

THEME: Towards SDGs, Exploring the Health Possibilities

Date: 7th April, 2018

Venue: ICCBS, University of Karachi

Time	Session	Speaker	Topic	Affiliation
8:30-9:00	Registration & Morning Tea			
Inaugural Session				
9:00-9:10	Welcome Address	Dr. Sadaf Ahmed	Journey of ICEHSR	AEIRC
9:10-9:40	Address of Chief Guest	Prof. Dr. Atta-ur-Rahman FRS, N.I., H.I., S.I., T.I.	Exciting Advances in Health Sciences	HEJ, UoK
9:40-10:20	Plenary Lecture	Prof. Dr Naweed Syed	Brain Development: From Synapses formation to Synaptic Plasticity and neurodegeneration	Cumming School of Medicine- Canada
10.20-10.30	Souvenir Distribution			
Scientific Session I				
10.20-10.50	Thematic Talk	Dr. Lamia Mahmoud	Universal Health Coverage everyone, everywhere	WHO-PAK
10.50-11.20	Panel Session: Achieving SDGs in Pakistan: Challenges & Opportunities Moderator: Faizan Mirza Panelist: Prof. Dr. Naweed Syed (Canada), Prof. Dr. Shahana Urooj Kazmi (DIHE), Prof. Dr. Tipu Sultan (MU), Dr. Lamia Mahmoud (WHO)			
11:30-11:50	TEA BREAK/POSTER PRESENTATION Panelist: Prof. Dr. Sina Aziz (KMDC), Prof. Dr. Nazeer Ahmed Solangi (LNMC)			
Scientific Session II				
11:50-12:10	Keynote Lecture	Prof. Dr. Shahana Urooj Kazmi	Changing faces of Microbes, Global Warming and infectious diseases	Dadabhoj Institute & Higher Education
12:10- 12:40	Panel Session: The Value, importance and Oversight of Clinical and Public health research in Pakistan Moderator: Dr. Nida Khan Panelist: Prof. Dr. Khursheed (LNH), Dr. Fatema Jawwad (JPMA), Prof. Dr. Obaid Ali (MoH), Prof. Dr. Sumbul Shamim (DUHS), Dr. Sajjad(PNFWH), Dr. Roohi Obaid			
12:40- 2:00	FREE PAPERS SESSION I			
Moderator: Dr. Nida Khan Chair: Prof. Dr. Fatema Jawwad (JPMA) Co-Chair: Prof. Dr. Fauzia Imtiaz (DUHS)				
2:00-2:30	LUNCH BREAK/ POSTER PRESENTATION			
Panelist: Dr. Zia Mohyuddin(SSUET), Dr. Lubna Naz (UoK), Dr. Sonia Siddiqui (DUHS)				
2:30-3:40	FREE PAPER SESSION II			
Moderator: Sonya Arshad Chair: Prof. Dr. Shamim Qureshi (UoK) Co-Chair: Prof. Dr. Zahra (AKUH)				
3:40-3:50	Address of Chief Guest			
3.50-4.00	Closing and Souvenir Distribution			

Oral Presentations

HALL A (01:00 PM-2:00 PM)

S.NO	Title	Presenting Author	Affiliation
A 1	Retention of micro nutritional components of lemon zest through edible coatings supplemented with essential oils	Ayeza Naeem	Department of Microbiology, & Department of Food Science & Technology, University of Karachi
A 2	Concentration and Human Health Risk Assessment of Selected Heavy Metals in Drinking Water Reservoirs of Central-Hunza, Gilgit-Baltistan, Pakistan	Saira Baig	Department of Environmental Sciences, Karakoram International University, Gilgit-Baltistan, Pakistan
A 3	HPLC-DAD and finger printing Analysis of antioxidants bioactive compounds of Citrus paradisi related to the seasonal variation and developmental stages.	Wassem Ahmed	Department of Agricultural Sciences, University of Haripur, Pakistan
A 4	Reverse osmosis plants may be the probable solution of health associated diseases	Rafia Azmat	Department of Chemistry, University of Karachi.
A 5	Biofortified High Zinc Wheat: The Traditional Staple Dietary Food to Address Malnutrition in Pakistan	Qadir Bux Baloch	Harvest Plus Pakistan
A 6	Preparation and in vitro characterization of Transdermal Patches of Tizanidine Hydrochloride	Rao Irfan	Department of Pharmaceutical Sciences, Peoples University of Health and Medical Sciences, Nawabshah, Pakistan.

