

Curriculum vitae

Bio-graphical

Name: **Farooq Ahmad Dar**
ORCID ID: 0000-0002-3808-7717
Current Designation: Associate Professor & Chairperson, Department of Munafeul Aza (Physiology), Faculty of Unani Medicine, A.M.U.
Date of Birth: 1974
Nationality: Indian
Mailing Address: G-4, II Floor, B-Block, Al Hamd Apartments, S.S Nagar, Near Nadeem Tareen Hall, Civil lines, Aligarh, UP. 202002
Sex: Male
Marital status: Married
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Academic Qualification

Degree and Year Earned	Institution	Subject	Division/Grade	Dates Attended
MD (Unani) 2005	Aligarh Muslim University	Fundamentals of Unani Medicine (Kulliyat)	1 st (University Medal)	15 Jan 2002 to 26 Aug. 2005
Bachelor of Unani Medicine & Surgery 2000	Aligarh Muslim University	Unani Medicine & Surgery	1 st	16 Aug. 1994 to 25 Sept. 2000
HSE-II(12 th) 1993	J&K Board of School Education	English, Physics, Chemistry, Biology	2 nd	05 Nov. 1991 to 30 Sept. 1993
SSE(10 th) 1991	J&K Board of School Education	English, Mathematics, Science, Social Sciences, Urdu	1 st	27 April. 1990 to 16 Sept. 1991

Licensure and Certification

Certifying Organization	License / Certificate Number	Dates Valid
Board of Ayurvedic and Unani System of Medicine, J&K State	x21(U) Dated: 16-01-2003	Till date
Bharatiya Chikitsa Parishad (Indian Medicine Board), Uttar Pradesh State	xxx89 Dated: 13-11-2000	Till date

Languages

Kashmiri:	Native Speaker
English:	Good
Urdu:	Good
Hindi:	Fair
Arabic:	Basic (Diploma)

Employment to Date/ Work Experience

- **Associate Professor** (Physiology)
at Faculty of Unani Medicine, AMU From **05-08-2019**
to **till date**

- **Assistant Professor** (Physiology)- **Stage II**
at Faculty of Unani Medicine, AMU, Aligarh. From **17-08-2015**
to **04-08-2019**

- **Assistant Professor** (Physiology)- **Stage I**
at Faculty of Unani Medicine, AMU, Aligarh. From **17-02-2012**
to **16-08-2015**

- **Guest Faculty** (Physiology)
at Faculty of Unani Medicine, AMU, Aligarh. From **7-7-2007** to
16-02-2012

- **Part time teacher** (Clinical Nutrition)
at FCI, Aligarh From **03-08-2009**
to **25-02-2010**

Pedagogy

1. Small Group Teaching:

To inculcate the habit of self learning among students and to increase their involvement and interest in the subject, short projects in the form of home Assignments, preparation of self compiled and designed posters, presentations on various topics are given to small group of students.

2. Problem Based Learning (PBL):

To help students develop critical thinking and clinical judgment and to provide a clinically relevant focus for their learning, some topics of the syllabus are covered through PBL.

3. Use of ICT tools and E-Learning

I use Power Point presentation and animations for making my lectures more interesting and effective. Furthermore, links to online resources are provided to students as an aid to their learning.

4. Online Teaching

I use platforms like Zoom, Google Classroom and YouTube for online teaching. I manage a YouTube channel *Dar's Physiology* to supplement my teaching.

MOOCs / Professional and Skill Development

S.No.	MOOC/ Course	Date	Duration
1	Soft Skills for Medical Professionals at Dept. of Munafeul Aza (Physiology), Faculty of Unani Medicine, AMU	25-03-2019 to 30-03-2019	01 Week
2	Orientation Programme - CXLIX at UGC-HRDC, AMU, Aligarh	08-03-2018 to 06-04-2018	04 Weeks
3	National Workshop on Research Methodology at S. S. Hall (S) & UGC- HRDC, AMU	21-02-2018 to 27-02-2018	01 Week
4	National Workshop on Research Methodology at B.R. Ambedkar Hall, AMU	05-02-2018 to 11-02-2018	01 Week
5	SAKSHAM- IT Champion Training Program at Microsoft	27-12-2017 to 28-12-2017	02 Days
6	Nutrition and Health Part 1: Macronutrients and Over nutrition at Wageningen University (edX)	08-02-2016 to 06-04-2016	08 Weeks
7	Special Summer School (Human Rights) at UGC- HRDC, AMU, Aligarh	22-07-2015 to 11-08-2015	03 Weeks
8	Pre-Commission Course (NCC) at Officers Training Academy, Kamptee	22-12-2014 to 21-03-2015	12 weeks
9	Search & Rescue at National Civil Defense College, Nagpur	09-02-2015 to 10-02-2015	02 Days

10	Fundamentals of Immunology at Rice University (edX)	02-03-2014 to 26-04-2014	08 Weeks
11	Short term Course on Academic Paper Writing Skills at UGC Academic Staff College, AMU	26-03-2014 to 02-04-2014	01 Week
12	Fundamentals of Clinical Trial at Harvard University (edX)	14-10-2013 to 19-01-2014	11 Weeks
13	Health in Numbers: Quantitative Methods in Clinical & Public Health Research at Harvard School of Public Health (edX)	01/11/2012 to 01/02/2013	12 Weeks
14	Advance Diploma in Web Technology & e-Content Development at Max Media, Aligarh	April 2010 to April 2011	01 Year
15	Teachers' Re-orientation Training programme in Munafeul Aza (Physiology) at Faculty of Unani Medicine, AMU and Sponsored by Dept. of AYUSH, Ministry of Health and Family Welfare, Govt. of India.	27-04-2009 to 02-05-2009	01 Week
16	Teachers' Re-orientation Training programme in Munafeul Aza (Physiology) at Faculty of Unani Medicine, AMU and Sponsored by Dept. of AYUSH, Ministry of Health and Family Welfare, Govt. of India.	31-03-2008 to 5-04-2008	01 Week
17	Diploma of Proficiency in Language (Arabic) at Aligarh Muslim University, Aligarh	2004	01 Year

