



1. Name : Dr.Kouser Fathima Firdose
2. Designation: Assistance Professor
3. Qualification : BUMS MS
4. Thrust area: Gynecology
5. Address: #147, 4th cross Vijaya bank colony K R Puram, Bangalore-36
6. Mobile number: 9141762284
7. Email: kouser2fathima@gmail.com
8. Data of birth:29.11.1983
9. Nationality : Indian
10. Religion: Muslim
11. Registration Certificate Number :1153

Academic Qualification

Examination Passed	Year of Passing	University / Board	Division/Percentage
PG	2010	RGUHS	79
UG	2006	RGUHS	72
PUC	2000	Dept. of pre university education	64.3
SSLC	1998	Karnataka state education examination board	72.32

13. Professional Details (Teaching Experience UG and PG)

Duration		Department (Subject)	Designation	Name of the college
From date (dd/mm/yyyy)	To date (dd/mm/yy)			
16/11/10	19/06/13	Obstetrics. Pediatrics	Lecturer	HMS Unani Medical College, Tumkur
20/06/13	21/06/14	Hospital	Clinical Registrar	National Institute of Unani Medicine, Kottigepalya, Bengaluru -91
31/07/14	30/07/19	Obstetrics, Neonatology Recent Advances	Lecturer	National Institute of Unani Medicine, Kottigepalya, Bengaluru -91
31/07/19	Till date	Obstetrics, Neonatology	Assistant Professor	National Institute of Unani Medicine, Kottigepalya,

14. Publication till date: 30

1. Wajeeha Begum, Anwer.M **Firdose K.F.1**, Primary Infertility due to PCOS- A case report (Indian Journal of Unani medicine –2010 vol 3 issue 2.109-112New Delhi.
2. Firdose K F, Begum W., Shameem I., Firdose N F., Jahan M . Effect of Qurs kafoor in the management of Usre Tams Ibtedayi (Primary Dysmenorrhoea) – A clinical observation . Int J Cur Res Rev, Nov 2013/ Vol 05 (22)p.58-61
3. Muhib J.AMK Sherwani Najeeb J **Kouser Fathima Firdose** , A. N Ansari An interventional trial to evaluate efficacy of nutool therapy in control of primary insomnia among elderly using insomnia severity index. Int J Cur Res Rev 2013;05 (19):103-109.
4. Jahan M.,AMK Sherwani Ahmed V.,**Kouser Fathima Firdose**, Ansari A.N. Jahan N. An interventional trial to evaluate efficacy of *Nutool Therapy* in control of Primary insomnia among elderly using Structured Insomnia schedule. *International Research Journal of Medical Sciences* 2014;2(2):1-6.
5. **Firdose K.F.1**, Begum W.1, Shameem I.1, Jahan M.2 and Firdose N.F.Clinical evaluation of Qillat tams and its management with Unani formulation International Research Journal of Medical Sciences Dec 2013. Vol. 1(11), 1-8 International Science Congress Association
6. Saba Imdad, **Kouser Fathima Firdoe** , Wajeeha Begum. Effect of Qurse Gulnar in Heavy menstrual bleeding- A Randomized single blind standard control study. Journal of dental and medical Sciences.(IOSR).2017;16(8):22-31.
7. Malik R, **Firdose KF**, Bhat MD. Efficacy of Nardostachys jatamansi DC. in the management of premenstrual syndrome: A randomized controlled study. Journal of herbal medicine. 2018 Dec 1;14:17-21.
8. Dr. Arshi Anjum, **Dr. Kouser Fathima Firdose**, Dr. Wajeeha Begum. Effect of Sikanjabeen lmoonni in Qay'al-Hamal: An open observational Study.IOSR-JDMS. March 2018;17(3): pp17-24.
9. Habibasuhail, **KFFirdose**, Wajeeha begum. Effect of majoon murmakki in usre tams(dysmenorrhea)-A standard controlled clinical study.Internal journal of current research and review.Nov2020. 12(22).IP6.1SJIF.UGC reg. no.
10. Nishat rais, K.Tabassum,Wajeeha Begum, **Kouser Fathima firdose** .Efficacy of Aslusoos(Glycyrrhiza glabra Linn) in the management of Post-Menopausal Syndrome. (JRIM)Journal of research in Indian Medicine.July-Dec.2020:15(2);1-17.ISSN No.2582-0648.Reg. No. RJI7D0105798
11. Nagesh CS, Wajeeha Begum, **Kouser fathima firdose**. Efficacy of Qurse Kushtae Foulad and Jawarische Amla in Iron deficiency anemia among women of reproductive age. Journal of Ayurvedic and herbal medicine 2018;4(3):123-131.
12. Shameem Ansari, Wajeeha Begum, **KFFirdose**. Effect of unani formulation in cervical erosion. An observational study. Internal journal of current research and review. Nov2020. 12(22). IP6.1SJIF
13. Anjum N,Begum W,**Firdose KF**. Efficacy of Qust in premenstrual syndrome- a randomised controlled study. Journal of research in indian medicine.2021 june;16(1):9-24

