



Dr. Talay Yar

Associate Professor

Personal Data

Nationality | Pakistani

Date of Birth | 03/03/1963

Department | Physiology

Official UoD Email | tyar@uod.edu.sa

Office Phone No. | 3331025

Language Proficiency

Language	Read	Write	Speak
Arabic	Yes	Yes	
English	Yes	Yes	Yes
Others (URDU)	Yes	Yes	Yes

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
1993	Ph.D. (Physiology)	Department of Physiology, University of Leeds, UK	Leeds, U.K.
1985	M.B.B.S.	University of the Punjab, Lahore,	Lahore, Pakistan
1983	B.Sc.	University of the Punjab, Lahore,	Lahore, Pakistan

PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD.	Effects of Halothane on Cultured Lymnaea neurons
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Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work		Date
Associate Professor	Department of Physiology, College of Medicine	University of Dammam, Dammam, Saudi Arabia	Feb 2012 to date
Assistant Professor	Department of Physiology, College of Medicine,	King Faisal University, Dammam, Saudi Arabia	Sep 2001 – Feb 2012
Associate Professor Physiology	Department of Basic Health Sciences,	Shifa College of Medicine, Islamabad, Pakistan	Oct 1999 – Sep 2001



Job Rank	Place and Address of Work		Date
Assistant Professor, Physiology	Department of Basic Health Sciences,	Shifa College of Medicine, Islamabad, Pakistan	Nov 1998 – Oct 1999
Assistant Professor, Physiology	Department of Physiology	Rawalpindi Medical College, Rawalpindi, Pakistan	March 1993 – Oct 1998

Scientific Achievements

Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	Yar, T.	Resting heart rate and its relationship with general and abdominal obesity in young male Saudi university students.	Pakistan J Physiology 2010; 6(1):6-13
2	Salem EM, Yar T AO, Bamosa, A Al-Quorain, MI Yasway, RM. Alsulaiman, MA. Randhawa.	Comparative Study of <i>Nigella sativa</i> and Triple Therapy in Eradication of <i>Helicobacter pylori</i> in Patients with Non-Ulcer Dyspepsia.	Saudi Journal of Gastroenterology 2010; 16(3):207-214
3	Al Hariri, M.T.; Yar, T.; Bamosa, A.O. El Bahai, M.N.	Effects of two-months <i>Nigella sativa</i> supplementation on cardiac hemodynamics and adrenergic responsiveness.	J Pak Med Assoc 2009 Jun; 59(6):363-367
4	Yar, T.	Spinal shrinkage as a measure of spinal loading in male Saudi university students and its relationship with body mass index.	Saudi Med J 2008 Oct; 29(10):1453-7
5	Yar, T.	Using "Spinal shrinkage" as a trigger for motivating students to learn about obesity and adopt healthy lifestyle.	Adv Physiol Educ 2008 Sept; 32: 237-241
6	Yar T, El Hariri MT, El Bahai, MN, Bamosa AO.	Effects of <i>Nigella sativa</i> supplementation for one month on Cardiac reserve in rats.	Indian J Physiol Pharmacol. 2008 Apr- Jun; 52(2):141-148
7	El Bahai, M.N.; Al Hariri, M.T.; Yar, T.; Bamosa, A.O.	Cardiac inotropic and hypertrophic effects of <i>Nigella sativa</i> supplementation in rats.	Int.J Cardiol. 2009 Jan; 131:e115-e117. Online 2007 (Oct);
8	Yar T, Spencer G, Winlow W.	Effects of general anaesthetics on cultured Lymnaea neurones.	Acta Biol Hung. 1993; 44(1): 33-6.
9	Winlow W, Yar T, Spencer G, Girdlestone D, Hancox J..	Differential effects of general anaesthetics on identified molluscan neurones in situ and in culture.	Gen Pharmacol. 1992 Nov; 23(6): 985-92



Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
1	Yar T	A comparison of autonomic cardiovascular control in normal weight and obese young male students	October, 2008
2	Rafique, N, Yar T,	Correlation of spirometric variables with markers of obesity in female students at Dammam University	March , 2011
3	Yar T, Sheikh AB	Correlation of heart rate variability with body fat distribution in young Saudi males.	March 2012
4	Yar T, Basil AlShaikh, Abdelsalam E A Hassan, Nazish Rafique Yaqub Ahmad	Evaluation of the Effectiveness of Modified Physiology Laboratory Exercises for Medical Students addressing the Obesity Epidemic	2011