Research Activities

Title	Status	Completed (2018)
<i>Study of Nabz (Radial Pulse) Wave Form and its Physiological Variations in different Temperaments by a Self Designed Pulse Wave Detection Module</i>	Length of Project	8 years
	Responsibility Within Project	Co-Investigator
	Funding Source	Ministry of AYUSH Government of India
	Amount of Funding	INR. 29,97,000/-

Title	Status	Submitted
<i>Randomized Clinical study on efficacy of Hijamah Bila Shurt (Dry Cupping therapy) in treatment of Wajaul Azalati Lifi (Fibromyalgia)</i>	Length of Project	3 years
	Responsibility Within Project	Co-Investigator
	Funding Source	Ministry of AYUSH Government of India
	Amount of Funding	INR. 30,00,000/-

Title	Status	Submitted
<i>Development of Standard, Valid and Reproducible method for Assessment of Mizaj</i>	Length of Project	3 years
	Responsibility Within Project	Principal Investigator
	Funding Source	CCRUM, New Delhi
	Amount of Funding	INR. 30,00,000/-

Editorship/Reviewer of Research Journals

- **Assistant Editor**, *Unani Medicus- An International Journal*, published by Faculty of Unani Medicine, AMU (ISSN 2230 - 8083) **From 2011 to 2015**
- **Co-Editor/Associate Editor**, *Unimed-Kulliyat:A journal of Unani Medicine*, published by Department of Kulliyat, AKT College, AMU(ISSN 2249 – 5703) **From 2006 to 2018**
- **Reviewer**, *Medical Journal of Islamic World Academy of Science*, Turkey ISSN 2415-1297 (Online) 2415-1300 (Print) **From 2016**
- **Book review** of six titles on subject Munafeul Aza for NCPUL, New Delhi.
- **Member Editorial Board**, *Current Research in Complementary & Alternative Medicine*, Gavin Publishers
(http://gavinpublishers.online/gavinpublisher/journals/board_members/current-research-in-complementary-alternative-medicine.html) **From 2017**
- **Associate Editor**, *International Journal of Pharmacognosy & Chinese Medicine (IPCM)* Medwin Publishers (<https://medwinpublishers.com/IPCM/editorial-board.php>) **From 2017**
- **Chief Censor**, *Annual Hall Magazine (Mashal-e-Rah)*, Sir Syed Hall (South), AMU **2017**
- **Censor**, *Annual Hall Magazine (Aks)*, Sir Syed Hall (South), AMU **2018**
- **Young Editorial Board Member** of History & Philosophy of Medicine, Auckland 2014, New Zealand **Nov 2020**

Invited Lectures (17)

1. “*Immunity and approach of Unani medicine*”, Webinar on AYUSH for Immunity, Organized by RRIUM, Kolkata, 09 October 2020.
2. “*How to do research in Unani*”, Online Audio lecture, Organized by **Unani Research Group**, 19 April 2020.
3. “*Physiological Mechanisms underlying Hijamah Therapy*”, at Hijamah Training Certificate Course, Organized by Scientific Society of Hijamah, New Delhi, 01 December 2019.
4. “*Radial Pulse Analysis*”, at National Conference on Unani medicine, Organized by **BUMA**, Bijnor, 23 Nov. 2019.
5. “*Diagnostic Tools in Unani System of Medicine*”, at 2nd UDMA Day, Organized by **UDMA**, Jamia Millia, New Delhi, 11-13 Oct. 2019.

6. *"A brief Introduction on Prospects and Problems of Hijamah (cupping therapy) Practice"*, at National Workshop on Hijamah (Cupping), Organized by **BDA & Faculty of Unani Medicine, AMU**, Moradabad, 25 Nov. 2018.
7. *"Role of education in peace and development"*, at Seminar on Education: A Gateway to Prosperity and Development, Organized by **Jammu & Kashmir Federation for Education and Development**, Aligarh, 03 October 2018.
8. *"How to achieve health for all: Responsibilities as an individual"*, at Health for All, Organized by **Indian Doctor's for Peace & Development**, Aligarh, 30, Jan 2018.
9. *"Keynote Lecture"* at Let's Talk Career, Organised by **TPO (General)**, AMU, Aligarh, 06 April 2017.
10. *"Physiology of Circulatory system and Immune System in context of Hijamah"* at Certification Programme, **Regima Health Centre**, Aligarh, 18 March 2017.
11. *"Hakim Ajmal Khan's Idea of resurgence of Unani Medicine: antecedents and aftereffects"* at National Seminar on Hakim Ajmal Khan, Organized by **CCRUM and Jamia Millia Islamia**, New Delhi, 12 Feb 2016.
12. *"Equality in Health"* , at Health for All, Organized by **Indian Doctor's for Peace & Development**, Aligarh, 07, Feb 2016
13. *"Life Skills- Self Awareness"* at **SOPAN-2015**, Organized by Coaching and Guidance Cell Sir Syed Hall (South), Aligarh, on 12 April 2015.
14. *"Traditional Systems of Medicine in Sync with modern science"*, at Youth Seminar "New Ideas for a New Tomorrow – Promoting Innovation and Youth Participation" Organised by **TERI**, venue ZHCET AMU on 21 – 22 January 2014.
15. *"Thrust areas of research in Munafeul Aza and their integration in curriculum"* at Two days National workshop on Formulating Roadmap for PG education in Munafeul Aza, Organised by Dept. of Tashreeh wa Munafeul Aza, **AMU**, Aligarh on 20-21 Oct., 2012.
16. Lectures on Human Physiology for **NME-ICT project** – 2 modules (12 lectures), 2011.
17. *"Various aspects of research on Mizaj"*, at National workshop on Post Graduate Education, Research Methodology & Manuscript Studies in Unani Medicine, Organised by **Ibn Sina Academy**, Aligarh, on 23 of Nov., 2010.

