

**SAIMA IBRAHIM**

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**OBJECTIVE:**

To contribute to the competence development, enabling to handle the task as assistant professor and head of teaching in future career as associate professor/professor at JUW and other universities. The development teaching competence cannot solely be viewed as a benefit of a programme. This competence development is very much based on the teaching practice of the assistant professors, for which reason it is the primary objective to promote and challenge this teaching practice

**WORKING EXPERIENCE:**

- Current Job Status: **Assistant Professor:** 24 Aug 2009 to till date in Department of Botany , Jinnah University for Women
- Previous Job Title: **Lecturer** (Permanent): 23 Aug 2004 to 23 Aug 2009 in Department of Botany, Jinnah University for Women
- Previous Job Title: **Lecturer** (Contract): July 2003 to Dec. 2003 in Department of Botany, Jinnah University for Women

**ACADEMICS QUALIFICATION:**

- **M.Sc. (Botany) (Gold Medalist)** passed in 2002 With overall **First Position** in science faculty from Jinnah University for Women , Karachi. **CGPA 4 (85%)**
- **B.Sc.** passed in 1999 with **First Division** from PECHS girls College, Karachi Board.
- **Intermediate** passed in 1997 With **'A' Grade** from Karachi Board.
- **Matriculation** passed in 1995 With **'A' Grade** from Karachi Board.

**PERSONAL INFORMATION:**

- Father's Name: Muhammad Ibrahim
- N.I.C No: 42000-0457966-4
- Date of Birth: 04<sup>th</sup> September 1978
- Place of Birth: Karachi
- Religion: Islam
- Nationality: Pakistani
- Marital Status: Married
- Husband Name: Haris Ali

**COMPUTER SKILLS:**

- MS Office ( Words, Excel, Power Point, Web Publisher)
- Basic Knowledge of Windows & Internet
- Endnote, Google Scholar
- SPSS (Statistical Analysis)
- LMS -JUW

## **SOCIAL NETWORKING PROFILE:**

- LinkedIn: <https://www.linkedin.com/in/saima-ibrahim-895212a6/>
- Google Scholar : <https://scholar.google.com.pk/citations?user=ccVigh4AAAAJ&hl=en>  
<https://scholar.google.com.pk/citations?hl=en&user=ccVigh4AAAAJ>
- Admin of JUW ALUMNI COUNCIL Facebook Page
- Admin of BOTANICAL SOCIETY Facebook Page

## **AWARD/SHIELD/MEDAL:**

- Shield in recognition for first division in M.Sc , Department of Botany, Jinnah University for women Batch 2000-2001
- Gold Medal recognition for overall first division in Science Faculty, Jinnah University for women in the year 2001.
- Award of Best Program Incharge in Student Week, Jinnah University for women, year 2008
- Award of ORIC Research Project 2017-2018 for project title: *Production of Ethnoveterine Medicine: A Potential Alternative For Orthodox Livestock Development.*

## **POST AND HONORS:**

- *Assistant Professor*, Department of Botany , Jinnah University for women. From 2009 till now.
- *Lecturer*, Department of Botany , Jinnah University for women. From 2004 - 2009
- *President* of JUW-Alumni Council from 2018
- *Vise President* of JUW-Alumni Council from 2015-2017.
- *Co-Ordinator* of Examination Committee JUW (2016-2018)
- *Student Advisor* (Botany Department) of Student's Advisory Committee from 2012 till now.
- *Member* of Board of Studies, Department of Botany, Jinnah University for women.
- *Executive Officer* of Botanical Society, Department of Botany , Jinnah University for women.
- *Editor /Reviewer* of Research Journal RADS, Jinnah University for women.
- *Member* of SAR, QEC, Jinnah University for women.

## **PROJECT:**

Project submitted to PSF-2017 entitled: Production of Ethnoveterine Medicine: A Potential Alternative For Orthodox Livestock Development

## **CONFERENCE/WORK SHOP:**

### **2008**

1. National conference of Ecology, Held at Department of Botany, Federal Urdu Science University, Karachi on 24-27 Nov, 2008.

