

MARYAM NOOR

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Motivated Food Safety and Quality Management graduate with research, sales, and management experience. Skilled in food analysis, leadership, and communication with a strong commitment to excellence and continuous improvement.

EDUCATION

- **M.Sc. (Hons.) Food Safety & Quality Management** – PMAS Arid Agriculture University Rawalpindi (2022–2024)

Research topic:

(Prevalence and Antimicrobial Resistance of *E. Coli* in Beef from Retail Shops of Rawalpindi)

- **B.Sc. (Hons.) Agriculture (Food Technology)** – PMAS Arid Agriculture University Rawalpindi (2017–2021)
- **F.Sc. (Pre-Medical)** – BISE Gujranwala (2016)
- **Matric (Science)** – BISE Gujranwala (2014)

SKILLS

- Food Analysis & Quality Management
- Planning, Coordination & Presentation
- Communication & Team Leadership
- Microsoft Office
- Time Management

PROFESSIONAL EXPERIENCE

Team Manager – Jubilee Life, Islamabad (Apr 2025 – Dec 2025)

- Led and supervised a sales team to achieve monthly performance targets
- Developed strategic sales plans
- Conducted team training sessions and performance evaluations

Team Manager – Land.Com Pakistan, Islamabad (Jul 2024 – Feb 2025)

- Supervised team activities and ensured target achievement
- Strengthened customer relationships and business growth

Senior Sales Executive – Rays Marketing, Islamabad (Aug 2021 – Dec 2023)

- Achieved sales targets through strategic marketing approaches
- Built and maintained strong client relationships
- Conducted market analysis and competitor research

HR & Accounts Intern – Future Scientific, Rawalpindi (Sep 2019 – Dec 2019)

- Assisted HR documentation, payroll
- Supported accounts management and record keeping

Internship – National Agricultural Research Centre, Islamabad (2 Months)

- Wheat & rice quality lab analysis and research documentation
- Assisted in research documentation and reporting

TRAINING & CERTIFICATIONS

- Certificate in Food Labelling

- Certificate in Vacuum Packaging & Modified Atmosphere Packaging
- Certificate in Food Allergy Training
- Multiple Online Webinars on Food Science & Nutrition

LANGUAGES

English | Urdu | Punjabi

HOBBIES

Book Reading | Traveling | Dedicated Work & Honesty

REFERENCE

Will be furnished on demand