Theses Supervised/Co-Supervised

1. MD (Unani): A Comparative Study of Hair Growth in persons with Biliious and Phlegmatic Temperament, by **Neha Siddiqui**, Dept. of Kulliyat, Faculty of Unani Medicine, AMU, Submitted, **2020**.

Dissertations Supervised: (at FCI, Aligarh)

1. "Spurt of Cancer Patients in Aligarh: A comparative study of rural and urban population with special reference to JNMC" by Muhammad Kashif
2. "CVD among adult people due to Ignorance - An analytical study" by Nadia Sadruddin

3. “Role of Exercise and Diet Therapy in treatment of Arthritis”

by Mohd. Azam Khan

Other Skills

- Basic Training in using SPSS & STATA for statistical analysis.
- Well versed with Microsoft Office (Word, Excel, Power Point); Adobe Photoshop.
- I am Proficient in using Internet for Educational purposes and Literature search.
- **My Blog:** <http://farooqdar-healththroughnature.blogspot.com>

Extra Curricular Programs Organized

- Organizing Secretary, Workshop on Personality development and communication skills, on 12 March 2016.
- Convener, Symposium cum Interactive Session on Career Opportunities in Indian Armed Force Services, 08 April 2017.
- Convener, Reunion BUMS 1995 Batch, 30 Dec 2017.
- Convener, Reunion BUMS 1976 Batch, 15 Feb 2018.

Memberships & Co-curricular Activities

- Member, Grievance Committee, Dept. of Ilmul Advia, AMU, 2021.
- Convener, Committee for drafting of MD/MS Unani Ordinances (Academic), 2021.
- Member, Committee for up gradation of Faculty of Unani Medicine, AMU, 2021.
- Member, Committee for vetting Criterion III for NAAC Cycle 2, 2020.
- Member, MSR Committee, Faculty of Unani Medicine, AMU, 2019.
- Special Invitee, Board of Studies, Dept. of Ilaj Bit Tadbeer, AMU, 2019.
- Member, Discipline Committee, North Zone Inter-University Cricket, 2019.
- Mentor, Residential Coaching Academy for Department of Munafeul Aza, 2018.
- Nodal Officer, Swatch Bharat Summer Internship, 1/8 Coy NCC, AMU, 2018.
- Member, Board of Studies, CSJM University, Kanpur, 2018.
- Member, Swachhta Pakhwada Committee, F/O Unani Medicine, AMU, 2017.
- Member Anti-Ragging Committee, S.S. Hall South, AMU, 2017-18.
- Member Anti-Ragging Committee, Faculty of Unani medicine, AMU, 2017.
- Nodal Officer VISAKA Campaign, MHRD for Faculty of Unani Medicine, AMU, 2017.
- Member Committee for Establishment of Faculty of Medicine at Jamia Millia University, New Delhi. 2016.
- Verifying Officer – BUMS admissions 2016-17/17-18
- Member Time Table Committee - 2016-17.
- Facilitator IQAC - 2015 to 2019.
- In charge Dept. Seminar Library - From 10-09-2014 to 2019.
- Member Extra Mural Lecture committee F/O Unani Medicine, AMU, 2014.

- Member Monitoring Committee – AMUSU elections 2014
- Facilitator for NAAC – 2013 to 2019
- In charge Physiology Lab – From 28-2-2012 to 09-09-2014/ 2-6-16 to 2019
- Member Board of Studies, Department of Munafeul Aza, AMU, from 2012 to Present
- Verifying Officer – MD/MS (Unani) admissions 2010-11

Publications

Chapters in Books (11)

