



1.		Photo passport size
2.	Name:	<b>Dr. Ismath Shameem</b>
3.	Designation:	Professor & Head, Dept. of Ilmul Qabalat wa Amraze Niswan
4.	Qualification :	BUMS, MD
5.	Thrust area:	Niswan wa Qabalat (OBG)
6.	Address:	#23, 3 <sup>rd</sup> main, 5 <sup>th</sup> Cross, Gangodanahalli, near Chandra layout, Bengaluru, 560039
7.	Mobile no:	9449977008/9538274583
8.	E mail:	dr.ismaths@gmail.com
9.	Date of birth:	05/04/1971
10.	Nationality:	Indian
11.	Religion:	Islam
12.	Registration certificate number:	562

**Complete CV in the following format:**

S. No.	Qualification	Year of passing	Board/ Institution	Percentage /Division
1.	Post graduation (MD in Ilmul Qabalat wa Amraze Niswan)	Nizamia Tibbi College, Hyd. NTR University of Health Sciences, Vijaywada, AP	2000	Pass
2.	Degree (BUMS)	Nizamia Tibbi College, Hyd. University of Health Sciences, Vijaywada, AP	1995	I <sup>st</sup> Division
3.	Inter/PUC	1988	Board of Intermediate Education, AP	74%
4.	SSC	1986	Board of secondary	68.5%

			education AP.	I <sup>st</sup> division
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#### 14. Professional Details (Teaching Experience UG & PG)

- UG experience: Nil
- PG experience: 20 years (1 month remaining)

Name of the office	Post held	Nature of employment	From	To	Pay scale	Nature of duties performed
NIUM	Lecturer	Permanent	01.09.2004	31.08.2009	Level-10	Academician, Researcher, Clinician
-Do-	Assist. Prof.	-Do-	01.09.2009	31.08.2014	Level-11	Academician, Researcher, Clinician
-Do-	Assoc. prof.	-Do-	01.09.2014	31.08.2019	Level-12	Academician, Researcher, Clinician
-Do-	Professor	-Do-	01.09.2019	Till date	Level-13	Academician, Researcher, Clinician

#### 15. Publication till date:

1. MUZN Farzana K.Tabassum, **Ismath Shameem**. Management of Qillate tams (oligomenorrhoea)- Unani perspective. Niamath's Herbal Unani Med. Aug 2009; 6-9.
2. MUZN Farzana, **Ismath Shameem**, Arshiya Sultana, I. Al Tharique. Mother care and care of the body during pregnancy with Unani medicine. Niamath's Herbal Unani Med. Jan 2010; 34-36.
3. Shahida Habib, Wajeeha Begum, **Ismath Shameem**, G Sofi, A. Hussain Lone, Alia Bilal. Clinical efficacy of a Unani Herbal Formulation *Hemidesmus indicus* & ointment of *Astragalus hamosusin* in endocervicitis-a randomized controlled trial. International Journal of Current Research and Review. Nov. 2011;3(11):170-77.
4. MUZN Farzana, **Ismath Shameem**, Arshiya Sultana. "Efficacy of *Acacia arabica* in improving Woman's Quality of Life in Uterine Prolapse (*Nutue Rehm*): A Randomized Controlled Trial." Sri Lanka Journal of Indigenous Medicine. June 2012; 2(1):101-46.
5. Ghazia Kafeel, **Ismath Shameem**, Wajeeha Begum. Clinical Evaluation of Efficacy of Unani Formulation in Ovulation Induction in Anovulatory Infertility. Journal of AYUSH: Ayurveda, Yoga, Unani, Siddha and Homeopathy. 2013; 2(1):25-32.

6. Mani Ram Singh, **Ismath Shameem**, K.Tabassum. Efficacy of *Safoof habisuddum* on duration of flow in Puberty Menorrhagia. Hippocratic journal of Unani medicine July –Sept 2013; 23-29.
7. Firdose KF, Begum W, **Shameem I**, Firdose NF, Jahan M. Effect of *Qurs Kafoor* in the management of *Usre Tams Ibtedayi* (Primary Dysmenorrhoea) - A Clinical Observation. International Journal of Current Research and Review. Nov. 2013; 5(22):59-61.
8. Firdose KF, Begum W, **Shameem I**, Jahan M, Firdose NF. Clinical evaluation of *Qillat tams* and its Management with Unani formulation. International Research Journal of Medical Sciences. Dec. 2013; 1(11):1-8.
9. Ruqiya Parveen, **Ismath Shameem**. Effect of Wet Cupping (*Hijamat Bil Shurt*) in the Management of Secondary Amenorrhoea (*Ehtebas Tams Sanwi*). STM Journals i.e. Research & Reviews: A Journal of Unani, Siddha and Homeopathy. March 2014; 1(1):12-19.
10. Hafeeza, Wasia Naveed, **Ismath Shameem**, K. Tabassum. Clinical Study of *Mutlazima Qabl Haiz* (Premenstrual Syndrome) and its Management with Unani Formulation-A Randomized Controlled Trial. International Journal of Current Research and Review. July 2014; 6(13): 51-57.
11. Sana Fatima Majeedi, **Ismath Shameem**, Maryam Ruqiya. Efficacy of *Asparagus Recemosus (Satavar)* in stimulating follicular growth and ovulation in Anovulatory Infertility: A RCT. International Journal of Reproduction, Contraception, Obstetrics & Gynaecology. Feb. 2016; 5(2):310-16.
12. Khan Saba Mohd Ather, **Ismath Shameem**. Evidence Based Approach to Unani Contraceptives- A review. International Journal of Reproduction, Contraception Obstetrics & Gynaecology. Feb. 2016; 5(2):268-75.
13. Geetha BN, **Ismath Shameem**. Efficacy of Unani Formulations in the management of Dysfunctional Uterine Bleeding- A Randomised Controlled Trial International Journal of Medical and Health Research. May 2016; 2 (5):57-61.
14. Khan Saba Mohd Ather, **Ismath Shameem**. Role of phytoestrogens as an alternative to hormone replacement therapy in postmenopausal women – A Review. International Journal of Current Research. June 2016; 8(6):32585-91.
15. Atiya Sayed, **Ismath Shameem**, Umraz Mubeen. Effect of *Arq Brinjasif* in Mild Pelvic Inflammatory Disease-A Randomised Controlled Trial. International Journal of Medicine and Research. June 2016; (2):91-96.
16. Kouser Fatima Firdose, **Ismath Shameem**. An approach to the management of Polycystic Ovarian Disease in Unani system of Medicine. International Journal of Applied Research. June 2016; 2(6):585-590.
17. Fauzia Naaz Abdul Rahman, **Ismath Shameem**. Effect of *Mocharas (Bombax malabaricum)* and *Habbul Aas (Myrtus communis)* in uterovaginal prolapse: randomized open clinical trial. International Journal of Multidisciplinary Research and Development. Aug. 2016; 3(8):88-93.
18. Khan Saba, **Ismath Shameem**, Suhail Sahibole, Aafreen Siddiqui. TRACHYSPERMUM AMMI: Ancient Unani medicine for modern cure, A review of potential therapeutic applications. World Journal of pharmaceutical Research. Dec.2016; 5(12):169-78.

19. Jeelani C, **Ismath Shameem**, Wajeeha Begum, Wasia Naveed. Efficacy of *SafoofKhabsulHadeedin* iron deficiency anemia during pregnancy: A randomised controlled trial. International Journal of Medical and Health Research. Feb 2017; 3(2):50-54.
20. Saba Khan, **Ismath Shameem**, Suhail Sahibole, Aafreen Siddiqui. Efficacy of Unani formulation in infertility among obese women: A clinical study. International Journal of Medical and Health Research. April 2017; 3(4):125-33.
21. Mubasheera Khan, **Ismath Shameem**, Shaik Imran, Iftqhar J. Begum. Effect of *Gule Dhawa* and *Mocharas* in *Sailan al Rahim*: A randomized controlled trial. International Journal of Advanced Scientific Research. May 2017; 2 (3): 38-42.
22. Ghazia Kafeel, **Ismath Shameem**. Historical background of Anovulatory Infertility- Unani Perspective. International Journal of Current Research. June 2017; 9(6): 52035-38.
23. **Ismath Shameem**, Sana Fatima Majeedi, Khan Saba Mohd Athar. Evidence based approach to concept of anovulatory infertility in Unani medicine: An update". International Journal of Academic Research and Development. Sept- Oct. 2017; 2(5): 636-42.
24. Rehana Khatoon, **Ismath Shameem**. Effect of *Muqil*, *Murramki*, *Abhal* in polycystic ovarian disease associated secondary amenorrhoea. IOSR-JDMS. Oct. 2017; 16(10):7-15.
25. **Ismath Shameem**, Ruqiyya Perveen, Khan Saba Mohd Athar. An updated review of efficacy of cupping therapy in gynecological disorders. IOSR-JDMS. Nov. 2017; 16(11):38-45.
26. Khan Saba, **Ismath Shameem**, Suhail Sahibole, Aafreen Siddiqui. Concept of infertility among obese women in Unani system of medicine-A review. International Journal of Ayurvedic and Herbal Medicine. March 2018; 8(2):3163-79.
27. Atiya Sayed, Umraz Mubeen, **Ismath Shameem**. Pelvic inflammatory disease in Unani system of medicine- an overview & update. World journal of pharmacy & pharmaceutical sciences. March 2018; 7(4):684-97.
28. Tooba Fahad, **Ismath Shameem**. An evidence based approach to the management of cervical cancer in Unani system of medicine: A review Journal of Pharmacognosy And phytochemistry. March-April 2018; 7(2):2536-44.
29. Farzana Anjum, **Ismath Shameem**, Umraz Mubeen. Efficacy of *Azadirachta indica* and *Zingiber officinale* on Hirsutism in Polycystic Ovarian Disease: A Randomized Controlled Trial. International Journal of Innovative Research in Medical Science. April 2018; 3(4): 1937-45.
30. **Ismath Shameem**, Fauzia Naaz Abdul Rahman. Concept of Uterovaginal Prolapse in Unani system of medicine-An updated review. International Journal of Recent Scientific Research. July 2018;9(7F):28127-31.
31. **Ismath Shameem**, Kouser Fatima Firdose. Effect of Unani Formulations in Anovulatory Infertility: A Meta – Analysis. Paripex - Indian Journal of Research. Aug 2018; 7(8):581-82.
32. **Ismath Shameem**, Atiya Sayed. A conceptual review of *WarmeRehm* in Unani Medicine with specific reference to pelvic inflammatory disease. Journal of Ayurvedic & Herbal Medicine. Sept.2018; 4(2): 94-98.