14. **Firdose KF**, Shameem I. Effect of unani formulations in anovulatory infertility: a meta – analysis. *Paripex - indian journal of research*. 2018 august. 7(8): 580-582
15. Firdose KF, Shameem I. An approach to the management of poly cystic ovarian disease in Unani system of medicine: A review. *Int j appl res*. 2016 May;2(6):585-90.
16. Anjum A, **Firdose KF**. A COMPREHENSIVE REVIEW OF VINEGAR IN UNANI LITERATURE: AN EVIDENCE BASED APPROACH. *Journal of Emerging Technologies and Innovative Research (JETIR)*. June 2020;7(6):156-161.
17. Anjum A, **Firdose KF**. REVIEW OF LEEMU(CITRUS LIMON) WITH UNANI PERSPECTIVE AND MODERN PHARMACOLOGY. *INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH*. July – 2020; 9 (7):1-4. DOI : 10.36106/ijsr.
18. Dr. Kouser Fathima Firdose, Dr.Arshi Anjum. A Comprehensive Review of Juniperus communis with Special Reference to Gynecology and Unani Medicine. *International Journal of Innovative Science and Research Technology* 2020 October; 5(10):118-122
19. Huma, begum W, Firdose KF. Efficacy Of Hamōl Of Marhame Dakhilyun And Roghane Sausan In Cervicitis (Iltihab-E-Unuq-Ul- Reham)- An Open Observational Clinical Study.*Cellmed*.2023 May;13(6):1-10 DOI:<http://dx.doi.org/10.5667/cellmed.2023.004>
20. Dr. Kouser Fathima Firdose, Dr.Arshi Anjum. An overview of Mentha pulegium – A versatile Unani drug . *Journal of research in indian medicine*.2020 Dec;15(12):5-9.
21. Suhail H, **Firdose KF**, Begum W, Beg MB. Effect of Majoon Murmakki in Dysmenorrhoea (Usre Tams): A Standard Controlled Clinical Study. *Int J Cur Res Rev. SCOPUS*.| Vol. 2020 Nov;12(22):100. DOI: <http://dx.doi.org/10.31782/IJCRR.2020.12223>
22. **Firdose KF**, Begum W. Effect of Majoon Idraare Haiz in Polycystic Ovarian Syndrome- A pilot study. *CELLMED*. 2022;12(1):3-1. doi: <http://dx.doi.org/10.5667/CellMed.2022.003>
23. Bushra I, **Firdose KF**, Begum W, Efficacy of majun e khabsul hadeed in iron deficiency anemia in reproductive age group: A randomised control study, *Journal of Drug Delivery and Therapeutics*. 2024; 14(5):36-43. DOI: <http://dx.doi.org/10.22270/jddt.v14i5.6595>
24. Parveen H, **Firdose KF**. Effect of Dried Fig as a Nutritional Supplement in Iron Deficiency Anemia during Pregnancy. *International Journal of Scientific Research* 2024; 13(7): 1-6. DOI : <http://dx.doi.org/10.36106/ijsr>
25. Anjum A, **Firdose KF**. Unani perspective of nausea and vomiting in pregnancy: A literary research. *Int J Curr Res Rev. SCOPUS*. 2021 Jan;13:121-6. DOI: <http://dx.doi.org/10.31782/IJCRR.2021.13203>
26. Ansari S, Begum W, **Firdose KF**. Efficacy of Unani Formulation in Cervical Ectopy (Quruhal Rahim)-An Open Observational Study. *Int J Cur Res Rev. SCOPUS*. Vol. 2021 Feb;13(03):33.DOI: <http://dx.doi.org/10.31782/IJCRR.2021.13126>
27. Huma H, Begum W, **Firdose KF**. Efficacy of Hamul of Marhame Dakhilyun and Roghane Sausan in Cervicitis (Iltihab-E-Unuq-Ul- Reham)- An Open Observational Clinical Study. *CELLMED [Internet]*. 2023 May 31; 13(6):4.1-4.10. Available from: <https://doi.org/10.5667/CELLMED.2023.004>
28. **Firdose KF**, Firdose N. Dietary Iron. *Iron Metabolism - A Double-Edged Sword*. IntechOpen; 2022. Available from: <http://dx.doi.org/10.5772/intechopen.101265>
29. Ateeq I, **Firdose KF**. A Comprehensive Review of Tamaric gallica Linn.: A Herbal Haemostat with special reference in Unani Medicine. *Journal of Drug Delivery and Therapeutics*. 2024 Mar 15;14(3):121-5.DOI: <http://dx.doi.org/10.22270/jddt.v14i3.6440>

30. Kouser Fathima Firdose , Habiba Suhail. Review of Commiphora myrrha Nees in Gynaecological Diseases with Special Reference to Unānī Medicine. Journal of Research in Unani Medicine, 2020; 9 (2): 78-83.

