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ABOUT

A visionary leader with 18 years of transformative impact, I have dedicated my career to empowering communities, advancing education, and championing women's rights. As a seasoned educator, I have mentored countless postgraduate and MPhil students, designed inclusive curricula, and pioneered equitable STEM frameworks to inspire future generations. My unwavering commitment to gender equity has driven impactful initiatives across marginalized communities, fostering societal harmony and reducing biases. Through strategic collaborations with NGOs and global stakeholders, I have led disaster resilience projects, sustainable development programs, and groundbreaking research that bridges education, environmental sustainability, public health, and community empowerment.

EXPERIENCE (18 years of work experience)

SBKW University, Pakistan — Assistant Professor

May 2023 - PRESENT

promoted to Assistant Professor for Ph.D. research and teaching at the SBKW, University Quetta, Balochistan's Department of Zoology.

SBKW University, Pakistan — Lecturer

November 2007 - April 2023

I have fifteen years of experience as a researcher and lecturer in the biology department at SBKW University in Quetta, Balochistan, working with labs and BS and MS programs.

EDUCATION

UPM, Malaysia — Ph.D.

April 2014 - November 2019

Ph.D. Scholar University Putra Malaysia specializes in cell, virus, microbial culture, and drug design and screening in medical microbiology, molecular biology, and chemistry.

SBKW University, Pakistan — Masters

January 2005 - March 2006

Master of Science (Microbiology), Faculty of Life Sciences
SBKW University, Quetta, Pakistan, Distinction "Gold Medal" April 2007

Scientific Proficiency:

- Molecular biology and microbiology
- Advanced biological techniques
- STEM education frameworks
- Disaster Risk Management (DRM)
- Multi-Hazard Vulnerability Risk Assessment (MHVRA)
- Climate-smart syllabus development
- Environmental sustainability planning
- Microbe-mineral interaction research
- GIS and spatial data analysis
- Pharmaceutical raw material production
- Stakeholder consultations
- Grant writing and project management
- Data-driven policy development
- Interdisciplinary research coordination

Technical Acumen:

- Digital and Computational Proficiency
- Classroom Technology Integration
- Good Laboratory Practices (GLP)
- In-depth Data Analysis
- Strategic Big Data Collection and Organization

Research and Experimental Skills:

- Successfully Securing Research Grants
- Precision in Experimental Design

Effective Communication and Leadership:

- Engaging Public Speaker
- Dynamic Leader
- Specialized in Entrepreneurship Training
- Expertise in Community Development
- Commitment to Public Health
- Proficient in Research Endeavors
- Skilled in Freelancing and Online Earnings
- Expertise in Research Analysis
- Accomplished in Academic and Creative Writing
- Proficient in Content Creation

Environmental Stewardship:

Successful SDG projects for environmental and community initiatives

PROJECTS

International Projects —Malaysia

Synthesis, screening, and identification of Antiviral compounds in Chinese medicinal plants, and in vitro evaluation of their Anti-dengue potential, UTARSRF strategic research funding scheme IPRS/RMC/ UTARSRF/PROGRAMME

2014-C1/007. (<https://www.sciencedirect.com/science/article/pii/S2095311919628200>)

Synthesis of Schiff bases and their metal complexes, for their anti-dengue prospects, UPM Research University Grant Scheme (RUGS) 05-01-11-1234RU.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7751940/>)