33. Tooba Fahad **Ismath Shameem**. Phytochemical & therapeutic potentials of *Murrmakki* (*Commiphoramyrtha*): A review. *Peripex- Indian Journal of Applied Research* Sept. 2018; 8(9):102-04.
34. **Ismath Shameem**, Rehana Khatoon. An overview of polycystic ovarian disease associated secondary amenorrhoea in Unani system of medicine. *International Journal of Science & Research*. Oct 2018;7(10):318-24
35. Rehana Khatoon, **Ismath Shameem**. Herbal insulin sensitizers as an alternative in diseases caused by insulin resistance- an evidence based review. *European Journal Of Biomedical & Pharmaceutical Sciences*. Nov 2018; 5(11):553-65.
36. Tooba Fahad, **Ismath Shameem**. Unani medicine in the management of *Sailanur Rahim* (leucorrhoea)- a systematic review. *International Journal of Scientific Research*. Jan 2019; 8(1):93-98.
37. **Ismath Shameem**, Ghazala Ahmed. Effect of a Unani Formulation in Unexplained Primary Infertility - A Case Report. *Journal of Gynecology and Women's Health*. April 2020;16(1):001-004.
38. Khan Sabira Khatoon Shahmeer, **Ismath Shameem**. Effect of a Unani Formulation in heavy menstrual bleeding - A Clinical study. *International Journal of Recent Scientific Research*. July 2020; 11 (07) (C):39274-80.
39. **Ismath Shameem**, Sana Fatima Majeedi. A Review on Potential Properties and Therapeutic Application of *Asparagus Racemosus* Wild. *World Journal of Pharmaceutical Research*. July 2020;9(7): 2532-40.
40. Tooba Fahad, **Ismath Shameem**. Concept of *Quruh Al- Rahim* in Unani system of medicine- a review. *Journal of Reproduction, Contraception, Obstetrics & Gynecology*. August 2020; 9(8):3519-29.
41. Zainab Zubair, **Ismath Shameem**, SM Noorul Ameen. A Comprehensive Review with Pharmacological Potential of "Mother of Herbs" – *Artemisia vulgaris* Linn. *World Journal of Pharmacy and Pharmaceutical Sciences*. August 2020;8(8):240-51.
42. Ghazala Ahmed, **Ismath Shameem**. Effect of *Sharbat Deenar* in uncomplicated pelvic inflammatory disease- A clinical study. *International Journal of Research in Pharmaceutical Sciences*. Dec. 2020;11(4): 7634-43.
43. Farha Naz, **Ismath Shameem**, Rummana Kauser Shabbir Ahmed. Effect of a Unani Formulation and Dry Cupping (*Hijama bila Shart*) in Primary Dysmenorrhoea- A Randomised Comparative Study. *Journal of research in unani medicine*. 2020;9(2):18-28.
44. **Ismath Shameem**, Khan Sabira Khatoon Shahmeer. A comprehensive review of Heavy Menstrual Bleeding (Kaṭhrat-i-Tamṭh) in Unani Medicine – An evidence based approach *Journal of Emerging Technologies and Innovative Research*. July 2021. 8(7): g84-95.
45. Khan Sabira Khatoon Shahmeer, **Ismath Shameem**. Nutritional and therapeutic application of Date fruit in Unani system of medicine – A Review. *Journal of Research in Indian Medicine*, Jan 2022; 17(1):1-10.
46. Rumana Kauser Shabbir Ahmad, **Ismath Shameem**, Role of *Ābzan* (Sitz Bath) in Gynaecological Disorders: A Comprehensive Review with Scientific Evidence. *CellMed Orthocellular Medicine Pharmaceutical Association*. 2022: 12(1): e5

47. Tooba Fahad, **Ismath Shameem**. Effectiveness of an Unani Formulation as Topical Medication in Cervical Ectopy-An Open Observational Study. *International Journal of General Medicine & Surgery*. Feb 2022; 6(5):1-11.
48. Zainab Zubair, **Ismath Shameem**, Wajeaha Begum. Effect of *Sharbat Afsantin* in Polycystic Ovarian Syndrome- an open observational study. *CELLMED Orth cellular medicine & pharmaceutical science*. Aug 2022; doi: <http://dx.doi.org/10.5667/CellMed.2022.010>
49. Sumaiya Mohammed Sabir Siddiqui. **Ismath Shameem**. The impact of an Unani Formulation in unexplained Secondary Infertility: A Case Report. *CELLMED Orth cellular medicine & pharmaceutical science*. Aug 2022; doi: <http://dx.doi.org/10.5667/CellMed.2022.012>
50. **Ismath Shameem**, Siddiqui Sumaiya, Nadiya Khanum. Resolution of the Cervical Low-Grade Squamous Intraepithelial Lesion (LSIL) by Murr ointment (Unani formulation): A Case Report. *Int. J. of AYUSH Case Reports*. Jan- March -2023;7(1):37-42.
51. Nadiya Khanum, **Ismath Shameem**, Siddiqui Sumaiya. Efficacy of Unani formulation in unexplained primary infertility – A case report. *Int. J. of AYUSH Case Reports*. Jan-March -2023; 7(1):74-79.
52. Rehana Khatoon, **Ismath Shameem**. *Commiphora myrrha* Linn (*Murr Makki*)- A Multifaceted Medicinal Plant in Unani System of Medicine: A Review of Pharmacological Studies. *European Journal of Biomedical and Pharmaceutical sciences*. Jan 2023; 10(2):106-12.
53. Meharunnisa, **Ismath Shameem**, Vandana Rajak, Siddiqui Sumaiya, Radhika K. Effect of SharbatiAnar Sheerin (Pomegranate Juice) in Nausea and Vomiting in Pregnancy: A Pre- and Post-Interventional Study. *Hamdan Medical Journal* July-Sept.2023;16 (3):183-90.
54. Rumana Kauser Shabbir Ahmad, **Ismath Shameem**, Farha Naaz. Effect of a Unani formulation on menstrual cyclicity in women with polycystic ovarian disease- an open labelled clinical study. *Journal of Herbal Medicine*. Feb 2024. <https://doi.org/10.1016/j.hermed.2024.100860>
55. Vandana Rajak, **Ismath Shameem**, Meharunnisa. Effect of *Murrmakki (Comphiphora Linn)* in abnormal vaginal discharge- a pre and post interventional study. *Journal of Research in Unani Medicine* 11(1):p 10-17, Jan–Jun 2024. | DOI: 10.4103/JRUM.JRUM\_12\_23
56. Nadiya Khanum, **Ismath Shameem**, Sumaiya Siddiqui. Effect of Marham-i-Bāsaliqūn on Cervical Erosion (Qurūḥ al-Raḥīm)): A Randomized Comparative Clinical Study, *Current Womens Health Review*. June 2024. DOI:10.2174/0115734048299819240529073925

**Proceedings of Seminars/ Conference published: 03**

1. **Shameem I**, Singh MR, Firdose KF, Kafeel G. Effect of *Habbe Hamal* in Uqr (infertility)-A Case Series published in Proceedings of National Seminar on Emerging Trends in The Development of USM held on 12<sup>th</sup> &13<sup>th</sup> March 2011, org. by State Takmeel-Ut-Tib College & Hospital, Lucknow.

S.No	Conference /Seminar	Date/Year	Organizer	Title	Authors
1.	<b>International Seminar on Hifzan e Tibb</b> Mani Ram Singh, Ismath Shameem, K. Tabassum, Safuf Habisuddum published in proceedings of National Seminar on Emerging Trends in The Development of USM	29-30 March 2005	Dept. of Hifzan e Sehat, wa Samaji Tib, AKTC, AMU.	The Effect of Herbo-mineral drug in prevention of mid trimester abortion due to chromosomal aberrations	<b>Ismath Shameem,</b> Mohammad Baseeruddin.
2.	<b>International Seminar on Hifzan e Tibb</b> State Takmeel-Ut-Tib College & Hospital, Lucknow Farzana M.U.Z.N. Arshiya Sultana, Dr. Al. Tharique, Ismath Shameem.	29-30 March 2005	Dept. of Hifzan e Sehat, wa Samaji Tib, AKTC, AMU	Unani perspective of Allergic Bronchitis in children-A review	M. Baseeruddin, <b>Ismath Shameem.</b> Role of riyasat Maholiyat prenatal, labor and postnatal period. Conference: National Seminar on Tahafuzi va
3.	<b>National Conference on Unani System of Medicine</b> Samaji Tib. at Ahmad Gharib Medical College, India in	21-23 Jan 2006	ZVM Unani medical college and Hospital, Pune	Etiology, Evaluation and management of Habitual Abortion in Unani medicine	Salma Bano, Roohi Zaman, Ameerulla Khan, <b>Ismath Shameem,</b> Wajeeha Begum.
4.	<b>National Conference on Unani System of Medicine</b>	21-23 Jan 2006	ZVM Unani medical college and Hospital, Pune	Scope of Unani medicine in the management of fungal disease in female with specific reference to candidiasis.	<b>Ismath Shameem,</b> Md. Baseeruddin.
5.	<b>National Conference on Unani System of Medicine</b>	21-23 Jan 2006	ZVM Unani medical college and Hospital, Pune	Research model in gynecology for evaluation of antifertility drugs.	Mushtaq Ahmead Naikoo, Ghulamuddin Sofi, <b>Ismath Shameem.</b>
6.	<b>National Conference on Unani System of Medicine</b>	21-23 Jan 2006	ZVM Unani medical college and Hospital, Pune	Concept of embryology in Tibb-e-Unani	S. Nafees Bano, Zaki Anwar Ansari, <b>Ismath Shameem,</b> Wajeeha Begum, M. Ramesh
7.	<b>National Conference on Unani System of Medicine</b>	21-23 Jan 2006	ZVM Unani medical college and Hospital, Pune	Unani remedy of Qillat-e-Laban	Imran Shaikh, Wajeeha Begum, <b>Ismath Shameem</b>
8.	<b>National Conference on Unani System of Medicine</b>	21-23 Jan 2006	ZVM Unani medical college and Hospital, Pune	Management of pregnancy induced iron deficiency anaemia with Unani medicine	Khursheed Alam, Wajeeha Begum, <b>Ismath Shameem,</b> Hamid Ali
9.	<b>National conference on the role of Indian medicinal plants and Indian Systems of medicine on rural health</b>	8-10 Feb 2007	AVVM Sri Pushpam college (Autonomus) Poondi Tamil Nadu	Unani herbs used for gynaecological disorders	Mobashshera khan, Hafeeza, Saima Nazz, Shaikh Imran, K Tabassum, <b>Ismath Shameem,</b> Wajeeha Begum.
10.	<b>National conference on the role of Indian medicinal plants and Indian Systems of medicine on rural health</b>	8-10 Feb 2007	AVVM Sri Pushpam college (Autonomus) Poondi Tamil Nadu	Unani drugs used in dysmenorrhoea for the rural people	Hafeeza, Saima Naaz, mobashshera khan, Md Farouque, K Tabassum, <b>Ismath Shameem,</b> Wajeeha Begum.
11.	<b>National conference on Unani medicine</b>	8-9 March 2008	MTC and assayer Hospital Mansooro Malegaon	Pregnancy induced Iron Deficiency Anaemia and its	Khursheed Alam, Q.A.Kazmi, K.Tabassum, <b>Ismath Shameem,</b> Intezar

				management in Unani System of medicine	Ahmed.
12.	<b>National conference on Unani medicine</b>	8-9 March 2008	MTC and assayer Hospital Mansoor Malegaon	Aphorisms: By Hippocrates	Mobashshera Khan, Shaikh Imran, Iftexhar jehan Begum, <b>Ismath Shameem</b> , S.Minhaj.
13.	<b>National seminar on Nutrition in health and disease</b>	15 March 2007	Global welfare society in collaboration with AKTC, AMU	Diet for menopausal women	Saima Naaaz Bilal, Hafeeza, K. Tabassum, Wajeaha Begum, <b>Ismath Shameem</b> , Qamar A. Kazmi
14.	<b>National seminar on Nutrition in health and disease</b>	15 March 2007	Global welfare society in collaboration with AKTC, AMU	Nutrition during pregnancy and Lactation	Salma Bano, Wasia Naveed, Tabassum K, <b>Ismath Shameem</b> , Wajeaha Begum
15.	<b>National seminar on Amraze Niswan</b>	19-20 Dec 2008	AKTC, AMU Aligarh.	Minor Ailment during pregnancy and its management with Unani Medicine	Hafeeza Saima, <b>Ismath Shameem</b>
16.	<b>National seminar on Amraze Niswan</b>	19-20 Dec 2008	AKTC, AMU Aligarh.	Recent advances in management of tasammum Dame hamal (toxemia of pregnancy) and its Unani perspective.	<b>Ismath Shameem</b> , Wajeaha Begum, Wasia Naveed
17.	<b>National seminar on Amraze Niswan</b>	19-20 Dec 2008	AKTC, AMU Aligarh.	Iltebe Unqur Rehim (Cervicitis) and its management	Salma Mirza, Umraz Mubeen, Wajeaha Begum, <b>Ismath Shameem</b>
18.	<b>National seminar on Amraze Niswan</b>	19-20 Dec 2008	AKTC, AMU Aligarh.	Effect of <i>Safoof Khabsul Hadeed</i> in iron deficiency anemia during pregnancy-a clinical study.	C. Jeelani, Wasia Naveed, <b>Ismath Shameem</b> , Wajeaha Begum, Hamid Ali.
19.	<b>National seminar on Amraze Niswan</b>	19-20 Dec 2008	AKTC, AMU Aligarh.	Importance of Riyazat (Exercise) during pregnancy-Unani perspective.	Wajeaha Begum, <b>Ismath Shameem</b> , Qamar Akhtar Kazmi, Saima Naaz Bilal.
20.	<b>National seminar on Amraze Niswan</b>	19-20 Dec 2008	AKTC, AMU Aligarh.	Importance of Breast feeding	Kouser Fathima Firdose, Wajeaha Begum, <b>Ismath Shameem</b> , Noor Fathima Firdose.
21.	<b>National seminar on Amraze Niswan</b>	19-20 Dec 2008	AKTC, AMU Aligarh.	Prevention of breast Cancer- Unani Prospective.	Salma Mirza, Wajeaha Begum, Q.A Kazmi, Umraz Mubeen, <b>Ismath Shameem</b>
22.	<b>National seminar on Amraze Niswan</b>	19-20 Dec 2008	AKTC, AMU Aligarh.	Management of <i>Qillat Tams</i> (oligomenorrhea) Unani perspective.	M.U.Z.N.Farzana, Umraz Mubeen, <b>Ismath Shameem</b> , Wajeaha Begum, Arshiya Sultana.
23.	<b>National conference on RCH Pharma med 2009</b>	17-18 April 2009	Faculty of medicine and Pharmacy- Jamia Hamdard	Basic Issues in maternal health	Ghazia kafeel, <b>Ismath Shameem</b> .
24.	<b>National conference on RCH Pharma med 2009</b>	17-18 April 2009	Faculty of medicine and Pharmacy- Jamia Hamdard	Gonorrhoea-in the past and present	Umraz Mubeen, Suhail Fatima, Wajeaha Begum, <b>Ismath Shameem</b> , Jahan Ara, Noor Fathima Firdose.
25.	<b>National conference on Indian medicine</b>	17-18 April 2009	organized by Maqbool social, Health and	Unani medicine in contraception and its importance – An	Wajeaha Begum, <b>Ismath Shameem</b> , Zarnigar.