### **2011**

2. One day workshop/ certificate course on **Training of SPSS Software And Its Use In Research Data Analysis** held at Jinnah University for women with the collaboration of business research consultants, Karachi on 24<sup>th</sup> May 2011.
3. 2<sup>nd</sup> National workshop on **Screening Techniques For Stress Tolerance** held at Nuclear Institute of Agriculture (NIA) Tandojam on 5<sup>th</sup>-6<sup>th</sup> October, 2011.
4. Seminar on **Aware & Promote Adolescent & Youth Sexual & Reproductive Health** organized by sports & youth affairs department, government of sindh & united nations population fund (UNFPA), Held at Jinnah University for women, on Dec.2011.
5. 3<sup>rd</sup> international conference/workshop on **Dendrochronology & Plant Ecology** held at Dept. of Botany Federal Urdu Science University, Karachi on 25<sup>th</sup> – 30<sup>th</sup> Nov. 2011.

### **2012**

6. Seminar on **Aware and promote Adolscent and youith sexual and reproductive heath** organized by sport and youth affair department, government of Sindh in collaboration with the United Nation Population Fund (UNFPA) held on Jan. 2012 at JUW.
7. Forth international conference/workshop on **Dendrochronology And Plant Ecology** held at Department of Botany Federal Urdu Science University, Karachi on 6<sup>th</sup> – 9<sup>th</sup> Nov. 2012.

### **2013**

8. 3<sup>rd</sup> National workshop on **Screening Techniques For Stress Tolerance** held at Nuclear Institute of Agriculture (NIA) Tando jam on October, 2013.

### **2014**

9. 2<sup>nd</sup> International Conference on **Environmental Horizon: Greening The Blue** held at Dept. of Chemistry, University of Karachi, on Jan 1-3, 2014 (Poster Presentation)
10. 1<sup>st</sup> National Symposium on **Plant responses to environmental stresses: Recent Advances in Agriculture and Farming**, Held at Department of Botany, Jinnah university for women, Karachi, on 15<sup>th</sup> Nov. 2014. (Poster Presentation)
11. Symposium and Workshop on World Diabetes Day **“Role of Ethnopharmacology in Metabolic Disorders”** held at Phytopharmacology & Biotechnology Research Laboratory, Department of Biochemistry, University of Karachi, on 18<sup>th</sup>& 19<sup>th</sup> November, 2014.

### **2015**

12. Workshop on **Kitchen Garden**, held at University of Karachi, on 8<sup>th</sup> April 2015.
13. Seminar & Workshop on **Invaders of Plant Root; Root Biomicrobe**, held at Department of Botany, Jinnah university for women, Karachi, on 18<sup>th</sup> April, 2015.

14. One day Workshop on '**Open Biological Ontology-Editor (OBO-Edt)**' held at Department of Computer Science and Information Technology, Jinnah University for women on 7<sup>th</sup> Sept. 2015.
15. One Day Seminar on **Herbal Medicine: Leaf To Drug Molecule** held at Department of Botany, Jinnah university for women, Nazimabad, Karachi, on 16<sup>th</sup> Sept. 2015.
16. One day semeniar of **Breast Cancer Awareness** held on 2<sup>nd</sup> Nov. 2015 organised by Department of Chemistry, Jinnah university for women