National Projects —Pakistan

1. Research for the Cultivation and Plantation of Moringa Oliefera In Kharan Balochistan, "Islamic Relief Pakistan (Balochistan)" From November 2022 to April 2023.
(<https://www.linkedin.com/feed/update/urn:li:activity:7134927330862391296/>)
2. The development of a Model Village through installing a waste management and segregation system and planting trees at the dumping sites. Islamic Relief Pakistan (Balochistan) From April 2023 to September 2023.
(<https://www.linkedin.com/feed/update/urn:li:activity:7138164034926813184/>)
3. Community Vulnerability and Capacity Assessment (CVCA) at Union Council level Under Responsive Actions for Building Lives (RABL) Project Sindh and Balochistan. From November 2023 to March 2024.
<https://www.linkedin.com/feed/update/urn:li:activity:7183128801067819008/>
4. Development of Climate-Smart Syllabus (CSS) in the schools of Balochistan. In collaboration with the Bureau of Curriculum, Balochistan. From November 2023 to March 2024.
<https://www.linkedin.com/feed/update/urn:li:activity:7183146875095547906/>
5. Development of UC Levels Climate Change Adaptation Plans for Sindh and Balochistan under the Responsive Action for Building Lives Project, Islamic Relief Sindh and Balochistan (Dec 2023 - May 2024).
<https://www.linkedin.com/feed/update/urn:li:activity:7202669722713178112/>
6. Multi-Hazard Vulnerability and Risk Analysis for District Quetta and Facilitation in Executing Project Interventions Under the WASYLA Project in District Quetta. Project. Duration: 15th November 2024 to 15th October 2025.

International Conferences

Freelance career:

Top-rated Upwork seller specializing in content writing, editing, proofreading, and academic and creative writing.

AWARDS

- Best Poster Award (12-13August 2017) National Dengue and Arbovirus Infections Conference, Ministry of Health, Malaysia, Berjaya Times Square, Kuala Lumpur
- 1st Prize 3-minutes Thesis Presentation, Faculty of Medicine and Health Sciences, University Putra Malaysia
- Gold Medal 2007. MSc Zoology (Paracitology), SBKW University Quetta, Pakistan

CERTIFICATE

- Eppendorf Cell Culture Clinic Malaysia, Cell and Tissue Culture Techniques
- Nanoparticle tracking lessons at DKSH Technology Sdn. Bhd., Malaysia
- Canva.com expert (Digital and virtual design) Mamango.com

HEC CERTIFICATION

HEC-approved PhD Supervisor

Ref. HEC/HRD/ASA/2020/55684

Dated: 01-Aug-2023

Approved by Higher Education Commission Pakistan

ENGLISH PROFICIENCY

TOEFL, March 2012

Score 95/120

IELTS, August 2023

Bands: 7

MEMBER

- Editor: LC International Journal of STEM
- Member Organization Committee at Infections 2015 International Conference, Marriott Hotel Putra Jaya
- Member Organising Committee, SBKW University Pakistan
- Member "Kamyab Jawan" Program SBKWU

Conference Speaker

- Infections 2015 International Conference, IOI Marriott Putrajaya, Malaysia, April 7th and 8th, 2015
- National Dengue and Arbovirus Infections Conference, Berjaya Times Square, Kuala Lumpur, August 12th and 13th, 2017
- Inaugural Faculty of Medicine and Health Sciences Scientific Meeting, Universiti Tunku Abdul Rahman Kampar Campus, Malaysia, May 25 and 26, 2017
- Dengue 360 conference Kuala Lumpur: INNO Biologics Sdn Bhd, EntoGenex Industries Sdn Bhd and the Academy of Sciences Malaysia, 10 April 2017

Inaugural Faculty of Medicine and Health Sciences Meeting, Universiti Tunku Abdul Rahman Kampar Campus, Malaysia Title: Anti-dengue Natural products

Poster Presentations

- Symposium: Genomics, Proteomics, and Metabolomics: Recent Trends in Biotechnology, University of Punjab, Lahore, October 22nd and 23rd, 2007
- Antiviral Activity of Some Novel Synthetic Compounds, "National Dengue and Arbovirus Infections Conference," Ministry of Health, Malaysia, Berjaya Times Square, Kuala Lumpur, August 12th and 13th, 2017

