

CURRICULUM VITAE

PERSONAL DETAILS

Full Name: Assistant Professor Dr. Afshan Ghafoor

Gender: Female

Date of Birth: 3rd August 1976

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EDUCATIONAL QUALIFICATIONS

- Master of Philosophy (MPhil) in Human Nutrition from Khyber Medical University, Peshawar, Pakistan (January 2024)
- Emergency Medicine Certification Course from Armed Forces Post Graduate Medical Institute, Rawalpindi, Pakistan (2017)
- Diploma in Medical Administration from the National University of Modern Languages, Islamabad, Pakistan (2010)
- Bachelor of Medicine & Bachelor of Surgery (MBBS) from Quaid-e-Azam University, Islamabad, Pakistan (1998)

HONORS AND AWARDS

- Tamgha-e-Imtiaz Military (Medal of Excellence) for meritorious service and devotion to duty, awarded by the Government of Pakistan
- Gold Medal in Human Nutrition from Khyber Medical University, Peshawar, Pakistan.
- Certificate of Academic Distinction in Human Nutrition from Khyber Medical University, Peshawar, Pakistan.
- Gold Medal in Ear, Nose & Throat from Quaid-e-Azam University, Islamabad, Pakistan.
- Certificate of Academic Distinction in Ear, Nose & Throat from Quaid-e- Azam University, Islamabad, Pakistan.
- Certificate of Honors in Pediatrics from Quaid-e- Azam University, Islamabad, Pakistan.
- Certificate of Honors in Pharmacology & Therapeutics from Quaid-e- Azam University, Islamabad, Pakistan.
- Certificate of Honors in Physiology from Quaid-e- Azam University, Islamabad, Pakistan.

PROFESSIONAL REGISTRATIONS

- Pakistan Medical and Dental Council (Full Medical Registration)
- Khyber Medical University, Peshawar, Pakistan
- Royal College of Obstetricians and Gynecologists UK (Part 1 Membership Examination)
- College of Physicians and Surgeons Pakistan Fellowship (Part 1 Enrolment)

PROFESSIONAL EXPERTISE

- Healthcare Administrator. Retired as Lieutenant Colonel after completing 25 years of service in the Pakistan Army.
- Full-time residential General Practitioner in Armed Forces Hospitals recognized by the Pakistan Medical and Dental Council in Medicine and Allied Disciplines and in Surgery and Allied Disciplines.
- Whole-time residential training in Human Nutrition at the Institute of Basic Medical Sciences, Khyber Medical University, Peshawar, Pakistan

RESEARCH & PUBLICATION

- Master of Philosophy in Human Nutrition's research work Title: "Assessment of Dietary Intake of Reproductive-aged Women Attending the Outpatient Department of Combined Military Hospital Peshawar: A Cross-sectional Study." The research assessed the diets of 810 reproductive-aged women in tandem with the Diet Quality Project (A collaboration of Harvard University, the Global Alliance for Improved Nutrition, and Gallup World).
- Ghafoor A, Ghafoor S. Dietary diversity in reproductive-aged women by sociodemographic characteristics: a cross-sectional study in Combined Military Hospital, Pakistan. Northwest J Med Sci. 2024; 3(3):14-23
- Ghafoor A, Ghafoor S. Global Dietary Recommendations Score in reproductive-aged women by sociodemographic characteristics: a cross-sectional study in Combined Military Hospital Peshawar, Pakistan. Northwest J Med Sci. 2025;4(1): 61–65.

CERTIFICATES OF WHO COLLABORATING CENTRE FOR RESEARCH AND TRAINING IN EDUCATIONAL DEVELOPMENT OF HEALTH PERSONNEL

- Research Methodology, Biostatistics, and Dissertation Writing
- Primary Surgical Skills
- Communication Skills
- Introduction to Computer and Internet