## **2016**

17. 14<sup>th</sup> National And 5<sup>th</sup> International Conference of Botany on **Climate Change And Phytodiversity: Challenges And Opportunities**, held at University of Karachi, on 15<sup>th</sup> to 18<sup>th</sup> January 2016. (Poster Presentation)
18. One Day Seminar on **Industrial And Household Application of Locally Occurring Seaweeds: Present And Future Prospects** held at Department of Botany, Jinnah university for women, on 31<sup>st</sup> March 2016.
19. One Day Lecture on **Importance Of Management Sciennes And Social Sciences In The Contemporary World**, held at Department of Political Science, Jinnah University For Women On 2<sup>nd</sup> April 2016.
20. One day Symposium on **Biomarkers As Diagnostic Tool: Approaches And Challanges** held at Department of Biochemistry & Biotechnology, Jinnah University for Women, on 09<sup>th</sup> April, 2016.
21. HEC-Video conference on **Triangulation in teaching Assesment and learnoing outcome** by Dr. M. Usmani (consultant for the Deanship of quality and head of quality and strategic planning: king Saud University, Riyadh) arranged on 27<sup>th</sup> July 2016 in video conference room , Jinnah University for women.
22. Three days Symposium and workshop on **Chemist role and career in industries** , Organized by Department of Chemistry, JUW. 1-3<sup>rd</sup> Sept. 2016

## **2017**

23. 5<sup>th</sup> National workshop on **Salt tolerance**, held at Nuclear Institute of Agriculture (NIA) Tando jam on Feburary, 2017.
24. Video Conference on **Quality Managemnet System** arranged on 21<sup>st</sup> Feb 2017 in video conference room , Jinnah University for women.
25. 1<sup>st</sup> International Symposium on **“Protecting the Environment: Role of Plants and Microbes”** on 25<sup>th</sup> -26<sup>th</sup> July 2017. held at Department of Botany, Jinnah University for women, Karachi.
26. Workshop on Plant Systematics: a practical approach (collection and identification techniques) held on 27<sup>th</sup> October 2017 at Department of Botany, Jinnah University for women, karachi

## **2018**

27. 6<sup>th</sup> National workshop on **Practical Approaches for the identification of stress tolerant plants** , organized by Pakistan Atomic commission, held at Nuclear Institute of Agriculture (NIA) Tandojam on 14<sup>th</sup> – 16<sup>th</sup> Feburary, 2018.
28. Two Days Exhibition in Botanical Wonders: DIY Dynamics of Botany, held on 3<sup>rd</sup> April 2018 organized by Department of Botany, Jinnah University for women, karachi

## RESEARCH PUBLICATION:

1. Saima Ibrahim. 2011. *Effects of Eucalyptus camaldulensis Dehnh. Aqueous leaf litter extract on the growth of Green gram (Vigna Radiata L.) wilczek*. International Journal of Biology and Biotechnology. 8(1):103-106
2. Saima Ibrahim. 2011. *Bio-Control of Allelopathic effects of Eucalyptus camaldulensis Dehnh. leaf litter on the growth of Green gram (Vigna Radiata L.) with Farm yard manure*. International journal of Biology and Biotechnology. 8(1):107-113
3. Saima Ibrahim 2011. *Allelopathic effects of Eucalyptus (Eucalyptus camaldulensis) aqueous leaf litter extract on the growth of wheat (Triticum aestivum L.) and Regulation by farmyard manure*. FUUAST journal of Biology. 1(1):87-90
4. Saima Ibrahim, Nayab Bashir, 2011. *Effect of inorganic fertilizer supplemented with farmyard manure on seedling growth of wheat (Triticum aestivum) in plate culture*. International journal of Biology and Biotechnology. 8(4):609-612.
5. R. Perveen and S. Ibrahim. 2012. *Adsorbent Potential of Tea Waste to Control Cadmium Toxicity on Wheat Seedling Growth*. Pakistan Journal of Chemistry. 2(1):1-5, 2012
6. Saima Ibrahim, Shazia Bibi 2012. *Allelopathic Effects of Eucalyptus camaldulensis Leaf Leachate on the Growth of Wheat and Green gram and its Control by Farm yard Manure*. Pakistan journal of science and industrial research (PCSIR), Series B; biological sciences, 55(2); 65-69.
7. Saima Ibrahim, Nayab Bashir 2012. *Compromising with Expensive NPK Fertilizer by Cheapest Farmyard Manure with respect to the Yield Components of Blackgram (Vigna mungo L.) Hepper*. RADS Journal of Biological Research & Applied Science. Vol.3 (1) 27-30.
8. Saima Ibrahim<sup>1</sup>, Shakila Bano<sup>1</sup> 2012. *Sodicity control by gypsum & FYM with reference to green gram (Vigna radiate ) growth RADS .Vol 3 (2); 01-07*
9. Afsheen Aamir and Saima Ibrahim 2013. *FYM+NPK Fertilization To Control Allelochemical Effects of Mangifera Indica L. Leaf Leachate On Lens Culinaris L.* Journal of Pharmacy and Clinical Sciences. Vol (6); Jan-March; 21-25.
10. Saima Ibrahim<sup>1</sup> and Erum Mumtaz<sup>2</sup> 2014. *Application of Agro-Waste Products as Organic and Value Added Biofertilizer for Improving Plant Growth*. Journal of Pharmacy and Clinical Sciences. Vol (8); Jan-March 2014
11. Rabia Badar, Iqra Aslam, Saima Ibrahim, Shabnum shabbir 2014. *Comparative effect of composts with and without microbial inoculants on the growth of Vigna radiata*. International Journal of Advances in Pharmacy, Biology & Chemistry. IJAPBC – Vol.3(1), Jan-Mar, 2014. **Impact Factor : SJIF 5.548**