	1		educational society Aligarh	overview	
26.	<b>National conference on Indian medicine</b>	17-18 April 2009	organized by Maqbool social, Health and educational society Aligarh	Role of immune modulators in the prevention of AIDS	<b>Ismath Shameem</b> , Wajeeha Begum, Arshi Riaz.
27.	<b>National conference on Indian medicine</b>	17-18 April 2009	organized by Maqbool social, Health and educational society Aligarh	Development of fertility control in Indian system of medicine	<b>Ismath Shameem</b> , Mani Ram Singh, Zareena Khatoon, K Tabassum, Qamar A Kazmi.
28.	Social Science Abstract Volume 2 XXXIII 4	2009-10	Indian Academy of Social sciences India	Studies on Invitro micro propagation of exacum	Farzana MVZN, <b>Ismath Shameem</b> , Tharique, Azad Husain
29.	Social Science Abstract Volume 2 XXXIII 5	2009-10	Indian Academy of Social sciences India	Postpartum Exercise- A typical Regimen	Kouser FF, Wajeeha Begum, <b>Ismath Shameem</b> , Firdose KF, Singh MR.
30.	<b>3rd Svastha International Ayurveda Conference</b>	2-3 Jan 2010	Sri Lanka	Clinical study of <i>Mutlazima Qabl Haiz</i> (Premenstrual syndrome) and its management with Unani formulation	<b>Ismath Shameem</b> , MUZN Farzana, Hafeeza, SM Scinadeen.
31.	<b>International Conference on Integrative Medicine and Ist SAARC Conference on Unani Medicine.</b>	2-4 Feb 2011	AKTC, AMU, Aligarh.	Bening Ovarian tumors and its Unani prospective: A Review	<b>Shameem I</b> , Mubeen U, Farzana MUZN, Firdose KF, Kafeel G.
32.	<b>International Conference on Integrative Medicine and Ist SAARC Conference on Unani Medicine</b>	2-4 Feb 2011	AKTC, AMU, Aligarh.	<i>Qillat-e-Tams</i> - A Comprehensive Review	Firdose KF, Begum W, <b>Shameem I</b> , Firdose NF.
33.	<b>International Conference of Integrative Medicine and Ist SAARC Conference on Unani Medicine</b>	2-4 Feb 2011	AKTC, AMU, Aligarh.	Clinical Study on <i>Nutue Rehm</i> (Uterine Prolapse) and its management with Unani Formulation	Farzana MUZN, <b>Ismath Shameem</b> , Arshiya Sultana, Azad Husain.
34.	<b>International Conference of Integrative Medicine and Ist SAARC Conference on Unani Medicine</b>	2-4 Feb 2011	AKTC, AMU, Aligarh.	Effect of <i>Safoof Habisuddam</i> on amount of flow in puberty menorrhagia	Mani Ram Singh, <b>Ismath Shameem</b> , K. Tabassum.
35.	<b>National Seminar on Maternal and Child Health</b>	21-22 March 2011	Dept. of Qabaltawa- Amraz-e-Niswan, AKTC, AMU.	Osteoporosis and menopause in Women	Umraz Mubeen, <b>Ismath Shameem</b> , Arshiya Sultana.
36.	<b>National Seminar on Maternal and Child Health</b>	21-22 March 2011	Dept. of Qabaltawa- Amraz-e-Niswan, AKTC, AMU.	Importance of breast feeding- A Review	Parveen R, <b>Ismath Shameem</b> , Mubeen U.
	<b>National Seminar on Maternal and Child Health</b>	21-22 March	Dept. of Qabaltawa- Amraz-e-	Unani Contraceptives (Manae Hamal): A	Kafeel G, <b>Ismath Shameem</b> , Begum W.

	3 3 Health	2011	Niswan, AKTC, AMU.	Review	Mubeen U.
38.	3 4 National Seminar on Maternal and Child Health	21-22 March 2011	Dept. of Qabaltawa-Amraz-e-Niswan, AKTC, AMU.	Effect of <i>Safoof Habisuddam</i> on amount of flow in puberty menorrhagia	Mani Ram Singh, <b>Ismath Shameem</b> , K. Tabassum
39.	3 5 National Seminar on Maternal and Child Health	21-22 March 2011	Dept. of Qabaltawa-Amraz-e-Niswan, AKTC, AMU.	Global Issues on Maternal health and their Indian Perspective	Firdose KF, Mubeen U, Wajecha B, <b>Ismath S</b> , Firdose NF.
40.	National Seminar on Mizaj and Its implication in different disciplines of Tibbe Unani	15-16 Oct 2011	A& U Tibbiya College and Hospital, Karol Bagh.	Role of Akhlat in development of mizaj: A scientific approach in <i>Kasrate Tams Balooghi</i> (Puberty Menorrhagia)	Singh MR, <b>Ismath Shameem</b> , Siddiqui MS Hayat.
41.	3 6 Fith Euro_ India International Conference on Holistic Medicine	11-13 Sep-2015	IHMS Kerala, India	Evidence based Approach to Unani Contraceptives A-review	Khan Saba Mohd Athar, <b>Ismath Shameem</b> .
42.	3 7 Fith Euro_ India International Conference on Holistic Medicine	11-13 Sep-2015	IHMS Kerala, India	Effect of <i>Arq Brinjasif</i> in mild Pelvic inflammatory disease A Randomized controlled trial	<b>Ismath Shameem</b> , Atiya Syed, Umraz Mubeen.
43.	3 8 Fith Euro_ India International Conference on Holistic Medicine	11-13 Sep-2015	IHMS Kerala, India	Efficacy of <i>Asparagus recemosus</i> (satavar) in stimulating follicular growth and Ovulation in Anovulatory Infertility a Randomized controlled study.	Sana Fatima Majeedi, <b>Ismath Shameem</b> .
44.	3 9 Unani Medical Journal On the occasion of 2 <sup>nd</sup> world Unani League	Feb.2016	Organized committee of 2 <sup>nd</sup> world Unani League	Concept of Anovulatory Infertility in Unani medicine_ An Evidence based Approach	<b>Ismath Shameem</b> , Saba Khan, Rehana Khatoon.
45.	4 10 Unani Medical Journal On the occasion of 2 <sup>nd</sup> world Unani League	Feb.2016	Organized committee of 2 <sup>nd</sup> world Unani League	Role of Sitz Bath (Abzan) in the management of Gynaecological diseases: A Review	Khan Saba, <b>Ismath Shameem</b> , Suhail, Afreen Siddiqui.
46.	4 11 National Conference-cum-Workshop on intervention of Ilaj-bit-Tadbeer in the management of pain and disability	7-8 March, 2016	Dept. Ilaj-bit-Tadbeer faculty of Unani medicine AKTC, AMU.	Intervention of Ilaj Bit Tadbeer in the management of dysmenorrhea (Usr Tams): A Comprehensive Review	Kauser Fathima Firdose, Saba Mirza, Wajecha Begum, <b>Ismath Shameem</b> , Saba Imdad.
47.	4 12 National Conference-cum-Workshop on intervention of Ilaj-bit-Tadbeer in the management of pain and disability	7-8 March, 2016	Dept. Ilaj-bit-Tadbeer faculty of Unani medicine, AKTC, AMU	Role of Regimenal Therapies in Anovulatory infertility_ A Review	<b>Ismath Shameem</b> , Khan Saba, Rehana Khatoon.
48.	4 13 National Conference-cum-Workshop on	7-8 March, 2016	Dept. Ilaj-bit-Tadbeer faculty of Unani medicine	Evidence based approach to Regimenal Therapies	Rehana Khatoon, <b>Ismath Shameem</b> , Khan Saba.

	4 intervention of Ilaj-bit-Tadbeer in the management of pain and disability		AKTC, AMU	in the management of Amenorrhoea: A Review	
49.	International Conference on Unani Medicine ICUM	25-27 Oct 2016	NIUM	A Comprehensive Approach to Cognition in Unani Medical Education	Kouser Fathima, Wajeeha Begum, <b>Ismath Shameem.</b>
50.	International Conference on Unani Medicine ICUM	25-27 Oct 2016	NIUM	Unani management of cervical ectopy (Qarha al Rahim: A review	Tooba Fahad, <b>Ismath Shameem.</b>
51.	International Conference on Unani Medicine ICUM	25-27 Oct 2016	NIUM	Effect of Wet Cupping in Secondary amenorrhoea- case series	Rehana Khatoon, <b>Ismath Shameem.</b>
52.	International Conference on Unani Medicine ICUM	25-27 Oct 2016	NIUM	Effect of Unani formulations in Anovulatory infertility: A Meta Analysis	<b>Ismath Shameem</b> , Kouser Fathima.
53.	National Seminar on Unani Medicine on 4 Non Communicable 5 Diseases	28-29 Dec 2018	All India Unani tibbi congress (Academic Wing) of Hyd,	Evidence based review to Unani Medicines used as Insulin sensitizers in Polycystic Ovary Syndrome	<b>Ismath Shameem</b> , QN Qhudsia, Kouser Fathima.
54.	National Seminar on Unani Medicine on 4 Non Communicable 6 Diseases	28-29 Dec 2018	All India Unani tibbi congress (Academic Wing) of Hyd.	Concept of Heavy Menstrual Bleeding in Unani System of Medicine: A Review	Khan Sabira, <b>Ismath Shameem.</b>
55.	National seminar on Gastroenterology 4 Hepato biliary and 7 life style disorders	23-24 Feb, 2019	Unani medicine Doctor's association. Collaboration with Dr. Abdul Haq Unani Medical College.	Efficacy of Unani formulations in infertility among obese women - a pre and post observational study	<b>Ismath Shameem</b> , Khan Saba, Ghazala Ahmad.
56.	National seminar on Gastroenterology 4 Hepato biliary and 8 life style disorders	23-24 Feb, 2019	Unani medicine Doctor's association in Collaboration with Dr. Abdul Haq Unani Medical College. Kurnool	Ilaj bil ghiza for subfertile couples: A blend and balance of Unani and conventional Medicines	Ghazala Ahmad, <b>Ismath Shameem.</b>
57.	National seminar on prevention and 4 control of non-9 communicable disease	16-17 Dec 2019	Dept. of Tahaffuzi wa Samaji Tib NIUM, Bangalore	Role of Unani medicine in primary Dysmenorrhoea – a systemic Review	Farha Naz, <b>Ismath Shameem</b> , Rummana KSA.
58.	National seminar on prevention and 5 control of non 0 communicable disease	16-17 Dec 2019	Dept. of Tahaffuzi wa Samaji Tib NIUM, Bangalore	Unani medicine as a adjuvant in cervical cancer- An Evidence Based Review	<b>Ismath Shameem</b> , Tooba fahad, Ghazala Ahmed, Sabira Khatoon.
59.	National seminar on prevention and 5 control of non 1 communicable disease	16-17 Dec 2019	Dept. of Tahaffuzi wa Samaji Tib NIUM, Bangalore	Role of Date fruit consumption in Late Pregnancy on onset of Labor and Delivery	Khan Sabira Khatoon Shahmeer, <b>Ismath Shameem.</b>

60.	<b>National seminar on prevention and control of non communicable disease</b>	16-17 Dec 2019	Dept. of Tahaffuzi wa Samaji Tib NIUM, Bangalore	Management of Pelvic inflammatory Disease with Unani Medicine - A Review	Mehrunnisa, Ismath Shameem, Vandana R.
61.	<b>National seminar on prevention and control of non communicable disease</b>	16-17 Dec 2019	Dept. of Tahaffuzi wa Samaji Tib NIUM, Bangalore	Evidence based approach to the management of polycystic ovarian syndrome in Unani system of medicine- a review	Rummana KSA, Ismath Shameem, Farha Naz.
62.	<b>National seminar on prevention and control of non communicable disease</b>	16-17 Dec 2019	Dep. of Tahaffuzi wa Samaji Tib NIUM, Bangalore	Urinary incontinence in women -A Unani perspective	Vandana R, Ismath Shameem, Mehrunnisa.