Moderator: Dr. Nida Khan (AEIRC)

Chair: Prof. Dr. Fatema Jawwad (JPMA) **Co-Chair:** Prof. Dr. Fauzia Imtiaz (DUHS)

HALL A (2:30 PM-3:30PM)

S.NO	Title	Presenting Author	Affiliation
A 7	Beneficial effects of turmeric and dark chocolate in Parkinson's disease.	Noreen Tariq	Department of Pharmacology, Dow College of Pharmacy, Faculty of Pharmaceutical sciences, Dow University of Health Sciences.
A 8	An anticholinergic drug atropine impairs the reconsolidation of newly formed fear memory in Rats.	Shafiqa Naeem	Department of Biochemistry, University of Karachi
A 9	Evaluation of the association between reproductive hazards of vinyl chloride and KRAS gene mutations in adult male factory workers.	Waqar Ahmad	Reproductive Physiology laboratory, Department of Animal sciences, Faculty of Biological sciences, Quaid-E-Azam University, Islamabad.
A 10	Disruption Of Post-Traumatic Stress associated older fear memory by pharmacological intervention.	Syeda Batool Zehra	Department Of Biochemistry, University Of Karachi.
A 11	Knowledge, Attitude and Practices of health care personnel and possible barriers towards biomedical waste management. A cross-sectional Study in Karachi.	Sehrish Butt	Institute of Business Administration and Dow University of Health Sciences.
A 12	Production and antimicrobial effects of penicillin extracted from penicillium chrysogenum using different modifying agents	Rutaba Rizwan	Institute of Biotechnology and Genetic Engineering, University of Sindh, Jamshoro, Sindh, Pakistan.
A 13	Amelioration of stress induced behavioral changes following repeated administration of lavender oil in rats.	Sara Qadeer	Department Of Biochemistry, University Of Karachi.

Moderator: Sonya Arshad (LNH)

Chair: Prof. Dr. Shamim Qureshi (UoK) **Co-Chair:** Prof. Dr. Zahra (AKUH)

HALL B (12:40 PM-02:00 PM)

S.NO	Title	Presenting Author	Affiliation
B 1	Prevalence and characteristics of stress among bereaved parents after the death of their under-five children in the urban slums of Karachi, Pakistan.	Muhammad Bilal Siddiqui	Centre of Maternal and Child Health Research (CoMCHR), AEIRC
B 2	Health status of children studying in a lower Sindh rural school (Rahmore, Nabi Sar Road, District Umerkot)	Ameet Kumar	Civil hospital Karachi
B 3	Effect of curcumin on rotenone neurotoxicity in male rats.	Yumna Mubeen	Department Of Biochemistry, University Of Karachi.
B 4	Simulation based estimation of shear rate of the excretory fluid from human body due to presence of stone in Ureter	Syeda Kanza Zehra	Biomedical Engineering Department, Sir Syed University of Engineering and Technology Karachi.
B 5	Arduino Based Edema Detection System	Qurat Ul Ain Zafar	Biomedical Engineering Department, Sir Syed University of Engineering and Technology Karachi.
B 6	Neuroprotective effect of curcumin on rotenone-induced motor deficits.	Hifza Muhammad Iqbal	Department Of Biochemistry, University Of Karachi.
B 7	Work -Life: Balance or Integration.	Wardah Ahmed	Department Of Community Health And Preventive Dentistry, Hamdard University.
B 8	Antimicrobial activity of Asiatic Acid and its possible application as antimicrobial active ingredient in cosmetics in Pakistan	Uzma Hafeez	Department of biotechnology University of Karachi
B 9	Pharmacological studies of isolated compounds from Adhatoda vasica and Calotropis procera as an antioxidant and antimicrobial bioactive source	Rafia Azmat	Department of Agricultural Sciences, University of Haripur, Pakistan

Moderator: Syeda Farah Batool (ZU)

Chair: Prof. Dr. Neelofer Sultana (SMBBC) **Co-Chair:** Prof. Dr. Shazia Shakoor (BUMDC)