12. Saima Ibrahim; Faiza Naz 2014, *Effect of Sulphur on Plant Growth & Defense System Against Salinity Stress*. Journal of Advances in Biotechnology (JBT) . Vol 1, No 1 (1): 32-39 **Impact Factor 0.742.**
13. Saima Ibrahim, Sadaf Faryal, 2014. *Augmentation of Trigonella foenum-graecum L. (methi) Growth under Salinity Stress and Allelochemical stress Through Mn+B+Zn Mixture Foliar Spray*, Journal of Pharmacognosy and Phytochemistry; 3 (2):48-53. **Impact Factor: GIF: 0.255, ICV (Poland): 7.08**
14. Rabia Badar, Zaibun Nisa, Saima Ibrahim (2015). *Supplementation of P with rhizobial inoculants to improve growth of Peanut plants*, International Journal of Applied Research 2015; 1(4): 19-23 **Impact Factor: RJIF 5.2**
15. Saima Ibrahim<sup>1\*</sup>, Sidra Shabbir<sup>1</sup> 2014. Effect of Zinc on Lentil (Lens culinaris L.) Metabolites and Antioxidant Enzyme Activities. RADS Vol 5 (1), 20-24
16. Saima Ibrahim<sup>1</sup>; Aliza Kiran<sup>2</sup>; Mehak Rashid<sup>2</sup>; Saba Yamin<sup>2</sup>; Aqsa Zarlish<sup>2</sup>; Shumaila Munir<sup>3</sup>; Rida Tehreem<sup>3</sup> 2015. *The Efficacy of Chlorinated water used for irrigation purpose on plant initial growth*. Journal of Pharmacognosy and Phytochemistry 2015; 4(4):17-19 **Impact Factor: GIF: 0.255, ICV (Poland): 7.08**
17. Saima Ibrahim, Amina Ajmal, Bisma Batool, Sadia Perveen, Anum Ansari, Saman Mustafa, 2014. Inhibitory effects of Mangifera indica L. leaf leachate on Pennisetum glaucum. L. (Pearl millet) growth. RADS Vol 5 (2),10-13
18. Saima Ibrahim<sup>1</sup>, Erum Mumtaz<sup>2</sup> 2016. *P-Solubilizing Ability of Aspergillus Niger Inoculated With Agro-Waste Residues; Used As C And N Based Medium For Fungal Growth*. abstract published in abstract book of 14<sup>th</sup> National and 5<sup>th</sup> international conference held at arranged by Pakistan Botanical society, University of karachi on 15<sup>th</sup> – 18<sup>th</sup> Januray 2016.
19. Saima Ibrahim<sup>1</sup>, Rahat Perveen<sup>2</sup> 2016. *Cadmium effect on growth and primary metabolites content of Trigonella foenum graecum and its Remediation through Tea (Camella cinencis) Wastage*. abstract published in abstract book of in 2<sup>nd</sup> international conferencve of biotechnology (ICB-2016) held at University of South Asia, Lahore. on February 24-25, 2014 **(Poster Presentation)**