### 17. Conferences/Workshop/Seminars/CME/Training Program/ Webinars attended:

#### (A) As a Resource person delivered lectures:13

1. Dr. Ismath Shameem delivered a talk on “**Benign ovarian tumors and its management with Unani medicines**” on 31<sup>st</sup> July 2010 in Re-orientation training programme 2010-11, conducted by Dept. of Ilmul Qabalat wa Amraze Niswan at NTC, Charminar, Hyderabad.
2. Dr. Ismath Shameem delivered a talk on “**Effect of wet cupping in secondary amenorrhoea**” on 3<sup>rd</sup> Dec 2012 in Training programme in Regimenal Therapy conducted by Dept of Regimenal Therapy at NIUM sponsored by Dept of AYUSH of Karnataka.
3. Dr. Ismath Shameem delivered a talk on “**Cupping therapy in gynecological disorders**” on 20<sup>th</sup> Sept 2014 in 1 day workshop on Regimenal Therapy organized by HMS Unani Medical College, Tumkur.
4. Dr. Ismath Shameem delivered a talk on **Anemia in pregnancy and its Unani perspective** on 4<sup>th</sup>Dec 2014 in 6 day CME for teachers organized by Dept of Ilmul Qabalat wa Amraze Niswan at NIUM sponsored by Ministry of AYUSH from 1-6<sup>th</sup> Dec 2014.
5. Dr. Ismath Shameem delivered a talk on **Scientific presentation on Al Hijama in gynecological disorders** on 29<sup>th</sup>March 2015 in 1 day workshop training programme on *Al-Hijama* organized by KAUP board, GOK at GUMC, Bangalore.
6. Dr. Ismath Shameem delivered a talk on “**Unani approach to female infertility**” on 18<sup>th</sup> Dec 2015 in 1 day CME organized by Dept of of Ilmul Qabalat wa Amraze Niswan at NIUM.
7. Dr. Ismath Shameem delivered a talk on “**Role of Cupping Therapy in Gynaecological Disorders**” on 23<sup>rd</sup> August 2016 in 7 days certificate course in *Hijama org.* by dept. of Ilaj Bit Tadbeer at NIUM. B’lore.

8. Dr. Ismath Shameem delivered a talk on **“Evaluation of female infertility & its management in Unani system of medicine”** on 22<sup>nd</sup> March 2017 in 6 days training program on NHM for medical officers at GUMC, B’lore.
9. Dr. Ismath Shameem delivered a talk on **“Evidence based approach to menstrual disorders & its Unani perspective”** in 2 days CME organized by Dept. of Moalajat at NIUM from 1<sup>st</sup>-2<sup>nd</sup> Nov. 2017.
10. Dr. Ismath Shameem delivered a talk on **two topics in 6 days CME for Teachers** organised by Dept. of Ilmul Qabalat wa Amraze Niswan wa Atfal at AKTC, AMU, Aligarh on 27<sup>th</sup> Sept. 2019.1. **Menstrual irregularities** and 2. **“Demonstration of Cupping Therapy in Gynaecological Diseases”**
11. Dr. Ismath Shameem delivered talk on two topics in **6 days CME program org. by the Dept of Amraze Niswan**, NTC, Charminar Hyd sponsored by Ministry of AYUSH on 16<sup>th</sup> Dec 2023. 1. **The role of Unani medicine in common gynecological disorders** and 2. **Evidence based medicine for common gynecological disorders**
12. Dr. Ismath Shameem delivered talk on **Role of Unani medicine in common gynecological disorders** on 14<sup>th</sup> Feb 2024. in two days workshop org. by GUMC, Blore sponsored by Govt of Karnataka.
13. Dr. Ismath Shameem delivered talk on **Unani Perspective of POP with Evidence Based Approach** on 24<sup>th</sup> July 2024 in 6 day CME for teachers in Ilmul Qabalat wa Amraze Niswan sponsored by ministry of Ayush, org. by Dept of Ilmul Qabalat wa Amraze Niswan, NIUM from 22<sup>nd</sup> to 27<sup>th</sup> July 2024.

**(B). As a Guest Speaker delivered lectures:18**

1. Dr. Ismath Shameem delivered talk on **Scientific overview of cupping therapy in menstrual disorders** in 2 days **National Seminar on role of Unani medicine in Global Health Care i.e.UNAFEST 2014** on 27<sup>th</sup>& 28<sup>th</sup> Dec 2014, Org. by Unani Medical Association at Hyd, and also presented paper of Dr. Kouser FF as co-author on **“PCOD an emerging life style disease- A Review”**
2. Dr. Ismath Shameem delivered talk on **“Concept of anovulatory infertility in Unani medicine- an evidence based approach”**in **2<sup>nd</sup> World Unani league** a 3 days National Seminar organized on occasion of 148<sup>th</sup> birth anniversary of Hakeem Ajmal Khan held on 10-12<sup>th</sup> Feb. 2016 at Hyd.
3. Dr. Ismath Shameem delivered a talk on **“Unani treatment for menstrual disorders”** in **certificate course in Unani Gynecology & Obstetrics** from 8-10<sup>th</sup> June 2019 org. by Sinai Institute of Integrative Medicine, Govidpura, Nagavar, B’lore.
4. Dr. Ismath Shameem delivered talk on **“Female Infertility & Unani Success”** in webinar on **Evidence Based Unani Practice in Obstetrics & Gynecology** on 19<sup>th</sup> July 2020 org. by Markaz Unani Medical College, Kerala.

5. Dr. Ismath Shameem delivered a lecture on **“Cervical cancer in Unani system of medicine- an evidence based approach”** in Two days **National Webinar on “Gynecological Malignancies –An holistic approach”** on 21<sup>st</sup>& 22<sup>nd</sup> Jan 2021. Org. by org. by Dept. of Ilmul Qabalat wa Amraze Niswan NIUM.
6. Dr. Ismath Shameem delivered a talk on **“Integrated Approach to the management of secondary amenorrhoea with Unani medicine”** in National Webinar on **“Integrated Approach to Common Gynecological Diseases in Unani Medicine”** on 6<sup>th</sup> March 2021 on Eve of International Women’s Day org. by Dept. of Ilmul Qabalat wa Amraze Niswan NIUM.
7. Dr. Ismath Shameem conducted awareness program on **“Management of Female Infertility with Unani Medicine”** on 3<sup>rd</sup> Nov 2021 under azadi ka amruth Mahotsav at NIUM.
8. Dr. Ismath Shameem delivered a lecture on **“Concept of Pregnancy Induced Hypertension in Unani Medicine- An Evidence-Based Approach”** in *Sihhat al- Umm wa at-tifl (Maternal and Child Health)*” on 9<sup>th</sup> Feb 2022 with the Theme: **Unani and Current Trends in High risk obstetrics**, On the Eve of 5<sup>th</sup> Unani Day 2021, org. by Dept. of Ilmul Qabalat wa Amraze Niswan NIUM.
9. Dr. Ismath Shameem delivered a lecture on **Unani concept of uterovaginal prolapse with evidence based approach** in one day **webinar on POP** on 28<sup>th</sup> June 2022. org. by the Dept of Ilmul Qabalat wa Amraze Niswan, NIUM.
10. Dr. Ismath Shameem, delivered a talk on **“A Comprehensive Review of Female Infertility in Unani Medicine with Case Discussion”** in one day CME program org by GUMC, in association with Anand Diagnostic Laboratory-A Neuberg Associate on 16<sup>th</sup> Nov 2022.
11. Dr. Ismath Shameem delivered a scientific talk on **“Management of Female Infertility with Unani Medicine- A Clinical Approach”** in one day CME org. by NIUM in collaboration with Milan fertility & birthing hospital on 8<sup>th</sup> Feb 2023 as a part of Unani day celebration
12. Dr. Ismath Shameem, delivered talk on **two topics** in 15 days PG orientation program sponsored by NCISM for students of batch 2022-23 of NIUM. **“overview of OBG Dept”** on 18<sup>th</sup> April 2023 and **“Rights & Responsibilities of PG Scholars”** on 21<sup>st</sup> April 2023.
13. Dr. Ismath Shameem delivered a talk on **“Rights & Responsibilities of PG Scholar”** on 19<sup>th</sup> May 2023 in 15 days PG orientation program sponsored by NCISM for first-year students at GUMC, Bangalore.
14. Dr. Ismath Shameem delivered **health awareness talk for patients under Poshan Pakhwada**, Promotion & Popularization of Millets for Nutritional Wellbeing for all age groups on **Health Benefits of Methi (Fenugreek)** at National Institute of Unani Medicine, Bengaluru, 27 July 2023.

15. Dr. Ismath Shameem delivered talk on two topics in 15 days PG orientation program sponsored by NCISM for students of batch 2023-24 “**Overview of OBG Dept**” on 7<sup>th</sup> Dec 2023, and “**Rights & Responsibility of PG Scholars**” on 13<sup>th</sup> Dec 2023.
16. Dr. Ismath Shameem, delivered an awareness program on **menstrual hygiene** in free medical camp on 10 Sept 2022 at Vaniyambadi.
17. Dr. Ismath Shameem, delivered an awareness program on **Nutrition During Pregnancy & Lactation** on 2<sup>nd</sup> Feb 2023 **on eve of Unani day celebration:**
18. Dr. Ismath Shameem, delivered an awareness program on **Management of Female Infertility with Unani Medicine** on 3<sup>rd</sup> March 2023, on eve of **woman’s day celebration.**

**(C) Participated as chairperson:02**

1. Dr. Ismath Shameem chaired a scientific session of 15 delegates in “**International Conference on Holistic Medicine (ICHM 2015)**”, held on 11<sup>th</sup> to 13<sup>th</sup> Sept 2015 at Kottayam, Kerala.
2. Dr. Ismath Shameem chaired a scientific session of 15 students in 2 day National Seminar on “**Prevention and Control of non communicable diseases**” held on 16-17 Dec 2019 org. by Dept. of Tahafuzi wa Samagi Tibb (SPM) at NIUM, B’lore and received the **Certificate of Appreciation** for valuable services in its organization.

**(D). Participated as raporrteur:01**

1. Dr. Ismath Shameem **participated as rapporteur** for scientific session in “**International Conference on Unani Medicine (ICUM 2016)**” held on 25<sup>th</sup> -27<sup>th</sup> Oct 2016 org. by NIUM, Bangalore.