HALL C (12:40 PM-02:00 PM)

S.NO	Title	Presenting Author	Affiliation
C 1	Life Satisfaction and Gratitude	Alfaraz Ashraf Elahi	Institute of Business Management (IoBM) & Aga Khan University Hospital
C 2	Study on depression like behavior following administration of serotonergic and cholinergic agonists on rodents.	Shehr Bano	University of Karachi
C 3	Health status of women in urban slum areas of Lahore.	Mehak Altaf	Fatima Jinnah Medical University
C 4	Association between breastfeeding and childhood obesity among Pakistani school going children: A matched Case-Control Study	Saima Sachwani	Aga Khan University School of Nursing and Midwifery
C 5	Impact of cellular reminder on follow up patients suffering from psychosis: Randomized Controlled Trial	Nasir Mehmood	Karwan E Hayat Psychiatric Care & Rehabilitation Center
C 6	Perceived social support differences among schizophrenic and depressed patients in rehabilitation care	Yasirah Gohar	Karwan E Hayat Psychiatric Care & Rehabilitation Center
C 7	Case study of Obsessive-Compulsive Disorder (OCD).	Muhammad Zafar Iqbal	Islamabad, Pakistan
C 8	Exploring the experiences of the elderly people who are brought to live in shelter homes in Karachi, Pakistan.	Laila Akber Cassum	University School of Nursing and Midwifery
C 9	Innovative production of uricase by Bacillus subtilis BSM-2 mutant strain	Munazzah Meraj	Peoples University of Health and Medical Sciences, Nawab Shah, Pakistan.

Moderator: Faizan Mirza (AEIRC)

Chair: Prof. Dr. Rafia Azmat(UOK) **Co-Chair:** Dr. Bilal Siddiqui (HU)

HALL C (2:30 PM-03:30 PM)

S.NO	Title	Presenting Author	Affiliation
C 10	Revealing the therapeutic potential of Vitamin-D in the treatment of epilepsy	Farah Aslam	Department of Pharmacology, Dow College of Pharmacy, Dow University of Health Sciences.
C 11	Shisha-Smoking; Popularity and Familiarity among University Students of Jamshoro and Hyderabad, Sindh, Pakistan	Nehan Adil Khan	Physiology department, Liaquat University of Medical and Health Sciences & Jinnah Post Graduate Medical Centre
C 12	Psychological Impacts of trauma of burn	Amara Gul	Department of Applied Psychology, The Islamia University of Bahawalpur.
C 13	Exploring the new therapeutic options for the treatment of Parkinson's disease	Noreen Tariq	Department of Pharmacology, Dow College of Pharmacy, Faculty of Pharmaceutical sciences, Dow University of Health Sciences.
C 14	Dose dependent behavioral changes following the administration of lemon oil	Sarwat Yousuf	University of Karachi
C 15	Altered Sleep patterns as indicators of Prediabetes	Saad Sohail	Dow Medical College, Civil Hospital

Moderator: Huma Bugti

Chair: Dr. Zafar Iqbal Abbassi (BIDE) **Co-Chair:** Dr. Peer Asad Aziz (LUMHS)

Poster Presentations

Session I

HALL B (11:30 AM-11:50 AM)

S.NO	Title	Presenting Author	Affilitaion
P1	Knowledge attitude ration of blood donation among medical and non-medical university students.	Urooba Aslam	Dow University of Health Sciences
P2	Highlighting the benefits of preconception health.	Rubeka Mansha	Aga Khan University Hospital
P3	Cognitive and Emotional Impacts of Postpartum Depression in Pakistani Women.	Amara Gul	Islamia University of Bahawalpur
P4	Production of lysozyme at industrial scale.	Zainab Hanif Khamisani	Dow University of Health Sciences
P5	Biodegradation of xenobiotic compounds.	Manal Zehra	Dow College of Biotechnology, Dow University of Health Sciences
P6	Fighting against lung cancer by using natural products via nasal inhalers: a therapeutic approach.	Marium Abdul Rasheed	Dow University of Health Sciences
P7	To identify the risk factor associated with Pre-eclampsia (PE), Eclampsia and pregnancy induced Hypertension (PIH).	Sabah Farhat	Department of biological and biomedical sciences, Aga Khan University Hospital
P8	To evaluate serum Alanine Aminotransferase (ALT), Uric acid and Creatinine levels in patients with pre-eclampsia, Eclampsia and pregnancy induced hypertension.	Sabah Farhat	Department of biological and biomedical sciences, Aga Khan University Hospital
P9	Psychosocial impact of autism spectrum disorder on affected individual.	Asma Amir Ali	Surgical ICU, Aga Khan University Hospital
P10	Lack of insight: An obstacle for health care provider.	Asma Amir Ali	Surgical ICU, Aga Khan University Hospital
P11	Role of nurses in promoting clients privacy during childbirth.	Asma Amir Ali	Surgical ICU, Aga Khan University Hospital
P12	Issue of noncompliance in mental illness.	Karishma Karim Halani	Surgical ICU, Aga Khan University Hospital
P13	The rise of new moon "liquid biopsy chip".	Fahila Iqbal	Dow college of biotechnology & Dow research institute of biotechnology and biomedical sciences