15. Published Abstracts and Papers presented at conference (with details)

- Importance of Breast Feeding. National seminar on AmrazeNiswan at AKTC, Aligarh on 19th and 20th Dec. 2008.
- Menopause – An Enigma Worldwide. VII Annual session & National seminar on Unani Tib, Hyderabad on 16th and 17th Jan. 2010.
- Post Partum Exercise-A typical Regimen. XXIII All India Social Science Congress, conducted at Hyderabad on Mar. 2010.
- Qillat Tams – A Comprehensive Review.National Conference of Integrative Medicine and 1st SAARC Conference of Unani Medicine, AMU Aligarh On 2nd – 4th February 2011
- Participated as a expert presenter in 2 day national seminar on role of Unani Medccine in Global health care on 27th and 28th December 2014 organised by Unani Medical association.
- Gonorrhoea – In the past and present. RCH Pharmamed Jamia Hamdard in Colloboration with CCRUM Delhi, on 17th and 18th April 2009.
- Presented a paper titled “Dysmenorrhoea (Usre Tams) Management – A Comprehensive Review. in Nation Seminar Cum Workshop on Interevention of Ilaj Bit Tadbeer in the management of Pain and disability at Department of Ilaj Bit TAdbeer, Faculty of Unani Medicine, AMU, Aligarh on 7-8 march 2016.
- Presented a paper in Glibal Wellness meet, held to commemorate the golden jubilee of KAUP Board from 26-28 February 2016 organised by KAUP Board, Govt. of Karnataka.
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- Presented a paper titled “A Comprehensive approach to Cognition in Unani Medicine: in international Conference on Unani Medicine (ICUN-16) on 25-27 october 2016 at Nation Institute of Unani Medicine, Bangalore.
- International conference and Exhibition on 11-13th may 2018 at the world trade centre, organized by Ayush Directorate, Government of Maharashtra, Maharashtra Council of Indial Medicine.
- Impotance of Riyazat (exercise) during pregnancy – Unani perspective(Women’s Medicon – National seminar on Amraz e Niswan..) on 19th & 20th Dec. 2008 organised by AMU Aligarh.
- Presented a paper titled “Concept of management of Menopause in Unani Medicine: in national Seminar on Unani Medicine on Non Communicable diseases, on 28-29 December 2016 at Urdu MAskAn, Khilwath, Hyderabad, Organaised by All India Unani Tibbi Congress, Academic wing, New delhi.

- 2 days **National Seminar on Unani Medicine on Non Communicable Diseases** org. by All India Unani Tibbi Congress on 28th-29th Dec. 2018 at Hyderabad.& presented a paper on **“concept and management of menopause in unani medicine – A review .”**
- Delivered a guest lecture on topic titled “Management of PCOS in Unani Medicine on 10-11 Feb 2019 at Jnana Jyothi Auditorium, Central College Campus, Bengaluru.
- Delivered a guest lecture on topic titled “Anatomy and Physiology of female Genital tract at CGO-2019 with 3 day intensive training program in unani gynecology and obstetrics in collaboration with Aafiya health care centre, bangalore. on 10-june 2019
- **“Management of unilateral breast hypoplasia through poly herbal unani formulation - A case report”** in international conference on conglomeration of health traditions in Bharatvarsha on 5-9 December 2018 at Bengaluru.
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- **“Insight and management of PCOS in Unani Medicine- An evidence based approach”** on 11th Feb 2019 in *Unani Uthsav*, Unani day 2019 org. by AYUSH Dept. at Central College Campus, B’lore.
- Presented a research paper **“effect of shikanjabeenlemoon in Qay’alHaml: An Open Observational study”** on 23rd-24th Feb 2019 in National Seminar on Gastroenterology Hepatobiliary&Life Style Disorders- **Gastrolife 2019** Org Dr. Abdul Haq Unani Medical College, Kurnool &
- Presented a paper titled “Depression in women - An Enigma uncovered” in National Seminar on prevention and control of non communicable diseases on 16-17 December 2019 at Nation Institute of Unani Medicine, Bangalore, Sponsored by Ministry of Ayush.
- Presented a paper titled “Therapeutic merits of Unani in treating PCOS” in National Seminar on prevention and control of non communicable diseases on 27-29 January 2023 in International Ayush Summit at Vivakanada Kendra, Kanyakumari
- Presented a paper titled “Effect of Unani Formulation in Heavy menstrual bleeding- A randomised control trial” in XLIII Indian Social science congress, current science of nature-human- society of India ON 17TH – 21ST January 2020.
- 3 days International Conference & Exhibition from 11-13th May organised by Govt Unani Medical College, Mumbai at Mumbai as delegate & presented a poster presentation
- Delivered a lecture on PCOS in 6-day CME program for teachers in *Ilmul Qabalat wa AMrazeNiswan* from 22nd- 27th July 2024.
- Delivered a lecture on “Evidence based approach for Polycystic Ovarian Syndrome in Unani Medicine” in seminar on unveiling the role of Ilaj Bil Ghiza in Metabolic Syndrome on 12/06/24
- Delivered a lecture on “Thyroid dysfunction in females” in webinar as a part of International Thyroid awareness week- 2024.

- As Resource person delivered a lecture on “Investigations and diagnostic procedure in OBG” on 27/09/19 in 6 Day CME for teachers, conducted by Dept. of OBG, AKTC, AMU, Aligarh.

