

CURRICULUM VITAE

Summary

Sabzar Ahmad Dar is presently working as an Sr. Assistant Professor in the Department of Higher Education, Government of Jammu & Kashmir, India. After completing his master's degree in zoology with distinction in 2009, he has qualified prestigious NET (National Eligibility Test, a competitive examination conducted for the recruitment of Assistant Professors in Indian Universities) with JRF (Junior Research Fellowship, given to top 3% of the NET qualifying candidates) to pursue his higher studies. He joined University of Kashmir as a research scholar and completed his doctorate degree in zoology from the faculty of biological Sciences in 2016. He has been actively engaged in research and teaching. Dr. Dar has diverse research interests which mainly include **aquatic toxicology, fish biochemistry, fish genetics, phytochemistry and diabetology**. Dr. Dar has become an emerging scientist in the field of phytochemistry and toxicology, and has published his research findings in the form of manuscripts, book, book chapters, and review articles with many international publishing houses of scientific reputation. Dr Dar has recently published a book entitled "Medicinal value of Stinging Nettle" with Germany based publishing house, in which traditional and research findings has been merged together, and Dr. Dar has been facilitated with many awards and is also an active member of many associations like International Society of Toxicology (SOT) and Indian Science Congress Association (ISCA).

EDUCATIONAL QUALIFICATIONS

Degree	Year of passing	Subjects [specialization]
Ph.D.	2016	Zoology [Herbal drug discovery] [Aquatic toxicology]
Title of Thesis		Mutagenic Effects of Endosulfan in Crucian Carp (<i>Carassius carassius</i> L.) and the Role of <i>Podophyllum hexandrum</i> Royle as an Antimutagen
M. Phil.	2010	Zoology [Herbal drug discovery] [Toxicology]
Title of Dissertation		Pharmacological and Toxicological Evaluation of <i>Urtica dioica</i>

WORK EXPERIENCE

S. No.	Positions held	Name of the Institute	From	To
1.	Assistant Professor	Department of Higher Education, J&K	07/04/2017	Till date
2.	Teacher	Deptt. of School Education, J&K	01/01/2015	06/04/2017

AWARDS & ACHIEVEMENTS

- Qualified **CSIR/UGC-NET** (National Eligibility Test, a competitive examination conducted for the recruitment of Assistant Professors in Indian Universities) with **JRF** (Junior Research Fellowship, given to top 3% of the NET qualifying candidates) in 2013, with **all India rank 69**
- Promoted as Senior Research Fellow (**SRF**) in 2015.
- Awarded with “University Scholarship for Meritorious Student” during the first year of Ph.D.

SCIENTIFIC CONTRIBUTION

No. of publications	Total impact factor	Total citations	i-10 index	h-index	Book/Book-Chapter	No. of paper presentations in national conferences
18 Annexure-I	31.56	819	17	14	01/02 Annexure-I	24 Annexure-II

PROFESSIONAL COMPETENCE

- **Editorial Board Member of the journals:** EC Diabetes and Metabolic Research
www.econicon.com/specialissue_diabetes.php
International journal of biology and nanobiomaterials
www.ijbnb.com
Exploratory Biotechnology Research
https://kemfo.org/index.php?option=com_content&view=article&id=47&Itemid=238
Guest Editor for the Special Issues in “Pharmaceutical Sciences and Biomedical Analysis Journal”.
- **Invited reviewer of the journals:** Environmental and Molecular Mutagenesis, Pharmaceutical biology, Journal of Ethnopharmacology, British journal of Applied

Science & Technology, Brazilian journal of Microbiology, British Microbiology Research Journal.

