

AbdulRafeh Usmani

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4 DaySpring Circle, Brampton ON Canada

<https://rafeh0108.github.io/AbdulRafeh-neuro-portfolio/>

I am a recent Biomedical Science graduate with a strong interest in neuroscience research. I'm enthusiastic about contributing to studies that delve into brain function and disorders. My experience working with neurodivergent people, along with my course research, has inspired me to pursue my goals in neuroscience research.

CORE COMPETENCIES

R programming, BioRender, cell culture, proper sterilization techniques, pipetting, regression analysis, statistical modelling, data visualization (ggplot2), data analysis, experimental design, scientific communication, Open Science Framework (OSF), project management, critical thinking, problem solving, attention to detail, adaptability.

EDUCATION

York University

Bachelor of Science (B.S.) in Biomedical Sciences

- *Dean's Honour Roll*

North York, Toronto

Jan 2020 - May 2024

RELEVANT PROFESSIONAL EXPERIENCE

British Swim School

Deck Ambassador

Brampton ON

Jan 2024 - Current

- Provided tailored support to neurodivergent children, applying knowledge of neurodevelopmental differences to foster an inclusive and safe environment.
- Provide administrative support by coordinating with instructors and managing schedules, ensuring smooth deck operations for students and staff.

VOLUNTEER EXPERIENCE

Moazzam Healthways Clinic

Volunteer Work

Pattika, AJK

June 2021 - Current (seasonal)

- Supported healthcare initiatives in rural communities, contributing to mental health and wellness programs.
- Assisted with patient intake, managed medical records, and ensured compliance with confidentiality protocols.

King Fahad Specialist Hospital

Volunteer and Observership

Buraydah, Saudi Arabia

Jan 2024 - August 2024

- Gained insights into clinical practices and neurological practices and methodologies.
- Observed brain imaging scans on patients such as MRI and PET.

Indigenous Mental Health Awareness Advocate

Volunteer Work

York University, Toronto

January 2024 - May 2024

- Led a campaign to raise awareness about mental health issues within Indigenous communities.

RESEARCH

Poster Presentation: "How Alarm Clocks Influence Heart Rate, Core Body Temperature, and Vigilance Compared to Free Days" (Biol 4310 Autorhythmometry Poster)

York University (Jan 2023 - Apr 2023)

Department of Biomedical Sciences, York University, Toronto, ON

- Conducted research on the physiological and potential neurological effects of alarm-induced waking compared to natural waking.
- Collected and analyzed data on heart rate, core body temperature, and potential impacts on cognitive alertness and stress response.
- Presented findings through a poster presentation at the Circadian Rhythm Seminar, showcasing insights into how abrupt awakenings might affect brain function and overall well-being.