial. [Pak. J.](#)

- [Pharm. Sci.](#), Vol.32, January 2019, pp.339-343.
19. Sharif A, Iftikhar M, Hussain A, Rehman MU, **Zaidi SF**, Akram M, Daniyal M, Usmanghani K. Evaluation of Physio-chemical properties of honey collected from local markets of Lahore, Pakistan. [Pak J Med Biol Sci.](#), 2018; 2: 15-20.
 20. Riaz A, Daniyal M, Ghauri MI, Alam H, **Zaidi SF**, Usmanghani K and Wang W. To evaluate the efficacy and safety of CartiNovex plus tablet in osteoarthritis and rheumatoid arthritis. [Pak. J. Pharm. Sci.](#), 2018; 31: 2033-2040. (**IF: Impact factor 0.8**)
 21. Sharif A, Tabassum T , **Zaidi SF**, Akram M, Usmanghani K, Aslam MA. Study of breast tuberculosis on fine needle aspiration cytology, [Pak J Med Biol Sci](#), 2018; 2: 10-13.
 22. **Zaidi SF**, Ahmed K, Saeed SA, Usmanghani K, Sugiyama T. Can Diet Modulate Helicobacter pylori-associated Gastric Pathogenesis? An Evidence Based Analysis. [Nutrition & Cancer](#). 2017; 69:979-989. (Review article, **As corresponding author, IF: 2.5**).
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- Quadruple Therapies in Helicobacter pylori Infection: A Comparative, Randomized Trial. [Alternative therapies in Health and Medicine, 2015;2:33-9 \(IF: 1\).](#)
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 35. Muhammad JS, **Zaidi SF**, Ishaq M. Ins and outs of *Helicobacter pylori* association with rheumatic diseases. [International Journal of Rheumatology, 2015: 5\(2\); 96-100.](#) (Review article, **IF: 1.5**)
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 43. **Zaidi SF**, Kim JH, Tomoe Y, Usmanghani K, Kadowaki M. Effect of Pakistani medicinal plants on IgE/antigen- and ionophore-induced mucosal mast cells degranulation. [Pakistan Journal of Pharmaceutical Sciences, 2014;27, 1041-1048.](#) (2014, **As corresponding author, IF: 0.7**)

44. Muhammad JS, **Zaidi SF**, Usmanghani K. Epidemiological and pathophysiological review of *Helicobacter pylori*. [RADS J. pharm. pharm. sci](#), 2014, Vol 2, 45-55 (Review article, **As corresponding author**).
45. Nawaz A, Bano S, Sheikh ZA, Usmanghani K, Ahmad I, **Zaidi SF**, Zahoor A, Ahmad I. Evaluation of Acute and Repeated Dose Toxicity of the Polyherbal Formulation Linkus Syrup in Experimental Animals. [Chinese Medicine](#), 2014;05 No.04, Article ID:52208,10 (**IF: 1.4**).
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48. Ahmed K, **Zaidi SF**. Treating cancer with heat; Hyperthermia as an emerging strategy to enhance apoptosis in cancer cells. (A review) [Journal of Pakistan Medical Association](#), 2013;63: 504–508 (**IF: 0.5**).
49. **Zaidi SF**, Sugiyama T. Antibacterial and anti-inflammatory effects of medicinal plants or spices against *Helicobacter pylori*: A review. [Helicobacter research](#), 2013;17: 430-436 (Review article, **As corresponding author**).
50. Muhammad JS, **Zaidi SF**, Sugiyama T. Epidemiological Ins and Outs of *Helicobacter pylori*: A review. [Journal of Pakistan Medical Association](#). 2012;62: 955–959 (Review article, **As corresponding author**, **IF: 0.5**).
51. **Zaidi SF**, Muhammad JS, Shahryar S, Usmanghani K, Gilani AH, Jafri W, Sugiyama T. Anti-inflammatory and cytoprotective activity of selected Pakistani medicinal plants in *Helicobacter pylori*-infected gastric epithelial cells. [Journal of Ethnopharmacology](#), 2012; 141: 403–410 (**As corresponding author**, **IF: 3**).
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56. **Zaidi SF**, Yoshida I, Butt F, Yusuf MA, Usmanghani K, Kadowaki M, Sugiyama T. Potent