- **Analytical techniques:** Expert with Good Laboratory Practices (GLP) and standard operation procedures (SOPs) and experienced in handling the instruments like UV-Visible Spectrophotometers, ELISA reader, Centrifugation units, Homogenizers, Laminar flow, Lyophilizer, Rotary evaporator, and interpretation of the GC-MS, LC-MS and HPLC data.
- **Biological studies:** Expertise with diverse experimental models. Main focus include acclimatization, induction of diseases in rodent model like diabetes and arthritis; amelioration through phytochemicals; carrying out various toxicological protocols in rodent as well as piscine model, through standard procedures, like genotoxicity biomarkers (micronucleus, chromosomal aberration and comet assays), liver enzyme markers (ALP, SGOT, SGPT), oxidative stress biomarkers (ROS, LPO, GSH, SOD, CAT); observation and recording of animal behavior, haematology, neurotoxicity and reproductive toxicity.
- **In vitro studies:** Excellent skills in maintenance and revival of microbial cultures; screening of plant extracts for antimicrobial activity, carrying out bioautography, Minimum Inhibitory Concentration, and determining antioxidant activity.
- **Purification:** Excellent skills in purification of bioactive phytochemicals using crystallization, distillation and chromatographic techniques.
- **Technical skills:** Conversant with commonly used computer softwares: SPSS (calculating the lethal concentrations of pesticides to different models), MS-Office, Prism and Adobe Photoshop. Capable of preparation of laboratory reports and manuscripts for publications.
- **Personal ability:** Excellent verbal and communication skills. Maintain good interpersonal relationships with capability of performing collaborative and independent work with the identification of technical problems, and solving them independently.
- **Memberships:** Life Membership in the Indian Science Congress Association (ISCA), Kolkata, India; Life Membership in the *Kashmir University Alumni* Association (KUAA)

ANNEXURE-I

BOOK

- **Dar SA** and Sharma P (2017). Medicinal Value of Stinging Nettle: An Experimental Approach. Noor Publishing, OmniScritum GmbH & Co, Deutschland/Germany.

BOOK CHAPTER

- Hayyat FS, Allayie SA, Malik JA, **Dar SA** (2024). The Role of Dietary Fiber in Promoting Health: A Review of Choice and Outcomes. Food Process Engineering And Technology; Safety, Packaging, Nanotechnologies And Human Health, Springer Nature. 494-504
- Singh R, Sharma P, Kumar N and **Dar SA** (2011). Probiotics in Management of Diabetes mellitus: Present and Future Prospects. *Emerging trends in Zoology*, pp 439-474.

ANNEXURE-I

PUBLICATIONS

- 1) Zargar UR, Khanday SA, Rather MI, **Dar SA**, Zargar NH, Mir AH (2023). Accelerated eutrophication alters fish and aquatic health: a quantitative assessment by using integrative multimarker, hydrochemical, and GIS modelling method in an urban lake. *Environ Monit Assess.* 196(1):40. doi: 10.1007/s10661-023-12213-6. PMID: 38097852. **[IF = 3.1]**
- 2) **Dar SA** (2017). Antibacterial activity of rhizome extracts from *Podophyllum hexandrum* Royale. *Edu Plus*, 1(3):57-62.
- 3) **Dar SA**, Yousuf AR, Balkhi MH, Ganai BA, Tantry M and Bhat FA (2016). *Podophyllum hexandrum* ameliorates endosulfan-induced genotoxicity and mutagenicity in freshwater cyprinid fish crucian carp. *Pharmaceutical Biology*, 55(1): 173–183. doi.org/10.1080/13880209.2016.1233568. **[IF = 4.4]**
- 4) **Dar SA**, Yousuf AR and Balkhi MH (2016). An Introduction about Genotoxicology Methods as Tools for Monitoring Aquatic Ecosystem: Present Status and Future Perspectives. *Fish Aquac J*, 7: 158. doi:10.4172/2150-3508.1000158.
- 5) **Dar SA**, Yousuf AR, Balkhi MH, Ganai FA and Bhat FA (2015). Assessment of endosulfan induced genotoxicity and mutagenicity manifested by oxidative stress pathways in freshwater cyprinid fish crucian carp (*Carassius carassius* L.). *Chemosphere*, 120: 273-283. **[IF = 8.1]**
- 6) Bhat TM, Choudhary S, Ansari MYK, Aslam R and **Dar SA** (2015). Ameliorative response of some essential oil furanocoumarins and proteins from *Psoralea corylifolia* against gamma-irradiation induced oxidative stress. *Industrial Crops and Products*, 76: 422–431. **[IF = 6.872]**