1. Dar FA (2018). "Hakim Ajmal Khan and Unani Medicine: Ideas and Arguments", In: *Hakim Ajmal Khan- A man of exceptions*. A Sayeed & Amanullah (Eds.). New Delhi: CCRUM. 53-78. (ISBN 81-87748-58-3).
2. Dar FA (2016). "Body fluids, lymphatic system and RE system", In: *Munafeul Aza [Physiology]*. Vol. 1. IH Zaidi (Ed.). New Delhi: NCPUL. 371-407. (ISBN 978-93-5160-142-5).
3. Dar FA (2016). "Digestive system", In: *Munafeul Aza [Physiology]*. Vol. 2. IH Zaidi (Ed.). New Delhi: NCPUL. 45-164. (ISBN 978-93-5160-143-2).
4. Dar FA (2016). "Sport and environment", In: *Munafeul Aza [Physiology]*. Vol.3. IH Zaidi (Ed.). New Delhi: NCPUL. 341-398. (ISBN 978-93-5160-144-9).
5. Dar FA (2016). "Physiology of deep sea diving", In: *Munafeul Aza [Physiology]*. Vol. 3. IH Zaidi (Ed.). New Delhi: NCPUL. 399-406. (ISBN 978-93-5160-144-9).
6. Dar FA (2013). "Thrust areas of research in munafeul aza and their integration with curriculum", In: *Education and Research in Munafeul Aza*. IH Zaidi and G Muntaqa (Eds.). Aligarh: Vision Academia Publication Pvt. Ltd. 44-55. (ISBN 97881927557-1-7-7)
7. Dar FA, Sherani FS (2011). "New research methodology for validating theory of mizaj". In: *Post Graduate Education, Research Methodology & Manuscript Studies in Unani Medicine*. SZ Rahman(Ed.). Aligarh: Ibn Sina Academy. 44- 52. (ISBN 978-93-80610-04-4)
8. Nazmeen, Dar FA (2011). "Arkan". In: *A Text Book on Kulliyat-e-Umoor-e-Tabi'yah*. I H Zaidi (Ed.).Aligarh: Litho Offset Printers.12-20.
9. Zaidi IH, Dar FA (2011). "Quwa-wa-af'al". In: *A Text Book on Kulliyat-e-Umoor-e-Tabi'yah*. I H Zaidi (Ed.).Aligarh: Litho Offset Printers.110-133.
10. Dar FA, Zaidi IH, Khan KZ, Sherani FS(2009). "Towards understanding human mizaj: a study of serum alkaline phosphatase in various temperaments". In: *Research Advances and Traditional Medicine*. H Kabir (Ed.). New Delhi: P&S House. 27-32.
11. Sayeed A, Dar FA, Khan KZ (2006) . "High risk for coronary heart disease in balgami mizaj men in aligarh city: a study of serum lipids and other risk factors". In: *Traditional Systems of Medicine*. MZ Abdin and YP Abrol (Eds.). New Delhi: Narosa Publishing House. 239-44. (ISBN 978-81-7319-707-9)

Research Papers (18)

1. Sherani FS, **Dar FA**, Yasin S (2020). Effect of Gender, Age, and Constitution (*Mizaj*) on Radial Artery Pulse Wave Parameters in a Healthy Adult Population. *Hippocratic J of Unani Med.* **15**(3): 61-75.
2. Dar PA, Rashid N, Rather SA, **Dar FA**, Parray SA, Hussain MT, Iqbal SF (2020). Proactive pharmacovigilance of unani drugs; prospects and challenges. *J Pharmacovigil.* **8**(4):285.
3. **Dar FA**, Muntaqa G, Sherani FS, Zaidi IH (2012). Standardization and validation of Alamat-e-Amzaja - the determinants of human mizaj. *Unimed-Kulliyat.* (special combined issue) **VII**(2):60-62.
4. **Dar FA**, Zaidi IH, Sherani FS (2011). Physiological variation of serum alkaline phosphatase level in damawi and balghami males in a sample population. *Indian Journal of Traditional Knowledge.***10**(4):741-744.
5. **Dar FA**, Alam F, Qasmi U, Zaidi IH (2010).Tashanuj-e-Hawamil: Ek Tahqeeqi Mutala [Preeclampsia: an analytical study]. *Jahan-e-Tib.* **11**(4):142-148.
6. Sherani FS, **Dar FA**, Yasin S (2010). Nabz kay Mutalae ka Asri Asloob, *Jahan-e-Tib.***12**(1): 12-15.
7. **Dar FA**, Zaidi IH, Qasmi U (2010). Mizaj insaani ki asri taujeeh[relevance of human temperament]. *Jahan-e-Tib.* **11**(3): 55-59.
8. Ihahi F, **Dar FA**, Khan KZ, Amin MMW (2009). Unani usool ilaj: masadir ma qabl Qanoon kay hawale say [Urdu]. *Unimed-Kulliyat.* **IV**(2): 14-20.
9. **Dar FA**, Zaidi IH (2008). A contemporary definition of human mizaj, *Unimed-Kulliyat.* **IV**(1): 11-13.
10. Sherani FS, **Dar FA**, Ansari H, Khan KZ (2008). Safrawi wa balghami mizaj ashkhas main khoon kay qawam ka taqabuli jaiza [Urdu]. *Unimed-Kulliyat.* **IV**(1): 28-31.
11. Sherani FS, Qasmi IA, **Dar FA** (2008). Alma'an fil Bohran[Urdu]. *Unimed-Kulliyat.* **III**(2):1-6.
12. Sherani FS, **Dar FA**, Zaidi K (2007). Layout for dimensional analysis of human body (hayate aza): a standard tool for diagnosis of temperament. *Unimed-Kulliyat.* **II**(2): 20-24.
13. Khan KZ, Sayeed A, **Dar FA** (2006). Human heart in the pages of medical history-a review. *Hamdard Medicus,* **XLIX**(2): 49-52.
14. **Dar FA**, Sherani FS, Zaidi IH (2006). Scope of Unani functional foods in the herb-drug industry of 21st century. *Unimed-Kulliyat.* **II**(1): 30-33.
15. Sherani FS, Talat F, Khan KZ, **Dar FA** (2006). Serum bilirubin levels in different temperaments- a study. *Unimed-Kulliyat.* **II**(1). 27-29.
16. Alam F, Sayeed A, **Dar FA** (2005). Abdal-e-Advia ka mauzuaati tajziya razi kay hawale se: ek tehqiqi mutala[drug substitution in unani medicine with reference to Al Rhazes: relevance and importance]. In *Proceedings International Conference on Unani Medicine*, New Delhi, 8-11 Feb(pp.665-669). CCRUM, Ministry of Health &FW, GOI.