P14	Frequency and pattern of antibiotic resistance in tertiary care hospitals of Karachi.	Nida Aziz	Jinnah university for women
P15	Awareness attitude and barriers about menopause and aging brain.	Safia Mehmood	Jinnah University for women
P16	Comparative study of metals adsorption capacities of the chitosan prepared from crustacean species.	Sajida Parveen Soomro	Federal Urdu University Of Science And Technology
P17	Application of the orthotics and prosthetics users survey (opus) lower limb extremity functional status module in people with unilateral lower limb disability.	Sunaila Sharif	Dow University Of Health Sciences
P18	Emerging Cephalosporin resistance in Salmonella. Is It tip Of Iceberg?	Mehak Shah	South City Hospital
P19	Cytosponge- An Alternative to Biopsy.	Syeda Eisha	Dow research institute of biotechnology and biomedical sciences & Dow University Of Health Sciences
P20	Treatment Of Diabetes Type-1 by Polymeric Biodegradable Nanoparticles.	Fizza Salman	Dow research institute of biotechnology and biomedical sciences & Dow University Of Health Sciences
P21	Predictors and clinical outcomes of surgical site infections: A cross sectional study in tertiary care settings.	Maryam Khalil Ahmed	Institute of Pharmaceutical Sciences, Jinnah Sindh Medical University
P22	Resilience in coping with perceived stress and their relationship with life satisfaction.	Sundus Asif	University of Karachi.
P23	Products from insects and ticks are blessing against Cancer.	Syed Haroon Masood Bokhari	Muhammad Nawaz Shareef University of Agriculture, Multan
P24	Usage and understanding of food and nutrition labels among health related and non-health related professionals.	Madiha Ajaz	Rana Liaquat Ali Khan Government College of Home Economics
P25	Awareness of general population about urgency to treat meningitis.	Sobia Jamil	Jinnah University For Women. Karachi
P26	Paving a way out for biotechnologically engineered vaccine for dengue fever.	Syeda Azza Shaique	Federal Urdu University Of Science And Technology
P27	The Impact of Psychiatric Rehabilitation Program: The KEH experiences	Mr. Nasir Mehmood	Karwan E Hayat Psychiatric Care & Rehabilitation Center
P28	Factors effecting the treatment compliance in psychiatric setting; Retrospective Study	Yasirah Gohar	Karwan E Hayat Psychiatric Care & Rehabilitation Center
P29	Effect of neuroactive agents in diabetic state.	Sadia S. Kashif	Ziauddin University
P30	Evaluation of awareness regarding immunosuppressive among medical students	Hafsa Ahmed	Jinnah University For Women. Karachi



Session II

HALL B (02:00 PM-02:30 PM)