## **ONLINE PUBLISHED BOOKS**

**Publisher: LAP Lambert Academic Publishing House, Germany**

1. **Adsorbent potential of teawaste to control cadmium toxicity on plant growth** with reference to the seedling growth of wheat (*Triticum aestivum* L.) & Methi (*Trigonella foenum graecum* L.), **2011**,  
Author: Saima Ibrahim; Co- Author: Rahat perveen
2. **Compromising expensive NPK with Cheapest FYM** Comparative study of inorganic NPK Fertilizer and Organic Farmyard Manure effects on yield components of *Vigna mungo* L.), **2012**,  
Author: Saima Ibrahim; Co- Author: Nayab Bashir
3. **Biocomposting of Agro-waste residues by phosphate solubilizing fungi** Application of Agro-waste products as organic and value added Biofertilizer for improving plant growth), **2013**,  
Author: Saima Ibrahim; Co- Author: Erum Mumtaz
4. **Foliar Application of Essential Micro Nutrients [ Mn+Z+B] to Control Salinity and Allelochemical Stress** With Respect to Sunflower (*Helianthus annuus* L.) Growth), **2013**  
Author, Saima ibrahim; Co- Author: Sadaf faryal
5. **Augmentation of Methi (*Trigonella foenum-graecum* L.) plant growth** under Salinity and Allelochemical stress through Micronutrients Foliar Application. **2014**,  
Author, Saima ibrahim; Co- Author: Sadaf faryal
6. **Effect of Sulphur on Plant growth and defense system** with respect to the performance of Chick pea (*cicer arietinum* L.), under different Salinity levels. **2014**. Authors, Saima Ibrahim, Co- Author: Faiza Naz.
7. **Phosphate Solubilizing Fungi As Biofertilizer:** Effect of Different Biofertilizer Inoculated with Phosphate Solubilizing Fungi (*Aspergillus niger*) on plant growth. April 19, **2017**, Authors: Saima Ibrahim, Co- Author: Erum Mumtaz

WEBLINK:

<https://scholar.google.com.pk/citations?user=ccVigh4AAAAJ&hl=en>

[https://www.amazon.com/s?ie=UTF8&page=1&rh=n%3A283155%2Cp\\_27%3ASaima%20Ibrahim](https://www.amazon.com/s?ie=UTF8&page=1&rh=n%3A283155%2Cp_27%3ASaima%20Ibrahim)

### **RESEARCH SUPERVISED:**

1. **Thesis Title:** *Bio-Control of Allelopathic effects of Eucalyptus camaldulensis leaf litter on the growth of Wheat (Triticum aestivum L.) and Green gram (Phaseolus aureus L.) with Farm yard manure-*

Student : Shazia BiBi, M.Sc. (final)-2009.

2. **Thesis Title:** *Soil Sodicity Reclamation Through Gypsum And Farm Yard Manure-*

Student : Shakila Bano –M.Sc. (Final)-2010.

3. **Thesis Title:** *Comparative Study of Inorganic Fertilizers and Organic Manures on Yield Components of Black gram (Vigna mungo L.) Hepper- R*

Student : Nayab Bashir, BS-IV year- 2010.

4. **Thesis Title:** *“Adsorbent potential of tea waste to control cadmium toxicity on seedling growth of wheat (Triticum aestivum L.) & methi (Trigonella foenum-graecum L.)”-*

Student : Rahat Perveen, BS-IV year- 2011

5. **Thesis Title:** *“Effect of different concentration of zinc on germination and seedling growth of wheat (Triticum aestivum L.) and lentil (Lens culinaris L.) –*

Student : Sidra Shabbir, BS-IV year-2011.

