



Personal Details

- Name: Zahra Nazari
- Nationality: Afghan
- Marital Status: Single
- Date and place of Birth: 05/05/1996, Parwan Province
- Degree of education: M.D.
- Contact information: +93782714769, Nazari673@gmail.com

Education

- 2016-2022: Medical Doctor (M.D.) degree, Medical Faculty, Khatam-al Nabieen University, Kabul, Afghanistan. GPA: 4
- 2015: Graduated 12th grade, Sharjah - Iranian Private High School - Sharjah, United Arab Emirates, GPA: 4

Current situation

- Researcher and graphic designer at Neuroscience research center, Kavosh non-profit Educational-Research Institute (KNERI), Kabul, Afghanistan
- Medical doctor and sonographer at Dr. Haidar Sazgar Infertility Clinic, Kabul, Afghanistan

Research

- **Since September 2024:** Researcher at Department of Cognitive Neuroscience, Neuroscience Research Center, Kavosh Nonprofit Educational Research Institute, Kabul, Afghanistan. Supervised by: Dr. Sayed Yousof Mousavi
Current research title: Assessing the sleep quality among patients with polycystic ovarian syndrome: Questionnaire-based research
- **September 2022 – September 2024:** Researcher in the field of systematic review at Neuroscience research center, Kavosh non-profit Educational-Research Institute (KNERI), Kabul, Afghanistan. Supervised by: Dr. Sayed Yousof Mousavi
Research title: Therapeutic Potential of some Medicinal Plants in Cognitive Enhancement and Neurological Disorders: Systematic review
- **March 2021 – January 2022:** M.D. thesis at Khatam-Al-Nabieen University Research and Technology Center (KNURTC), Kabul, Afghanistan. Supervised by: Dr. Sayed Yousof Mousavi
Research title: Behavioral and Electrophysiological study of Afghan Chehelghoza (*Pinus gerardiana* L.) combined with diet on morphine-induced memory impairment in rats
- **January 2021-August 2022:** Researcher at Khatam-Al-Nabieen University Research and Technology Center (KNURTC), Kabul, Afghanistan. Supervised by: Dr. Sayed Yousof Mousavi

Publications

Papers

- Alami K, **Nazari N**, Bayat R, Bayat A, Qasemi S, Karimi F, Sultani M, Mousavi SY. Cognitive Effects of Almond Consumption: A Review of Animal Studies. Nutrition and dietary supplements. 2024;16:105-128. <https://doi.org/10.2147/NDS.S469179>
- **Nazari Z**, Nazari F, Alami K. From Infertility and Chronic Headaches to Treatment-Resistant Hyperprolactinemia: A Case Report. Kavosh Journal of Neurosciences (Accepted).

Conferences

- **Nazari Z**, Bayat R, Alami K, Mousavi SY. Almonds mitigate cadmium-induced memory impairment: A review of animal models. 13th Basic and Clinical Neuroscience Congress held on December 11-13, 2024 Tehran, Iran (Poster presentation)

Books

- Specialty Exam Preparation Book (According to the Ministry of Public Health Entrance Exam Reference) 1399-1400

Skills

Lab skills

- Working with laboratory rats (Handling, Injections)

Computer skills

- Familiar with common Windows programs, Microsoft Office
- Graphic design (Adobe Illustrator, Photoshop, In-design, Corel draw)
- Web-designing and developement (HTML,CSS, JS, Python, Wordpress, OJS)
- SPSS

Language skills

- Persian
- English (Intermediate)
- Arabic (Beginner)

Experiences

- Completed a six-month Graphic Design course at Code to Inspire (CTI) in 2024.
- Winner of an internal digital art competition on the topic of “Reading and Its Impact on You” (2024).
- Designed logos and posters for various American and Afghan organizations (2024, within the last 6 months).
- Assistant Editor at Kavosh Journal of Neurosciences (Since 2024)
- Technical Editor at Kavosh Journal of Neurosciences (Since 2024)
- Teacher assistant at Kavosh Non-profit Educational-Research Institute, Kabul, Afghanistan (Since 2024)

- Mentor of workshops for writing review articles, questionnaire research, and case reports at Kavosh Non-profit Educational-Research Institute, Kabul, Afghanistan (Since 2024)
- Graphic designing for Kavosh non-profit educational-research institute (Since 2023)
- Completed a three-month training in the Emergency Department of hospitals in Riyadh, Sharjah at UAE and Oman (early Spring 2023)
- Managing student research groups (since 2022)
- Web designing for a network team in Telegram (2023/09/25- 2023/10/25)
- Graphic designing for a network team in Instagram (2021-2022)

Honors and awards

- Participated in the international Cartoonistan competition held in Hamburg, Germany, where my digital painting on the theme “Women and Education” was presented (2025).
- Certificate of Appreciation from Kavosh Educational-Research Institute for outstanding dedication and teamwork, Kabul, Afghanistan, 2024
- Leadership of the student group for research at Neuroscience research center, Kavosh non-profit Educational-Research Institute (KNERI), Kabul, Afghanistan.
- Graduated with distinction in M.D. program, Khatam-al Nabieen University, Kabul, Afghanistan, 2020
- Certificate of Appreciation from the Meshrano Jirga (House of Elders), National Assembly of Afghanistan, presented by the Chairperson of the Women's Affairs and Civil Society Commission, in recognition of outstanding contributions to scientific research and academic excellence, Kabul, Afghanistan
- Certificate of Appreciation for ranking second overall in the Faculty of Curative Medicine at Khatam- al Nabieen University, Kabul, Afghanistan, 2016

Interests and hobbies

- **Research interest:** Cognitive neuroscience, Medicinal plants
- **Graphic:** Poster, Digital art, retouching and 3D
- **Photography:** Passionate about capturing natural landscapes and skilled in using composition techniques and editing to highlight the beauty of the environment.

Certificates

- Received a Certificate of Completion for the Graphic Design course from Code to Inspire, a non-profit educational program focused on empowering women through technology and digital skills, United State, 2025
- Certificate of Attendance in “A Comprehensive Program for Researcher Training” (presented by Neuroscience Research Center In September 2022-February 2024)
- Certificate of Graphic design in Adobe illustrator and Corel draw (2021 Khatam- al Nabieen and 2024 Code to inspire graphic design center)
- Certificate of completion the Web Design course (2023/09/25 to 2023/10/25 Date from Head of Language Training and Skill Development Center)

- Certificate for ultrasound training at Atique -Allah Amarkhil General and Obstetrics & Gynecology Clinic (from 2021 to 2023)
- The potential and advancement of neuro-nutraceuticals in brain health (9 September 2022, IBRO global neuroscience horizons webinar series)

References

- Sayed Yousof Mousavi, Assistant professor, Department of Physiology, Khatam Al-Nabieen University, Kabul, Afghanistan. Phone: +93(0)796850084, Email: Mousavi.KNURTC@knu.edu.af