- 7) **Dar SA**, Yousuf AR, Balkhi MH and Ali MN (2014). Oxidative stress in the freshwater cyprinid crucian carp (*Carassius carassius* L.) upon chronic exposure to endosulfan, *Toxicological and Environmental Chemistry*, **96**(6): 906-916. [IF = 1.179]
- 8) **Dar SA**, Yousuf AR, Balkhi MH, Ganai FA and Bhat FA (2014). Investigation of the genotoxicity of endosulfan to freshwater cyprinid fish crucian carp (*Carassius carassius* L.) using the micronucleus and chromosomal aberration as biomarkers. *Nucleus*, **57**: 87-98. [IF = 2.6]
- 9) Ganai FA, Wani S, **Dar SA**, Yousuf AR and Tripathi NK (2014). Coupled Biochemical genetic and Karyomorphological analysis is a decisive taxonomic tool; a Case study of *Schizothorax* species complex (Teleostei: Cyprinidae). *African journal of Biotechnology*, **13**: 1623-1630.
- 10) **Dar SA**, Yousuf AR, Balkhi MH, Ali MN and Bhat FA (2014) In-vivo cytogenetic damage in freshwater cyprinid crucian carp (*Carassius carassius* L.) upon endosulfan exposure. *Journal of Research and Development*, **14**: 47-56.
- 11) **Dar SA**, Ganai FA, Yousuf AR, Balkhi MH, Bhat TM and Sharma P (2013). Pharmacological and toxicological evaluation of *Urtica dioica*. *Pharmaceutical Biology*, **51**: 170–180. [IF = 4.4]
- 12) Bhat TM, Kudesia R and **Dar SA** (2012). Evaluation of Genetic Diversity among Accessions of *Withania somnifera* L. (Dunal) Using Biochemical Analysis and Molecular Markers. *American-Eurasian J Agric & Environ Sci*, **12** (7): 983-990.
- 13) **Dar SA**, Yousuf AR, Ganai FA, Sharma P, Kumar N and Singh R (2012). Bioassay guided Isolation and Identification of Anti-inflammatory and Anti-microbial compounds from *Urtica dioica* L. (Urticaceae) Leaves. *African journal of Biotechnology*, **11**(65): 12910-12920.
- 14) **Dar SA**, Ganai FA, Yousuf AR, Balkhi MH, Bhat TM and Bhat FA (2012). Bioactive potential of leaf extracts from *Urtica dioica* L. against fish and human pathogenic bacteria. *African Journal of Microbiology Research*, **6**(41): 6893-6899.
- 15) Ganai FA, **Dar SA**, Yousuf AR, Tripathi NK and Wani S (2012). Karyoevolutionary and karyosystematic considerations on *Schizothorax curvifrons* and *Schizothorax niger* (Teleostei: Cyprinidae): Important hill-stream food fishes of Kashmir Himalaya. *African journal of Biotechnology*, **11**(57): 11998-12004.
- 16) Hassan K, Yousuf AR, Balkhi MH, Jamila I and **Dar SA** (2012). Seasonal Assessment of Physico-chemical characteristics of water in River Jhelum of Kashmir. *Journal of Himalayan Ecology & sustainable Development*, **7**: 1-5.
- 17) Singh R, **Dar SA** and Sharma P (2012). Antibacterial Activity and Toxicological Evaluation of Semi Purified Hexane Extract of *Urtica dioica* Leaves. *Research Journal of Medicinal Plant*, **6**(2): 123-135.
- 18) Ganai FA, Yousuf AR, **Dar SA**, Tripathi NK and Wani S (2011). Cytotaxonomic status of Schizothoracine fishes of Kashmir Himalaya (Teleostei: Cyprinidae). *Caryologia*, **4**: 435-445. [I.F– 0.918]