As Co-Author

- Diagnosis and prevention of uterine cancer (Sartane Rehm). National Conference on recent advances in reproductive and child health. RCH Pharma Med 2009 with CCRUM New Delhi Jamia Hamdard.; 17th-18th April 2009.
- DUB and its Management with Unani Medicines. VII Annual session & National seminar on Unani Tib, Hyderabad on 16th and 17th Jan. 2010.
- Pelvic Organ Prolapse and its Management with Unani Medicines. XXIII All India Social Science Congress, conducted at Hyderabad on Mar. 2010.
- Management of Primary Infertility with PCOS – A Case Report. XXIII All India Social Science Congress, conducted at Hyderabad on Mar. 2010
- **Effect of unani formulations on anovulatory infertility- A Meta Analysis** in 3 days ICUM 2016 from 25th-27th Oct2016 at NIUM. B’lore.
- **Therapeutic management of heavy Menstrual bleeding in unani system of medicine** in 3 days ICUM 2016 from 25th-27th Oct2016 at NIUM. B’lore.
- **Concept and management on Emesis gravidarum (Qay’lHaml) in past and present: A Review** in 3 days ICUM 2016 from 25th-27th Oct2016 at NIUM. B’lore.
- 2 days **National Seminar on Unani Medicine on Non Communicable Diseases** org. by All India Unani Tibbi Congress on 28th-29th Dec. 2018 at Hyderabad.& presented a paper on “**evidence based reviewtounani medicines used as insulin sensitizersin polycystic ovarian syndrome.**”
- 2 days **National Seminar on Unani Medicine on Non Communicable Diseases** org. by All India Unani Tibbi Congress on 28th-29th Dec. 2018 at Hyderabad.& presented a paper on “**Analogy of liver dysfunction and menstrual disturbances: a review.**”
- National Seminar on Gastroenterology Hepatobiliary&Life Style Disorders- **Gastrolife 2019** Org Dr. Abdul Haq Unani Medical College, Kurnool & presented a research paper “**Life style disorders effecting pregnancy outcome**” on 23rd-24th Feb 2019.
- National Seminar on Non communicable diseases; Org by Dept. of Tahaffuziwasamajitibb and presented paper on “**Dementia in post menopausal women- A review in unani medicine**” on 15th and 16th Dec 2019.

16. Attendance in conference /workshops / seminars / oral presentation/webinars (details): 50

Sl no.	Program	Duration	Organized by
I. Conferences			
1.			
2.	Diagnosis and prevention of uterine cancer (Sartane Rehm). National	17th-18th April 2009.	CCRUM New Delhi Jamia

	Conference on recent advances in reproductive and child health. RCH Pharma Med 2009 with CCRUM New Delhi Jamia Hamdard.;		Hamdard.;
3.	Attended a Annual conference conducted by BSOG in Bangalore on 13 and 14 Sept. 2014 at St. Jhon's medical college Auditorium.	13 and 14 Sept. 2014	BSOG
4.	National Annual conference of ISOPARB and BSOG on Fetal Origin Of Adult Disease & Reproductive Health on 14&15 march2015. At capital hotel Bangalore as delegate.	14&15 march2015	BSOG
5.	Attended a conference of BSOG Gnanaversha 2015 on 12&13 Dec 2015 at NIMHANS convention center Bengaluru.	12&13 Dec 2015	BSOG
6.	Attended the international Conference on Unani Medicine (ICUN-16) on 25-27 october 2016 at Nation Institute of Unani Medicine, Bangalore.	25-27 october 2016	NIUM
7.	1. Global wellness meet: International conference on Ayurveda, Unani, Yoga and Naturopathy AS DELEGATE and presented a paper	26-28Feb2016	Ayush
8.	2 days Annual Conference on Gnanavarsha 2016 organized by BSOG on 10 th & 11 th December 2016 at St John's Medical College Auditorium,Bangalore.	10th and 11th Dec 2016	BSOG
9.	2 days Annual Conference on Gnanavarsha 2017 organized by BSOG on 16 th & 17 th December 2017 at Sitara Hall, Gayatri Vihar,Palace Ground,Bangalore.	16 th and 17 th December 2017	BSOG
10.	International Conference on Conglomeration of health Traditions in Bharatvarsh	5-9 Decenber 2018	Tarunya Shikshana Seva Trust, supported by ministry of Ayush
11.	Unani Uthsav- Unani Day 2019	10 th and 11 th Feb 2019	Dept. Of AYUSH. Govt. of KArnataka
12.	Attended Current concepts conference conducted by Sparsh Hospital on 9 th and 10 th November 2019 at Taj Vivanta, Yeshvanthpur, Bangalore	9th & 10th Nov. 2019	Sparsh Hospital
	Attended 9th life conference on "Medical disorders: infertility and beyond" conducted by International institute for training and research in reproductive health from 1 st – 3 rd November 2019 at	1 st – 3 rd November 2019	International institute for training and research in reproductive