Publications

	Title	Journal	Year	HJRS (I.F)
1	Antiviral activity of traditional Chinese medicinal plants, <i>Dryopteris crassirhizoma</i> and <i>Morus alba</i> against dengue virus	Journal of Integrative Agriculture, 19 (4), 1085-1096	2019	4.8
2	Synthesis, characterization, and evaluation of anti-dengue activity of enantiomeric Schiff bases derived from S-substituted dithiocarbazate	Turkish Journal of Chemistry, 44 (5), 1395-1409	2020	1.15
3	Immunogenic protein profiling of pathogenic <i>Escherichia coli</i> strains isolated from infants with diarrhea in Quetta Balochistan	Journal of King Saud University-Science 34 (3), 101883	2022	3.8
4	Genotyping of Kell blood group in multiethnic populations of Quetta, Balochistan	Journal of Health Biotechnology and Biopharma	2023	0.29
5	Milk Unveiled: A Comparative Exploration of Five Commercially Milk-Producing Mammals: Benefits and Safety	Archives of Veterinary Sciences	2023	0.34
6	Isolation and characterization of <i>bacillus cereus</i> from rice samples of street vendors and restaurants of Quetta, Pakistan	Pakistan Journal of Agricultural Sciences (Accepted)	2023	0.856
7.	Assessing the Frequency of Iron Deficiency Anemia in the Women of Quetta City, Pakistan	Pak-Euro Journal of Medical and Life Sciences	2023	eISSN: 2707-448X P.2707-4471
8	Incidence of trichomonas vaginalis in the female patients of PID (Pelvic Inflammatory Disease) in Quetta City	Proceedings of parasitology: a biannual publication, 46;127-133	2008	Nill
9	Autism, surge in the prevalence and linkage with childhood vaccination-a review	Bayero Journal of Medical Laboratory Science	2016	eISSN:2635-3792: pISSN: 2545-5672

10	Exploring the Commercial Versatility of Moringa Oleifera: A Valuable Resource for Diverse Industries	International Journal of Botany and Horticulture Research	2023	ISSN: 2994-872X
11	Potential Natural Antivirals of Coronavirus: Natural Products Targeting RNA-Dependent RNA Polymerase Viral Enzyme	JOJ Sciences 3 (2), 3	2023	ISSN: 2641-8290
12	The Cultivation of Moringa Oleifera is a Blessing for the World's Underdeveloped Rural Communities	JOJ Horticulture & Arboriculture 3 (5), 3	2023	0.33. IF: C2Y / D2Y.
13	Unraveling The Mysteries Of Covid-19: A Comprehensive Guide To The Virus, Vaccine Variants, And Therapies	Diagnostics and Therapeutics https://ojs.luminescence.cn/DT	2023	ISSN: 2957-420X
14	Use of Medicinal Plants for the Treatment of Cancer in Different Parts of the World: An Overview	JOJ Horticulture & Arboriculture (JOJHA)	2024	0.33. IF: C2Y / D2Y.
15	Isolation, Identification, and Molecular Characterization of Streptococcus Species from Female Acne Patients in Quetta City	Pak-Euro Journal of Medical and Life Sciences	2023	eISSN: 2707-448X P:2707-4471
16	Understanding COVID-19: an overview of the virus, variants, vaccines, and treatment strategies A Manzoor, M Maryam	Diagnostics and Therapeutics, 9-19	2024	ISSN: 2957-420X
17	Herbal Approaches to Managing Anxiety and Depression: A Critical Review of Evidence 2024 Volume 1, Issue 3	International Journal of Biomedical and Clinical Research	2024	ISSN:2997-6103
19	The Biology and Clinical Spectrum of Herpes Simplex Virus: Diagnostic and Therapeutic Perspectives	History of Medicine Vol. 10 No. 2 (2024): 10 (2) 2024	2024	ISSN 2311-6919 HEC-Cat= X
20	Over-the-Counter Drugs: Convenience or Danger? A Critical Review	Chronicles of Clinical Reviews and Case Reports, The Geek Chronicles, 1, 1-9	2024	©2024. The Geek Chronicles.

