

CURRICULUM VITAE

1. PERSONAL DATA

Name: Sondos Harfil

Place of Birth: Kuwait

Nationality: Jordan

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2. ACADEMIC/PROFESSIONAL PARTICULARS

Major Field of Specialization : Biology

Fine Field Specialization: Biochemistry

Academic Qualifications

-M.Sc. Biochemistry, University of Jordan, Amman, Jordan, 2000, Very Good (3.65)

-Post. Grad. Diploma Biology, College of Science, Yarmouk University, Irbid, Jordan 1997. Very Good

-B.Sc. Biology, College of Science, Yarmouk University, Irbid, Jordan 1993. Very Good.

Membership of Professional Bodies

- Member in : “Cancer and Environment “ research group at Sharjah Institute of Medical and Health Science Research. Starting from 01.09.2015.

- Emirate Obesity and Metabolic Surgeons Interested Group (EOMSIG).

- International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO)- UK..

- Malaysian Association for the Study of Obesity (MASO), Malaysia.

Language Proficiency

Arabic & English : Excellent spoken/written

3. CAREER DETAILS

Academic Positions Held

- Septmebr-2008-current: Lecturer. Department of Medical laboratories Sciences-College of Health Sciences-University of Sharjah.

Current position: Responsibilities: Teaching the theory and laboratories of courses, including Biology, Microbiology, Human Anatomy and Physiology , Biochemistry and Endocrinology. Member of many committees at the college level, coordinated and organized many activities.

- September 2007 – January 2008 : Canadian University of Dubai-School of Environment and Health- Lecturer.

Job responsibilities: Supervised and planned the physical construction and establishment of the laboratories. Organized the promotional activities and recruitment campaigns.

- August 2003 - January 2007 : Science /Laboratories coordinator. Dubai International Schools .

Job responsibilities: Designed and prepared the biology laboratory manual for grades 10, 11 and 12. Helped the school secure the position of first runner up for three consecutive years (2004 - 2007) in the Inter school Public Speaking Competition with the emirates Environmental Group. Successfully coordinated the Ecology club activities enabling the school to receive the Shell Better Environment Award for two consecutive years (2005 & 2006).

- September 2000 - June 2003: Lecturer of Biology / Student Affair Assistant. Al Ghurair University.

Job responsibilities: Coordinated overall teaching initiatives and prepared and delivered lectures by implementing innovative teaching methodologies. Involved in administrative tasks related to the department such as student admissions, induction programs etc. Supervising the establishment of the Biology laboratories.

4. Teaching

Summary of Courses Taught

The following courses are taught at the University of Sharjah.

Biology (1102110)-Lecture- College of Pharmacy- Year (2008-2009)

Biology 0500150-Theory and Lab- College of Health Sciences. Lab Course coordinator for many times.

Human Anatomy and Physiology- 0500160- Theory and Lab- College of Health Sciences. Lab Course Coordinator .

Biochemistry (0501260)- Lab. College of Health Sciences

General Microbiology (0501257)- Theory and Lab- College of Health Sciences. Course coordinator for several years.

Endocrinology (Theory)- Department elective course offered from year 2008-2012. College of Health Sciences

Students project (0501465)- Supervising students projects.

Training (Few selected training courses)

- Introduction to Clinical Research Training Program (ICRT). Dubai- Global Education Harvard Medical School. From 06.12.2015 to 15-05.2016.

- Certificate in Educational Leadership. Institute of Leadership in Higher Education. University of Sharjah. 24-26 April 2016.

- Workshop on Mastering Data Analysis Using SPSS. Kuala Lumpur, Malaysia. (23rd - 24th July, 2016).

- Workshop: Critical Appraisal Workshop, Dept. of Medical Education, Dubai Health Authority, 13-14 Nov. 2013, 12 CPD (DHA Accreditation No. 0339/13)

-Workshop: Optimization of Western Blotting, Immunocytochemistry and immune-histochemistry (abcam plc) 28.01.2014-University of Sharjah

-Certified course: Heart saver First Aid/CPR/AED course. 31.08.2013., American Heart Association, Clinical Training Center, University of Sharjah.