17. Dar FA, Sayeed A, Sherani FS (2005). Principles of diet in unani medicine- interpretations and explanations. *Unimed*. 1(1): 15-16.

18. Dar FA (2004). Study of Serum Alkaline Phosphatase Levels in Various Temperaments. (Unpublished MD-Unani Thesis). Aligarh Muslim University, Aligarh, India.

Popular Articles (07)

1. Dar FA(2020), “ Unani Medicine- A time tested healthcare system”. In: *The Valley Speaker*, Feb. Monthly Edition, Srinagar. P.19.
2. Dar FA(2018), "Unani Medicine in 21st Century - Problems, Prospects and Scope". In: *Unani Narratives*, Issue 01, Moradabad. p. 1 &4.
3. Muntaqa G, Dar FA(2012). "Abu al Qasim Zahrawi (936-1013 A.D.)- a forgotten genius". In: *Nuqoosh*, Annual Hall Magazine, S.S. Hall(South), AMU, Aligarh. 13-15.
4. Dar FA(2011). "Management of affective (mood) and anxiety disorders in the light of teaching's of Islam". In: *Kaarwan*, Annual Hall Magazine, S.S. Hall(South), AMU, Aligarh. 39-43.
5. Dar FA(2010)."Does hair fall worry you?". In: *Nature & Wealth-A complete health magazine*. New Delhi. IX(1): 42-43.
6. Dar FA(2009)."The natural ways to good look". In: *Tahreek-e-Sir Syed*, Annual Hall Magazine, S.S. Hall(South), AMU, Aligarh.40-42.
7. Dar FA(2004). "Basic principle of riyazat (exercise) in Unani System of Medicine". In: *Aina-E-Tib*, Special Issue on Platinum jubilee, AKT College Magazine, AMU, Aligarh. 50-52.

Conferences/ Seminars/ Workshops/Webinars

Organized: (10)

- Coordinator & Treasurer, National Workshop on Formulating Roadmap for PG Education in Munafeul Aza, on 20-21 October 2012.
- Convener, 1st All India Quiz Competition on Anatomy & Physiology on 22 Nov 2014
- Organizing Secretary, 2nd All India Quiz Competition on Anatomy & Physiology on 21 March 2016
- Organizing Secretary, National level two Days Workshop on Teaching & Research Methodology in Munafeul Aza (Physiology) with hands on training on SPSS, 12-13 November 2016
- Organizing Secretary, National Conference on Determination of Temperament (Mizaj) with a pre-conference workshop on Basal Metabolic Rate and its Measurement, 06-07 Feb 2018.
- Organizing Secretary, JCON-4, The International Conference on Unani Medicine, 26-28 Feb 2018.

- Organizing Secretary, One Week Workshop on Soft Skills for Medical Professionals, 25-30 March 2019.
- Organizing Chairman, Induction Program for 1st Batch of M.D. (Munafeul Aza), 27 February 2020,
- Organizing Chairman, National Webinar on Optimizing Tabi'at (Physis) and Boosting immunity as cure all in epidemics and pandemics, 12 June 2020.
- Co-Organizing Secretary, International e-Symposium on Immunomodulation: An Integrated approach in unani Medicine, on 6 October, 2020.

Member organizing committees: (20)

- Member Public Relation Committee – Conference JCON 2009
- Member Souvenir Committee – National workshop organized by Ibn Sina Academy, Aligarh, 2010
- Member Souvenir Committee – International conference on integrative medicine, AMU, UNICON, 2011
- Member Scientific session Committee – International conference on integrative medicine, AMU, 2011
- Member Media & Digital Assistance – National Seminar on Maternal & Child Health, AMU, 2011
- Member Souvenir Committee – National workshop- Hk. Ajmal Khan by Ibn Sina Academy, Aligarh, 2011.
- Member Food & Catering – Conference JCON 2011
- Member Reception Committee – National workshop on Tashreeh Sept. 2012
- Member Reception Committee – National Symposium on Tashreeh Mar. 2013
- Member Souvenir Committee – International Seminar- Ibn Sina by Ibn Sina Academy, Aligarh, 2014.
- Member Media & Anchoring – National Seminar DRS-I UGC, 2014
- Member Souvenir Committee – National Seminar on Saidla Nov. 2015
- Member Souvenir Committee – National Seminar on Ibn Haitham Oct. 2015
- Member Souvenir Committee – National Seminar on Tadbeer Mar. 2016
- Convener, Academic Sessions – National Symposium Usool Tashkhees Nov 2016
- Member, Cultural Event Management – MCON, March 2017
- Member Souvenir Committee – National Conference on depression April 2017
- Member Organizing committee – Coping Stress Workshop/Symposium Mar 2019
- Member Hospitality committee – Unani Dermatology National Seminar Mar 2019
- Member Souvenir Committee – MCON, Nov 2019

Chaired/ Rapporteur scientific sessions: (11)

- **Chaired Scientific Sessions**
 - International Conclave on Unani medicine, 2011
 - National Seminar on Maternal & Child Health, 2011
 - National Conference on Determination of Mizaj, 2018
 - MCON, Nov 2019
 - International Conference, Kulliyat, 2019.
 - Seminar Kulliyat Guided Research, 2020.