**(E). Training attended as delegate: 16**

1. Dr. Ismath Shameem completed 2 months training in **Ultra Sonography** from Dr Noshina’s Scan & Training Center, Hyderabad.
2. Dr. Ismath Shameem deputed to attend 3 days training for Unani faculty lecturer in **Educational Science and Technology** from 24<sup>th</sup>-26<sup>th</sup> Nov 2005 at GUMC, Bangalore.
3. Dr. Ismath Shameem deputed to attend **6 days ROTP** from 23<sup>th</sup>-28<sup>th</sup> March 2009 in Dept. of Amraze Niswan wa Qabalat wa Atfal, at NTC, Charminar Hyderabad.
4. Dr. Ismath Shameem deputed to attend 2 days training programme on ‘**Research Methodology Data Management and Biostatistics**’ from 8<sup>th</sup>-9<sup>th</sup> January 2010 organized by the NIANP, Bangalore.
5. Dr. Ismath Shameem deputed to attend **Short Course training for Teachers in Educational Methodology** conducted by RGUHS from May- July 2015.
6. Dr. Ismath Shameem deputed to attend **TTT Programme** from 3<sup>rd</sup>-5<sup>th</sup> March 2016 organized by CCIM at SKSAMC, RPC Layout Vijayanagar, B’lore.

7. Dr. Ismath Shameem deputed to attend 3 days training program of **NABH** from 1<sup>st</sup>-3<sup>rd</sup> Dec.2016 at NIUM.
8. Dr. Ismath Shameem deputed to attend **TTT Programme** on 22 & 23<sup>rd</sup> Feb 2018 organized by CCIM at SKSAMC, RPC Layout Vijayanagar, B'lore.
9. Dr. Ismath Shameem deputed to attend the 5 days training program on **Integrated Scientific Project Management for Women Scientists / Technologists** organised by COD at Madhapur, Hyd. from 7<sup>th</sup>-12<sup>th</sup> Jan 2019.
10. Dr. Ismath Shameem attended **COVID Care Training** on 24<sup>th</sup> July 2020 evening session @BMC&RI, Kavari Hall, B'lore.
11. Dr. Ismath Shameem deputed to attend the Capacity Building Training Program on **Public Health Research** organized by CCRUM from July- Dec. 2020.
12. Dr. Ismath Shameem attended the **NHM training program for medical officers** from 2<sup>nd</sup> to 4<sup>th</sup> Dec 2021. Org by AYUSH Dept of Karnataka.
13. Dr. Ismath Shameem attended the **training on CPR** by Dr. Chandrashekar Sir on 7<sup>th</sup> Dec 2021 org. by NIUM under NABH Program.
14. Dr. Ismath Shameem attended training course on **building knowledge base and awareness of Traditional and complementary medicine**, organised by The National Institute of Health and Family Welfare (NIHFW) from 7<sup>th</sup> to 9<sup>th</sup> February 2023.
15. Dr. Ismath Shameem attended **NIHFW's training program on traditional & complementary medicine** on 9<sup>th</sup> Feb 2023.
16. Dr. Ismath Shameem attended "**First Aids and BLS training session**" conducted by Fortis Hospitals, Nagarbhavi, Bangalore organized by NIUM on 27<sup>th</sup> Feb 2023.

**(H) Workshop attended as delegate: 17**

1. Dr. Ismath Shameem attended 2 days workshop on "**Diagnosis and Management of Liver Diseases in Unani Medicine**" on 30<sup>th</sup>-31<sup>st</sup> March 2007 organised by NIUM, Bangalore.
2. Dr. Ismath Shameem deputed to attend 4 days workshop on "**Research Methodology**" on 24<sup>th</sup>& 25<sup>th</sup> November and 8<sup>th</sup>& 9<sup>th</sup> December 2007 at NIMHANS Bangalore.
3. Dr. Ismath Shameem attended 2 days workshop on "**Research Methods & Scientific writings**", on 13<sup>th</sup>& 14<sup>th</sup> December 2008 conducted at Al-Ameen College of Pharmacy, Bangalore.
4. Dr. Ismath Shameem attended 2 days workshop on "**Research Methodology in Unani medicine**" on 8<sup>th</sup>& 9<sup>th</sup> Dec 2012 organized by Dept.of Moalajat at NIUM, Bangalore.
5. Dr. Ismath Shameem attended 1 day workshop on "**Matab wa Nuskha Navesi in Unani medicine**" on 18<sup>th</sup> Dec 2013 organized by Dept.of Moalajat at NIUM, Bangalore.



6. Dr. Ismath Shameem attended 2 days workshop on **“Research Methodology in Unani medicine”** on 15<sup>th</sup>& 16<sup>th</sup> February 2014 organized by Dept. of Moalajat at NIUM, Bangalore.
7. Dr. Ismath Shameem attended 2 days workshop on **“Research Methodology for fundamental principles in Unani medicine”** on 11<sup>th</sup>&12<sup>th</sup> June 2015 organized by NIUM, Bangalore.
8. Dr. Ismath Shameem attended as presenter in Pre-Conference workshop on **“Reforms in Unani Medical Education** on 6/8/15 org. by CCIM at NIUM, B’lore.
9. Dr. Ismath Shameem deputed to attend 1 day workshop cum CME on **“Essential New Born Care During Early Neonatal Period”** organized by Dept. of Amraze Niswan Wa Atfal, Faculty of Unani Medicine, AKTC, AMU, Aligardh on 3<sup>rd</sup> May 2018.
10. Dr. Ismath Shameem attended 1 day Workshop on **Unani General Practice** on 3<sup>rd</sup> Nov 2018 org. by Hermas of Kalicut at NIUM, B’lore.
11. Dr. Ismath Shameem attended one day workshop on **Medical Astrology @ NIUM** in Jan 2020.
12. Dr. Ismath Shameem attended workshop on **RGUHS Research Methodology** on line in March 2020.
13. Dr. Ismath Shameem deputed to attend **Infertility workshop** with the theme: **“Women Wellness and Illness- Speak the Unspoken”** on 30<sup>th</sup> Sept. 2021 org. by BSOG @ hotel Radisson Blu, Bangalore.
14. Dr. Ismath Shameem, attended CME program on **hand- on training using IBM-SPSS software** on 24<sup>th</sup> & 25<sup>th</sup> Jan 2023 @ NIUM.
15. Dr. Ismath Shameem attended one day workshop on **“Basics of Anesthesia & patient monitoring followed by hands on training”** as delegate sponsored by Draeger India org. by Dept. of Ilmul Jarahat @ NIUM on 7<sup>th</sup> Feb 2023.
16. Dr. Ismath Shameem attended one day workshop on **“Unani medicine for public health”** organised by GUMC, Dept. of AYUSH, Govt. of Karnataka, held at NIUM, Bengaluru on 7<sup>th</sup> March 2023.
17. Dr. Ismath Shameem, attended the virtual workshop on **Improving Research Writing using Grammarly** on 3<sup>rd</sup> Nov 2022.

#### **(I) Conferences/Seminars attended as principal presenter-24**

1. Dr. Ismath Shameem attended **All India Unani Tibbi Conference** from 29<sup>th</sup> -31<sup>st</sup> July 2005 at Hyderabad & presented paper on **“Clinical Evaluation of Incompetent Cervix and its Treatment with Unani Drugs”**.
2. Dr. Ismath Shameem deputed to attend **National Seminar on Kulliyat** on 3<sup>rd</sup>& 4<sup>th</sup> December 2005 organized by Dept. of Kulliyat, AKTC, AMU, Aligarh. & presented paper on **“Management of Minor Ailments in Pregnancy with Unani Medicine”**.

3. Dr. Ismath Shameem deputed to attend **National Conference on Indian Medicine** on 12<sup>th</sup>& 13<sup>th</sup> April 2008 at Maqbool Social Health & Educational Society, Aligarh & presented paper on **“Role of Immuno Modulators in prevention of AIDS”**.
4. Dr. Ismath Shameem deputed to attend **National Seminar on Amraze Niswan “Women’s Medicin 2008”** on 19<sup>th</sup>& 20<sup>th</sup> December 2008 organized by Dept. Qabalat wa Amraze Niswan AKTC, AMU, Aligarh, and presented two papers, 1. **“Recent Advance in Management of *Tassamum Dame Hamal* (Toxemia of Pregnancy) & its Unani Perspective”** & 2. **“Efficacy of *Safoof Khabsul Hadeed* in iron deficiency anemia during pregnancy: A randomized controlled trial.”**
5. Dr. Ismath Shameem scientific paper on **‘Clinical study of *Mutlazima QablHaiz* (Pre Menstrual Syndrome) and its Management with Unani Formulation’** was presented by Dr. MUZN Farzana as coauthor in **3<sup>rd</sup> Svastha International Ayurveda Conference - 2010** organized by College of Ayurveda (UK) and Sri Lanka Institute of Ayurveda & Traditional Medicine on 2<sup>nd</sup>& 3<sup>rd</sup> January 2010 at Sri Lanka.
6. Dr. Ismath Shameem poster presentation on **“Benign ovarian tumors and its Unani perspectives- A review”** was presented by Dr. Salma Mirza as coauthor in **International conference of Integrative Medicine and 1<sup>st</sup> SAARC Conference on Unani Medicine (UNICON)** on 2<sup>nd</sup>-4<sup>th</sup> Feb 2011, organized by Faculty of Unani Medicine, AMU, Aligarh.
7. Dr. Ismath Shameem paper on **“Effect of *Habbe Hamal* in *uqr* (infertility)-case series”** was presented by Dr. Mani Ram Singh as coauthor in **National Seminar on emerging trends in the development of Unani system of Medicine** on 12<sup>th</sup>&13<sup>th</sup> March2011, organized by State Takmeel-Ut-Tib College & Hospital, Lucknow.
8. Dr. Ismath Shameem paper on **“Concept of embryology in the light of Tibbe Islam”** was presented by Dr. Ghazia Kafeel as coauthor in **National Seminar on Maternal and Child Health** on 21<sup>st</sup>&22<sup>nd</sup> March 2011, organized by Dept of Qabalat wa Amraz Niswan, AKTC, AMU, Aligarh.
9. Dr. Ismath Shameem deputed to attend 3 days **International Conference on Holistic Medicine (ICHM 2015)** at Kottyam, Kerala from 11-13 Sept 2015 & presented a scientific paper on **“Effect of *Arq Brinjasif* in Mild Pelvic Inflammatory Disease- A Randomized Controlled Trial”**
10. Dr. Ismath Shameem attended Pre- Conference workshop on **“Reforms in Unani Medical Education** as Presenter on 6 Aug 2015 org. by CCIM at NIUM, B’lore
11. Dr. Ismath Shameem **poster presentation on Anovulatory Infertility** was presented by Dr. Shabbir Ahmed as coauthor in 3 days **Global Conference on Unani Medicine** from Oct 12-13, 2015 org. by Govt. of Jammu and Kashmir. Kashmir.
12. Dr. Ismath Shameem presented a scientific paper on **“Effect of Unani formulations in anovulatory infertility-A Meta Analysis”** in 3 days **International Conference on Unani Medicine (ICUM 2016)** from 25<sup>th</sup> -27<sup>th</sup> Oct 2016 at NIUM, B’lore & also

presented paper of Dr. Kouser FF on “**A Comprehensive Approach to Cognition in Unani Medical Education**” as co-author

