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DR. ARIFA MEHREEN
PhD ZOOLOGY

WORK EXPERIENCE

Assistant Professor University of Agriculture, Faisalabad	March 2022- till present
Assistant Professor University of Lahore, Defense road Campus	Nov. 2019- March 2022
Assistant Professor University of Central Punjab, Faisalabad Campus	Oct 2018– Nov 2019
Visiting Faculty, Assistant Professor University of Education, Faisalabad Campus	Oct 2017 – Feb 2019
Department of Pathology (Internee Program) Children’s Hospital and Institute of Child Health, Ferozepur road Lahore	Mar 2007

EDUCATION

Ph.D – Zoology University of the Punjab Lahore Pakistan	2017
M.S – Zoology (CGPA 3.57/4) University of the Punjab Lahore Pakistan	2007 – 2009
B.S – Zoology (4 Years Program) (CGPA 3.65/4) University of the Punjab Lahore Pakistan	2003 – 2007

INTERNATIONAL RESEARCH PUBLICATIONS

Ashraf, A., Mehreen, A., Liaqat, I., Arshad, M., & Arshad, N. (2016). Prevalence of Resistant Strains of Staphylococcus aureus in Throat Samples of Healthy Local and Nigerian Students residing in Lahore, Pakistan. *BIOLOGIA (Pakistan)*, 62(2), 281-288

Mehreen, A., Waheed, M., Liaqat, I., & Arshad, N. (2016). phytochemical, Antimicrobial, and Toxicological Evaluation of Traditional Herbs Used to Treat Sore Throat. *BioMed Research International*, 2016, 1-9. doi:10.1155/2016/8503426.

Arshad, N., **Mehreen, A.**, Liaqat, I., Arshad, M., & Afrasiab, H. (2017). In vivo screening and evaluation of four herbs against MRSA infections. *BMC Complementary and Alternative Medicine*, 17(1).doi:10.1186/s12906-017-2001-z.

Mehreen, A., Liaqat, I., Arshad, M., Waheed, M., and Arshad, N. (2018). Characterization of *Staphylococcus aureus* from Sore Throat Patients: Association Among Host Immune Evasion and Toxin Genes. *Pakistan Journal of Zoology*, 50(6). 2261-2272.

Kanwal, Ummarah, Shahid Mukhtar, Muzzamil Waheed, **Arifa Mehreen**, Nasir Abbas, Rahat Shamim, Khalid Hussain, Fatima Rasool, Amjad Hussain, and Nadeem Irfan Bukhari. "Fixed dose single tablet formulation with differential release of amlodipine besylate and simvastatin and its pharmacokinetic profile: and risk assessment approach." *Drug Design, Development and Therapy* (2021): 2193-2210.

Liaqat, I., **Mehreen, A.**, Arshad, M., & Arshad, N. (2021). Antimicrobial and toxicological evaluation of *Origanum vulgare*: an in vivo study. *Brazilian Journal of Biology*, 83.

Arshad, Sofia, Muhammad Ahmed Azeem, Jawaria Muzahir, **Arifa Mehreen**, and Muhammad Anwar Khan. "Effects of *Carica Papaya* and *Psidium Guajava* Extracts on Hepato-Renal Performance of Streptozotocin-Induced Diabetic Male Albino Rats: *Carica Papaya* and *Psidium Guajava* Extracts & Diabetic rats." *Pakistan BioMedical Journal* 4, no. 1 (2021).

Shazadi, Kiran, Iram Liaqat, Arif Tajammul, **Arifa Mehreen**, and Najma Arshad. "Comparison and Association between Different Types of Vaginitis and Risk Factors among Reproductive Aged Women in Lahore, Pakistan: a Cross-Sectional Study." *Brazilian Archives of Biology and Technology* 65 (2022): e22210370.

Akram, R., Sikandar, M., Kanwal, S., Kazam, J., Alam, S., Shabbir, S., Irfan, U., Saddiq, M., Bakar, **A., Mehreen, A.M.** and Iqbal, M.A., (2022). Effects of *psidium guajava* and *syzgium cumini* extracts on hepato-renal performance and lipid profile of induced diabetic male albino rats.

Tahir, U., Zameer, M., Zahra, N., Mazhar, M., Mazhar, M., Rafique, A., Alyas, S., Shabbir, **A., Mehreen, A.**, Shafiq, M.I. and Mazhar, M., 2022. Isolation and characterization of shiga-toxigenic *escherichia coli* isolated from various food samples. *J Food Nutrition Res*, 10(1), pp.19-25.

Urainab, Sumia, **Arifa Mehreen**, and Sidra Zahid. "Essential Oils Have the Potential to Be Effective Therapeutic Agents In The Future." *Plant Biotechnology Persa* 4, no. 1 (2022).