- **Rapporteur**
 - National workshop organized by Ibn Sina Academy, Aligarh, 2010
 - International conference on integrative medicine, AMU, 2011
 - International Seminar on Ibn Sina 2014
 - National Seminar on Ibn Haitham Oct. 2015
 - National conference MCON, March 2017

Presented papers:

- **International (11)**
 1. “*Unani Functional Foods- Scope and their Role in Disease Prevention and Health Promotion*”, at International Conference on Unani Medicine, Organised by CCRUM, 8-11 February 2005, New Delhi.
 2. “*Principles of Diet in Unani Medicine for Maintenance of Health- A Review*”, at International Seminar on Hifzan-e-Sehat aur Maholiat, Organised by Dept. of Hifzan-e-Sehat wa Samaji Tib, A.M.U., 29-30 March 2005, Aligarh.
 3. “*Ikkiswi sadi mein Unani Usoole ilaj*”, at International Seminar on Global Health Scenario and Unani Medicine, Organised by All India Unani Tibbi Conference, 28-30 August 2007, New Delhi.
 4. “*Towards understanding Human Mizaj: A Study of Serum Alkaline Phosphatase in Various Temperaments*”, at International Conference on Research Advances in Traditional Medicine: Challenges and Opportunities, Organised by Foundation for promotion of natural products in collaboration with CCRYN, Jamia Hamdard, Medicity, Islahi Dawakhana, 30-31 October 2007, New Delhi.
 5. “*Mizaj: A key to success in Prevention of Coronary Heart Diseases*”, at International Conference on Holistic approach of Unani medicine in Lifestyle Diseases, Organised by P.G. Department of Kulliyat, A.M.U., 5-7 November 2007, Aligarh.
 6. “*Basal Metabolic Rate and Total Body Water as Baseline Parameters for Determination of Mizaj*”, at International Conference on Integrative Medicine & 1st SAARC Conference on Unani Medicine, Organised by Faculty of Unani Medicine, A.M.U., 2-4 Feb. 2011, Aligarh.

7. *"A Researcher's perspective on determination of Mizaj"*, at International conclave on Unani medicine, Organised by Department of Kulliyat, A.M.U., 25-26 March 2011, Aligarh.
 8. *"An analysis of Galen's and Avicenna's doctrines of basic physiological principles of Unani Medicine"*, at Life & Contribution of Ibn Sina, Organized by Ibn Sina Academy, Aligarh, 25-27 October 2014, Aligarh.
 9. *"Pulse wave analysis: a unani perspective"*, at International conference on Unani Medicine, Organized by NIUM, Bengaluru, 25-27 October 2016, Bengaluru.
 10. *"Modern Paradigm of Unani Pulse Diagnosis"* at 1st World Unani Congress, Organized by World Unani Foundation, New Delhi, 6-7 March 2017, New Delhi.
 11. *"Scientific appraisal of Nabz - An ancient art of pulse diagnosis in Unani Tibb"*, at International Conference on Fundamentals of Unani Medicine, Organised by Department of Kulliyat, AMU in Collaboration with Ministry of AYUSH, GoI, 3-4 Dec 2019, Aligarh.
- **National (19)**
 1. *"Pathophysiology of pain(Vaja)- A Comparative Study of Unani and the Modern Concept"*, at National Seminar on Munafeul Aza, Organised by Dept. of Tashreeh wa Muanafeul Aza, A.M.U., 6-7 April 2002, Aligarh.
 2. *"Role of Tib-e-Nabvi in the Management of Affective(mood) and Anxiety Disorders"*, at National Seminar on Tibb-e-Nabvi, Jointly Organised by Unani Development Academy & International Institute of Islamic Medicine A.P. Chapter, 12-13 October 2002, Hyderabad.
 3. *"A Review of Contributions of Al-Zahrawi in Obstetrics and Gynaecology with special Reference To Al-Tasrif"*, at National Seminar on Amraz-e-Niswan, Organised by P.G. Dept. of Qabalat wa Amraz-e- Niswan, A.M.U., 27-28 March 2004, Aligarh.
 4. *"Influence of Warm Climates on Human Physiology & Disease Process- A Comparative Study of Unani and Modern Concept"*, at National Seminar on Hifzan-e-Sehat, Organised by Dept. of Hifzan-e-Sehat wa Samaji Tib, A.M.U., 5-6 October 2004, Aligarh.
 5. *"A Scholars Perspective on the Problems in Research on Theory of Mizaj"*, at National Seminar on Kulliyat, Organised by Dept. of Kulliyat, A.M.U., 3-4 December 2005, Aligarh.
 6. *"Physiological Temperature Regulation of the Body: Reappraisal of the Unani Concept"*, at National Seminar on Unani Medicine, Organised by M.T. College, Mansoor, Malegaon, Nashik, 8-9 March 2008, Maharashtra.