- bactericidal constituents from *Mallotus philippinensis* against clarithromycin and metronidazole resistant strains of Japanese and Pakistani *Helicobacter pylori*. [Biological & Pharmaceutical Bulletin](#), 32, 631–636 (2009).
57. Mangestuti, Subehan, Widyawaruyanti A, **Zaidi SF**, Awale S, Kadota S. Traditional medicine of Madura Island in Indonesia. [Journal of Traditional Medicine](#), 2007;24: 90–103.
 58. Subehan, **Zaidi SF**, Kadota S, Tezuka Y. Inhibition on Human Liver Cytochrome P450 3A4 by Constituents of Fennel (*Foeniculum vulgare*): Identification and Characterization of a Mechanism-Based Inactivator. [J. Agric. Food Chem.](#), 2007; 55: 10162–10167.
 59. Usmanghani K, Ahmad A, **Zaidi SF**, Nazar H. Diseases pattern at the paediatric OPD of Shifaul-Mulk Memorial Hospital Hamdard University, Madinatul Hikmah, Karachi. *Hamdard Medicus*, Vol XLIX, No. 2, 16–22. (2006).
 60. **Zaidi SF**, Awale S, Kalauni SK, Tezuka Y, Esumi H, Kadota S. Diterpenes from Pini Resina and their preferential cytotoxicity under nutrient-deprived condition. [Planta Medica](#); 72, 1231–1234. (2006).
 61. Nguyen MT, Awale S, Tezuka Y, Shi L, **Zaidi SF**, Ueda JY, Tran QL, Murakami Y, Matsumoto K, Kadota S. Hypouricemic effects of acetin and 4,5-O-Dicaffeoylquinic acid methyl ester on serum uric acid levels in potassium oxonate-pretreated rats. [Biological & Pharmaceutical Bulletin](#), 28, 2231–2234. (2005).

Submitted papers or papers under review:

1. **Zaidi SF**, Saeed SA, Khan MA, Khan A, Hazazi Y, Otayn M, Robah M, Daniyal M. General public's knowledge, attitude, and practices towards herbal medicines; A cross-sectional study in Western Saudi Arabia. *BMC Complementary Medicine and Therapies* (Under minor revision, September 2021 as corresponding author).
2. Alghamdy Z, Alshahrani A, Memon I, Khan A, Khan MA, Alrayan Y, Alfawzan F, **Zaidi SF**. Awareness Regarding COVID-19 and its Effects on Mental Health Among Pre-Professional Health Sciences Students at King Saud bin Abdulaziz University for Health Sciences in Riyadh and Jeddah, Saudi Arabia. *Environmental Science and Pollution Research* (Submitted, November 2021 as corresponding author).

Conferences/ Seminars

1. **Syed Faisal Zaidi** (Keynote Speaker). Herbal Medicine in recent advances: *A Journey From Lab Bench to Hospital Bedside*. 2nd International Conference on Biological Research & Applied Sciences. Jinnah University for Women, Karachi, **January 2022**.