13. Dr. Ismath Shameem paper on “**Review of Female Infertility in Unani medicine-An Evidence based approach**” was presented by Dr. Khan Saba as coauthor in **Global Wellness Meet** organized by KAUP board on 26-28<sup>th</sup> Feb. 2016 at Bangalore.
14. Dr. Ismath Shameem paper on “**Role of Regimenal Therapy in Anovulatory Infertility-A review**” was presented by Dr. Rehana Khatoon as coauthor in **Aligarh National conference** organized by Dept. of *Ilaj Bit Tadbeer* at AMU, Aligarh from 7-8 March 2016.
15. Dr. Ismath Shameem poster presentation was presented by Dr. Sabira Khatoon as co-author in **3 days International Conference & Exhibition** from 11-13<sup>th</sup> May 2018 organised by GUMC, Mumbai.
16. Dr. Ismath Shameem paper on “**evidence-based review to Unani medicine used as insulin sensitizers in polycystic ovarian syndrome**” was presented by Dr. Iram Bushra as coauthor in 2 days **National Seminar on Unani Medicine on Non Communicable Diseases** org. by All India Unani Tibbi Congress on 28<sup>th</sup>-29<sup>th</sup> Dec. 2018 at Hyderabad.
17. Dr. Ismath Shameem presented research paper on “**Efficacy of a Unani formulation as Topical Medication in Cervical ectopy (*Quruh al rahim*)-An open labelled observational Study**” in *Unani Uthsav, Unani day 2019* on 11<sup>th</sup> Feb 2019 org. by AYUSH Dept. at Central College Campus, B'lore.
18. Dr. Ismath Shameem research paper on “**Efficacy of Unani formulation in infertility among obese women- a clinical study**” was presented by Dr. Ghazala Ahmed as coauthor on 23<sup>rd</sup>-24<sup>th</sup> Feb 2019 in **National Seminar on Gastroenterology Hepatobillary & Life Style Disorders- Gastrolife 2019** org. by Dr. Abdul Haq Unani Medical College, Kurnool.
19. Dr. Ismath Shameem presented a paper on “**Unani medicine as an Adjuvant in Cervical Cancer- An Evidence-Based Review**” on 16-17<sup>th</sup> Dec 2019 in **2 days National Seminar on Unani Medicine on NCD** org. by TST. Dept. of NIUM.
20. Dr. Ismath Shameem presented a paper on “**The effect of an Unani formulation on cervical low grade squamous intraepithelial lesion (LSIL)- A case Report**” in virtual **World Congress on Non Communicable Diseases 2022** on 2<sup>nd</sup> Oct 2022, org. by Biogenesis Health Cluster, Bangalore and Dr. Ismath Shameem was the co-author for two poster presentations in this conference. 1. **Impact of Obesity on Female Reproductive System** by Dr. Sumaya Sabir and received the **best poster presentation award** and 2. **Concept of cervical ectopy in Unani system of medicine- A review** by Dr. Nadiya Khanum.
21. Dr. Ismath Shameem scientific paper entitled “**Effect of *Sharbat-i-Anar Sheerin* (Pomegranate Juice) in Nausea and Vomiting in Pregnancy–An open observational**

**study”** was presented by Dr. Rehana Khatoon as coauthor on 15<sup>th</sup> Oct 2022 in 5<sup>th</sup> **UDMA Day Conference & CME**, AYUSH Health Mela org. by UDMA at Jamia Millia Islamia.

22. Dr. Ismath Shameem deputed to attend 9<sup>th</sup> **World Ayurved Congress and Arogya expo** as delegate from 8<sup>th</sup> to 11<sup>th</sup> Dec. 2022 at Panjim, Goa, and presented scientific paper on **“Effect of *Murrmakki (Compiphora myrrah)* in Abnormal Vaginal Discharge- a pre and post interventional analytical study.”**
23. Dr. Ismath Shameem research paper on **“Effect of a Unani formulation & Ḥijāma bilā Shart in Primary Dysmenorrhea – A randomized comparative clinical study”** was presented by Dr. Kouser FF as co-author in **International Ayush Summit: A comprehensive conclave on holistic health care 2023**, Kanayakumari, Tamil Nadu held on 27-29 January 2023.
24. Dr. Ismath Shameem research paper on **“Effect of *hijama bil shart (Wet cupping) in ehtebase tams sanwi (Secondary amenorrhea)- a open labelled study”*** was presented by coauthor Dr. Zainab Zubair in **International Conference on Scientific exploration and understanding of Tibb-e- Nabvi**, Nashik, Maharashtra held on 11-12 December 2023.

**(J) Conferences/Seminars attended as delegate: 22**

1. Dr. Ismath Shameem attended **5<sup>th</sup> International Convention of Islamic Medicine** on 13<sup>th</sup>-17<sup>th</sup> January 2000 conducted by International Institute of Islamic Medicine & Islamic Medical Association, North America sponsored by Moulana Azad National Urdu University- Hyderabad.
2. Dr. Ismath Shameem deputed to attend 2 days **International Conclave on Traditional Medicine** on 16<sup>th</sup> and 17<sup>th</sup> November 2006 at New Delhi.
3. Dr. Ismath Shameem attended International INDO-US Symposium on **“Methodology for Research in Indian System of Medicine”** held on 18<sup>th</sup> & 19<sup>th</sup> Dec. 2010, at Hotel Atria, Bangalore. org. by CCRUM, New Delhi
4. Dr. Ismath Shameem attended 1 day Seminar on **“Clinical Anatomy”** on 15<sup>th</sup> December 2012 organized by Dept. of Anatomy at GUMC, Bangalore under NRHM.
5. Dr. Ismath Shameem attended 2 days Annual Conference on **Gnanavarsha 2014** of BSOG on 13<sup>th</sup> & 14<sup>th</sup> September 2014 at ST JOHN’S Medical College Auditorium, Bangalore. KMC has granted **4 KMC credit hours** to delegate.
6. Dr. Ismath Shameem attended 2 days National Annual Conference of **ISOPARB 2015** on 14<sup>th</sup> & 15<sup>th</sup> March 2015 at Hotel Capital, Bangalore. KMC has granted **4 KMC credit hours** to delegate.
7. Dr. Ismath Shameem attended 2 days Annual Conference on **Gnanavarsha 2015** of BSOG on 12<sup>th</sup> & 14<sup>th</sup> December 2015 at NIMHANS Auditorium, Bangalore. KMC has granted **4 KMC credit hours** to delegate.

8. Dr. Ismath Shameem attended 2 days **Global Wellness Meet** on 26<sup>th</sup> -28<sup>th</sup> Feb 2016 org. by KAUP board at Bangalore.
9. Dr. Ismath Shameem attended 2 days Annual Conference on **Gnanavarsha 2016** organized by BSOG on 10<sup>th</sup> & 11<sup>th</sup> December 2016 at St John's Medical College Auditorium, Bangalore. KMC has granted **4 KMC credit hours** to delegate.
10. Dr. Ismath Shameem attended 2 days Annual Conference on **Gnanavarsha 2017** organized by BSOG on 16<sup>th</sup> & 17<sup>th</sup> December 2017 at Palace Ground, Bangalore. KMC has granted **4 KMC credit hours** to delegate.
11. Dr. Ismath Shameem attended one day Seminar on **"Unani Medicine for Public Health"** on 14<sup>th</sup> Feb 2019 on occasion of Unani Day Celebration at NIUM.
12. Dr. Ismath Shameem attended virtual **AYUSH SAMRIDHI International Conference Series on Innovation in Gynecology** on 18<sup>th</sup> July 2021 org. by Independent Research Ethics Society.
13. Dr. Ismath Shameem attended virtual **National Seminar on "Prospects of New Dosage Forms in Unani Medicine"** on 11<sup>th</sup> Aug 2021 Org. by World Unani Foundation & SUMER, New Delhi.
14. Dr. Ismath Shameem attended on line Video Conference on **"Changing Landscape of Health Care – Our Rules and Responsibility"** on 19<sup>th</sup> Sept. 2021 org. by Millet Foundation for Health Research and Development.
15. Dr. Ismath Shameem attended **Seminar on Ilaj Bil Tadbeer Ahmiyat O Afadiyat** org. by World Unani Foundation on 6<sup>th</sup> Feb 2022 at Aligarh Unani and Ayurvedic College, ACAN hospital, Aligarh.
16. Dr. Ismath Shameem attended virtual **AYUSH SAMRIDHI International Conference Series on Ayush Galactogogue** on 1<sup>st</sup> Aug 2022 org. by Independent Research Ethics Society.
17. Dr. Ismath Shameem attended virtual **World Congress on Non Communicable Diseases 2022** on 2<sup>nd</sup> Oct 2022, org. by Biogenesis Health Cluster, Bangalore
18. Dr. Ismath Shameem, attended virtual **International Symposium on Life Style & Metabolic Disorders** on 19<sup>th</sup> Nov 2022, org. by Dept. of Moalajat, AKTC, AMU, Aligarh.
19. Dr. Ismath Shameem attended virtual **Unani Day 2023 & International Conference on "Unani Medicine for Public Health"** on 10<sup>th</sup> & 11<sup>th</sup> Feb 2023 org. by CCRUM, M/o AYUSH, Govt. of India.
20. Dr. Ismath Shameem, attended **"National Seminar on Scientific Appraisal of Unani Medical Practices"** on the occasion of Unani day 2023, organized by National Institute of Unani Medicine on 09/03/23.
21. Dr. Ismath Shameem attended the **National Conference on Scientific Writing** for Unani Teachers on 20<sup>th</sup> Sept 2023 org. by Dept of Tahafffuzi wa Samaji Tibb of NIUM.

22. Dr. Ismath Shameem attended the **National Conference on Interdisciplinary Approach to Cardiac Health** organized by Dept of Ilmul Qabalat wa Amraze Niswan, NIUM on 6 July 2024.

**(K) Attended CMEs as delegate-23**

1. Dr. Ismath Shameem attended 1 day CME on **Law and the Doctor** at Shifa Institute of Post Graduate Medical Education on 19<sup>th</sup> March 2006.
2. Dr. Ismath Shameem attended 1 day CME on **Modern Medicine** at Shifa Institute of Post Graduate Medical Education on 25<sup>th</sup> October 2009.
3. Dr. Ismath Shameem attended 1 day CME on **“Scientific Medical Writing”** on 11<sup>th</sup> May 2014. A KMC approved CME organized by ChanRe Rheumatology & Immunology Centre & Research at ChanRe Diagnostic Laboratory, Bangalore. KMC has granted **1 KMC credit hour** to delegate.
4. Dr. Ismath Shameem attended 1 day CME on **“Regional Perinatal Meet”** on 3<sup>rd</sup> Aug 2014 organized by NNF-K, A KMC approved CME BSOG, and IAP-BPSat Bangalore. KMC has granted **2 KMC credit hour** to delegate.
5. Dr. Ismath Shameem attended 1 day CME on **DUB** at Shifa Institute of Post Graduate Medical Education on 31<sup>st</sup> August 2014.
6. Dr. Ismath Shameem attended 6 days **CME for Teachers** organized by Dept Ilmul Qabalat wa Amraze Niswan NIUM sponsored by the Ministry of AYUSH from 1-6 Dec 2014.
7. Dr. Ismath Shameem attended 1 day CME on **“Gynecology Oncology Update”** on 2<sup>nd</sup> August 2015 org. by BSOG at Ritz Carlton, Bangalore. KMC has granted **1 KMC credit hour** to delegate.
8. Dr. Ismath Shameem attended 1 day CME on **“Unani approach to musculoskeletal disorders”** on 21/11/15 org. by Dept of Moalajat at NIUM. B’lore.
9. Dr. Ismath Shameem attended 1 day Dept CME on **“Menstrual Disorders”** on 22<sup>nd</sup> Dec 2016 organized by Dept of Ilmul Qabala twa Amraze Niswan NIUM. B’lore.
10. Dr. Ismath Shameem attended 1 day CME on **“Health Care through Unani Medicine”** 29<sup>th</sup> Jan 2017 org. by Karnataka Unani Welfare Foundation on at JP Cordial Hotel, B’lore.
11. Dr. Ismath Shameem attended 1 day CME on **“Maternal infections in pregnancy”** on 6<sup>th</sup> August 2017 org. by BSOG & SIMS & RC at Api Bhavan, Bangalore. KMC has granted **1 KMC credit hour** to delegate.
12. Dr. Ismath Shameem attended 1 day CME on **“Holistic Medicine”** on 15<sup>th</sup> Oct 2017 org. by SIPMS & SHFT at Shifa Auditorium, B’lore.
13. Dr. Ismath Shameem attended 2 days CME on **Pharmacovigilance** on 15<sup>th</sup> & 16<sup>th</sup> Jan 2019 org. by Dept. of Moalajat at NIUM. B’lore.