Research work and supervisory projects: Research project with graduate students

Project title	Group Members	Year	Status
Human CMV and HSV infections in pregnant women and neonates	Haleema Bajwa, Sana Khan, Asma Rani, Urwa Masood	2017-2020	Complete
Prevalence of types of Cancers in patients reporting CENAR hospital Balochistan: a retrospective study	Ain-ul-Hyat, Sania Munawar, Shehla Munawar, Neeza Ghafoor	2016-2019	Complete
Public opinion and reasons for denial of COVID-19 vaccines among the general population in Quetta City	Alisha Jamali, Kiran, Safia, Shazia Bibi	2017-2020	Complete
Acceptance Assessment of the COVID-19 vaccination among the general population of Quetta	Asia Manzoor, Umm-e-Ayman, Malika Nawaz, Ambreen Mithal	2018-2022	Complete
Evaluation of knowledge, attitudes, and practicality of over-the-counter OTC medicines among the population of Quetta city	Zahra Amir, Wajiha Altaf, Taiba Abdullah, Sajida Ali	2019-2023	Complete

Evaluation of knowledge, attitudes, and practicality of over-the-counter OTC medicines among the population of Quetta city	Tanzeela, Kainat, Saira Gulzar, Asia Bibi, Safia	2019-2023	Complete
Effects and Prevalence of Delayed Sleep Phase Syndrome (DSPS) among Students in Quetta	Rimsha Noor, Zamra Noor, Javeria, Najeeba	2020-2024	Complete
Assessing the impact of sleep quality, sleep disorders, and sleep hygiene on mental health among the women of Quetta city	Abeera, Habeeba, Afshan, Iqra, Roomana	2024-2026	Working
Assessing the effect of climate change on skin health among the population of Quetta	Kalsoom, Akhtar, Asma, Shagufta, Naseema	2024-2026	Working
Review of insect-mediated climate, environmental, and ecosystem management while mitigating the effects of climate change.	Mahrukh, Khalida, Shazadi	2024-2026	Working
Qualitative analysis of health literacy, health-promoting lifestyle, and health status among the young women of Balochistan	Annusha, Asfa, Palwasha, Sidra, Hafiza Maria	2024-2026	Working
Exploring the socio-demographic determinants of food insecurities in Quetta city: an analysis of age, gender, ethnicity, income, and education.	Mehwish, Nida, Fariha, Eman, and Fehmida	2024-2026	Working
Frequency of iron deficiency and anemia among the women visiting the gynecological OPD of government sector hospitals.	Anzala, Munawara, Zakia, Zubaida, Zulaikha	2024-2026	Working

MPhil (Masters) Scholar Enrolled under Supervision

Name of Scholar	Research Title	Year	Status
Haseena Naz	Isolation, identification, and molecular characterization of streptococcus species from female acne patients in Quetta City	2018-2021	Complete
Shazia Gul Mohammad	Bacterial quality assessment of fresh vegetables sold in Quetta, Pakistan	2018-2022	Complete
Alman Altaf Khan	Mutational analysis of Gne CHEK 2 and clinical evaluation of thyroid Cancer in cases from Balochistan	2020-2021	Complete
Nadia Ghos Bakhs	Association Of Interleukin-10 (Il-10) Gene Polymorphism (Rs1800872) With Cervical Cancer Susceptibility In Quetta	2019-2022	Complete
Maria Noor	Association Of Interleukin-10 (Il-10) Gene Polymorphism (Rs1800896) With Cervical Cancer Susceptibility In Quetta	2019-2022	Complete
Sana Shahid	Investigating The Correlation Between Thyroid Function And Mental Well-Being Among Quetta's Population	2022-2024	Working
Anita Haider	Prevalence Of Hypothyroidism And Hyperthyroidism In Quetta City And Its Correlation Analysis With Uric Acid Levels	2022-2024	Working
Asia Manzoor	Assessment Of Camp Response Element-Binding (CREB) Protein	2023-	Working

	Levels and Cognitive Impairment in Drug-Addicted Adolescents in Quetta, Pakistan	2025	
Hafiza Rafia Abdul Qayyum	Assessment of Acetylcholine Levels and Cognitive Impairment in Drug-Addicted Adolescents in Quetta, Pakistan	2023-2025	Working

PhD scholars enrolled under Supervision

Name of Scholar	Research Title	Year	Status
Gull Naz	Prevalence, Isolation and Molecular Identification of Herpes simplex Virus (HSV) and Human Cytomegalo Virus (HCMV) Strains from Quetta, Balochistan Pakistan	2019-2025	Working
Maria Noor	Genotyping of rare blood groups in the multiethnic population of Quetta	2019-2025	Working