



Adiba Rasool

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● ABOUT ME

A pharmacist and entrepreneur.

● WORK EXPERIENCE

PHARMACY INTERN – FAZAL DIN'S PHARMA PLUS – 17/07/2018 – 17/08/2018 – GUJRANWALA, PAKISTAN

During my pharmacy internship, I gained hands-on experience in proper medication storage, safe dispensing practices, using pharmacy software for prescription and inventory management, assisting with billing, receiving stock shipments, and maintaining compliance standards.

PHARMACY INTERN – FAZAL DIN'S PHARMA PLUS – 01/07/2019 – 31/08/2019 – GUJRANWALA

I gained practical experience in a community pharmacy by maintaining proper storage temperatures, assisting with medication dispensing, using pharmacy software for prescriptions and stock management, and handling invoices.

PHARMACY INTERN – FAZAL DIN'S PHARMA PLUS – 01/12/2020 – 28/02/2021 – GUJRANWALA, PAKISTAN

Gained practical community pharmacy experience in temperature control, dispensing assistance, pharmacy software use, prescription and stock management, and invoice handling.

COMPOUNDING PHARMACY INTERN – GREEN PLUS PHARMACIE – 26/08/2021 – 23/09/2021 – LAHORE, PAKISTAN

Gained hands-on experience in a compounding lab, including monitoring temperatures, compounding and dispensing medicines, handling raw materials, managing prescriptions and records, counselling patients, and performing expiry checks.

COMPOUNDING PHARMACIST – FAZAL DIN'S PHARMA PLUS – 01/02/2022 – 31/07/2022 – GUJRANWALA, PAKISTAN

Gained hands-on pharmacy experience in temperature control, raw material management, extemporaneous preparation, safe dispensing, pharmacy software use, controlled drug audits, inventory receipt, and patient counselling.

CHIEF EXECUTIVE OFFICER – ADEEBA ORGANICS – 06/05/2023 – Current – TOBA TEK SINGH, PAKISTAN

Owner of Adeeba Organics, responsible for developing and formulating skincare products with natural extracts, ensuring product quality and regulatory compliance, managing daily operations, inventory, and logistics, handling marketing and brand promotion, overseeing sales and customer relations, managing budgeting and financial planning, and researching trends to improve product offerings.

PHARMACY LECTURER – OBAID NOOR INSTITUTE OF MEDICAL SCIENCES (ONIMS) – 01/10/2025 – Current – MIANWALI, PAKISTAN

Responsible for delivering lectures and practical laboratory sessions, preparing course materials, demonstrating pharmacy techniques, guiding and mentoring students, supervising lab experiments, evaluating student performance, maintaining lab safety and compliance.

EDUCATION AND TRAINING

05/04/2010 – 30/04/2012 Sarhand colony

MATRIC/ SECONDARY SCHOOL CERTIFICATE (SSC) BISE Faisalabad

Website www.bisefsd.edu.pk | Level in EQF EQF level 3

05/05/2012 – 30/06/2015 Toba Tek Singh, Pakistan

FSC (PRE-MEDICAL) / HIGHER SECONDARY SCHOOL CERTIFICATE (HSSC) BISE Faisalabad

- occupational techniques (making of standard breads, fancy breads, cakes and pastries)
- science applied to food and equipment (microbiology, biochemistry, hygiene)
- occupational technology (basic principles, hygiene and safety)
- knowledge of business and its economic, legal and social context

Website www.bisefsd.edu.pk | Level in EQF EQF level 4

05/12/2016 – 09/12/2021 Sargodha , Pakistan

PHARM-D (DOCTOR OF PHARMACY) College Of Pharmacy, University Of Sargodha

Website su.edu.pk

07/10/2022 – 16/12/2024 Sargodha , Pakistan

MPHIL PHARMACEUTICS College Of Pharmacy, University Of Sargodha

Formulation and Evaluation of Biogenic Amorphous Silica Nanoparticles from Corn Cob Ash to Improve Aripiprazole Solubility [26/11/2023 – 16/12/2024]

- Preparation of Biogenic Silica nanoparticles was achieved from corn cob ash (CCA). and amorphous silica nanoparticles prepared by sol-gel method.
- Aripiprazole drug was loaded into the Amorphous silica nanoparticles. total 4 formulation were made. And in one formulation, silica nanoparticles were modified with the chitosan.
- All the formulations were evaluated on the basis of FTIR, PXRD, TGA, DSC, Zeta size and potential, and dissolution studies.

