

Ishtiyak Jafar Md

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Academic Qualification:

YEAR	SCHOOL/UNIVERSITY	LEVEL
2009	Shree Ram Higher Secondary Boarding School, Nepal	Matric/S.L.C
2011	Shikshadeep +2 science, Nepal	Intermediate (10+2)
2014	Mahendra Morang Adarsha Multiple College, Nepal	Bachelor (B.Sc.Microbiology)
2019	Rama Medical College, Hospital & Research Center, Kanpur (India).	M.Sc. Medical Biochemistry
2024	King Abdulaziz University, Jeddah, Saudi Arabia.	PhD Biochemistry 2 nd Semester

Current Position

- PhD Scholar at Department of Biochemistry, King Abdulaziz University, Jeddah, Saudi Arabia
- Trainee at Cancer Biology Lab, King Fahad Medical Research Centre, KAU, Saudi Arabia.

Professional Experience:

- ❖ Former Assistant Lecturer in Medical Biochemistry and Molecular Cell Biology at Microbiology Department of Mahendra Morang Adarsha Multiple Campus, Biratnagar, Nepal. 2019 – 08/2024.
- ❖ Former Lecturer in Medical Biochemistry at the Department of Public Health of Health Institute, Biratnagar, Nepal. 2019 – 08/2024.
- ❖ Former Lecturer Hamro School of Nursing, Biratnagar, Nepal. 2020- 08/2024

Article Published:

“ESTIMATION OF SERUM CALCIUM AND MAGNESIUM LEVELS IN TYPE-II DIABETES MELLITUS PATIENTS” paper published in INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH | Volume-8 | Issue10 | October-2019 | PRINT ISSN No 2277 – 8179.

Presentations & Participation:

- **11th April 2019:** Participated as delegate in CME conference workshop on the topic “**FLIPPED CLASSROOM IN MEDICAL TEACHING**” of **4 Credit Hours** held at Rama Medical College, Kanpur, India.
- **2nd & 3rd February 2019:** poster presented entitled: “**ESTIMATION OF SERUM CALCIUM AND MAGNESIUM LEVELS IN TYPE-II DIABETES MELLITUS PATIENTS**” in Central Zone IABSCON-2019 on “**Recent Trends in Biomedical Research: Advances and Challenges**” organized by Department of Biochemistry, King George’s Medical University, Lucknow, India.
- **17th to 19th November 2018:** Awarded **2nd prize in Chrono Quiz Competition** held during **4th World Congress of Indian Society of Chronomedicine** held at Kalam Centre, King George’s Medical University, Lucknow, India.
- **17th to 19th November 2018:** Participated in Indian Society of Chronomedicine “**4th World Congress On Chronomedicine (WCC-2018)**” held at Kalam Centre, King George’s Medical University, Lucknow, India.
- **4th March 2017:** Participated as delegate at National Symposium On “**Recent Advances in Molecular Biology**” organized by Department of Biochemistry & Central Research Laboratory, RAMA Medical College, Kanpur (U.P).

Training:

- **17-19th May 2023:** Attended & actively participated in **three days** training on “**Non- Communicable Disease: A Research Approach to Minimize Its Burden in Nepal**” organized by **Department of Clinical Biochemistry, KIST**

Medical College & Teaching Hospital, Lalitpur and supported by University Grant Commission (UGC), Nepal.

- **13-15th March, 2023:** Attended & actively participated in **three days'** workshop on **PCR** organized by **Kathmandu Research Institute for Bioscience and Biotechnology, Balkumari, kathmandu, Nepal.**

Topic Covered:

- Extraction of DNA and quantification.
 - PCR Operation.
 - Visualisation of DNA amplicon Product.
 - Application of Genomic technique and basic Bioinformatics.
- **January 2019:** Attended & actively participated in **one-week** advanced training workshop on protein purification using FPLC organized by **Bio-Incubator Lab, SIIC, IIT, Kanpur, India.**
 - 28th November to 27th December 2018: 30 days (about 4 and a half weeks) training organized by Chaperon Biotech Pvt. Ltd, Transport Nagar, Kanpur, India.

Topic Covered:

- General safety instruction for working in lab.
- Bio-incubator for wet lab.
- Good laboratory practice.
- Extraction & purification of Genomic & Plasmid DNA from plant & Bacteria.
- Electrophoresis of genomic DNA.
- Competent cell preparation, ligation, Restriction digestion, Transformation, Selection of Recombinant cell.

Laboratory Skills:

1. Molecular Biology Techniques

✓ DNA/RNA Extraction & Purification

- Genomic DNA, plasmid DNA, total RNA isolation
- Use of commercial kits and manual methods

✓ Polymerase Chain Reaction (PCR) & Related Techniques

- Conventional PCR, RT-PCR, qPCR (SYBR & TaqMan)
- Gel electrophoresis & visualization
- Primer design and optimization
- Sanger Sequencing
- Nano Drop

2. Microbiology Techniques

✓ Culture and Isolation of Microorganisms

- Aseptic techniques
- Media preparation (solid & liquid)
- Streaking and colony isolation
- Anaerobic and aerobic bacterial culture

✓ Microbial Identification & Characterization

- Gram staining and other differential stains
- Biochemical tests (IMViC, catalase, oxidase, etc.)
- Antibiotic susceptibility testing (Kirby-Bauer)

✓ Sterilization & Disinfection

- Autoclaving, filtration, radiation
- Use of disinfectants and antiseptics

3. Computational & Analytical Skills

Bioinformatics & Data Analysis

- BLAST, FASTA, PDB
- NCBI, Ensembl

Personal Details

Date of Birth : 13th April 1993A.D
Passport : 11927245
Current address : Saudi Arabia
Nationality : Nepali
Marital Status : Married
Gender : Male