- Workshop: Basic Clinical Training Program in Good Clinical Research. (8 Credits MOH-CME Accreditations I.D. 0054/2013) Al Qassimi Clinical Research Center

In addition to many online courses and regional workshops.

5. RESEARCH

(a) Research Interests

- Biochemical and genetic studies on obesity and metabolic syndrome.

- Studying the effect of probiotics consumption on the low grade inflammation and metabolic endotoxemia.

- Genetic polymorphism

(b) Publications/Citations Data

- Harfil, S. Proceedings of the 5th. Asian Obesity Specialists & Endocrinologists annual Meeting. Gut Microbiota Interactions and Human Obesity, 11-12 July 2016.
- Wegdan Bani-issa, Kamal Eldeirawi, Sondos Harfil, and Randa Fakhry, "Vitamin D Deficiency and Its Determinants in Adults: A Sample from Community-Based Settings in the United Arab Emirates," International Journal of Endocrinology, vol. 2017, Article ID 3906306, 7 pages, 2017. doi:10.1155/2017/3906306.
- - Article in progress: Evidence for metabolic endotoxemia in obese population in Sharjah, UAE. Corresponding Author: Sondos Harfil, Co-Author: Dr. Hamid Jan B.Jan.

(c) Research Grants

- Dubai Harvard Foundation for Medical Research (DHFMR) Scholarship. September 2015. Amount: 11,000 AED. (training certified program: International Clinical Research Training)
- Shared research grant, awarded by Boehringer Ingelheim with Dr. Wael Hassan. Research title: “Predicting colon cancer risk in subjects with metabolic syndrome in Sharjah University Community”. Amount: 15,000 AED to support students research project. January 2016. Title: Studying the Levels of hs-CRP in subjects with Metabolic Syndrome at University of Sharjah Population”
- TANITA Healthy Weight Community Trust-in-Aid (As principal investigator. 34,000 AED). October 2016. Title:” Effect of Lactobacillus Supplementation on Obesity and Inflammation”.

-Approved – Shaikh Hamdan bin Rashid AlMaktoum for Medical Sciences Award -2017- (Co- PI)- Title” Modulatory Effect of Probiotics on Obesity, Inflammation and Metabolic Endotoxemia).

(d) Participation in Regional & International Conferences

Presentation: 2nd. Dubai Nutrition Conference, 17-19 November 2016, Dubai- UAE. Title” Regulation of Adiposity and Inflammation by Lactobacillus in Adults: Views on Randomized Controlled Clinical Trials”.

Presentation: 1st. Dubai Nutrition Conference, 19-21 November 2015, Dubai- UAE. Title “Modulation of Metabolic Syndrome Components with Probiotics. A new Therapeutic and Preventive Approach”.

Presentation: 5th Asian Obesity Specialists & Endocrinologists Annual Meeting, Kuala Lumpur, Malaysia. July 11-13, 2016. Title: Gut Microbiota Interactions and Human Obesity”.

Presentation: 1st Dubai Health Authority Int. Clinical & Community Nutrition Conference presentation 25-27 Sep. 2014-Dubai, UAE.

Presentation: The Conference of Food and Medicine in light of Recent Developments: “An Islamic Law Perspective” at University of Sharjah. 16-17 April 2014. Title: Dietary Supplements and their interactions with the liver functions.

List of Publications

(a) International Refereed Journals

- Wegdan Bani-issa, Kamal Eldeirawi, Sondos Harfil, and Randa Fakhry, “Vitamin D Deficiency and Its Determinants in Adults: A Sample from Community-Based Settings in the United Arab Emirates,” International Journal of Endocrinology, vol. 2017, Article ID 3906306, 7 pages, 2017. doi:10.1155/2017/3906306.

(b) Conference Papers

- Harfil, S. Proceedings of the 5th. Asian Obesity Specialists & Endocrinologists annual Meeting. Gut Microbiota Interactions and Human Obesity, 11-12 July 2016.