

SAJIDA JAMIL

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SUMMARY

Dedicated pharmaceutical scientist and educator with over 9 years of combined academic and research experience in Pharmaceutics and Pharmacology. Gold medalist in M.Phil. Pharmaceutics (University of Lahore) with a strong foundation in formulation development, physical pharmacy, and quality-by-design principles. Proven track record in teaching undergraduate and postgraduate students through problem-based learning, case studies, and hands-on laboratory instruction. Committed to fostering scientific curiosity, academic excellence, and translational research that addresses local and global health challenges.

SKILLS

1. Academic Skills

- Teaching, Research Design

2. Technical Skills

- **Formulation development:** polymeric films, solid dispersions, excipient compatibility
- **Physical stability assessment:** dissolution testing (USP Apparatus II), visual inspection, accelerated stability studies (ICH guidelines)
- **Analytical techniques:** UV-Vis spectroscopy, FTIR
- **Familiar with Quality by Design (QbD)** principles for pharmaceutical development
- **Eager to learn:** Particle size analysis, cloud point determination, XRPD, and Raman microscopy for colloidal systems

RESEARCH PROJECTS

Development and Optimization of Instant Release Polymeric Films of Ezetimibe and Lovastatin

- Optimized instant-release polymeric films using hydrophilic polymers (HPMC, PVA)
- Evaluated physical stability under accelerated conditions (40°C/75% RH)

EDUCATION

M.Phil. in Pharmaceutics

The University of Lahore, Lahore – Pakistan | 2021

GPA: 3.95/4.00 | Gold Medalist (Distinction)

Pharm D

University of Sargodha, Sargodha – Pakistan | 2015

GPA: 3.38/4.00

RELEVANT COURSEWORK

Formulation and Product Development | Microbiology and Molecular Biology

Advanced Pharmaceutics | Biopharmaceutics & Pharmacokinetics

Clinical Pharmacy and Pharmaceutics | Biostatistics

WORK EXPERIENCE

Lecturer, Department of Pharmacy

The University of Chenab, Gujrat, Pakistan | July 2023 to Oct 2024

- Taught undergraduate and M.Phil. courses in pharmaceutics with emphasis on formulation science
- Promoted active learning through case-based discussions and practical demonstrations

Senior Lecturer, Department of Pharmacy

The University of Lahore, Lahore, Pakistan | Oct 2022 to Feb 2023

- Delivered advanced pharmacy courses and monitored students' academic progress.

SAJIDA JAMIL

Senior Lecturer, Lahore School of Nursing

The University of Lahore, Lahore, Pakistan | Sep 2020 to Oct 2022

- Delivered advanced education while monitoring students' academic excellence.

SUPERVISED M.PHIL. PROJECT SUPERVISED

Pharmaco-epidemiological Exploration of Lipid-Lowering Drugs from Upper Punjab Region

Student: Ashfaq Ul Hassan

PUBLICATIONS

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1. Nasir M, Gulzar F, **Jamil S**, et al. Evaluation of Nutraceutical Potential of *Carduus marianus*: Antioxidant and Hepatoprotective Effects in Paracetamol-Induced Hepatotoxicity and GC-MS Analysis. *Food Science & Nutrition*. 2025 Jul;13(7):e70474. <https://doi.org/10.1002/fsn3.70474>
 - Role: Contributed to study design and dose calculation
 2. Gulzar F*, Akhtar MS, Sadiq R, Bashir S, **Jamil S**, Baig SM. Identifying the reasons for delayed presentation of Pakistani breast cancer patients at a tertiary care hospital. *Cancer Management and Research*. 2019; 11:1087–1096. <https://doi.org/10.2147/cmar.s180388>
 - Role: Contributed to data collection and data entry
 3. Nasir M, Gulzar F*, **Jamil S**, et al. 2026 Unveiling the hepatoprotective potential of vitamin D3: role of inflammatory and oxidative stress signaling pathways (Pipeline)
 - Role: Contributed to study design and dose calculation

HONORS AND AWARDS

Gold Medalist: M.Phil. Pharmaceutics at The University of Lahore, Lahore, PK (2021)

HSSSRP Award: Higher Summer School Science Research Program awardee (2013)

MEMBERSHIPS

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- Punjab Pharmacy Council (Member since 2015)
 - European Society for Medical Oncology (Member since 2024)

REFERENCES

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1. Dr. Faisal Gulzar (Former Chairperson, Department of Pharmacy, The University of Chenab) Associate Professor, mfaisalgul33@gmail.com, +92-3326106351
 2. Dr. Omer Salman (Chairperson Department of Pharmacy, Forman Christian College (A Chartered University, Lahore) Associate Professor, omerqureshi@fccollege.edu.pk, +9242-99230581-88, Ext: 567