	Hotel Lalit Ashok, Bangalore.		health
	National Conference on interdisciplinary approach to cardiovascular health on 6/07/24 organised by NIUM, Bangalore	6/07/24	NIUM
II. Seminars			
13.	Research methods and scientific writing, Al-Ameen College of Pharmacy, Bangalore on 13 th and 14 th December 2008.	13 th and 14 th December 2008.	Al-Ameen College of Pharmacy, Bangalore
14.	National Campaign for “Skin care in Unani system of medicine” sponsored by Dept. of AYUSH, Government of Karnataka, Bangalore,	15 th and 16 th February 2010.	Dept. of AYUSH, Government of Karnataka
15.	ChanRe Update 2010 conducted by ChanRe Rheumatology and Immunology centre& research and immunology and arthritis Research and education trust, Bangalore.	12 th December 2010	ChanRe Rheumatology and Immunology centre& research and immunology and arthritis Research and education trust
16.	One day Seminar on Unani Medicine for Public Health	14 th Feb 2019	NIUM, Bengaluru
17.	Gynec Oncology	14 th October 2017	Sapthagiri Insitute of Medical Sciences and Research.
18.	Innovate India 2009 on “ leveraging Innovation for Knowledge Economy” organized by National Research Development corporation at J.N Tata Auditorium, Bangalore on 19 th and 20 th Nov. 2009.	19 th and 20 th Nov. 2009.	National Research Development corporation
	Seminar on “Unveiling role of Ilaj Bil Ghiza in Metabolic Syndrome	12-06-24	Dept. of Ilmu Qabalat wa AMraze Niswan, NIUM
1.	Unveiling role of Ilaj bil ghida (unani dietetics) in Metabolic Syndrome in women	12/6/2024	OBG Dept.NIUM
2.	seminar on Aneasthesia in Obstetrics and labor room protocols	19 th June 2024	Hybrid at NIUM by Dr. Swaroop
III. Training			
S.no.	Program	Duration	Organized by
3.	Research Methodology, Data	8 th and 9 th Jan	NIANP

	management and Biostatistics at NIANP Bangalore, on 8 th and 9 th Jan 2010.	2010.	
4.	One day CME in Department of Ilmu Qabalat wa Amraze Niswan, NIUM, in 23.09.2014. and presented a Lecture on "ÜSG in Obstetrics".	23.09.2014.	
5.	Six-day CME in Department of Ilmu Qabalat wa Amraze Niswan, NIUM, in 1-6 th December 2014	1-6 th December 2014	
6.	One week international course on health research methods and evidence based medicine	9th-13th October 2017	St, Johns Medical college and research institute , Bengaluru, in collaboration with faculty from, McMaster University Canada.
7.	attended one day training programm on BLS and CPR	22/2/20	NIUM Bengaluru
8.	ICU Care and Ventilation Management - 10	16 May 2020	online
9.	Psychological care of patients with COVID-19 -11	15 May 2020.	online
10.	Clinical Management - COVID-19 -12	14 May 2020.	online
11.	Quarantine and Isolation -13	12 May 2020.	online
12.	Infection Prevention and Control -14	06 May 2020	online
13.	Basics of COVID-19 -15	11 May 2020	online
14.	Pregnancy and COVID-19-16	06 May 2020.	online
15.	Evidence based unani practice in Obstetrics and Gynecology	19/7/2020	Webinar by Markaz Unani medical college and hospital
16.	SWACHCHATA PAKWADA	12/3/2020	nium
17.	Inter disciplinary CME ON AWARENESS OF SEHAT ATFAL ON	4/4/2022	NIUM
	6- day CME for teachers in Ilmu Qabalat wa Amraze Niswan	22 nd -27 th July 2024	Ministry of Ayush
IV. Workshops			

	National work shop in Research Methodology and scientific Publication .- 2	4 th & 5 th June 2008.	JNTata Auditorium Bangalore By Indian academy of oral medicine and radiology.
19.	Work shop on rheumatology	12 th Dec 2010	(Bangalore-API BHAVAN)
20.	Pre conference Workshop on International congress on emergencies in obstetrics .	29-31 July 2011	BSOG
21.	One day workshop on multispecialty emergency care	22-5-11.	Api bhavan Bangalore by fortis group of specialists
22.	Workshop on research Methodology in Unani medicine	15& 16 feb 2014	NIUM by Dept of Molijat.
23.	Workshop on Recent developments in Dawasazi	3&4 march 2014	NIUM by Saidala dept.
24.	Attended two-day workshop on research methodology for fundamental principles in Unani Medicine	11&12 June 2015	NIUM Bengaluru
25.	Attended and presented a presentation titled “reforms in unani medical education in pre workshop	6/8/15by CCIM	NIUM Bengaluru
26.	One day workshop on Unani General Practice at NIUM Bengaluru	3 rd November 2018	Hermas in collaboration with NIUM Bengaluru
27.	Participation in the exhibition organized in view of Unani day	12/2/19	by NIUM
28.	One day workshop on medical Astrology” An Integral Part of prevention diagnosis and therapeutics of diseases	08/01/2020	Institute of Indian Knowledge, Apex Professional University, Arunachal Pradesh in collaboration with NIUM, Bengaluru.
29.	Workshop on Unani for Good Health and wellbeing on the occasion of Unani Day	03/03/2020	GUMC and Dept. of Ayush., GoK.