SCIENTIFIC MEETING ABSTRACTS, PAPERS, WEBNARS, ETC (ANNEXURE-II)

- I. Attended one day National conference on “Understating Indic Traditions” organized by Government Degree College Anantnag in collaboration with Indira Gandhi National Centre for the Arts Regional Centre, Jammu and Kashmir on 17th March, 2023.
- II. Organized a field tour to Manasbal Lake and National Fish Seed Farm on 14th March, 2023 for BG 5th students.
- III. Organized “One day Cohesive plastic free Drive” at Achabal Conservation Reserve in collaboration with the Department of Wildlife (South Division, Kashmir) on 1st October, 2022.
- IV. Organized Two days National Conference on "Science Popularization, Innovation, and Extension" on November 2nd and 3rd, 2022 organized by the Department of Zoology, Government Degree College Anantnag in collaboration with J&K Science Technology & Innovation Council, Department Of Science & Technology
- V. Organized Wildlife week-2022 in collaboration with the Department of Wildlife (South Division, Kashmir) on the theme, “Recovering Key Species for Ecosystem Restoration” at Government Degree College Anantnag on 3rd to 7th October, 2022.
- VI. Organized and participated in Zoological tour to Dachigam National Park along with 5th Semester students on 29th June, 2022. Field visit to trout farm and captive animals was also covered in the event.
- VII. Participated in the inauguration ceremony of Post Harvesting Rearing Technology (Sericulture) in the Department of Zoology on 16th June, 2022
- VIII. Organized & participated ‘Plastic Free and Waste Free Forest Area’ at Daksum Forest Area on 28th May, 2022.
- IX. Organized and Participated in the One-Day skill enhancement tour of BG 3rd SEM (Apiculture) on 15th April, 2022.
- X. Attended International Webinar on World Water Day 2022 on the theme “Groundwater: Making the invisible visible” organized by the Department of Environmental Science University of Kashmir on 22nd of March 2022.
- XI. Attended a webinar on “Inculcating Scientific Temper and Innovation Among Young Minds-Major Challenges” organized by Department of Zoology, Government Degree College Anantnag on 7th June 2021.
- XII. Attended one day online conference on the theme “Management of Academic & Exam Stress in Students Pursuing Higher Education-A Psychological Understanding” organized by Career Counselling and Placement Cell, Government Degree College, Anantnag on December 24, 2020.
- XIII. Attended one day online conference on the theme “Emerging Aspects in Parasitology: A shift in Approach” organized by Department of Zoology, Government Degree College, Anantnag on October 03, 2020
- XIV. Attended one day online conference on the theme “International Career Opportunities & Fellowships For UG and PG Aspirants” organized by Career Counselling and Placement Cell, Government Degree College, Anantnag on August 27, 2020.
- XV. Attended one day online conference on the theme “New Technological Interventions For Skill Development in Biological Sciences” organized by Department of Zoology, Government Degree College, Anantnag on August 20, 2020.

