

International Health Review (IHR)

Volume 5 Issue 2, Fall 2025

Executive Editor
Muhammad Salman Bashir
UMT

Editor-in-Chief
Umar Bacha
UMT

Editor
Zainab Hassan
Afifa Tanweer
Sajjad Ali
UMT

Associate Editor
Shahzada Khurram Syed
Naveed Munir
Rabia Jawa
Sana Hafeez
Nosheen Manzoor
UMT

Assistant Editor
Ramna Zia
Aqsa
KRSS, UMT

Technical Editor
Muhammad Rafiq Awan
KRSS, UMT

Technical Support
Syed Mughees ul Hassan
KRSS, UMT

In charge Subscriptions
Samreen Aamer
KRSS, UMT

Publishing Process Editor
Saira Iqbal
KRSS, UMT

Graphic Designer
Muhammad Abdullah
KRSS, UMT

Metadata Editor
Shanawer Rafique
KRSS, UMT

Format Editor
Sadaf Lal Din
KRSS, UMT

Language Editor
Mahnoor Abid
KRSS, UMT

HTML Editor
Muhammad Haseeb
KRSS, UMT

Dispatcher
Abdul Aziz
KRSS, UMT

Editorial Board

Muhammad Akram
Government College University, Faisalabad

Abdul Momin
Department of Human Nutrition & Dietetics
NUMS

Muhammad Irfan Bashir
Universiti Sultaan Zainal Abidin Kampus Besut,
Terengganu

Khalid Mehmood
UAE University, Al Ain, UAE

Mohammad Reza Hadian
Tehran University of Medical Sciences

Warda Fatima
University of the Punjab, Lahore, Pakistan

Danish Riaz
University of the Education, Lahore, Pakistan

Advisory Board

Sanaullah Iqbal
UVAS, Lahore. Pakistan
Chandrika Murughaiah
University Malaysia Sabah, Malaysia

Furqan Ahmed Siddiqi
Foundation University College of Physical
Therapy, Islamabad, Pakistan

Muneeb Iqbal
University Of Southern Queensland, Ipswich,
Qld, Australia

Riffat Mehboob
National Institutes of Health, Bethesda,
Maryland, United States