Saima

[Saima.261380@2freemail.com](mailto:Saima.261380@2freemail.com)

**OBJECTIVE:**

* Looking for the position of Hospital/Clinical Pharmacist/Lecturer in a reputed institution where I can exercise my multifaceted talents in the pharmaceutical field, including my proficiency in medical counseling, dispensing and teaching.
* Intend to build a promising career as a Pharmacist/Pharmacologist and work hard to bring in success and enhance the reputation of the organization I will be associated with.
* Want to give my best in a professional and competent atmosphere that provides opportunities for growth, both in terms of knowledge and career.

**PROFILE**:

* Understanding of all Research work, Scientific study, Regulatory guidelines, Protocol writing and Laboratory work.
* Equipped with the knowledge of various technical aspects of the subject-line related to Pharmacology and Formulation & Development.
* Ability to work carefully, methodically and accurately.
* Excellent customer service and interpersonal skills.
* Capable of working independently and as a part of a dynamic team.
* Positive and sympathetic attitude towards patients in critical situations.
* Determined, Self-confident, Optimistic, Flexible, Leadership qualities, Good communication skills and focused to work.
* Graduated with Distinction in M. Pharm Pharmacology.
* Undertook a full time 13 month research project on the topic “Study of Memory Enhancing and Antioxidant Activity of a Locally Available Plant”.
* Published papers in various International and National Journals.
* Attended and presented papers in various National and State level Conferences.
* Having an experience of 05 year 02 months.
* Worked as a trainee in a Pharmaceutical company.

**EDUCATION:**

* **Department of Pharmaceutical Sciences, University of Kashmir**,

**Master of Pharmacy in Pharmacology (78.10% - Distinction)**

2012

* **Department of Pharmaceutical Sciences, University of Kashmir**,

**Bachelor of Pharmacy (69.77% - Grade 1)**

2008

* **Government College for Women (University of Kashmir**),

**Bachelor of Science (61.50% – Grade 1)**

2005

* **Mallinson Girls Higher Secondary School (JKBOSE)**,

**Higher Secondary Part-II (63.83% Grade 1)**

2002

* **Angels Garden High School (JKBOSE)**,

**Higher Secondary (65.20% - Grade 1)**

2000

**HONORS AND AWARDS:**

1)Merit-cum-Means Scholarship - M. Pharm (Government of India).

2) Merit Scholarship - B. Pharm (University of Kashmir).

**CERTIFICATIONS AND LICENSES:**

Certificate of registration as a **Registered Pharmacist** under section 18 A of Jammu & Kashmir Pharmacy Act, SVT 2011, by Jammu & Kashmir Pharmacy Council (India), bearing registration number 772/R/Ba/TMA, dated: 02.03.2009; Valid till 31.12.2019.

**EXPERIENCE DETAILS**

**Total Experience: 05 Year, 02 Month**

**1) RESEARCH EXPERIENCE (13 Month):**

**Full time Thirteen month M. Pharm Research (Project work) from May 2011 to June 2012** at the Department of Pharmaceutical Sciences, University of Kashmir, on the topic **“Study Of Memory Enhancing And Antioxidant Activity Of A Locally Available Plant”,** under the supervision and guidance of Dr. Nahida Tabassum, Professor and Head (Deptt of Pharmaceutical Sciences, University of Kashmir, India).

**2) PROFESSIONAL EXPERIENCE (04 Year 01 Month):**

**Florence Hospital Multispecialty Centre, Chhanapora, Srinagar,**

**June 2015 – Jan 2016 (08 months)**

**Pharmacist**

* Issuing prescribed medicines and packages in accordance with strict control procedures.
* Participating in ward rounds, taking patient drug histories and involvement in decision-making on appropriate treatments.
* Recording medications and filling nursing and staff requisitions.

**Noora Hospital, HMT,**

Feb 2014 – Nov 2014 (10 months)

Clinical Pharmacist

* Generating information and suggestions on the use and effects of medications.
* Participating in ward rounds, taking patient drug histories and involvement in decision-making on appropriate treatments.
* Discussing treatments with patient’s relatives, community pharmacists and GPs.
* Issuing prescribed medicines and packages in accordance with strict control procedures.
* Handling stocks and order supplies of medicines and drugs as well as maintain inventories of pharmaceuticals.
* Providing advice to medical practitioners on incompatibilities of drugs and contraindications.
* Recording medications and filling nursing and staff requisitions.

**Health Chamber Nursing Home, Ganderbal,**

July 2012 – Oct 2013 (01 year 04 months)

Clinical Pharmacist

* Checking prescriptions to ensure that there are no errors and that they are appropriate and safe for the individual patient.
* Providing advice on the dosage of medicines and the most appropriate form of medication.
* Ensuring medicines are stored appropriately and securely.
* Reviewing prescriptions to ensure prescription of correct doses.

**Kashmir Institute of Medical Sciences & Technology,**

June 2008 – August 2009 (01 year 02 month)

Demonstrator/Lecturer/Tutor

* Teaching and conducting Lab work.

**Medley Pharmaceuticals India.**

Feb 2008 – March 2008 (01 month)

* Completed one month training program as a part of final year course requirement in various departments (QA, QC, Production, Packaging, Manufacturing) at **Medley Pharmaceuticals Ltd, Jammu (India).**

**PUBLICATIONS:**

Papers Published: **06**

Abstracts Published: **09**

Conferences/Seminars Attended: **07**

Papers Presented: **09**

**Papers**

1. “**Natural Cognitive Enhancers**”

Nahida Tabassum, **Saima Rasool**, Zafar Ahmad Malik, Feroz Ahmad.