Waheed, Muzzamil, **Arifa Mehreen**, Saiqa Ishtiaq, Muhammad Saleem, and Ummarah Kanwal. "Evaluation of *Conocarpus erectus* against multidrug

resistant *Staphylococcus aureus*: Cell to animal study." *Pakistan Journal of Pharmaceutical Sciences* 35 (2022).

Akhtar, Amara, Sajjid Abdullah, **Arifa Mehreen**, and Muhammad Ahmed Saqib. "Influence Of Animal And Plant Source Dietary Lipids On The Growth Performance And Proximate Composition Of Major Carps." *Journal of Positive School Psychology* (2022): 485-508.

Mehreen, Arifa, Shagufta Kamal, Sevinc Musayeva, Muhammad Qaisar, Sumia Urainab, and Asad Ullah. "Novel carbazole alkaloid from *Murraya koenigii* (L.) Spreng." *International Journal of Secondary Metabolite* 10, no. 3 (2023): 354-360.

Virk, Tuba Latif, **Arifa Mehreen**, Majeeda Rasheed, Ghazala Naheed, Kumbukani Mzengereza, Mohammed F. El Basuini, Tehreem Rehman, and Akram Ismael Shehata. "Orange Peel Waste Improved the Growth Performance, Feed Utilization, Oxidative Stress, and Hematological Parameters of *Labeo rohita*." *Asian Journal of Fisheries and Aquatic Research* 25, no. 5 (2023): 69-81.

Gulzar, Rukhsana, Zainab Riaz, Qurat Ul Ane Gillani, **Arifa Mehreen**, Faisal Jameel, and Rahat Nawaz. "Bioaccumulation And Influence Of Cadmium Chloride On Histology Of Muscles And Gills In Nile Tilapia (*Oreochromis Niloticus*)." *Journal of Survey in Fisheries Sciences* (2023): 992-1000.

KAMAL, Shagufta, **Arifa MEHREEN**, Sevinc MUSAYEVA, Abdur Rahman Siddique, Rida Jabbar, and Sumia Urainab. "Phytochemical and Antimicrobial Study of *Glycosmis mauritiana* (Lam.) Tanaka." *Fabad Journal of Pharmaceutical Sciences* 48, no. 2 (2023): 279-284.

Mehreen, Arifa, Muhammad Anwar Iqbal, Zunaira Ashfaq, Rida Anwar, Mahwish Mahmood, Faisal Jameel, and Muhammad Awais Khan. "Effects of *Cucumis melo* and *Citrullus lanatus* extracts on glucose level, lipid profile and hepato-renal performance of streptozotocin-induced diabetic albino rats." *Pakistan Journal of Pharmaceutical Sciences* 37, no. 1 (2024).

Rasheed, S., Rehman, A. U., Tasleem, Z., Azeem, M., Rasool, M. F., **Mehreen, A.**, & Al-Tamimi, S. K. (2024). Tests employed in the psychometric validation of the Insulin Treatment Appraisal Scale (ITAS) in T2DM patients; a systematic review of the literature. *Journal of Patient-Reported Outcomes*, 8(1), 124.

Hassan, H. M., El Safadi, M., Mustafa, W., Tehreem, S., Antonioli, G., **Mehreen, A.**, & Al-Emam, A. (2024). Pharmacotherapeutic potential of pratensein to avert metribuzin instigated hepatotoxicity via regulating TGF- β 1, PI3K/Akt, Nrf-2/Keap-1 and NF- κ B pathway. *Tissue and Cell*, 91, 102635.

Khan, M. T., Lodhi, M. S., Ahmad, I., **Mehreen, A.**, Nawaz, N., Maisam, M., & Rukhsar, A. (2024). A Peculiar Mutational Pattern in Omicron Variant of SARS-CoV-2.

Ali Kharl, H. A., Nadeem, H., Khan, A. U., **Mehreen, A.**, Afzal, A., Mehdi, S. M. Q., ... & Fozilova, S. (2025). Synthesis, Molecular Docking, and Investigation of Enzyme Inhibition Activities of Benzimidazole-Pyrazole Hybrids. *J. Vis. Exp*, 1.

Li, Ning, Fuad M. Alzahrani, Mahmoud El Safadi, Sunbal Attaullah, Khalid J. Alzahrani, Faez Falah Alshehri, **Arifa Mehreen***, and Tawaf Ali Shah. "Nephroprotective potential of robinin to counteract aldicarb induced renal dysfunction via modulating TLR4/MyD88, HMGB1/RAGE, NF- κ B pathway: A biochemical and pharmacodynamic approach." *Food and Chemical Toxicology* 197 (2025): 115298.