Current Researches

#	Research Title	Name of Investigator(s)
1	Baroreflex sensitivity in young normal weight and obese Saudi Individuals	Dr Talay Yar Prof M Nabil El Bahai
2	The effect of high intensity interval exercise on heart rate variability and blood pressure in obese individuals	<u>D</u> Dr Ahmed A AlSunni Dr Shaea AlKahtani Dr Talay Yar

Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	Using Simple Laboratory Exercises To Enhance Awareness about Obesity In University Students	IUPS Teaching conference and workshop 2012. Arabian Gulf University. Manama Kingdom of Bahrain 31 st March- 1 st April, 2012	Speaker
2	Restructuring The Laboratory Exercises to Promote Obesity Awareness in University Students	ASME Annual Scientific Meeting 2010. Medical Education: Innovation in a Traditional World, Cambridge, United Kingdom, July 21-23, 2010,	Speaker
3	Redesigning the Physiology Labs- An outcome-based approach	7 th GCC Medical Colleges Conference, Medical Education: Research and Applications. King Faisal University, College of Medicine, Dammam, Saudi Arabia. Nov 17-19, 2009	Speaker



#	Conference Title	Place and Date of the Conference	Extent of Contribution
4	Impact of peer review on the quality of multiple choice questions	7 th GCC Medical Colleges Conference. Medical Education: Research and Applications. King Faisal University, College of Medicine, Dammam, Saudi Arabia. Nov 17-19, 2009	Participant
5	Creating awareness about obesity in university students studying physiology, using measurement of spinal shrinkage and heart rate	First South Asian Conference of Physiological Societies and 11 th Biennial Conference of PPS. Nov 10-12, 2008, Shifa Coll. of Medicine, Islamabad, Pakistan. <i>Pak J Physiol</i> , 2008;4(1) S39	Speaker
6	Halothane depresses a high-voltage-activated calcium current in identified cultured neurones from <i>Lymnaea stagnalis</i> .	<i>J Physiol</i> . 1993; 459, 12P.	Speaker
7	A simple computer programme written in Spike2 script language to analyze single action potentials.	<i>J Physiol</i> . 1993; 467, 137P.	enterpres
8	Cultured <i>Lymnaea</i> neurones maintain their normal action potential types.	<i>J Physiol</i> . 1991; 434, 58P	Speaker
9	Cultured <i>Lymnaea</i> neurones as a tool for research into the cellular mechanisms of general anaesthesia.	<i>Neuroscience Letters</i> 1990; Suppl.38, S29.	presenter

Membership of Scientific and Professional Societies and Organizations

- South Asian Association of Physiological Societies
- Association for Study of Medical Education.
- Pakistan Physiological Society.

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Applied medical sciences	214, 222	Lectures, labs and tutorials
2	Dental	221	Lectures, labs and tutorials



#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
3	Medicine	203	Lectures, labs and tutorials
4	Nursing	216	Lectures, labs and tutorials

Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

1	Different aspects of human physiology in relation to respiratory therapy and physiotherapy
2	Different aspects of human physiology in relation to dentistry
3	Different aspects of human physiology to students of medicine

Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Research techniques		Labs
2	Mammalian physiology		Labs

Brief Description of Postgraduate Courses Taught: (Course Title – Code: Description)

1	Laboratory techniques using state of the art equipment such AS POWERLAB AND FINOMETER
2	Effects of high altitude on the physiology of man

Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	to
1	Physiology I	Applied medical Sciences	UG		2002	2013	Physiology I
2	Physiology II	Physiotherapy	UG		2002	2013	Physiology II
3	General Physiology	Dentistry	UG		2002	2011	General Physiology
4	Neuroscience	Medicine	UG		2013	To date	Neuroscience

Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
1	Masters	Effect of Long Term "Nigella Sativa" Supplementation on Cardiac Function in Rats	Dammam University	2005
2	Masters	Effect Of Sress On Pain Perception In Young Women	Dammam University	2008



#	Degree Type	Title	Institution	Date
3	Masters	The effect of treatment with Nigella sativa on eradication of Helicobacter pylori in dyspeptic patients	Dammam University	2009

Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1	Masters	Baroreflex sensitivity in young normal weight and obese Saudi Individuals	Dammam University	2013-14
2	Masters	The effect of high intensity interval exercise on heart rate variability and blood pressure in obese individuals	Dammam University	2013-14

Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

1	Powerlab data acquisition and analysis system
2	Heart rate variability
3	Beat to beat blood pressure monitoring with finometer

Last Update

26 August, 2013