

## MARYAM ZAHID

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### Education

#### Punjab University College of Pharmacy

Doctor of Pharmacy

Lahore, Pakistan  
2020-2025

#### Aspire Group of Colleges (A+)

Intermediate in Pre-Medical

Lahore, Pakistan  
2018-2020

### Professional Experience

#### The Book Dot Com

Lahore, Pakistan

Brand Ambassador: March 2022 – August 2022

- *Digital Marketing:* Immense 6 months ambassadorship program provided me an opportunity to know about marketing strategies which is beneficial for my professional career.
- *Skills development:* Performed so many different tasks in order to develop business skills (e.g., communication, leadership, problem solving, teamwork, etc.) that will help make an impact on my professional life

### Academic Experience

#### LITERATURE REVIEW

Lahore, Pakistan

Phytochemicals used against targets of rheumatoid arthritis (Punjab University College of Pharmacy)

Lead Researcher: May 2023 – present

- *Research review article:* We found that the data available about use of phytochemicals against rheumatoid arthritis could use compiling.

#### BACHA BULLETIN (Lajverd)

Lahore, Pakistan

Developed stories inspired by surroundings

Photojournalist: May 2012 – June 2012

- *Public Awareness:* We brought the real and dark aspects of our society in light by publishing our work and using art as a medium

#### MEET THE NEED BE THE CHANGE

Colorado, USA

Provided toiletries to the working poor of Colorado Springs

Project head: February 2018 – April 2018

- *Leadership:* This was my own project and I did everything by myself.
- *Planning:* Form realizing the problem while volunteering at the Crossfire ministries to creating a strategy to execute this project I gained brain-storming skills.
- *Promotion:* I made flyers to promote my project.
- *Fundraising:* I went to gyms, churches to raise money for the cause.

### Extracurricular & Volunteer Experience

#### PHARMA MAG

Lahore, Pakistan

- *Painting team:* part of painting team of yearly pharmacy magazine of my university. (2023-2025)

#### PERFORMING ARTS SOCIETY

Lahore, Pakistan

- *Member of Dramatics Club:* I perform in the short acts and movies for several events (2022-2025)

#### NUZOOOL HEALTHCARE FOUNDATION

Lahore, Pakistan

- *Member:* I Donate money to buy medicines for working poor of Pakistan with chronic diseases and help raise funds for this cause (2022-2025)

#### GLOBAL PERSPECTIVE WORKSHOP

Lahore, Pakistan

*Volunteer:* engaged students from under-privileged schools in a workshop to teach them about global perspective (2023)

**LEADERSHIP CLUB**

Colorado, USA

- *Member:* Attended sessions for developing leadership approach in life and carried out a community service project at the end of year (2017-2018)

**KEY CLUB**

Colorado, USA

- *Member:* carried out community service projects (2017-2018)

**CROSS COUNTRY**

Colorado, USA

- *Junior varsity runner:* ran 3k and 5k tracks for Vista Ridge (2017)

**LITERATURE CLUB**

Lahore, Pakistan

- *Reader:* Read several pieces of literature to reflect on them in literature circles and discussions. (2013-2015)

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**Honors and Awards****ACADEMIC SCHOLARSHIPS**

Lahore, Pakistan

- Received academic scholarship from HEC (2020-2025)

**ONLINE COURSES**

Lahore, Pakistan

- Predictive Medicine – Open University – Pharmacogenomics (2021)
- English for Healthcare – Future Learn – Communication (2022)

**AWARDS AND CERTIFICATIONS**

- Received High achiever's award from Aspire Group of Colleges (2019)
- Received Optimistic Leadership Award from World link (2018)
- Received Global Youth Service Day Leadership Award from World Link (2018)
- Received Public Achievement Leadership Award (PAL) from the U.S. Department of States (2018)
- Finalist for Melting Pot Essay Competition from World Link (2018)
- Received Completion of more than 100 hours of community service Award by the U.S. Department of states (2018)
- Received certificate for completion of Exchange program (KL-YES) from the U.S. Department of states (2018)
- Received the certificate for completion of Exchange program by Citizens Archive of Pakistan (2015)

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**Additional**

- *Technical Skills:* Content Writing, Problem solving, M.S Office, Communication skills, project management
- *Interests:* Sports (athletics and badminton), Volunteering and giving back to community, Reading, Creative writing, Painting and sketching, Watching documentaries
- *Language:* English, Urdu