14. Dr. Ismath Shameem attended CME on 30<sup>th</sup> June 2019 org. by Karnataka Unani Welfare Foundation at Shangri-la hotel, Bangalore.
15. Dr. Ismath Shameem attended 1 day CME on **Tissue Management** on 24<sup>th</sup> Aug 2019 org. by Dept. of Ilmu Jarahat at NIUM Sponsored by Johnson & Johnson.
16. Dr. Ismath Shameem attended virtual **BSOG CME 2021** from 1<sup>st</sup>-5<sup>th</sup> Oct. 2021..
17. Dr. Ismath Shameem attended **CME-cum-Awareness Programme on Pharmacovigilance of ASU & H Drugs** on Tuesday, 18<sup>th</sup> Jan 2022 org. by AKTC, AMU, Aligarh.
18. Dr. Ismath Shameem attended Virtual **CME on Unani Medicine** on 21<sup>st</sup> July 2022 org. by UDMA.
19. Dr. Ismath Shameem attended the CME on **Robotic Surgery and A Session of Launch of Unani Pharmacy in Karnataka** on 28<sup>th</sup> Aug 2022. Org by NU Hospital, Bangalore.
20. Dr. Ismath Shameem, attended one day CME in collaboration with NU Hospital on **Unani & Contemporary view on Diabetic complications and their management** on 3<sup>rd</sup> Sept. 2022 at NIUM, Bangalore.
21. Dr. Ismath Shameem attended CME-cum-Awareness Programme on **“Pharmacovigilance of ASU & H Drugs”** on 29<sup>th</sup> Sep 2022 org. by AKTC, AMU, Aligarh.
22. Dr. Ismath Shameem, attended one day CME on **“Quality Assurance in NABL”** on 11<sup>th</sup> May 2023 org. by Hospital laboratory of NIUM.
23. Dr. Ismath Shameem, attended CME program on **Data Analysis using IBM-SPSS software** on 24<sup>th</sup> & 25<sup>th</sup> Jan 2023 org. by NIUM.

**(L) Webinar Attended as Delegate: 45**

1. Dr. Ismath Shameem attended **National webinar on World Breast Feeding Week 2020**, org. by Padmashree Institute of Management and Sciences on 4/8/2020.
2. Dr. Ismath Shameem attended Webinar on **AYUSH regulation and analytical testing**, org. by Perkin Elmer on 14/8/2020.
3. Dr. Ismath Shameem attended **National webinar on Pharmacovigilance for ASU & H drugs “AyushSuraksha on 15<sup>th</sup> & 16<sup>th</sup> Sept 2020**, organized by Intermediary Pharma vigilance Centre, NIUM, B’lore.
4. Dr. Ismath Shameem attended Webinar on **“Unani perspective of wabai amrad (epidemic/pandemic diseases) and COVID like conditions and their prevention through tabi’at (Medicatrix naturae) and asbab sitta dharuriyya (six essential factors)”** on 1<sup>st</sup> Oct 2020 org. by RRIUM, Srinagar.

5. Dr. Ismath Shameem attended Webinar on **Integrated approach towards mental health issue in COVID-19 pandemic**, org. by All India Unani Tibbi Congress(AIUTC)-Academic wing, Karnataka state & Tamil nadu on 29/11/2020.
6. Dr. Ismath Shameem attended 2 days national Webinar on **Gynaecological Malignancies**, org. by Dept of Ilmul Qabalat wa Amraze Niswan, NIUM, on 22<sup>nd</sup> - 23<sup>rd</sup> January 2021.
7. Dr. Ismath Shameem attended Webinar on **Scope of integrated research in Unani medicine**, org. by NIUM, Bangalore on 12/2/2021.
8. Dr. Ismath Shameem attended **National webinar on an integrated approach to common gynaecological diseases in Unani Medicine**, org. by dept of Ilmul Qabalat wa Amraze Niswan, NIUM, on 6<sup>th</sup> March 2021.
9. Dr. Ismath Shameem attended **National webinar on holistic approach to health on occasion of international yoga day** on 17<sup>th</sup> June 2021. org by GUMC, B'lore.
10. Dr. Ismath Shameem attended Webinar on **Meedicolegal issues and its legal implications**, org. by Dr. D.Y Patil homeopathic medical college & research centre PIMPRES, Pune on 16/7/2021.
11. Dr. Ismath Shameem attended Webinar on **How to register & use UpToDate Advanced-Clinical Decision Support Tool** on 3<sup>rd</sup> August 2021 org. by CCRH.
12. Dr. Ismath Shameem attended **National webinar on Tips on article writing and editing methodology** org. by Padmashree Institute of Management and Sciences on 5/8/2021.
13. Dr. Ismath Shameem attended **National webinar on World Breast Feeding Week 2021**, org. by Padmashree Institute of Management and Sciences on 7/8/2021.
14. Dr. Ismath Shameem attended **National Webinar on "Use of Technology in education"** on 10<sup>th</sup> August 2021, org. by GUMC, Bangalore.
15. Dr. Ismath Shameem attended Webinar on **"A way to Journal Publication"** by Dr. Prakash C. on 25 August, 2021 org. by Karpagam Institute of Technology, Coimbatore.
16. Dr. Ismath Shameem, attended **National webinar on Pharmacovigilance for ASU & H drugs "AyushSuraksha 2021"**, organized by Intermediary pharmavigilance centre, National Institute of Homeopathy, Kolkata, Ministry of AYUSH, GOI on 26<sup>th</sup> and 27<sup>th</sup> August 2021.
17. Dr. Ismath Shameem attended the Webinar on **"Approach to Multivalvular Heart Diseases"** org. by Manipal Hospital, Bangalore on 6<sup>th</sup> Sept 2021.
18. Dr. Ismath Shameem, attended **National webinar on Nutrition** organised by Dept of Ilmul Qabalat wa Amraze Niswan NIUM Time: Sep 17, 2021.



19. Dr. Ismath Shameem has participated in a **survey on Knowledge, Attitude and Practices (KAP) on Pharmacovigilance of ASU & H Drugs, conducted by Intermediary Pharmacovigilance Centre for Unani Drugs**, National Institute of Unani Medicine on 28<sup>th</sup> Sept. 2021.
20. Prof. Ismath Shameem attended, AYUSH SAMRIDDHI International Webinar on **“AYUSH Best Mental Health Care”** org. by Independent Research Ethics Society on 10<sup>th</sup> Oct 2021.
21. Dr. Ismath Shameem attended as delegate **AYUSH SAMRIDDHI International Webinar on “AYUSH Best Mental Health Care”** org. by Independent Research Ethics Society on 10<sup>th</sup> Oct 2021.
22. Dr. Ismath Shameem Attended as delegate **National Webinar on Pharmacovigilance “Awareness Program of pharmacovigilance of ASU & H Drugs”** on 12<sup>th</sup> Nov 2021 org. by Peripheral Pharmacovigilance Centre, CCRUM, Lucknow.
23. Dr. Ismath Shameem attended as delegate National Webinar on **“Integration of Unani Medicine in Health Care Delivery System”** on 2<sup>nd</sup> Dec 2021 by AYUSH committee PHDCCI.
24. Dr. Ismath Shameem attended the **International webinar on Ayush Samriddhi** on 9<sup>th</sup> Dec 2021 org. by independent ethics society in association with ZANDU
25. Dr. Ismath Shameem, attended as delegate Webinar Series on **“COVID -19 Pandemic: Experiences & Lessons Learned”** org. by CCRUM under Ministry of AYUSH from 15<sup>th</sup>-21<sup>th</sup> Dec 2021.
26. Dr. Ismath Shameem attended **Awareness program of pharmacovigilance of ASU drugs**. Peripheral pharmacovigilance Centre, Hakim Syed Zia ul Hasan Govt. Hospital, Bhopal on 20<sup>th</sup> Dec 2021.
27. Dr. Ismath Shameem attended International **webinar on World unani day “Unani medicine in 21<sup>st</sup> century prospects, strengths and challenges”**, org. by Institute of indigenous medicine, colombo on 11<sup>th</sup> Feb 2022.
28. Dr. Ismath Shameem attended live National **webinar on Unani system of Medicine for public health**, org. by A & U Tibbia College and hospital, Government of NCT of Delhi, Karol Bagh, New Delhi, on 12<sup>th</sup> Feb 2022.
29. Dr. Ismath Shameem attended Webinar on **Adolescent Gynecology** org. by Dept. of Ilmu Qabalat wa Amraze Niswan, NIUM. on 10<sup>th</sup> March 2022.
30. Dr. Ismath Shameem attended Webinar on **Ilmul Jarahat updates 2022** on 4<sup>th</sup> June 2022 org. by Dept. of Ilmul Jarahat, of NIUM.
31. Dr. Ismath Shameem attended Webinar on **Importance of Mahiyatul Amraz in Unani System of Medicine** on 14<sup>th</sup> June 2022.org. by Dept. of Mahiyatul Amraz, of NIUM.

32. Dr. Ismath Shameem attended Webinar on **Blood Letting Procedures in Ilaj Bit Tadbeer** on 18<sup>th</sup> June 2022.org. by Dept. of Ilaj Bit Tadbeer, of NIUM.
33. Dr. Ismath Shameem attended Webinar on **Unani Tib mai Maghziyaat ka Tasawur wa Ghizayi Hidayat** on 22<sup>nd</sup> June 2022 org. by Dept. of Tahafuzi wa Samagi Tib, of NIUM.
34. Dr. Ismath Shameem attended Webinar on **Urine- A Diagnostic Tool** on 23<sup>rd</sup> June 2022.org. by Dept. of Mahiyatul Amraz, NIUM.
35. Dr. Ismath Shameem attended Webinar on **Ilmul Jarahat updates 2022** on 24<sup>th</sup> June 2022 org. by Dept. of Ilmul Jarahat, NIUM.
36. Dr. Ismath Shameem attended Webinar on **Innovative Approach of Research in Ilmul advia** on 25<sup>th</sup> June 2022 org. by Department of Ilmul Advia, NIUM.
37. Dr. Ismath Shameem attended Webinar on **Akhlat Ki Tafheem Aur Uski Asri Manwiyath** on 29<sup>th</sup> June 2022, org. by. Dept of kullyaat, NIUM.
38. Dr. Ismath Shameem attended Webinar on **Modification and Recent Advancement in Unani Dosage Form** on 29<sup>th</sup> June 2022 org. by Saidla Dept of NIUM
39. Dr. Ismath Shameem attended live webinar on **Recent Advances in Treating Breast Cancer Patients & Relevance of Immunotherapy with Case Presentation** hosted by **Cancer Aid Society** and **Medical Learning Hub** on 6<sup>th</sup> July 2022.
40. Dr. Ismath Shameem attended the webinar on **Drill Bit plagiarism detection software** on 16/01/2023 at NIUM.
41. Dr. Ismath Shameem, has attended webinar on **“Role of Traditional & Regional Nutritious Food Focussing on Millets “**on 3<sup>rd</sup> April 2023 org. by NIUM, B’lore on 27<sup>th</sup> Feb 2023.
42. Dr. Ismath Shameem attended **National Webinar on Drug Development in Unani Medicine** org. by Regional Research Institute of Unani Medicine, Chennai. Ministry of Ayush, Govt. of India. on 27<sup>th</sup> Jan 2022.
43. Prof. Ismath Shameem, attended **Webinar on falsafa-e-akhlat ba lihaze halaate badan** on 19<sup>th</sup> Feb 2022 by Dept of kulliyat of NIUM,
44. Dr. Ismath Shameem attended the **International Webinar on World Menopause Day** on the topic” **Menopausal Syndrome- Ayurveda Care** on 18<sup>th</sup> Oct 2022 org. by Independent Ethics Research Society AYUSH SAMRIDDHI 472.
45. Dr. Ismath Shameem attended the seminar on **Homocysteine Significance in Health and Disease** by Dr. Sanjeeda Tabassum on 10<sup>th</sup> Dec 2021.

