

PROF. DR. SADAF MUMTAZ

Principal, Ziauddin Medical College

Head of Department, Physiology

MBBS(Pb), PhD (UK), MCPS-HPE, Commonwealth Postdoc Academic Fellow (UK)

Department of Physiology

EDUCATION

- Commonwealth Postdoc Academic Fellow (UK)
- PhD in Physiology, University of Liverpool, UK
- MCPS-HPE
- MBBS (Pb)

PROFESSIONAL ASSOCIATIONS

- Global Burden of Disease collaborator (IHME, USA) since 2025
- Ordinary Member, "The Physiological Society, UK" since 2013
- Master Trainer, College of Physicians and Surgeons Pakistan (CPSP) since 2023
- Assistant Editor, Pakistan Journal of Physiology since 2018
- Regular Member, Pakistan Physiological Society since 2012
- Full registration with Pakistan Medical & Dental Council (2003-present)
- Affiliate Member of "The Physiological Society" (2007-2012)
- Association of Pakistani Physicians and Surgeons, UK (2008-2010)

ADMINISTRATIVE & ACADEMIC ROLES

- Principal, Ziauddin Medical College
- Professor, Department of Physiology
- Head of Curriculum Committee, ZMC
- Member of Board of Studies, BASR, Academic council, Selection Committee, Undergraduate Committee & Clinical Research Committee, Ziauddin Medical College
- Lead on Erasmus project for Cardiovascular monitoring using Embedded AI and IoT

CURRENT RESEARCH FOCUS

My research expertise lies in physiology with a primary focus on pathophysiological mechanisms, specifically regarding obesity-related complications and maternal health. My current portfolio broadly encompasses climate-related health disorders, metabolic diseases, and the development of

AI-enabled medical technologies for telemedicine. I am also deeply involved in medical education research, focusing on curriculum, assessment, and teaching innovations.

GRANTS & FUNDED PROJECTS

My current research focuses on infertility in both males and females, metabolic disorders including diabetes, and neurodegenerative conditions such as Alzheimer's disease. I also explore the therapeutic potential of alternative medicine, alongside the development of AI-enabled technologies to enhance diagnosis, monitoring, and personalized healthcare delivery

GRANTS & FUNDED PROJECTS

- Capacity Building for Digital Health Monitoring and Care Systems in Asia - DigiHealth-Asia/ Team Member/ Erasmus+program, European Union (2023-2025)
- Effect of Turmeric on blood pressure, bodyweight and serum homocysteine levels in overweight and obese Saudi females/ External Member/ Imam AbdulRahman Bin Faisal University/ KSA (2017-2018)
- British Council UK Researcher Link Award, UK (2014)
- Role of adipokines in obesity leading to C-section/ Principal Investigator/ Pakistan Science Foundation, Islamabad/ Pakistan (2013)
- Functional effects of adipokines on human and rat myometrial contractility in vitro/Dr. M. Aslam Malik Competitive research initiative grant/ Principal Investigator/ Shifa College of Medicine, Islamabad/Pakistan (2012)
- Visfatin and Leptin on human myometrial contractility in vitro/ Commonwealth Postdoctoral Academic fellowship award/Principal Investigator/ Commonwealth/United Kingdom (2012)

PUBLICATIONS

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