S.NO	Title	Presenting Author	Affiliation
P31	Perceptions of Hypertensive and Diabetic patients regarding adoption of preventive measures to avoid cardio artery disease.	Yousuf Tahir Ali	Dow University of Health Sciences
P32	Career or Responsibility?	Syeda Farah Batool	Ziauddin School of Physiotherapy
P33	Risk factors of Ventilator Associated Pneumonia among ICU patients admitted in medical or surgical intensive care unit.	Noor-Ul-Ain Naushad	Dow Institute Of Medical Technology, Dow University of Health Sciences
P34	Risk factors of burn injuries in pediatrics patients admitted in burns center of Civil Hospital, Karachi.	Naila Nasir	Dow Institute Of Medical Technology, Dow University of Health Sciences
P35	Effects of daily herbal consummates on the Diabetes induced depression.	Saara Muddasir Khan	The Aga Khan University
P36	Metformin: an effective medication or a failure for diabetic patients.	Sameer Ali	Institute of Pharmaceutical Sciences, Jinnah Sindh Medical University
P37	The Management of Pediatric Type-1 Diabetes; A Case Study.	Alisha Hassan	Institute of Pharmaceutical Sciences, Jinnah Sindh Medical University
P38	The Study of Immunity Dysfunction in patients with Diabetes and high susceptibility of infections.	Aleeza Raza	Institute of Pharmaceutical Sciences, Jinnah Sindh Medical University
P39	Health associated benefits of chocolate.	Maryum Abdulsalam	Federal Urdu University Of Science And Technology
P40	Prevalence of nicotine dependence among adults in Karachi, Pakistan.	Adnan Zia Shamsi	Hamdard University
P41	Evaluation of ADHD in adults.	Tanzeela Gul	Jinnah University for Women
P42	Effects of Aspartame on memory.	Sameer Ali	Institute Of Pharmaceutical Sciences, Jinnah Sindh Medical University
P43	Cultivation of Xenofree umbilical cord derived mesenchymal stem cells for Rheumatoid Arthritis treatment; A way towards therapeutic approach.	Faiza Chaudhary	Dow University of Health Sciences
P44	The Monitoring of depression in Diabetes.	Alina Rizvi	Institute of Pharmaceutical Sciences, Jinnah Sindh Medical University

P45	Zebra fish as a model to study Diabetes Mellitus Type I and treatment of Diabetes via Guava Leaves.	Wardah Shahid	Dow College Of Biotechnology, Dow University of Health Sciences.
P46	Indigenous production and purification of Urate Oxidase to control Hyperuricemia.	Munazzah Meraj	Peoples University of Medical and Health Sciences, Nawab Shah.
P47	Lipomas; A clinical and pathological study of different cases.	Sheeraz Ali	Institute of Pharmaceutical Sciences, Jinnah Sindh Medical University.
P48	Neurobehavioral effects of serotonergic and cholinergic agonists on spatial memory.	Sania Ajaz	Department of Biochemistry, University of Karachi
P49	Improving Of Short Term Memories In Performing Small Scale Brain Activity In Youth.	Sobia Rasheed	Liaquat National School of Physiotherapy
P50	Brain Circuit Remapping in Blind.	Rida Sabir	Liaquat National School of Physiotherapy
P51	Set right your uterus punch.	Sehrish Shiraz	Liaquat National School of Physiotherapy
P52	Apparent increase in performance in energy drink male-smokers is not a sustainable goal towards a healthy living.	Nida Farooqui	Department of Biochemistry, University of Karachi.
P53	Memory impairment caused by thymol drug on stress induced healthy rats.	Fizza Rizvi	Department of Biochemistry, University of Karachi.
P54	Frequency of knowledge and practices regarding chikungunya prevention among urban population of Karachi.	Rakhshinda Ambreen	Jinnah Medical and Dental College
P55	Knowledge, awareness and practice regarding Hepatitis B and C amongst beauticians.	Rakhshinda Ambreen	Jinnah Medical and Dental College
P56	Comparative Analysis of Different Honey Proteins.	Atiya Gohar	H.E.J. Research Institute of Chemistry
P57	Impaired glucose tolerance and its predictors among females of reproductive age residing in slum areas of Lahore.	Filza Haqiq	Fatimah Jinnah Medical University
P58	Changes in BMI, BMR & TDEE as indicators of Prediabetes.	Nida Khan	Advance Educational Institute & Research Centre
P59	A comparison of fatigue correlates in Rheumatoid Arthritis and osteoarthritis: disparity in associations with disability, pain and sleep disturbance.	Zainab Aqeel	A.O Clinic & Jinnah Post Medical Centre
P60	Effect of coffee on brain. (Caffeine and sleep paralysis)	Syeda Azza Shaique	Federal Urdu University