

## • ABOUT MYSELF

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I am a motivated and research-driven biomedical scientist currently pursuing a PhD in Regenerative Medicine, with a focus on the immunomodulatory and neuro-modulatory roles of amniotic epithelial stem cells (AECs) in tendon regeneration. My academic background includes two Master's degrees one in Pharmacology and another in Reproductive Biotechnologies where I developed strong expertise in cellular biology, cryopreservation techniques, and pharmacological mechanisms. My experience spans both laboratory research and clinical environments, allowing me to bridge scientific inquiry with real-world health applications. I am particularly passionate about translating stem cell-based research into therapeutic strategies that can advance regenerative and reproductive health. With a detail-oriented approach and a strong commitment to interdisciplinary collaboration, I aim to contribute meaningfully to the future of translational medicine.

## • WORK EXPERIENCE

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### UNIVERSITY OF TERAMO - TERAMO, ITALY

**TUTOR** - 21/02/2023 - 09/09/2023

During this period, I provided support to students, with a particular focus on students pursuing their Master's in Reproductive Biotechnologies. Additionally, I extended my assistance to foreign students for admission procedures and newly admitted students in handling essential documents such as Permesso di Soggiorno, and ISEE applications and also providing the students with relevant study materials, notes, and reference resources. This included sharing comprehensive study guides, and suggested readings, to help them better understand the coursework and prepare effectively.

### CONSIGLIO NAZIONALE DELLE RICERCHE (CNR) AND ICGB - MONTEROTONDO, ITALY

**INTERNSHIP** - 22/09/2022 - 21/10/2022

- Sperm Cryopreservation and Recovery
- Sperm collection and cryopreservation in liquid nitrogen and -80°C
- In Vitro Fertilization (IVF) using Rescue Protocol
- Controlled Rate Embryo Cryopreservation
- Thaw Protocol for Embryos in Straws
- Embryo Vitrification in Straws
- Embryo thawing, Evaluation and Recovery

### AL-ASAR PHARMACY - FAISALABAD, PAKISTAN

**RETAIL PHARMACIST** - 01/09/2019 - 10/09/2021

- Prepares and supervises the preparation and labeling of liquid medicines, ointments, powders, tablets, and other medications to fill prescriptions
- Advises patients on drug incompatibility and contra-indications
- Maintains prescription files and records issue of narcotics, poisons, and habit-forming drugs
- Stores and preserves vaccines, serums, and other drugs subject to deterioration
- Supplies non-prescription medicines, and diagnostic and therapeutic aids
- Supervises and coordinates the work of pharmacy technicians, pharmacy interns, and pharmacy sales assistants

### MASOOD MEDICARE HOSPITAL - FAISALABAD, PAKISTAN

**CLINICAL PHARMACIST** - 01/09/2016 - 15/07/2017

- Assess the status of the patient's health problems and determine whether the prescribed medications are optimally meeting the patient's needs and goals of care
- Evaluate the appropriateness and effectiveness of the patient's medications
- Recognize untreated health problems that could be improved or resolved with appropriate medication therapy
- Follow the patient's progress to determine the effects of the patient's medications on his or her health
- Receives prescriptions, checks patients; medicine histories, and ensures optimal dosage and methods of administration and drug compatibility before dispensing

### DISTRICT HEADQUARTER HOSPITAL - FAISALABAD, PAKISTAN

## HOSPITAL PHARMACIST - INTERNSHIP - 16/05/2016 - 25/07/2016

- Check prescriptions for errors, ensuring they're appropriate and safe for the individual patient
- Provide advice on the dosage of medicines and the most appropriate form of medication, which could be by tablet, injection, ointment, or inhaler
- Participate in ward rounds to take patient drug histories
- Discuss treatments with patients; relatives, community pharmacists, and GPs
- Make sure medicines are stored appropriately and securely
- Answer questions about medicines from within the hospital, other hospitals, and the general public
- Keep up to date with, and contribute to, research and development
- Write guidelines for drug use within the hospital and implement hospital regulations
- Provide information on expenditure on drugs
- Prepare and quality-check sterile medications, for example, intravenous medications

## FAISALABAD INSTITUTE OF CARDIOLOGY - FAISALABAD, PAKISTAN

### HOSPITAL PHARMACIST - INTERNSHIP - 01/06/2015 - 11/07/2015

- Drug Dispensing and Patient Counseling at OPD Pharmacy
- Clinical Case Studies in CCU, E/W, ICU and CSW
- Overview of Pathology Lab, Angiography, ETT and ECHO
- Overview of Main Medicine Store and Satellite Pharmacies

## SACRED HEART CONVENT HIGH SCHOOL - FAISALABAD, PAKISTAN

### TEACHER - 15/03/2014 - 30/06/2014

- Delivering biology, and chemistry subjects to high school students in 10th and 11th grade

## EDUCATION AND TRAINING

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15/11/2021 - 11/12/2023 Teramo, Italy

### MASTER IN REPRODUCTIVE BIOTECHNOLOGIES' University of Teramo

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As a part of the research I am capable of

- Sperm Cryopreservation and Recovery
- Sperm collection and cryopreservation in liquid nitrogen and -80°C
- In Vitro Fertilization (IVF) using Rescue Protocol
- Controlled Rate Embryo Cryopreservation
- Thaw Protocol for Embryos in Straws
- Embryo Vitrification in Straws
- Embryo thawing, Evaluation and Recovery

**Address** Via Renato Balzarini, 1, 64100 Teramo TE, 64100, Teramo, Italy | **Website** <https://www.unite.it/> |

**Field of study** Biosciences | **Final grade** 107/110 | **Thesis** Observing the impact of cryopreservation on mice sperm (B6j) at -80°C

11/08/2016 - 22/10/2018 Faisalabad, Pakistan

### M.PHIL. PHARMACOLOGY The University of Agriculture of Faisalabad

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**Final grade** 3.24/4.0 |

**Thesis** Perveance of erm(c) resistance genes expression in Staphylococcus aureus in comparison to Lactobacilli

2011 - 2016 Faisalabad, Pakistan

### DOCTOR OF PHARMACY The University of Faisalabad

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**Final grade** 70% - B | **Thesis** Development of Zymol syrup using pharmaceutical technology

2007 - 2011 Faisalabad, Pakistan

### HIGH SCHOOL DIPLOMA Sacred Heart Convent High School

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## LANGUAGE SKILLS

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Mother tongue(s): **URDU** | **PANJABI; PUNJABI**

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	C1	C1	C1	C1	C1
<b>ITALIAN</b>	A2	A2	A2	A2	A2

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user

## ● PUBLICATIONS

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01/2020 – 08/2020

### **Perveance of erm(c) resistance genes expression in Staphylococcus aureus in comparison to Lactobacilli**

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The research was conducted at the Agriculture University of Faisalabad, and the abstract of the research was accepted at the "Proceedings of Euro Biosimilars 2020 & Euro Organic Chemistry 2020 & Pharmacology 2020" conference in 2020.

Link <https://www.academia.edu/81899918/>

PERVELANCE OF erm\_C RESISTANCE GENES EXPRESSION IN Staphylococcus aureus IN COMPARISON TO Lactobacilli

08/2015 – 10/2015

### **Polycystic ovarian syndrome - An alarming health issue in women**

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The review was conducted at the Agriculture University of Faisalabad and presented at technologytime.pk

Link <https://technologytimes.pk/2018/10/15/polycystic-ovarian-syndrome-pcos/>