6. **Thesis Title:** *“Application of agro-waste products as organic and value added fertilizer for improving plant growth [project-1]-*

Student : Erum Mumtaz, M.Sc , 2012

7. **Thesis Title:** *“Effect of different biofertilizer inoculated with phosphate solubilizing fungi ‘Aspergillus niger’ on plant growth.[project-2]-*

Student : Erum Mumtaz, M.Sc(Final), 2012

8. **Thesis Title:** *“Augmentan of Sunflower (Helianthus annuus L.) and Methi (Trigonella foenum-graecum L.) plant growth Under Salinity & Allelochemical Stress through Micronutrient Foliar Spray” –*

Student : Sadaf Faryal, M.Sc, 2012.

9. **Thesis Title:** *“Effect of Sulphur on Black gram defense system against Salinity stress” –*

Student : Faiza Naz, BS IV year-2012.



## **OTHER ARTICLES PUBLICATION LIST**

1. Saima Ibrahim, 2009. Eucalyptus a good choice in the arid zone. Pakistan and Gulf Economist March30 – April5, Vol. xxviii, No. 13: 39-40.
2. Saima Ibrahim, 2009.Kalabagh Dam; Yes or No. Pakistan and Gulf Economist April6 – April12, Vol. xxviii, No. 14: 13.
3. Saima Ibrahim, 2009. Miracles of Aleo Vera. Pakistan and Gulf Economist April6 – April12, Vol. xxviii, No. 14: 47-48.
4. Saima Ibrahim, 2009.Saffron crocus: Not an ordinary autumn blooming beauty. Pakistan and Gulf Economist April13 – April19, Vol. xxviii, No.15: 42-43.
5. Saima Ibrahim, 2009. Opportunities of Agroforestry in Pakistan. Pakistan and Gulf Economist April20 – April26, Vol. xxviii, No. 16: 43-44.
6. Saima Ibrahim, 2009.Green Revolution: A product of Biotechnology. Pakistan and Gulf Economist May11-17, Vol. xxviii, No. 16: 104-106.
7. Saima Ibrahim, 2009. Rose Oil: The Hidden benefits beneath beauty. Pakistan and Gulf Economist June1-7, Vol. xxviii, No. 22: 39-41.
8. Saima Ibrahim, 2009. Kalonji-Miraculous cure for many diseases. Pakistan and Gulf Economist July20, Vol. xxviii: 42-44
9. Saima Ibrahim, 2009. Saffron crocus. Economic Review, Pakistan's journal of Economic Development, July-August, Vol. xxxx, No. 3: 27-30.
10. Saima Ibrahim, 2009. Impact of Budget 2009 on Agriculture. Economic Review, Pakistan's journal of Economic Development, July-August, Vol. xxxx, No. 7-8: 36-39.
11. Saima Ibrahim, 2009. Dams: Must and Must Not. Economic Review, Pakistan's journal of Economic Development, July-August, Vol. xxxx, No. 7-8: 41-42.
12. Saima Ibrahim, 2009. Green Tea can make you Beautiful. Pakistan and Gulf Economist, July8-july14, Vol. xxviii, No. 23: 45-46
13. Saima Ibrahim, 2009.Junk Food; smart choice about market, not health. Pakistan and Gulf Economist, July27-August2, Vol. xxviii, No. 30: 44-45.
14. Saima Ibrahim, 2009. Causes and Remedies of Arthritis. Pakistan and Gulf Economist August10-August16, Vol. xxviii, No. 32: 42-43
15. Saima Ibrahim, 2009. Renewable Energy Resources. Pakistan and Gulf Economist, August31-September6, Vol. xxviii, No. 35: 39-41
16. Saima Ibrahim, 2009. Are Genetically Modified Food Safe?. Pakistan and Gulf Economist ,September14-September20, Vol. xxviii, No. 37: 46-48
17. Saima Ibrahim, 2009. Thar Coal Reserves. Economic Review, Pakistan's journal of Economic Development, October, Vol. xxxx, No. 10: 41-42.
18. Saima Ibrahim, 2009. Thar Coal Reserves. Pakistan and Gulf Economist, October12-October18, Vol. xxviii, No. 41: 37-39.
19. Saima Ibrahim, 2009. Food (In) security. Pakistan and Gulf Economist, October26-November1, Vol. xxviii, No. 43: 38-39.
20. Saima Ibrahim, 2009.Beneficial Bacteria. Pakistan and Gulf Economist, November2-November8, Vol. xxviii, No. 44: 42-43.
21. Saima Ibrahim, 2009. Super Food. Pakistan and Gulf Economist, November9-November 15, Vol. xxviii, No. 45: 49-50.
22. Saima Ibrahim, 2009. Acquisition of Farmland. Pakistan and Gulf Economist, December14-December20, Vol. xxviii, No. 50: 41-42.
23. Saima Ibrahim, 2009. Renewable Energy Resources. Economic Review, Pakistan's journal of Economic Development, December, Vol. xxxx, No. 12: 29-32.

