

Sahar Haider

Scientist | Biomedical Researcher | Scientific Content Writer

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📍 Islamabad, Pakistan

SUMMARY

Scientific researcher with a strong background in molecular medicine and 2 years of hands-on research experience in neurodegeneration and immunometabolism, focused on integrated and translational medicine. Skilled in histological and biochemical assays, in silico modeling, and biomedical data analysis. Expert in developing rodent models for pre-clinical studies. Passionate about translational research and healthcare innovation, seeking to contribute expertise to clinical, academic, or biotechnological research environments.

EDUCATION

Master of Science in Molecular Medicine

2023 - 2025

National University of Sciences & Technology (NUST)

Bachelor of Science in Biotechnology

2019 - 2023

University of Sargodha

WORK EXPERIENCE

Researcher - Laboratory Animal House, ASAB NUST

09/2024 – 03/2026

- Animal handling, care, and experimentation following ethical and biosafety protocols while maintaining detailed research documentation.
- Developed rodent models of neurodegenerative diseases.
- Administered treatments and integrative medicine interventions for preclinical studies.
- Performed behavioral assessments, physiological monitoring, sample collection, experimental protocols, and data analysis.

Histopathologist - Diagnostic Lab, ASAB NUST

10/2024 – 09/2025

- Histological processing of organs, tissue fixation, embedding, sectioning, staining, and examination of microscopic slides.
- Analyzed biochemical tests for statistical evaluation using GraphPad Prism.
- Utilized ImageJ for quantification and image analysis for histopathology. Ensured adherence to biosafety and quality control standards.

Researcher - Industrial Biotechnology Lab, ASAB NUST

12/2024 – 04/2025

- Prepared nutraceutical and plant extracts utilizing maceration technique.

Research Assistant - Cell Culture Lab, ASAB NUST

12/2024 – 04/2025

- Prepared Treatment assays, monitored cell morphology, and supported experimental workflows for evaluating therapeutic effects on cancer cell line growth.

Content Writer - United States (Remote)

09/2023 – 05/2024

- Created SEO optimized content, collaborated with teams, researched industry topics, increased organic traffic.

Content Writer - Enfotrix

2023

- Developed and executed content strategies, producing engaging articles, blog posts, and social media updates that increased audience interaction.
- Successfully translated complex ideas into clear, concise, and captivating content.

SKILLS

Animal handling, biochemical analysis, communication, histopathology, in-silico analysis, literature review, plant extract preparations, research analysis, statistical analysis, scientific writing, teamwork.

Work in progress

Draft manuscript in review with co-authors.

CERTIFICATIONS

- **International Conference on Integrative Life Sciences**, National University of Sciences & Technology, 2024.
- **Breaking Taboos, Building Hope: Decoding Complexities in STDs, Cancer & Diabetes**, National University of Sciences & Technology, 2024.