2. **Syed Faisal Zaidi** et al. A Multifactorial Assessment of Complementary and Alternative Medicine in The General Public of Jeddah, Saudi Arabia. 3rd Annual Research Forum, KSAU-HS, Jeddah Campus, **February 2021**. (Poster)
3. **Syed Faisal Zaidi** et al. Influence of Aspirin on Prevention of Colorectal Cancer: An Updated Systematic Review and Meta-Analysis. 3rd Annual Research Forum, KSAU-HS, Jeddah Campus, **February 2021**. (Poster)
4. **Syed Faisal Zaidi** et al. Electronic cigarettes consumption among general population in Jeddah, Saudi Arabia. 3rd Annual Research Forum, KSAU-HS, Jeddah Campus, **February 2021**. (Poster)
5. **Syed Faisal Zaidi** et al. Surgical Site Infection Rate in Sutured Versus Stapled Wound Closure After Orthopedic Limb Surgeries at King Abdulaziz Medical City, Jeddah: A prospective cohort study. 3rd Annual Research Forum, KSAU-HS, Jeddah Campus, **February 2021**. (Poster)
6. Saad Alshahrani, **Syed Faisal Zaidi** et al. Survival time in treatment modalities of gastric carcinoma at King Khalid Hospital- Jeddah Saudi Arabia: a retrospective cohort study. Health Profession Conference, KSAU-HS, Jeddah, **January 2020**. (Oral)
7. Rayan Mgarry, Abdullah Alsanea, Sakar Almutairi, Yaser Alsinnari, Saad Alsobaei, Kanwal Ahmed, and **Syed Faisal Zaidi**. A Questionnaire based Survey to Assess the Level of Knowledge and Awareness about Drug-Food Interactions among People in Jeddah, Saudi Arabia. Annual Research Forum, College of Medicine, KSAU-HS, Jeddah Campus, **February 2020**. (Poster)
8. Rakan Alotaibi, Abdulaziz Nagro, Muath Alsalmi, Hidayat Almansouri, **Syed Faisal Zaidi**, et al. Knowledge and Attitude Towards Antibiotic Usage: A Questionnaire-Based Survey among Pre-professional Students at KSAU-HS, Jeddah Campus, Saudi Arabia. Health Profession Conference, KSAU-HS, Jeddah, **January 2019**. (Poster)
9. Invited lecture, Faculty of Pharmacy, Jinnah University for Women. Can our diet determine the course of disease outcome in *H. pylori*-associated disorders? Karachi, Pakistan. **July 2019**. (Oral)
10. Attendance: Artificial intelligence in Medicine, KAUST Research Event, 18-20 **February 2019**, Jeddah, Saudi Arabia.
11. Attendance: International Conference on Cancer Biology and Anti-Cancer Therapies” -**June 24th -25th, 2019**, Singapore.
12. **Syed Faisal Zaidi**, et al. Inhibition of IgE/antigen- and ionophore-induced mucosal mast cells degranulation by *Alpinia galangal* and acetoxychavicol acetate. 18th Annual Congress of Basic and Clinical Pharmacology, **1-6th July 2018**, Kyoto, Japan. (Poster)
13. Jibrán Sualeh Muhammad, **Syed Faisal Zaidi**, et al. Anti-*Helicobacter pylori* activity of Selected Medicinal Plants from the Kingdom of Saudi Arabia. 22nd Annual meeting of Japanese society for *Helicobacter* research. Oita, Japan. June, 2016. (Poster)
14. Journal Club Series, College of Medicine, King Saub bin Abdulaziz University of Health Sciences. Jeddah, Saudi Arabia. February 2016.

15. **Syed Faisal Zaidi**, et al.
A comparative randomized trial of phytomedicine-based and quadruple therapies in *Helicobacter pylori* infection.
21st Annual meeting of Japanese society for *Helicobacter* research.
Kobe, Japan, June, 2015. (Poster)
16. 16th Annual Meeting of Japanese Society of Neurogastroenterology and Motility. Tokyo, Japan
November 2014.
17. 20th Annual meeting of Japanese society for *Helicobacter* research.
Tokyo, Japan.
June, 2014.
18. **Syed Faisal Zaidi**, et al. (2014). Activation of Murine Isolated Enteric Neurons by IgE-Antigen and Mediators Released From Mucosal Type Bone Marrow-Derived Mast Cells. *Gastroenterology*. 146. S-92. 10.1016/S0016-5085(14)60333-4. Digestive Disease Week (DDW) by American society of gastroenterology.
Oral presentation, Chicago, USA.
May 2014.
19. 10th Japan-Korea joint symposium by Japanese society for *Helicobacter* research and Korean college of *Helicobacter* and upper gastrointestinal research. Seoul, Korea
June, 2013.
20. 15th Annual Meeting of Japanese Society of Neurogastroenterology and Motility. Okayama, Japan.
November 2013.
21. 14th Annual Meeting of Japanese Society of Neurogastroenterology and Motility. Osaka, Japan.
November 2012.
22. 17th Annual meeting of Japanese society for *Helicobacter* research.
Toyama, Japan.
June, 2011.
23. 8th Annual meeting of Infectious disease society of Pakistan.
Islamabad, Pakistan.
March, 2011.
24. Research Seminar Series, Department of Continuing Medical Education, Aga Khan University.
Karachi, Pakistan
May, 2011.
25. Invited lecture on WHO workshop on alternative medicine, Hamdard University. Karachi, Pakistan
November, 2010.
26. 6th Annual Meeting of Japanese Gastroenterological Association.
Fukuoka, Japan.
February, 2010.
27. 15th Annual Meeting on *Helicobacter* Research by Japanese society of *Helicobacter* research.
Tokyo, Japan
March, 2009.
28. 12th International Conference on Traditional Medicine by University of Toyama. Toyama,