7. *“Prevention of coronary heart disease: Is there a role of Mizaj”*, at National Seminar on Hifzan-e-Sehat aur Maholiat, Organised by State Unani Medical College, Allahabad, 23-24 August 2008, Allahabad.
8. *“A professional called Unani Surgeon”*, at JCON 2009, Organised by Dept. of Jarahat(Surgery) A.M.U., 21-22 February 2009, Aligarh.
9. *“Predisposition towards a disease due to variations in the relative quantity or quality of Akhlat and its enzymatic explanation”*, at National Workshop on Akhlat: Philosophies Vs Scientific Validations, Organised by PG Dept. of Kulliyat A.M.U., 23-25 November 2009, Aligarh.
10. *“Standard Operational Procedure (SOP) for assessment of human Mizaj”*, at National Seminar on Mizaj and its implications in different disciplines of Tibb-e-Unani, Organised by A&U Tibbia College, Karol Bagh, 15-16 October 2011, New Delhi.
11. *“Standardization of Alamat-e-Amzaja- the determinants of Mizaj”*, at National Seminar on innovative trends in Unani Medicine, Organised by RRIUM, Aligarh, 3-4 March 2012, Aligarh.
12. *“Physiological Mechanism underlying the pain relief by cupping therapy-possible role of PGE2 and endogenous opioids”*, at National Seminar on Research Methodology in Ilaj-Bit-Tadbeer, Organised by State Takmeel-ut-Tib College, Lucknow, 10-11 October 2015, Lucknow.
13. *“Ibn Al Haytham (965-1040 AD) – A trendsetter in the methods of scientific study”*, at National Seminar on Life & Contribution of Ibn Al Haytham, Organised by Ibn Sina Academy, Aligarh, 14-15 October 2015, Aligarh.
14. *“Research methodology for evaluating efficacy of regiminal therapies in the management of pain - inclusion of pain biomarkers in proof of concept”* at National Seminar Cum Workshop on Intervention of Ilaj-bit-tadbeer in the management of Pain and Disability, Organized by Department of Ilaj-bit-Tadbeer, AMU, 7-8 March 2016, Aligarh.
15. *“Metabolic risk factors for Non-Communicable Diseases (NCDs) and their interventions through Unani Medicine”*, at First National Conference on Future Prospects of Unani Medicine in the Management of Lifestyle Disorders, Organized by AUAMC, Aligarh, 13 Oct 2018, Aligarh.
16. *“Immunomodulation an Important Modality in Treatment of Skin Disorders”*, at National Seminar on Amraz-e-Jild wa Tazeeniyat (Dermatology & Cosmetology), Organized by Department of Amraz-e-Jild wa Zohrawiya, AMU, 16 March 2019, Aligarh.
17. *“Anti Stress effect may be linked with cortisol mediated immunomodulatory effect of hijamah therapy: a hypothesis”*, at National Workshop cum Symposium on Coping Stress with Resilient and Classical Regimens, Organized by Department of Ilaj Bit Tadbeer, AMU, 23 March 2019, Aligarh.

18. *“Role of sensors in physical activity monitoring: Results of a pilot study using PZT for pulse wave recording”*, at National Conference on Sports Biomedical Engineering, Organized by Department of Physical Education, AMU, 5-6 Oct 2019, Aligarh.
19. *“Management of chronic pain: Hope through traditional medicine”*, at National Conference on Evidence Based Unani Medicine, Organized by Department of Moalejat, Faculty of Unani Medicine, AMU, 5-6 Nov 2019, Aligarh.

Attended Only:

- **International (02)**

1. 4th International Healthcare & Herbal Expo & Seminar 2004, Organised by FICCI & VHERDS, 2-4 April 2004, New Delhi.
2. International Symposium on Diversification of Health Research: An Evidence-based Approach, Organised by Department of Ameaze Jild wa Zohrawiya, AMU & FEDI, 12 Jan 2017, Aligarh.

- **National (16)**

1. Workshop on Stress Management and Healthy Ageing, Organised by Dept. of Physical Health & Sports Education, A.M.U., 25-27 October 2002, Aligarh.
2. National Workshop on Treatment of Infectious Diseases in Unani Medicine, Organised by Dept. of Medicine(U), Jamia Hamdard, 17-18 October 2003, New Delhi.
3. National Seminar on AIDS, Organised by National Healthcare Foundation, 10 July 2004, New Delhi.
4. A W.H.O. Sponsored Workshop/Training Programme on Scientific Validity of Basic Principles of Unani Medicine, Organised by Govt. Unani Medical College Chennai, 4-5 Sept. 2004, Chennai.
5. Workshop on Approach of Unani Medicine for Prevention of Maternal and Child Health Problems, Organised by P.G. Dept. of Qabalat wa Amraz-e-Niswan A.M.U., 30-31 October 2004, Aligarh.
6. Workshop on In Silico Molecular Modeling and Drug Design, Sponsored by DBT, Govt. of India and Organised by Distributed Information Sub-Centre, Interdisciplinary Biotechnology Unit, A.M.U., Aligarh, 18-19 March 2008, Aligarh.
7. National Symposium on Sports Physiology Today and Tomorrow, Organised by Dept. of Physiology, JNMC, A.M.U., 13th March 2010, Aligarh.
8. A workshop on research methodology and SPSS 18, Organised by TIMES Aligarh, 19-21 Feb. 2011, Aligarh.

