

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)

NUZOOL 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)
- Honors and Awards
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- 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)
- Additional
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- *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