**(M). Organizer of programs: 10**

1. Dr. Ismath Shameem participated in **awareness programs on nutrition (Poshan Maah)** from 24-30 Sept 2019 org. by Dept. of Ilmul Qabalat wa Amraze Niswan, at NIUM, under Azadi Ka Amruth Mahatsav

2. Dr. Ismath Shameem participated as **panelist** in webinar series 1 & 2 on “**Unani Medicine in Ilmul Qabalat wa Amraze Niswan (Obstetrics & Gynecology)-An Evidence Based Approach**” on 4<sup>th</sup> & 16<sup>th</sup> Feb 2021. org. by Dept. of Ilmul Qabalat wa Amraze Niswan, NIUM, Bangalore.
3. Dr. Ismath Shameem participated in a series of **awareness program** on **Rashtriya Poshan Maah** from 8<sup>th</sup>-15<sup>th</sup> Sept 2021 org. by Dept. of Ilmul Qabalat wa Amraze Niswan,NIUM. at NIUM, under Azadi Ka Amruth Mahatsav.
4. Dr. N. Sundari, Retired Prof. Ramaiah Medical College, Bengaluru. delivered a guest lecture on “**pre workshop webinar on colposcopy in evaluation of cervical pathology**” org. by Dept of Ilmul Qabalat Wa Amraze Niswan on 14/12/2021 at NIUM.
5. Dr. Ismath Shameem, as an Organizing Chairman organized **Webinar on Unani Perspective and Recent Trends in The Management of Nutu'al Rahim (Pelvic Organ Prolapse)** on 28<sup>th</sup> June 2022 org. by Dept. of Ilmul Qabalat wa Amraze Niswan, NIUM, Bangalore.
6. Dr. Ismath Shameem, delivered an awareness program on **Anemia in adolescent girls and women** in Awareness Campaign Among Adolecent Girls and Women org. by Dept. of Amraze Niswan wa Qabalat from 23 -30 Sept 2022.
7. Dr. Ismath Shameem, as an Organizing Chairman organized **Workshop on Colposcopy practical demonstration** on 11 January 2023. in Dept. of Ilmul Qabalat wa Amraze Niswan, NIUM, Bangalore
8. Dr. Ismath Shameem participated as an Organizing Chairman organized “**one day workshop on Gynae-Cytopathology**” on 2<sup>nd</sup> Dec 2023 in Dept of Ilmul Qabalat wa Amraze Niswan, NIUM, Bangalore.
9. Dr. Ismath Shameem, as an Organizing Chairman organized **one day workshop in collaboration with Mathas surgical and advanced sterilization products on instruments reprocessing for hospitals** under hospital infection control practices on 16<sup>th</sup> March 2024.
10. Dr. Ismath Shameem, as an Organizing secretary organized **6 day CME for teachers in Ilmul Qabalat wa Amraze Niswan** from 22– 27 July 2024, sponsored by Ministry of AYUSH, org. by Dept of Ilmul Qabalat wa Amraze Niswan, NIUM, Bangalore.

**(O). The department has conducted the National Health Programs:04**

1. The Dept. has observed **Breast Feeding Awareness week** from 1<sup>st</sup> to 7<sup>th</sup> Aug every year Awareness program was given regarding the importance of breast feeding among the patients, and use of Unani Galactogogue to enhance breast milk production. Pamphlets were distributed among them.

2. The Dept. has observed September as **Ovarian Cancer Awareness month**. Daily awareness program was given among the patients attending the female OPD. With an emphasis on prevention of cancer by boosting immunity through Unani medicine. Pamphlets were distributed among them. Questionnaire on ovarian cancer awareness was prepared and patients were asked to filled the google form.
3. The Dept. has observed October as **Breast Cancer Awareness Month**. Daily awareness program was given among the patients attending the female OPD. With an emphasis on prevention of cancer by boosting immunity through Unani medicine. Pamphlets were distributed among them. Questionnaire on breast cancer awareness was prepared and patients filled the google form.
4. The Dept. has observed January as Cervical **Cancer Awareness month**. The daily awareness program was given among the patients attending the female OPD. With an emphasis on the prevention of cancer by boosting immunity through Unani medicine. Pamphlets were distributed among them. Free pap smear was performed on 10% of patients attending the female OPD. A questionnaire on cervical cancer awareness was prepared and patients filled the google form.

#### 18. Attendance in Arogya melas: 04

1. Dr. Ismath Shameem deputed to attend **Arogya Mela/Expo** at Palace Ground, Bangalore on 11<sup>th</sup> Dec 2010
2. Dr. Ismath Shameem deputed to attend **Arogya Mela/Expo** at Palace Ground, Bangalore on 12<sup>th</sup> Feb 2012 respectively.
3. Dr. Ismath Shameem deputed to attend **Int. Arogya mela** at Ahmadabad from 14<sup>th</sup> -17<sup>th</sup> Dec 2018.
4. Dr. Ismath Shameem deputed to attend **Arogya Mela/Expo** at Panjim, Goa on 8<sup>th</sup> -11<sup>th</sup> Dec 2020.

#### 19. Books published:

Sl. No.	Title of Book	Publisher and ISBN No.
1.	Abortion: A Detailed Study	Book ware publisher <b>ISBN:9781-81-921870-6-8</b>
2.	Recent Advances in the Management of Pre-eclampsia and Eclampsia	Book ware publisher. <b>ISBN:9781-81-921870-7-5</b>

#### 20. Supervision to MD Thesis submitted till date-27

S.No	Research Topic	PG Scholar	Batch
1.	Clinical study of <i>Sooul Quinya bawajahe Qillate Faulad Dorane Hamal</i> (Iron Deficiency Anaemia in Pregnancy) and its Management with Unani Formulation.	Jeelani C	2004-05
2.	Clinical study of <i>Usre Wazifi Nazfe Rehm</i> (Dysfunctional Uterine Bleeding) and its	Salma Bano	2004-05

	Management with Unani formulation.		
3.	Clinical study of <i>Sailanur Rehm</i> (Leucorrhoea) and its Management with Unani formulation.	Mobashshera khan	2004-05
4.	Clinical study of <i>Mutlazima Qabl Haiz</i> (Pre-Menstrual Syndrome) and its Management with Unani formulation.	Hafeeza	2005-06
5.	Clinical study of <i>Kasrate Tams Bulooghi</i> (Puberty Menorrhagia) and its Management with Unani formulation.	Mani Ram Singh	2006-07
6.	Clinical study of <i>Nutue Rehm</i> (Uterine Prolapse) and its Management with Unani formulation.	MUZN Farzana	2007-08
7.	Clinical Evaluation of <i>Qillate Tams</i> and its Management with Unani formulation.	Kouser Fathima Firdose	2007-08
8.	Clinical Evaluation of Efficiency of Unani formulation in <i>Istiqrae Ibaza</i> (Ovulation Induction).	Ghazia Kafeel	2008-09
9.	Clinical Evaluation of <i>Warme Ghishae Unqur Rehm</i> (Endo cervicitis) & its Management with Unani formulation.	Shahida Habib	2008-09
10.	Clinical Efficacy of <i>Hijamat Bil Shurt</i> (Wet Cupping) in the management of <i>Ehtebas Tams Sanwi</i> (Secondary Amenorrhoea).	Ruqiyya Parveen	2009-10
11.	Clinical evaluation of efficacy of <i>Safoof Habis</i> and <i>Majoon MuqawwiRehm Sada</i> in the management of Dysfunctional Uterine Bleeding.	Geetha BN	2010-11
12.	Clinical evaluation of efficacy of <i>Post Darakht Neem</i> (bark of <i>Azadiracta indica</i> ) and <i>Zanjabeel</i> ( <i>Zingiber officinalis</i> ) on hirsutism in polycystic ovarian disease.	Farzana Anjum	2010-11
13.	Efficacy of <i>Mocharas</i> ( <i>Bombax malabaricum</i> ) and <i>Habbulaas</i> ( <i>Myrtus communis</i> ) in Uterovaginal Prolapse.	Fouzia Naaz Abdul Rehman	2011-12
14.	Efficacy of <i>Arq Brinjasif</i> in Pelvic Inflammatory Disease.	Atiya Sayeed	2011-12
15.	Efficacy of <i>Satavar</i> in stimulating follicular growth and ovulation in Anovulatory Infertility.	Sana Fatima Majeedi	2012-13
16.	Efficacy of Unani formulation in infertility among obese women.	Khan Saba Mohammed Ather	2013-14
17.	Efficacy of <i>muqil,murmakki,abhal</i> in polycystic ovarian diseaseassociated secondary amenorrhoea	Rehana Khatoon	2014-15
18	Efficacy of Unani formulation as topical application in cervical ectopy- An open observational study.	Tooba Fahad	2015-16
19	Effect of <i>Sharbat-e- Deenar</i> in pelvic inflammatory disease- A clinical study.	Ghazala Ahmad	2016-17
20	Effect of a Unani formulations in heavy menstrual bleeding- A clinical study.	Khan Sabira Khatoon	2017-18

		Shahmeer	
21	Effect of <i>Sharbat Afsanteen</i> in Poly Cystic Ovarian Disease – An Open Observational Study	Zainab Zubair	2017-18
22	Effect of a Unani formulation & <i>hijamah bila shurt</i> in Primary dysmenorrhoea – A comparative open label observational study	Farha Naz	2018-19
23	Effect of a Unani formulation on menstrual cyclicity in women with Polycystic Ovarian Syndrome – A single arm open label observational study	Rummana Kauser Shabbir Ahmed	2018-19
24	Effect of <i>Sharbat-e-Anar Sheerin</i> in Nausea and Vomiting in Pregnancy – An open observational study	Meharunnisa	2019-20
25	Effect of <i>Murmakki</i> in abnormal vaginal discharge– An open observational study	Vandana Rajak	2019-20
26	Effect of <i>Asārūn</i> on menstrual regulation in women with polycystic ovarian syndrome- An open observational study	Sumaiya Mohammed Sabir	2020-21
27	Effect of <i>Marhame Bāsaliqūn in Qurūh al Raḥim</i> (Cervical Erosion): A Randomized comparative clinical study	Nadiya Khanam	2020-21

### 21. Thesis under supervision-13

S.No	Research Topic	PG Scholar	Batch
1	Effect of Gulnar ( <i>Punica granatum</i> Linn) suppository in leucorrhoea due to Bacterial Vaginosis- A randomized, double blind standard controlled trial	Aniya Affaq	2021-22
2	Effect of <i>Sharbat Habbul Aas</i> in Heavy Menstrual Bleeding- A pre and post interventional study without control.	Huma Khatoon	2021-22
3	Effect of vaginal application of <i>Tukhme Katan</i> cream in postmenopausal vaginal atrophy - A pre and post interventional study without control.	Yusra Qureshi	2021-22
4	Efficacy of Irsa in the Management of Usre Tams Tashannuji (Spasmodic Dysmenorrhea)-A Randomized Standard Controlled Clinical Study (GUMC, B'lore)	Salma Khanum H	2021-22
5	Effect of Rasaut in Bacterial vaginosis – A self-controlled study. (GUMC, B'lore)	Najma Fathima	2021-22
6	Efficacy of <i>Ḥamūl Shubb-i-yamāni</i> versus <i>Aqāqiya</i> in Uterovaginal prolapse: A Randomised double blind clinical study	Faiza Shahed	2022-23
7	Effect of <i>Sharbat Tamar hindi</i> in Nausea and Vomiting of Pregnancy: An interventional pre and post analysis study	Vandana Bodana	2022-23
8	A comprehensive study of the concept of 'Uqr (Infertility) in Unānī Literature based on present knowledge.	Qureishi Almas	2022-23

9	Efficacy of Asgand in Premenstrual syndrome: A Self Controlled Study. (GUMC, B'lore (batch	Shafiya Roohi	2022-23
10	Effect of Sharbat Anar Sheerin versus Ferrous Ascorbate in iron deficiency anemia during pregnancy- A randomized controlled trial.	Zoha Zaya	2023-24
11	Effect of Unani formulations (Oral & Topical) in Uterine Fibroid: A pre and post analytical study.	Misbah Qureshi	2023-24
12	Effect of vaginal application of Unani formulation versus metronidazole in leucorrhoea due to bacterial vaginosis- A randomized controlled trial.	Shaikh Zaiba Afroz Alam	2023-24
13	An exploratory study to evaluate the etiopathogenesis of female infertility and to frame the usoole ilaj based on Unani principles.	Tasneem Fatima	2023-24