	2020 Sri KondajjiBasappa Auditorium, Palace Road , Bengaluru.		
30.	A State level workshop on Scientific writing and article publication Sponsored by RGUHS, held at Govt. Ayurveda Medical College. Bengaluru on 06.02.2020	06/02/2022	Organised by GAMC, Bangalore, sponsored by RGUHS, Bangalore.
31.	Workshop on Unani Medicine for public health	7/3/2023	Workshop on Unani day
32.	1 day work shop in Gynae-cytopathology	2/12/2023	Dept of OBG NIUM
	Two days workshop of Basic course in educational methodology, conducted by RGUHS in collaboration with NIUM, Bengaluru.	12 th and 13 th August 2024	RGUHS&NIUM
V. CMEs:			
33.	One day training and CME on Helinet Updates, Dhanvantri Hall, RGUHS, Bangalore on 30 th September 2009	30 th September 2009	RGUHS
34.	CME programme Cardiovascular Medicine and Cardiac Surgery, conducted by Trinity Hospital and Heart Foundation, Basavanagudi, Bangalore	November 2010 to February 2011	Trinity Hospital and Heart Foundation, Basavanagudi, Bangalore
35.	Attended one day CME program on Amraze Jild wa Tanziyat on	26/8/12	BMC by GUMC
36.	CME programme – Modern medicine, Shifa Institute of post Graduate Medical Sciences, Bangalore 25 th October 2009.	25/10/09	Shifa Institute of post Graduate Medical Sciences,
1.	“Law and the Doctor”	19 th March 2006)	(Shifa Institute of Post Graduates Medical Sciences Bangalore
2.	Conducted one day CME program on current scenario in Obstetric care and unani medicine on.	23/9/14	Dept. of OBG NIUM
3.	Attended 6 days CME/OTP for teachers at NIUM auditorium.	1-6 dec 2014	Ministry of Ayush

4.	Attended guest lecturers regularly in the dept.		Dept. of OBG NIUM
5.	Attended CME programme on Family Medicine –Look Down, Not Up.	1 st Feb2015	Shifa Institute of Post Graduate medical sciences &Hospital Bangalore.
6.	Attended One day CME by on recurrent pregnancy loss.	24/5/15	BSOG at Ramaiya Hospital Bangalore
7.	organized one day CME on “ Menstrual Disorders ”	on 22/12/16.	OBG Dept NIUM
8.	Diabetes Melitus	19/11/17	KUWFT at lalith Ashok
9.	CME on Neurological and Neurosurgical disorders in pregnancy at Nimhans Convention centre	25/2/18.	Bangalore neurological society and BSOG
10.	CME and workshop on “ Essential newborn care during early neonatal period” at AMU Aligarh	3 rd may 2018	AKTC, Aligarh
11.	Attended 2 day CME on “Pharmacovigilance of unani drugs” on 15 & 16 th january 2017 at NIUM, bengaluru, organised by Intermediary pharmacovigilance centre for unani drugs, NIUM, Bengaluru.	15&16 Jan 2019	NIUM Bengaluru.
12.	I day CME program in view of Unani day on	14/2/19.	NIUM Bengaluru
13.	“Research methodology and protocol writing	28/119	shifa Hospital
	Attended CME on “Science of energy” on 24 th august 2019 at NIUM, bengaluru, organised by Dept. of IlmuJarahat, NIUM, Bengaluru.	24 th august 2019	Dept. of IlmuJarahat, NIUM, Bengaluru.
14.	attended CME in view of Unani day on. at Bengaluru.	14/3/19	GUMC Director of Ayush. Karnataka
15.	BASICS OF EMERGENCY AND CRITICAL CARE	30/7/19	shifa Hospital Bengaluru

	attended one day CME on in view of Unani day.	13/3/20	at NIUM
17.	Conquer the Contagion- Maternal Infections in pregnancy at API Bhavan Bangalore	06 th August 2017	BSOG
18.	Interdisciplinary CME in contemporary view on unani Diabetic complications and their management	on 3/9/2022	NIUM & collaboration with NU Hospital
19.	CME Program for Data Analysis using SPSS	24 th and 25 th Jan 2023	NIUM
20.	One day Interdisciplinary CME in collaboration with Milann Fertility and birthing hospital on advances in infertility management and IVF Speaciality care	08/02/23	NIUM in collaboration with Milann Hospitals.
	Reorientation training programme		
49	Yoga day celebration program	21/6/19	NIUM
VI. Webinars-2020-2022			
21.	Dr. Kouser Fathima Firdose has successfully completed the training ICU Care and Ventilation Management on 16 May 2020.	16 May 2020.	
22.	Dr. Kouser Fathima Firdose has successfully completed the training Psychological care of patients with COVID-19 on 15 May 2020.	15 May 2020	
23.	Dr. Kouser Fathima Firdose has successfully completed the training Clinical Management - COVID-19 on 14 May 2020.	14 May 2020.	
24.	Dr. Kouser Fathima Firdose has successfully completed the training Quarantine and Isolation on 12 May 2020.	12 May 2020.	
25.	Dr. Kouser Fathima Firdose has successfully completed the training Infection Prevention and Control on 06 May 2020	06 May 2020	
26.	Dr. Kouser Fathima Firdose has successfully completed the training Basics of COVID-19 on 11 May 2020.		
27.	Dr. Kouser Fathima Firdose has successfully completed the training Pregnancy and COVID-19 on 06 May		