24. Saima Ibrahim, 2010. Removing Contamination from Milk. Pakistan and Gulf Economist, January11-January17, Vol. xxix, No. 2: 40-41.
25. Saima Ibrahim, 2010. Herbs as Antibiotic. Pakistan and Gulf Economist, January18-January24, Vol. xxix, No. 3: 44.
26. Saima Ibrahim, 2010. Tea- for energizing. Pakistan and Gulf Economist, Jan25-Jan31, Vol. xxix, No. 4: 44-45.
27. Saima Ibrahim, 2010. Osteoporosis- a bone of fracture. Pakistan and Gulf Economist, January25-January31, Vol. xxix, No. 4: 47-48.
28. Saima Ibrahim, 2010. How to treat Migraine. Pakistan and Gulf Economist, Feb1-Feb7, Vol. xxix, No. 5: 46-47.
29. Saima Ibrahim, 2010. Reduced Blood Cholesterol. Pakistan and Gulf Economist, Feb8-Feb14, Vol. xxix, No. 6: 57.
30. Saima Ibrahim, 2010. Herbalism. Pakistan and Gulf Economist, Feb8-Feb14, Vol. xxix, No. 6: 58.
31. Saima Ibrahim, 2010. Manage you Aggression. Pakistan and Gulf Economist, Feb15-Feb21, Vol. xxix, No. 7: 51-52.
32. Saima Ibrahim, 2010. Gender Discrimination. Pakistan and Gulf Economist, Feb22-Feb28, Vol. xxix, No. 8: 57.
33. Saima Ibrahim, 2010. Gender Discrimination. Pakistan and Gulf Economist, Feb22-Feb28, Vol. xxix, No. 8: 57.
34. Saima Ibrahim, 2010. Preserved Food Hazardous. Economic Review, Pakistan's journal of Economic Development, March, Vol. XLI, No. 3: 7-10.
35. Saima Ibrahim, 2010. Loose Milk v/s Packed Milk. Pakistan and Gulf Economist, March8-March14, Vol. xxix, No. 10: 60-61.
36. Saima Ibrahim, 2010. How to treat Migraine. Economic Review, Pakistan's journal of Economic Development, April, Vol. XLI, No. 4: 11-12.
37. Saima Ibrahim, 2010. Natural Disasters. Pakistan and Gulf Economist, April5-April11, Vol. xxix, No. 14: 42-43.
38. Saima Ibrahim, 2010. Women Health. Pakistan and Gulf Economist, April19-April25, Vol. xxix, No. 16: 16.
39. Saima Ibrahim, 2010. Varicose Veins. Pakistan and Gulf Economist, July19-July25, Vol. xxix, No. 29: 39-41.
40. Saima Ibrahim, 2010. Dehydration. Pakistan and Gulf Economist, July26-August1, Vol. xxix, No. 30: 38-39.
41. Saima Ibrahim, 2010. Caffeine. Pakistan and Gulf Economist, August16-August22, Vol. xxix, No. 33: 24.
42. Saima Ibrahim, 2010. Addiction. Pakistan and Gulf Economist, September27-October3, Vol. xxix, No. 39: 38-40.
43. Saima Ibrahim, 2010. Transgenic Plant. Pakistan and Gulf Economist, Nov1-Nov7, Vol. xxix, No. 44: 20-21.
44. Saima Ibrahim, 2010. Disprin- Effect or Side effect. Pakistan and Gulf Economist, November1-November7, Vol. xxix, No. 44: 41-42.
45. Saima Ibrahim, 2010. Women of Substances. Pakistan and Gulf Economist, December20-December26, Vol. xxix, No. 51: 17-18.
46. Saima Ibrahim, 2010. Women-Victims of Capitalization. Pakistan and Gulf Economist, December20-December26, Vol. xxix, No. 51: 20-21.
47. Saima Ibrahim, 2010. Sleeping Disorders. Pakistan and Gulf Economist, December20-December26, Vol. xxix, No. 51: 40-42.
48. Saima Ibrahim, 2010. Preserved Food Hazardous. Ferozaan, December, Vol. No. 12: 56-61.