- Japan.
November, 2009.
29. Invited lecture on *Helicobacter pylori associated gastric pathogenesis* by Hamdard University. Karachi, Pakistan.
April, 2009.
 30. 126th Annual meeting of Pharmaceutical Society of Japan.
Sendai, Japan.
August, 2006.
 31. *Current developments in Cancer Therapy*, Hamdard University.
Karachi, Pakistan.
March, 2006.
 32. *Digestive Disease Week (DDW)* by American society of gastroenterology.
Chicago, USA.
May 2014.
 33. 21st European digestive disease week. European society of Gastroenterology.
Berlin, Germany.
October 2013.
 34. *Digestive Disease Week (DDW)* by American society of gastroenterology.
Florida, USA.
May 2013.
 35. 19th Annual meeting of Japanese society for Helicobacter research.
Nagasaki, Japan.
June, 2013.
 36. 6th Health Science Research Assembly, Aga Khan University.
Karachi, Pakistan.
December, 2011.
 37. *Digestive Disease Week* by American society of gastroenterology.
Chicago, USA.
May 2009.
 38. Hamdard International Integrative Conference organized by Hamdard University. Karachi, Pakistan.
November, 2008.
 39. 127th Annual meeting of Pharmaceutical Society of Japan conducted by Japanese Pharmaceutical Society.
Toyama, Japan.
June, 2007.

Workshops

1. Workshop on writing Course specification
Batterjee Medical College for Science and Technology
December 2021
2. Workshop on writing Blueprints of the course
Batterjee Medical College for Science and Technology

- November 2021
3. Workshop on writing course reports
Batterjee Medical College for Science and Technology
October 2021
 4. Workshop on writing quality MCQs
Batterjee Medical College for Science and Technology
October 2021
 5. Effective Research Methodology and Manuscript writing in Medical Sciences (Presenter)
Islamia University Bahawalpur, Pakistan, (International, Virtual)
23rd September 2020
 6. Scientific Writing and Presentation for Master students (Presenter)
Hasanuddin University, Makassar, Indonesia (International, Virtual)
19th September, 2020
 7. Tips for Good Research Presentation: An evaluator perspective (Workshop conducted by me)
Deanship, KSAU
February 2020
 8. Psychometric analysis
COSHP, KSAU
Jan 2020
 9. Presentation skills
COM-J, KSAU
Jan 2020
 10. Manuscript writing workshop
COM-J, KSAU
April 2019
 11. SPSS advance I workshop
COM-J, KSAU
April 2019
 12. A fire safety workshop
COM-J, KSAU
April 2019
 13. A primer machine learning
COM-J, KSAU
March 2019
 14. SPSS Advance I
COM-J, KSAU
March 2019
 15. Questionnaire Design, Reliability & Validity
COM-J, KSAU
Feb 2019
 16. Introduction to KPI workshop
COM-J, KSAU
January 2019
 17. Program evaluation workshop
COM-J, KSAU

- January 2019
18. RCT workshop
COM-J, KSAU
January 2019
 19. MCQs writing
COM-J, KSAU
November 2018
 20. Sample size calculation
COM-J, KSAU
October 2018
 21. Proposal writing
COM-J, KSAU
October 2018
 22. Questionnaire design and analysis
COM-J, KSAU
March 2018
 23. Workplace based assessment (Mini-Cex and Cbd)
COM-J, KSAU
February 2018
 24. Understanding and preventing plagiarism
COSHP-J, KSAU
February 2018
 25. Search engines and Reference softwares
COSHP-J, KSAU
February 2018
 26. Introduction to SPSS
COM-J, KSAU
December 2017
 27. Introduction to Educational Leadership and Management
COM-J, KSAU
November 2017
 28. Principles of students assessment
COM-J, KSAU
November 2017
 29. Coordinators workshop
COM-J, KSAU
October 2017
 30. Effective Teaching Skills
COM-J, KSAU
October 2017
 31. Academic counseling
COM-J, KSAU
September 2017
 32. Data collection and questionnaire designing
COM-J, KSAU
May 2017