Website su.edu.pk

Link <https://drive.google.com/file/d/1vLPKPMgdSpU4tpiESRUI3npMh2SqQP3I/view?usp=drivesdk>

LANGUAGE SKILLS

Mother tongue(s): **PANJABI; PUNJABI**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	C2	C1	B2	C2
URDU	C2	C2	C2	C2	C2

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

SKILLS

handle the logistics of medicinal products | provide medicines information | maintain adequate medication storage conditions | participate in medical inventory control | mentor individuals | manage adverse reactions to drugs | apply organisational techniques | MicroSoft Word | MicroSoft Office | E-commerce | Social media management | Canva Expert

● RECOMMENDATIONS

Dr. Ume Ruqia Tulain Research Supervisor in MPhil

Adiba has worked under my supervision as an M.Phil research scholar and impressed me as a highly motivated, goal-oriented researcher of lively personality and creativity. Her research work was "Formulation and Evaluation of Biogenic Amorphous Silica Nanoparticles from Corn Cob Ash to Improve Aripiprazole Solubility." Miss Adiba has tackled many problems very efficiently, under my direction, and thus assumed an important role in the research team. Given her remarkable academic potential and positive personality, I recommend Miss Adiba to every institute where she wishes to enter to learn or serve.

Email umeruqia_tulain@yahoo.com | **Phone** (+92) 03438480467

Link <https://share.google/Y0eKhLMcljtxDbkhG>

Sumera Samar Manager Waheed Wain Incubation Center, Sargodha

Miss Adiba is intelligent, hardworking, and highly self-motivated. She possesses strong analytical and problem-solving skills and demonstrates originality and perseverance when addressing challenges. She works efficiently both independently and in collaborative environments, often contributing constructive ideas and showing leadership potential. Her ability to integrate scientific knowledge with business and entrepreneurial insight is particularly commendable.

I am pleased to learn that Miss Adiba is now seeking admission to a joint master's program in medical technology and healthcare business. I firmly believe that her academic background in pharmaceutical sciences, combined with her hands-on incubation experience and exposure to healthcare entrepreneurship, makes her a strong candidate for this interdisciplinary program. She has the determination, clarity of purpose, and professional maturity required to excel in advanced studies and future leadership roles.

Acknowledging her eagerness for higher education, I have no hesitation in giving her my highest recommendation. I am confident that she will prove to be a valuable asset to your institution.

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Dr. Shahid Rasool Professor in Pharmacy

Miss. Adiba is known to me since she was a student of Pharm-D at the College of Pharmacy, University of Sargodha. Without a doubt, Adiba is one of the finest students that I have ever taught. She is extremely intelligent and hardworking and excels under pressure. Throughout the period that she was my student; I always found her taking keen interest in her study of the subjects. She was assiduous and meticulous in completing her class assignments independently as well as in a group. While working in a group I have noticed her taking keen interest and playing active role. The quality and standard of her analytical and laboratory work is outstanding.

I am pleased to learn that Miss Adiba is eager to get admission for the Erasmus Mundus Joint Master program. I firmly believe that she has the temperament and determination for the same. She is an enterprising student who pursues with vigor to understand each topic and has shown originality, initiative, and perseverance to tackle problems.

Acknowledging her eagerness and satiated desire for higher education in her field of interest, I have no hesitation in giving her my highest recommendations.

Email shahid.rasool@uos.edu.pk | **Phone** (+92) 03004799126

● HONOURS AND AWARDS

24/06/2024

Certification of Completion of the Incubation program as a founder – Waheed Wain Incubation Center, University of Sargodha, Sargodha

I opted for the business idea competition as a startup for the skincare brand Adeeba Organics (a skincare brand that contains serums and face washes). My startup was incubated for 6 months in WWIC, University of Sargodha, Sargodha. and I attended all the sessions related to the finances, digital marketing, legal assistance, and many other sessions).