49. Saima Ibrahim, 2011. Lemon and Health. Pakistan and Gulf Economist, January17-Jan 23, vol. xxx, No. 3: 43-44
50. Saima Ibrahim, 2011. Fruits: Nutritional Values. Pakistan and Gulf Economist, Jan17-Jan23, Vol.xxx.No. 3:47-48
51. Saima Ibrahim, 2011. Blood Pressure. Pakistan and Gulf Economist, Febuary7-Febuary13, Vol. xxx. No. 6: 24, 38-39
52. Saima Ibrahim, 2011. Knee Replacement Surgery. Pakistan and Gulf Economist, Febuary14-Febuary20, Vol.xxx. No.7: 44-45
53. Saima Ibrahim, 2011.Zinc Fortified Foods. Pakistan and Gulf Economist, Feb21-Feb27, Vol.xxx. No.8: 38-39
54. Saima Ibrahim, 2011. Food As Thought. Pakistan and Gulf Economist, Mar 7-March13, Vol.xxx. No.10: 41-43
55. Saima Ibrahim, 2011. Role of education in Civilization. Pakistan and Gulf Economist, April4-April10, Vol.xxx. No.14: 4-5
56. Saima Ibrahim, 2011. Miraculous Plant. Pakistan and Gulf Economist, May2-May15, Vol.xxx. No.18-19: 48-49
57. Saima Ibrahim, 2011. Terrorism, Reasons and Precautions. Pakistan and Gulf Economist, May2-May15, Vol.xxx. No.18-19: 55-56
58. Saima Ibrahim, 2011. Research Journal, A prime Source of information. Pakistan and Gulf Economist, May2-May15, Vol.xxx. No.18-19: 106-107
59. Saima Ibrahim, May 2011. Global Environmental Challenges. Firozan, 56-59
60. Saima Ibrahim, 2011. Forestry and Forest Management in Pakistan. Pakistan and Gulf Economist, May23-May29, Vol.xxx. No.21: 22-24
61. Saima Ibrahim, 2011. Biodiversity in Pakistan. Pakistan and Gulf Economist, May30-Juna5, Vol.xxx. No.22:39-41
62. Saima Ibrahim, 2011. Tide in Suicide. Pakistan and Gulf Economist, July4-July10, Vol.xxx. No.27: 52
63. Saima Ibrahim, 2011. Karachi Weather. Pakistan and Gulf Economist, July11-July17, Vol.xxx. No.28: 8-9
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