Curriculum Vitae

Sahar Abd El Gawad Helmy

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1.Education

• 07/2015 - present:

Master Student, Department of Biochemistry, Faculty of Pharmacy, Mansoura University, Egypt.

Thesis title: "Role of some compounds on TRAIL apoptotic pathway in hepatocellular carcinoma induced in rats."

• 09/2009 -07/2014:

Bachelor degree of science (pharmaceutical sciences):

Faculty of Pharmacy, Mansoura University, Mansoura, EGYPT (2014), excellent degree with honor, and graduation ranking 1st achiever.

2. Employment history

❖ 11/2014 till now: <u>Demonstrator</u> - Biochemistry Dept., Faculty of Pharmacy, Mansoura University, Egypt.

3. Teaching experience

- **2015-now**: Practical course of "chemistry and diseases of blood" for Biochemistry diplome postgraduate students.
- **2014-now**: Practical course of "Biochemistry-2" for 3nd level undergraduate pharmacy students.
- 2014-now: Practical course of "Biochemistry-1" for 2nd level undergraduate pharmacy students.
- **2014-now:** Practical course of "Biochemistry" for 3rd year undergraduate pharmacy students.
- **2014-now**: Practical course of "Biochemistry-2" to 3rd level clinical Pharmacy undergraduate students.
- **2014-now**: Practical course of "Biochemistry-1" to 2nd level clinical Pharmacy undergraduate students.
- **2015-now**: Practical course of "Biochemistry" for "Biochemistry" diplome postgraduate students.
- 2015-now: Practical course of "Clinical Biochemistry" to 4th level clinical Pharmacy undergraduate students.
- 2014-2015: Practical course of "Biophysics" to 1st level clinical Pharmacy undergraduate students.

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• **2016-now**: Practical course of "Nutrition" to 5th level clinical Pharmacy undergraduate students.

4. Technical Courses

- ❖ Faculty and Leadership Development Project "FLDP" Training Courses:
 - 1. **Conference Organization** (15 hr) from 27/12/2015 to 28/12/2015.
 - 2. **Research Ethics** (15 hr) from 31/01/2016 to 1/02/2016.
 - 3. **Communication skills** (15 hr): from 12/06/2016 to 13/06/2016.
 - 4. **University code of ethics** (15 hr): from 14/08/2016 to 15/08/2016.

5. Research Skills

- 1. Experience in animal work (rats) including maintaining the animals, blood sample withdrawal, oral/injection of drugs, Anesthesia and collecting liver.
- 2. Technical knowledge of ELISA
- 3. Technical knowledge of molecular biology technique (Real time Polymerase Chain Reaction).
- 4. Ability to be team player with high communication skills
- 5. Good presentation skills using PowerPoint data show and overhead projector.
- 6. Good time management.
- 7. Make appropriate calculations, record data, interpret and summarize results using Graphpad prism.
- 8. Present research findings during meetings.

6. Workshops, Conferences and activities

❖ Attending Western Blotting workshop in Biochemistry department/Faculty of Pharmacy/Mansoura University from 1/01/2016 to 2/01/2016.

7. Computer skills

International computer driving license (ICDL)