Link <https://drive.google.com/file/d/1Ho-dZC4zRwCGz9FU5WFYpWwizLBhS9Bz/view?usp=drivesdk>

24/07/2024

Certificate of Participation at SEE Pakistan 2024 – SEE Pakistan

Participated as the founder of Adeeba Organics in the regional round of World Startup Championship 2024 organized by University of Faisalabad.

Link <https://drive.google.com/file/d/1HrW5g7Jzb9Qvc-RefLdiLnwHX1UgmPEd/view?usp=drivesdk>

VOLUNTEERING

01/03/2017 – 31/07/2017 Pakistan

Read Foundation appreciation Certificates

Participated in the Taleem Dost campaign of Read Foundation, in which we have to collect the donation to arrange the chairs for the students who were reading the schools run on the donations

Link <https://drive.google.com/file/d/1HuO6afBcsnalGCZUIDeC1yVxxMkvK9IV/view?usp=drivesdk>

CERTIFICATES

01/03/2023 – 31/03/2023

From article to art: Creating visual abstracts From Elsevier Researcher Academy

Link researcheracademy.elsevier.com/profile

01/08/2020 – 15/09/2020

Nutrition and Lifestyle in Pregnancy

Link <https://www.coursera.org/account/accomplishments/certificate/PUBENE6T7LRH>

01/10/2020 – 30/10/2020

Pharmaceutical and medical device innovation from Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/YBRSDKAV4JUZ>

01/10/2020 – 30/10/2020

Antimicrobial resistance - theory and methods

Link <https://www.coursera.org/account/accomplishments/certificate/PUBENE6T7LRH>

01/08/2020 – 30/08/2020

Advanced Writing by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/UXCAMSJBAQQ8>

01/08/2020 – 23/08/2020

AI For Everyone by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/C53C3DRJU74W>

01/08/2020 – 31/08/2020

Diabetes – the Essential Facts Issuing by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/7TGPQCT285RU>

01/07/2020 – 10/10/2020

Healthy Practices: Nutrition, Physical Activity, and Community and Family Participation by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/ASPQRGS2N6BB>

01/08/2020 – 30/08/2020

Introduction to Search Engine Optimization by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/7EDD3YWMCBJN>

07/07/2020 – 31/08/2020

Preventative Healthcare for the Newborn Baby

Link <https://www.coursera.org/account/accomplishments/certificate/Y8J3A9QJ3DZY>

01/06/2020 – 31/08/2020

Understanding Obesity by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/EP6L3RPNGXFN>

01/06/2020 – 31/07/2020

Addiction Treatment: Clinical Skills for Healthcare Providers by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/BFBGHNRR5ATJ>

01/06/2020 – 26/07/2020

COVID-19: What You Need to Know (CME Eligible) by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/8E2PU456S6EK>

01/06/2020 – 31/07/2020

Emergency Care: Pregnancy, Infants, and Children by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/BZ9C7PXY2F9F>

01/07/2020 – 31/07/2020

Managing Asthma, Allergies, Diabetes, and Seizures in School Issuing Organization

Link <https://www.coursera.org/account/accomplishments/certificate/73B25FXUTBW5>

01/07/2020 – 31/07/2020

Medical Emergencies: Airway, Breathing, and Circulation by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/VGHUSEM9T33F>

01/06/2020 – 31/07/2020

Medical Emergencies: CPR, Toxicology, and Wilderness Issuing Organization by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/BXXKRDKAWRRQ>

01/05/2022 – 31/05/2022

Use Canva to Create Social Media Visuals for Business by Coursera

Link <https://www.coursera.org/account/accomplishments/certificate/6G6ECY6USJZP>

17/10/2023 – 18/10/2023

Certificate of Participation on 2 days workshop on Application of Statistical analysis in R language and mini Tab

03/03/2024 – 05/03/2024

Certificate of participation in Research Arena Expo 2024
