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## DR. ARIFA MEHREEN

PhD ZOOLOGY

### WORK EXPERIENCE

|  |                          |
|--|--------------------------|
| Assistant Professor<br>University of Agriculture, Faisalabad   | March 2022- till present |
| Assistant Professor<br>University of Lahore, Defense road Campus   | Nov. 2019- March 2022    |
| Assistant Professor<br>University of Central Punjab, Faisalabad Campus   | Oct 2018– Nov 2019       |
| Visiting Faculty, Assistant Professor<br>University of Education, Faisalabad Campus                                    | Oct 2017 – Feb 2019      |
| Project Facilitator: Microbiology Lab Development Program<br>Drug Testing Laboratory Faisalabad                        | Jan 2017 – Jun 2017      |
| Department of Pathology (Internee Program)<br>Children's Hospital and Institute of Child Health, Ferozepur road Lahore | Mar 2007                 |

### EDUCATION

|   |             |
|---|-------------|
| Ph.D – Zoology<br>University of The Punjab Lahore Pakistan                                | 2017        |
| M.S – Zoology (CGPA 3.57/4)<br>University of The Punjab Lahore Pakistan                   | 2007 – 2009 |
| B.S – Zoology (4 Years Program) (CGPA 3.65/4)<br>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: QbD 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).

## 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

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

- 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:

- RNA and DNA isolation
- gel electrophoresis
- Gradient PCR
- SDS PAGE

BIOCHEMISTRY

- Isolation of protein from microbial culture and purification
- Enzymatic assays

CHROMATOGRAPHY &  
OTHER TECHNIQUES

- HPLC & Column chromatography
- Thin layer chromatography
- UV visible Spectrophotometry
- Light microscopy
- Extraction of phytochemical & Phytochemical analysis

## PHARMACOLOGICAL

- Animal modelling
- *In-vitro* and *in-vivo* evaluation of toxicological potentials of synthetic and natural substances
- Microtomy and tissue staining

## LABORATORY MANAGEMENT &amp; 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 “ **6<sup>th</sup> 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 &amp; 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 **4<sup>th</sup> 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. (detail can be provided on demand)

**ORCID ID**

**Google scholar ID**

**Scopus ID**

**Research Gate**

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