- XVI. **Dar SA** (2017). GC-MS analysis of methanolic extract of *Podophyllum hexandrum* Royale exhibiting antibacterial activity. Presented during “National Seminar on National Development through Science and Technology” September 25-26, pp 107. Indian Science Congress Association, Srinagar Chapter, University of Kashmir, Srinagar, India.
- XVII. **Dar SA**, Yousuf AR, Ganai FA, Balkhi MH (2017). Endosulfan induced lipid peroxidation in freshwater cyprinid fish, *Carassius carassius* L. Presented during “National Seminar on Himalayan Biodiversity. Characterization and Bioprospection for Sustainable Utilization” September 18-19, pp 99. University of Kashmir, Srinagar, India.
- XVIII. **Dar SA**, Yousuf AR, Ganai FA, Balkhi MH (2013). Mutagenic effects of Endosulfan in freshwater fish, *Carassius carassius* L. using chromosomal aberrations and micronucleus formation as biomarkers. Presented during “National Conference on Status and Conservation of Biodiversity in India with Special Reference to Himalaya” October 4-5, Centre of Research for Development, University of Kashmir, India.
- XIX. **Dar SA**, Yousuf AR, Ganai FA, Balkhi MH (2012). Endosulfan induced genotoxicity in freshwater fish, *Carassius carassius* L. using chromosomal aberrations and micronucleus formation as biomarkers. Presented during 8th JK Science Congress in zoology section, September 17-19, pp123, University of Kashmir, Srinagar, India.
- XX. **Dar SA**, Yousuf AR, Ganai FA, Balkhi MH (2012). Bioactive potential of leaf extracts of *Urtica dioica* L. against fish pathogens. Presented during 8th JK Science Congress in zoology section, September 17-19, pp123, University of Kashmir, Srinagar, India.
- XXI. **Dar SA**, Kumar N (2011). Bioactivity of semi-purified fraction from Hexane extract of *Urtica dioica* against human pathogens. Presented during 80th session of SBC @ Central Institute of Medicinal & Aromatic Plants from November 12- 15, Lucknow, India.
- XXII. **Dar SA**, Kumar N, Singh R, Sharma P (2011). Bioassay Guided Isolation, Identification and Sub-acute toxicological studies of Antibacterial Compounds From the leaves of *Urtica dioica* L. Presented in AQUACON-11: National Seminar on “Advances in Aquatic Biology, Bio-diversity Conservation and Livelihood” March 12 & 13, 2011, pp 84, Bundelkhand University, Jhansi, India.
- XXIII. **Dar SA**, Kumar N, Sharma P and Singh R (2011). “GC-MS analysis of semipurified hexane extract of *Urtica dioica* exhibiting antibacterial activity” in *Animal, Veterinary and Fishery Sciences* (Quality Education and Excellence in Science research in Indian Universities), at 98th Indian Science Congress, January 3-7, 2011, pp 237, SRM Univeraity, Chennai, India
- XXIV. Sharma P, **Dar SA**, Kumar N and Singh R (2010). “Hypoglycemic activity of leaf extracts of *Urtica dioica* in Wistar Rats”. Presented in proceedings of Second National Conference on *Emerging Area of Biomedical Sciences*, March 27, 2010, pp. 39-48, Bundelkhand University, Jhansi, India.

ORIENTATION, FACULTY DEVELOPMENT PROGRAMMES AND REFRESHER COURSES

- ✓ Two-Week Inter disciplinary Refresher Course in “**Environmental Sciences**” from 18-11-2025 to 01-12-2025 and obtained Grade A+ organized by UGC Malaviya Mission Teacher Training Centre (formerly UGC HRDC), University of Jammu.
- ✓ Two-Week online Refresher Course in “**Zoology**” from 10-24 April, 2023 and obtained Grade A+ organized by Teaching Learning Centre, Ramanujan College, University of Delhi.
- ✓ Three Day FDP on ‘**Advances in Fish Physiology and its Application in Fisheries**’ conducted by SKUAST Kashmir from Wed 23 Feb - Fri 25 Feb, 2022
- ✓ Two weeks **faculty development programme** (equivalent to **Refresher course**) from 10th of February, 2020 to 25th of February, 2020 organized by Department of Higher Education at Govt. College of Education, Canal Road, Jammu.
- ✓ 45th **General Orientation Course (GOC)** from 26-11-2019 to 17-12-2019 organized by HRDC, University of Jammu.

PERSONAL DETAILS

- Father's name: Ghulam Mohmmad Dar
- Date of Birth: **October 25, 1985**
- Languages Known: English, Hindi, Urdu, Kashmiri
- Marital Status: Married
- Nationality: Indian
- Passport No: G4041846
- Hobbies: reading journals, exploring medicinal plants, Angling, trekking, etc
- Address: Aishmuqam, Anantnag, J&K, India-192126



Dr. Sabzar A. Dar