33. Literature search
COM-J, KSAU
April 2017
34. Proposal writing workshop
COM-J, KSAU
April 2017
35. Study design and methodology
COM-J, KSAU
April 2017
36. Sampling techniques
COM-J, KSAU
April 2017
37. Integrating Medical Improvisation and Techniques for Better Role-Playing and Teaching
COM-J, KSAU
April 2017
38. Seven principles and active learning
COM-J, KSAU
April 2017
39. Principles of students assessment
COM-J, KSAU
March 2017
40. Fundamentals of Qualitative Research & Publication
COM-J, KSAU
March 2017
41. Principles of students assessment
COM-J, KSAU
February 2017
42. Selecting a research topic
COM-J, KSAU
February 2017
43. Basics of bio stats
COM-J, KSAU
January 2017
44. Evaluation and Assessment
COM-J, KSAU
December 2016
45. Introduction to COM-J curriculum
COM-J, KSAU
November 2016
46. Problem based learning training workshop
COM-J, KSAU
November 2016
47. 3rd Saudi Society for Medical Education workshop
Crown Plaza Hotel, Jeddah
May 2016
48. Workplace based assessment

- COM-J, KSAU
December 2015
49. Turnitin software training workshop
COSHP-J, KSAU
October 2015
50. Effective Teaching Skills
COM-J, KSAU
June 2015
51. Writing High Quality MCQs
COM-J, KSAU
April 2015
52. Effective interviewing skills course
King Khalid Hospital, NGHA
June 2014
53. Introductory Short Course (CS). From philosophy to Practice in Health Professions Education. September. Department of Education Development Aga Khan University, Karachi, Pakistan
September 2010.

Services to University and Community

Services to the King Saud Bin Abdulaziz University:

- Serving as a reviewer in the student annual research day from 2015 till to date.
- In just a span of 5 years, I tried to promote the name of university at international level by publishing more than 30 research/review articles in reputed international journals and presented in international conferences five times with university affiliation from 2014 till to date.
- Initiated international collaborative research project involving gastroenterology unit at MNGHA/ COM-J, KSAU-HS and University of Toyama, Japan in 2015 till to date.
Project details: RJ15/004/J
Project Title: Molecular epidemiological study of Saudi H. pylori strain to determine the association with disease outcomes.
Principal Investigator: Syed Faisal Zaidi
- Supervising/ mentoring more around 50 students in their research projects in medical research block to equip and train them with up to date trends in medical research.

Services to the Community:

- As a member in Pakistan welfare society-Jeddah; assist in charity programs, free medical camps, social gatherings etc. (2016 to date)
- Provide assistance to newcomers in KSAU campus for their settlement like shopping, outing etc.
- Organize sports activity on weekly basis like cricket, badminton, table tennis etc.
- Free detection of Helicobacter pylori in Pakistani community by urine test in Toyama, Japan

2007-2008

- Provide assistance in free endoscopic examination of selected Pakistani community individuals for the diagnosis and treatment of *Helicobacter pylori*, Toyama, Japan, 2007-2008.
- Awareness talk in open public forum regarding *Helicobacter pylori* and role of diet in preventing associated diseases, Aga Khan University, Karachi, Pakistan, 2011.
- Free OPD clinics for villagers around band murad area, Hamdard University campus, Karachi, Pakistan, 2003.

Education

<u>Degree</u>	<u>University</u>	<u>Location</u>	<u>Completion Year</u>	<u>Major</u>	<u>Specialty</u>
M.P.H.	University of Alabama at Birmingham	Birmingham, USA	Fellow (Online course) 2023	Master of Public Health Epidemiology	Herb/Drug Interactions
Ph.D.	University of Toyama	Toyama, Japan	2006-2009	Pharmaceutical Sciences	Herbal/ Natural Medicine
M.Phil.	University of Toyama	Toyama, Japan	2004-2006	Pharmaceutical Sciences	Herbal/ Natural Medicine
B.E.M.S	Hamdard University	Karachi, Pakistan	1998-2003	Bachelor of Eastern Medicine & Surgery	Oriental Medicine

Clinical practice license no: QBH -0031 (Karachi, Pakistan)

Title of Ph.D. thesis: *Helicobacter pylori* associated gastrointestinal disorders: Role of dietary factor in disease outcome

Title of M.Phil thesis: Preferential cytotoxicity of Pini resina in Human pancreatic cancer PANC-1 cells under nutrient-deprived condition

Post-Doctoral Experience:

Elucidation of neuro-immune crosstalk in the pathogenesis of ulcerative colitis and food allergy with the help of *invitro* experiments and *invivo* models.