Gillani, Q., **Mehreen, A.**, Bakhtawer, R., Humaira, U., Afzal, A., Mezher, M. A., ... & Mansoor, E. (2025). Investigating Anti-Obesity Potential of Papaver Somniferum Seeds in Obese Rat Model. *Journal of Visualized Experiments (JoVE)*, (217), e67681.

Alzahrani, Fuad M., **Arifa Mehreen**, Qurat Ul Ain, Adnan Ali, Khalid J. Alzahrani, and Khalaf F. Alsharif. "Modulation of TLR4 mediated HMGB1/RAGE/NF- κ B axis through linarin against fenvalerate provoked cardiotoxicity." *Tissue and Cell* (2025): 102931.

Alzahrani, F. M., Bibi, A., Yasin, I., **Mehreen, A.**, Alzahrani, K. J., & Alsharif, K. F. (2025). Pharmacotherapeutic potential of artemetin against amiodarone instigated sub-chronic hepatotoxicity via modulating TLR4/HMGB1/RAGE and NF- κ B signaling pathways: An in-vivo and in-silico approach. *Toxicon*, 108471.

RESEARCH PROJECTS

Ph.D Research Project:

In Vitro And *In Vivo* Evaluation of Traditional Herbal Remedies For The Control of *Staphylococcus aureus*, A Causative Agent of Sore Throat (HEC indigenous merit scholarship)

M.S Research Project:

Toxic and sub-lethal effect of unionized ammonia in relation to different pH level on cultureable carp *Ctenopharyngodon Idella*

RESEARCH ORIENTED SKILLS

MICROBIOLOGICAL	<ul style="list-style-type: none"> ▪ Culture techniques and identification ▪ Performed Gram Stain and microscopic examination of physiological ▪ Morphological, and cultural characteristics of bacteria ▪ Sterilization, disinfection & media preparation ▪ Micro assay method validation ▪ Determine antibacterial activity by autobiography, aseptic techniques of sample handling and transportation
MOLECULAR BIOLOGY:	<ul style="list-style-type: none"> ▪ RNA and DNA isolation ▪ gel electrophoresis ▪ Gradient PCR ▪ SDS PAGE
BIOCHEMISTRY	<ul style="list-style-type: none"> ▪ Isolation of protein from microbial culture and purification ▪ Enzymatic assays
CHROMATOGRAPHY & OTHER TECHNIQUES	<ul style="list-style-type: none"> ▪ HPLC & Column chromatography ▪ Thin layer chromatography ▪ UV visible Spectrophotometry ▪ Light microscopy ▪ Extraction of phytochemical & Phytochemical analysis
PHARMACOLOGICAL	<ul style="list-style-type: none"> ▪ Animal modelling ▪ <i>In-vitro</i> and <i>in-vivo</i> evaluation of toxicological potentials of synthetic and natural substances ▪ Microtomy and tissue staining

LABORATORY MANAGEMENT & PERSONAL SKILLS

- **Laboratory Management & System Development**
- **ISO 17025 Standard & Systems Implementation**
- Strong understanding of **Good Lab Practices**, best understanding of bioburden and biohazards, biosafety Research experience and training in microbiological and molecular techniques
- Highly skilled in a wide variety of **microscopy techniques, molecular biology experimental design**, and data analysis
- Excellent interpersonal, **leadership** and **mentorship skills**
- Highly effective in **team building** but can also independently drive projects from conception to conclusion
- Remarkable **communication skills** gained from teaching, oral presentations, and manuscript
- Proven record of **productivity with publications**

TRAININGS

| Attended “ **6th National Training on Molecular Diagnosis of Animal**

Diseases” at NIBGE 15-19 OCT, 2012
Organized 2 day workshop on “Animal preservation and Taxidermy Techniques” On 28-29 November 2023.

SEMINAR & CONFERENCES

Presented a **research paper** in **International Conference of Plant Science** organized by GC University Lahore on 22-24 September, 2014

Chromatography, Spectroscopy & Electro-analytical Techniques. Agilent Technologies USA, Metrohm Ltd. Switzerland, 2013. at Pearl Continental Hotel Lahore

"ISO 17025 & Environment" on the celebration of world science day for peace & development at PCSIR Laboratories Complex, Lahore. on 10 Nov, 2012

Participated in **4th National Symposium on Fisheries** organized by Department of Fisheries, Pakistan Fisheries Society on 18-19 March 2009.

Participate as moderator in “international symposium on Medicinal Plants and natural products” on 7-8 March,2024.

Supervise M.Phil research students

Supervise 34 M.Phil. Research students and the research work of few students have been published online in the form of article.

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