



Sahar Sajjad

Nationality: Pakistani **Date of birth:** 04/06/1998 **Gender:** Female

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ABOUT ME

I am dedicated environmentalist passionate about protecting ecosystems and promoting sustainability. With expertise in environmental policies, conservation, and sustainable development, I have led impactful initiatives in advocacy and education. My goal is to drive innovative solutions to tackle environmental challenges and ensure a healthier planet for future generations.

EDUCATION AND TRAINING

Master of Philosophy in Environmental Sciences (18 years of education)

University of Lahore [10/02/2022 – 13/03/2024]

City: Lahore | **Country:** Pakistan | **Field(s) of study:** Environmental science | **Final grade:** 3.68 | **Thesis:** Remediation of chromium in spinach by Aloe vera (Aloe barbadensis) gel and selenium nanoparticles

Bachelor of Science in Botany (16 years of Education)

University of Narowal [10/09/2016 – 04/02/2020]

City: Narowal | **Country:** Pakistan | **Field(s) of study:** botany | **Final grade:** 3.05

WORK EXPERIENCE

Participant of online admission program at University of Gujrat sub campus Narowal

[05/09/2017 – 01/10/2017]

City: Narowal | **Country:** Pakistan

As a participant in an online admission program, I demonstrated strong digital literacy by effectively navigating various platforms for seamless application processes. My efficient time management skills enabled me to meet deadlines while organizing tasks in a virtual environment. I excelled in virtual communication, maintaining professionalism and clarity in emails and online interactions. With a keen attention to detail, I ensured the accuracy and thoroughness of my application materials. Additionally, I showcased my self-driven nature by proactively engaging throughout the entire admission process.

Content writer

[29/04/2022 – 04/05/2023]

City: Lahore

As a skilled content writer, I excel in creating engaging and informative content tailored to target audiences across various platforms. I have strong research abilities, enabling me to produce well-informed articles, blog posts, and web content. Additionally, I possess excellent grammar and editing skills, ensuring clarity and coherence in all written materials. I am adept at collaborating with teams to develop content strategies and can adapt my writing style to suit different brand voices and messaging.

Lecturer

[10/07/2023 – Current]

City: Lahore | **Country:** Pakistan

"Dedicated and knowledgeable Science Lecturer with expertise in delivering engaging and insightful lessons. Skilled in simplifying complex topics, fostering critical thinking, and encouraging hands-on learning. Passionate about inspiring students to explore scientific concepts and apply them to real-world challenges. Strong background in research and academic development, with a focus on creating an inclusive and motivating learning environment."

LANGUAGE SKILLS

Mother tongue(s): Urdu

Other language(s):

English

LISTENING B2 **READING** B2 **WRITING** B2

SPOKEN PRODUCTION B2 **SPOKEN INTERACTION** B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

DIGITAL SKILLS

Microsoft Office (Word , Excel and Power Point) / ANOVA SPSS Software

CONFERENCES AND SEMINARS

[08/05/2024] University of Lahore

International webinar on crop root responses under changing climate Participated in an international webinar focused on crop root responses under changing climate conditions, gaining insights into the physiological and ecological adaptations of root systems. Engaged with leading researchers and industry experts to discuss innovative strategies for enhancing crop resilience and productivity in the face of climate change. This experience enriched my understanding of the critical role of root systems in agricultural sustainability and equipped me with knowledge applicable to current challenges in crop management.

[13/12/2023] Forman Christian College, Lahore

International Symposium on Environmental Application of Carbon Based Nanomaterials Attended the International Symposium on Environmental Applications of Carbon-Based Nanomaterials, where I delved into groundbreaking research on nanomaterials for environmental remediation. Engaged with leading experts to discuss innovative applications in pollution control and sustainability, enhancing my knowledge of cutting-edge technologies that address pressing environmental challenges.

[31/07/2024] Superior University Lahore

Local Conference of Youth Punjab Participated in the Local Conference of Youth and national climate change conferences, engaging with diverse stakeholders to discuss youth perspectives on climate action and sustainability. Contributed to collaborative efforts aimed at developing innovative solutions for climate challenges, while enhancing my understanding of policy frameworks and grassroots initiatives that drive environmental change.

HONOURS AND AWARDS

Honours and Awards

- Ranked 4th in MPhil Environmental Sciences class
- Best teacher award
- Poster/Model winner Award
- Laptop awarded by CM Punjab (2018)
- Benevolent fund/scholarship winner

ORGANISATIONAL SKILLS

Organized University functions as team leader! I worked as a team leader in group assignment, presentations and develop leadership qualities throughout my career.

HOBBIES AND INTERESTS

Hobbies and interests Book Reading, Love Traveling, Reading Newspaper, Gardening, Photography, Moral Ethics, Food Explorer

VOLUNTEERING

Voluntarily I did

- I used to work as a volunteer to collect money and blood for thalassemia patients
- I volunteered to raise funds for people in need.
- I used to teach/help juniors how to identify plants and raise awareness about native flora, habitat restoration, waste management, environmental education and sustainable practices in the community.
- I engaged in activities that promote public awareness of ecological issues and sustainable practices.

SKILLS

Personality skills

Strong communication, teamwork, sincere self-confidence, hardworking and problem-solving skills. Adaptable, organized, and detail-oriented with excellent time management. Self-motivated, with a positive attitude and a commitment to continuous learning. Good communication skills were gained as I was a Girl Representative throughout my graduation and by giving various course presentations and participating in various co-curricular and extracurricular activities.

Study related skills

Atomic absorption spectrometry
SPSS (Statistics Software)

Field work, Landscaping, proof-reader, academic writer

Excellent Documentation and Record Keeping

ONLINE COURSES

Course I have taken from EdX

1. Introduction to Environmental Sciences