Journal of Pharmacy Research. 5(1), 153-160, 2012.

1. “**Medicinal Uses and Phytoconstituents of *Paeonia Officinalis***”

Ahmad F, Tabassum N, **Rasool S**.

International Research Journal of Pharmacy, 3 (4), 85-87, 2012.

1. “**Regulation of Atrial Natriuretic Peptide (ANP) and its role in Blood Pressure**”

Feroz Ahmed, Nahida Tabassum, **Saima Rasool**.

International Current Pharmaceutical Journal, 176-179, 2012.

1. “**Role of Adrenomedullin in Human Body**”

Nahida Tabassum and **Saima Rasool**.

International Journal of Current Research, Vol. 33, Issue, 2, Pp.108-114, February, 2011.

1. “**Recent Innovative Advances In Treatment Of Human Immunodeficiency Virus**”

Nahida Tabassum, Andleeb Bashir, Amreen Naqash, **Saima Rasool**, Mubashir H Masoodi.

Journal of Pharmaceutical and Biomedical Sciences, 11(04), 2011.

1. “**Effect of Tumor Necrosis Factor on Body Systems**”

Tabassum N, **Saima R**.

Pharmacologyonline, 3: 593-607, 2010.

**Abstracts**

1) “**Postpartum Iron Deficiency Anaemia and its Management**”

Amreen Naqash, G.N.Bader, Andleeb Bashir, **Saima Rasool**.

11th JK Science Congress – 2015, Abstract and Souvenir book, Pg. 419.

2) “**Nanotechnology and Diabetes Mellitus**”

**Saima Rasool**, Nahida Tabassum.

9th JK Science Congress- 2013, Abstract and Souvenir book, Pg. 370.

3) “**Phytochemical Screening and Acute Oral Toxicity Study of Aqueous Extract of Whole**

**plant of *Portulaca Oleracea* Linn.**”

**Saima Rasool**, Nahida Tabassum.

8th JK Science Congress- 2012, Abstract and Souvenir book, Pg. 293.

4) “**Janus Particles as Anti-Cancer Therapy**”

**Saima Rasool**, Nahida Tabassum.

8th JK Science Congress- 2012, Abstract and Souvenir book, Pg. 319.

5) “**Nanocorals- Smart Nanoprobes Targeting Cancer Cells**”

**Saima Rasool**, Dr. Nahida, Tabassum, Amreen Naqash.

Souvenir cum Scientific Abstracts- 2012, Pg. 42.

6) “**Integration of Emerging Technologies in Pharmacometabonomics and Nano**

**Diagnostics for Personalized Pharmacotherapy and Improved Clinical Outcome**”

Amreen Naqash, **Saima Rasool**, Dr. Geer M Ishaq.

Souvenir cum Scientific Abstracts- 2012, Pg. 14.

7) “**Role of Adrenomedullin in Human body**”

**Saima Rasool**, Nahida Tabassum.

Abstract and Souvenir book- 2011, Pg. 56.

8) “**Tumor Necrosis Factor and Body Functions**”

**Saima Rasool**, Nahida Tabassum

Abstract and Souvenir book- 2011, Pg. 76.

9) “**Natural Cognitive Enhancers**”

Nahida Tabassum, **Saima Rasool**.

6th JK Science Congress, Souvenir and Abstracts- 2010, Pg. 249.

**CONFERENCES / SEMINARS ATTENDED:**

1. **11th JK Science Congress 2015** on “Scientific, Social and Economic Dimensions of Climate Change” (Organized by The University of Kashmir), from October 12 to 14 - 2015, at University of Kashmir, Hazratbal, Srinagar, India.
2. **9th JK Science Congress 2013 and Regional Science Congress (ISCA)** on “Innovations & Advances in Science & Technology” (Organized by the University of Kashmir, in collaboration with State Council for Science & Technology and DST, GOI), from October 1 to 3 - 2013, at University of Kashmir, Hazratbal, Srinagar, India.
3. **8th JK Science Congress** on “Science, Technology & Regional Development: Opportunities & Challenges” (Organized by the University of Kashmir, J&K State Council for S&T and DST, GOI), from September 17 to 19 - 2012, at University of Kashmir, Hazratbal, Srinagar, India.
4. **National Seminar on “Current Trends in Pharmaceutical Sciences”** (Organized by The Pharmaceutical Society, Department of Pharmaceutics, IT-BHU), on February 25 & 26 – 2012, at Varanasi, India.
5. **Two day National Conference on “Recent Trends in Biosciences”** (Organized by the Department of Biochemistry & Biotechnology, Sri-Pratap College, Srinagar), on October 3& 4 - 2011, at Sri-Pratap College, Srinagar, India.
6. **6th JK Science Congress** (Organized by the University of Kashmir in Collaboration with J&K State Council for Science & Technology), from December 2 to 4 – 2010, at University of Kashmir, Hazratbal, Srinagar, India.
7. **Continuing Medical Education (CME) Seminar on “Metabolic Syndrome & Endocrinology of Bone”** (Organized by the Department of Endocrinology, Sher-i-Kashmir Institute of Medical Sciences, Srinagar), on July 14th 2009, at Sher-i-Kashmir Institute of Medical Sciences, Srinagar, India.

**COMPUTER SKILLS:**

MS Office, Statistical Software, PowerPoint, Access, Excel, etc.

**LANGUAGE SKILLS:**

Fluent in English, Urdu, Hindi and Kashmiri.

**HOBBIES:**

Drawing Sketches, Photography, Animations, Surfing Net, Reading Newspaper, etc.