	2020.		
28.	Dr. Kouser Fathima Firdose attended webinar on Ayush Sanjivani App on 4th June 2020 org. by M/O AYUSH		
29.			
30.	AMU Aligarh organized a Webinar on COVID 19 on 12th June 2020.		
31.	Jaypee publishers organized webinar on COVID 19 in pregnancy on 18th June 2020		
32.	Institute of Indigenous Medicine, University of Colombo organized an International webinar on Strength of Ayurveda, Unani And Traditional Medicine in Covid 19 Management on 28th June.		
33.	NOVA infertility center organized webinar on the Estrogen Thrapy on 23rd July 2020.		
34.	NOVA infertility center organize webinar on Thin endometrium in infertility patients on 25th July 2020.		
35.	Webinar on World Breastfeeding week 2020: "Support Breastfeeding for a healthier planet" organized by Padmashree Institute of Management and Sciences on Tuesday, 4th August 2020		
36.	NATIONAL WEBINAR ON "Risk to Surgeon & OT team during Surgery of Covid-19 (SARS ncov-2) positive patients" ON 25TH August 2020. Organized by ZVM Unani medical college and hospital		
37.	Everything a GP should know-pregnancy Ultrasound on 10th Aug-2020 at 3.30pm.by Dr, jay Mehta, Mumbai.		
38.	Management of obese PCOS. On sept 28th 2020 by Dr. Jay. Mehta. Shree IVF clinic. Mumbai.		
39.	Two-day National webinar on Gynecological Malignancies -A		

	Holistic Approach by Dept of OBG NIUM On 22-23 Jan 2021.as panelist		
40.	Unani Medicine in Ilmu Qabalat wa Amraze Niswan(Obstetrics and Gynecology)- An evidence based Approach. Webinar series-1 By Dept of Ilmu Qabalat wa Amraze Niswan NIUM4th Feb2021.(as panelist).		
41.	Unani Medicine in Ilmu Qabalat wa Amraze Niswan (Obstetrics and Gynecology)- An evidence-based Approach. Webinar series-2 By Dept of Ilmu Qabalat wa Amraze Niswan NIUM 16 th Feb2021.		
42.	National webinar on medical education. By dr. shantharaman Tirunelveli Medical college, Tirunelveli.17th sept 2020with live interaction on learning analysis and artificial intelligence in medical education.by JIPMER. online faculty development program.		
43.	National webinar on Pharmacovigilance of ASU&H GRUGS.AYUSH SURAKSHA 2020. ON 15th & 16th Sept.2020.organnised by intermediary pharmacovigilance center NIUM Bengaluru. Sponsored by Govt. of AYUSH. GOI New Delhi.		
44.	Child and Adolescent mental Health issues in the context of COVID-19 PANDEMIC. ON 13/9/2020 BY Prof, Shekar Seshadri. NIMHANS. Bengaluru at 3-4.30. organized by Medical service center Karnataka.		
45.	Impact D& Challenges on teaching learning & Research in medical education-The post pandemic era. On 12th Sept 2020 4-6pm. organized by Jaypee brother's medical publication ESI-PGIMSR, JOKA KOLKATA.		
46.	International webinar on significance of unani medicine to combat COVID-19. ON 8TH SEPT-2020. Organized BY Dept. of Moalejath. AMU. Aligarh. of Moalejath. AMU. Aligarh.		

	BMJ live webinar on How to write and publish in BMJ case reports on 1 st oct.2020.		
48.	International symposium on Immunomodulation: An integrated approach in Unani Medicine on 6 th Oct.2020by Faculty of Unani Medicine AKTC Aligarh.		
49.	Has adopted the pldge and is committed to uphold highest standards of honesty and integrity and to follow probity and rule of law in all walks of life.on 29/10/2020 Central of Vigilance Commission		
50.	International webinor on world Unani Day-2021.Health promotion and disease prevention by Study Unit of Moalijat Institute of Indogenous medicine, University of colombo		
51.	An Integrated Approach to common Gyneological diseases in Unani Medicine By Dept of OBG NIUM on 6 th March 2021		
52.	National webinor Holistic approach to Health on occasion of Yoga Day on 17/6/2021 by GUMCand H Bengaluru with Dept of Ayush.Karnataka.		
53.	A survey on Knowledge Attitude and practices (KAP) on Pharmacovigilance of ASU&Hdrugs byIntermediary Pharmacovigilance centre for Unani drugs. NIUM on 13/9/2021		
54.	Mass surya Namaskar Demonstration programme by Azadi ka Amrit Mahotsav at NIUM on 14 th Jan 2022.		
55.	National webinar on Bio Ethics with Emphasis on GCP Guidelines.by RRIUM Chennai.on 5 th Feb 2022.		
56.	International Webinar on Unani Medicine in 21 st century Prospects strengths and challenges. On 11 th Feb2022.		
57.	Assessment methods for Unani Yoga Naturopathy Faculty on 27/2/2022.by RGUHS RAATI.		
58.	Awareness program on Pharmacovigilance of ASU &H drugs	21 st October 2023	

	organized by Mohammadiya Tibbiya College and Assayer Hospital. Malegaon, Maharashtra with IPvC NIUM		
59.	Azadi ka Amrit Mahotsav. 1 webinar on unani perspective and recent trends in the management of nutu al Rahim (POP) 2022 at NIUM on 28 th June 2022		
60.	International Thyroid awareness week from 25-31 May 2024 by Dept of OBG NIUM on 30 th		
61.	Hybrid Seminar on Anesthesia in Obstetrics & Labor room protocols BY Dept of OBG NIUM on 19 th June 2024.		