9. A symposium on recent advancements in the therapeutics of chronic skin disorders, Organised by Dept. of Amraz-e-Jild, AMU, Aligarh, 01 Dec. 2014, Aligarh.
 10. National workshop with hands on training session on Scope of basic therapeutics of unani medicine in today's scenario, Organised by KSSEWS, India & NSS, AMU, 26-27 May 2015, Aligarh.
 11. National seminar on Muslim education and employment in the post-Sachar scenario, Organised by UGC-HRDC AMU & ICSSR, New Delhi, 1-2 Aug 2015, Aligarh.
 12. Seminar-cum-Interactive Session on Academic Publications & Citations: The Changing Paradigm, Organized by IQAC & Maulana Azad Library AMU, 22 March 2017, Aligarh.
 13. SAKSHAM - IT Champion Training Program, Organised by Microsoft, 27-28 Dec. 2017, Aligarh.
 14. National Workshop on Research Methodology, Organised by B.R. Ambedkar Hall, AMU, 05-02-2018 to 11-02-2018, Aligarh.
 15. National Workshop on Research Methodology, Organised by S.S. (South) Hall & UGC-HRDC, AMU, 21-02-2018 to 27-02-2018, Aligarh.
 16. Workshop on Project Funding in Higher Education, Organised by APC, AMU, 10 March 2018, Aligarh
- **Webinars attended (04)**
 1. How to Review a Manuscript, at Elsevier Publishing Campus, 01 August 2017
 2. The Nuts & Bolts of Peer Review: A Discussion by Biomaterials Editors, Webinar by Elsevier Publishing Campus, 01 August 2017.
 3. Peer Review in Asia: Special Tips for Reviewers, Webinar by Elsevier Publishing Campus, 02 August 2017.
 4. A Neuroscientist's Guide to Live-Cell Analysis: Techniques & Benefits, Webinar by SelectScience, 28 Feb 2019.

Administrative/Extracurricular/Voluntary Activities

- **Chairperson**, Department of Munafeul Aza, AMU (from 14/08/19)
- **Pro-Proctor**, Aligarh Muslim University (from 27/11/19 to)
- **President, Swimming Club**, University Games Committee, AMU (from 27/09/19)
- **NCC Officer 1/8 COY, 8 UP BN, NCC**, AMU, Aligarh (from 05-08-2013 to Present)
- **President, University Film Club**, AMU (from 22 Nov 2014 to July 2019)

- Warden, Non Resident Student's Centre(NRSC), AMU(from 27-03-2015 to 06-04-2016)
- Part of nine member team that made largest envelope of the world for **Guinness Book of World Records**. (03 April 2013)
- Warden, **Sir Syed Hall (South)**, AMU (from 13-06-2017 to 27/09/19)

Appreciations & Awards

- University Medal for Securing First Position in MD (Unani), 2004.
- Award of Excellence at JCON, 2009.
- Certificate of Appreciation at UNICON, 2010.
- Certificate of Appreciation at National Workshop on Munafeul Aza, 2012.
- Himalayan Green Award, by Himalayan Welfare Organization, 2019.

Hobbies, Sports & Participation in Student Activities

- ✓ Swimming
- ✓ Badminton
- ✓ Captain and Teacher In-charge, Faculty Cricket team 2015 till date
- ✓ Judge Essay Competition – World Health Day Celebrations 2009
D/O Hifzane Sehat wa Samaji Tib
- ✓ Judge Debate Competition – Annual Literary Function- SS South Hall, 2011
- ✓ Judge Turn Coat Competition – UFAQ- Annual IG Hall Function 2011
- ✓ Judge Catchphrase Competition – World Heart Day Celebrations 2011
D/O Hifzane Sehat wa Samaji Tib, AMU
- ✓ Man of the Series in Cricket at Annual Sports week 2012, AKTC
- ✓ Third Prize in Shooting at Annual Sports week of AKTC, 2013
- ✓ Second Prize in Shooting at Annual Sports week of AKTC, 2014
- ✓ Judge Ad-Mad Competition – Annual IG Hall Function 2014
- ✓ Judge Various events – Ajmal 2014 Literary & Cultural Fest
- ✓ Judge Extempore Debate – Literary & Cultural Fest" Nutque 2014"
- ✓ Judge of an Event – Annual Hostel Function" Andaleeb 2014"
- ✓ Judge Creative Display Competition– World Heart Day Celebrations 2014
D/O Hifzane Sehat wa Samaji Tib, AMU
- ✓ Judge Extempore Debate – Literary & Cultural Fest" Shafaque 2016"
- ✓ Runner up, Badminton Doubles – Annual Sports week" Vortex 17"
- ✓ Runner Up, Volley Ball – Annual Sports week" Vortex 17"
- ✓ Winner Football – Annual Sports week" Sportib 18"
- ✓ Judge Quiz – QUIZIT 1.0 March 2019

Other Details

I was appointed as ‘Medical Officer (ISM)’ in Health and Medical Education Department, Government of Jammu and Kashmir in 2002 **vide order no /20-HME of 2002; Dated 30-01-2002** but did not join as I preferred pursuing my M.D. at that time.

References:

1. **Prof. Iqtidarul Hasan Zaidi**, Professor of Munafeul Aza (Physiology), Formerly Chairman, Department of Tashreeh wa Munafeul Aza, Formerly Dean, Faculty of Unani Medicine, Aligarh Muslim University, Aligarh, India.
(Email: chairperson.tma@amu.ac.in)
2. **Prof. Usha Singhal**, Professor of Physiology, Formerly Dean Faculty of Medicine and Head Department of Physiology, JN Medical College, Aligarh Muslim University, Aligarh, India. Formerly Head Department of Physiology, NIMS University, Jaipur, India
(Email: usinghal211@yahoo.co.in)
3. **Prof. F.S. Sherani**, Professor of Kulliyat (Fundamentals of Unani Medicine), Faculty of Unani Medicine, Aligarh Muslim University, Aligarh, India.
(Email: drsherani.tc@amu.ac.in)

I hereby declare that all the information given above is true to the best of my knowledge.

Date: 17-07-2019

Place:

Farooq Ahmad Dar