18. Attended Arogya Mela: 5

1. Dr. Kouser Fathima Firdose deputed at Bangalore in International conference on yoga naturopathy and Arogya expo-2012, Feb.9-13 2012 at palace grounds.

2. **Global Wellness Meet** organized by KAUP board on 26-28th Feb. 2016 at Bangalore as delegate

3. Dr. Kouser Fathima Firdose deputed in National Arogya Fair-2018. 5-9 Dec 18 at Bengaluru on 6/12/18.

18. Books Published (Title and Detail Publication):

- a. **Dr. Kouser FF, Dr. Wajeeha Begum, Qarabadeen Niswan** (A Compendium of Unani Formulations used in Obstetrics and Gynecology). Bookware Publishers. Bengaluru. ISBN:978-81-921870-1-3
- b. **Dr. Kouser FF. A Handbook of Ilaj bil tadbeer** (Regimenal Therapy) in Gynecology Bookware Publishers. Bengaluru.
- c. Dr. Wajeeha Begum, **Dr. Kouser FF, Futoorate Haiz** (Menstrual Disorders). Bookware Publishers. Bengaluru.

19. Supervision to MD Thesis (Topic and PG)- Submitted till date

Sl. No.	Topic	PG
1.	Efficacy of <i>Nardostachys jatamansi</i> DC. in the management of premenstrual syndrome: A randomized controlled study	RabiaMalik ^a
2.	Effect of Qurse Gulnar in Heavy menstrual bleeding – a randomized single blind standard control study	Dr.Saba Imdad ,

	Effect of Sikanjabeen Lemooni in Qay ' al-Haml: An Open Observational Study	Dr. Arshi Anjum
4.	Efficacy of majun e khabsul hadeed in iron deficiency anemia in reproductive age group: A randomised control study	Iram Bushra
5.	Effect of Majoon Murmakki in Dysmenorrhoea (Usre Tams): A Standard Controlled Clinical Study	Habiba Suhail1,
6.	Effect of Dried Fig as a Nutritional Supplement in Iron Deficiency Anemia during Pregnancy.	Heena Parveen
7.	Comparitive clinical study of Dawae Khas and Qurse Gulnar in Heavy menstrual bleeding	Iram Ateeq

20. Thesis Under Supervision (Topic and PG)- Ongoing

Sl. No.	Topic	PG
•	Effect of Arqe Biranjasif in uncomplicated PID- A Randomised standard conreolled study	Kattubadi Ayesha
•	Efficacy of Asarum versus sumbulutteeb in Premenstrual syndrome- A randomized clinical study	Nimra Irfan
•	Effect of Majun Musakkin Darde rahim in Primary Dysmenorrhoea	Ansari Aliza Kazim Ali

Camps Attended:

- Attended camp duty in Global wellness meet 26-28Feb2016
- Dr. Kouser Fathima Firdose attended free medical camp as consultant at Umar Nagar, Bangalore on 31/12/2022.
- Dr. Kouser Fathima Firdose attended free medical camp as consultant at Bommanahalli, Bangalore on 24/12/2022.
- Dr. Kouser Fathima Firdose attended free medical camp as consultant at HBR Layout, Bangalore on 12/01/2023.
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Papers presented:

- Early ovarian aging and its ancillary Prevention – a Unani perspective in Jan 16 at Hyderabad
- Dysmenorrhea in Aligarh in 2016

Health Awareness Program

- Speaker in Health Awareness Progersm on 1/2/23 in Unani Day celebration.

- Speaker in Health Awareness Program to school students as a part of Swachhtha PAKhwada 2019.
- Speaker in Public Health Awareness Program on 21/01/22 on the occasion of Azadi ka Amrit Mahotsav.
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As Chairperson :

- Chaired a session in National Seminar on prevention and control of non communicable diseases on 16-17 December 2019 at Nation Institute of Unani Medicine, Bangalore, Sponsored by Ministry of Ayush.

Prizes:

- Dr. Kouser Fathima Firdose received 1st prize in Logo Competition in Ayush for Immunity Campaign-2020

Administration

- Organising secretary for One day Interdisciplinary CME in collaboration with Milann Fertility and birthing hospital on advances in infertility management and IVF Speciality care on 08/02/23 organised by NIUM in collaboration with Milann Hospitals
- Organising secretary for One day Seminar on “Unveiling role of Ilaj Bil Ghiza in Metabolic Syndrome on 12/06/24 at NIUM bangalore.
- Organising secretary for Inter National Thyroid Awareness week from 25th-31st May 2024
- Organising secretary for Hybrid Seminar on Anesthesia in Obstetrics & Labor room protocols BY Dept of OBG NIUM on 19th June 2024
- Organising secretary for Basic course in educational methodology, conducted by RGUHS in collaboration with NIUM, Bengaluru on 12th and 13th August 2024.
- Joint secretary for 6- day CME for teachers in Ilmul Qabalat wa Amraze Niswan held from 22nd- 27th July 2024.
- Organising secretary for national Conference on interdisciplinary approach to cardiovascular health on 6/07/24 organised by NIUM, Bangalore