

ENVIRONMENTAL SCIENTIST

SAFA FAROOQ

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PROFESSIONAL SUMMARY:

I am an Environmental Scientist with a strong passion for sustainable development and climate action. I have hands-on experience in environmental research, policy support, and energy transition initiatives. I am committed to developing innovative, science-based solutions to address environmental challenges and promote a greener future.

EDUCATION

Bachelors in environmental sciences | PMAS Arid Agriculture University, Rawalpindi | 2021–2025 Current **CGPA:** 3.84/4.00

PROFESSIONAL EXPERIENCE

United Nations Association of Pakistan (UNAP) – Member Nov 2024- Nov2025

- Contributed to environmental awareness initiatives aligned with the UN Sustainable Development Goals (SDGs).
- Participated in community outreach programs and supported youth engagement activities on sustainability and social development.

Tetra Tech – Intern / Environmental Associate April 2025- July 2025

- Assisted in environmental research, data collection, and technical reporting for sustainability and water-related projects.
- Supported project teams in analyzing environmental impacts and promoting sustainable development solutions.

EPA Intern | Environmental Protection Agency (EPA), Rawalpindi | Aug-Sep 2024

- Managed office activities including awareness campaigns, plantation drives, and legal policy records.
- Developed a deep understanding of environmental protocols, rules, and regulations.

Volunteer / Intern | Global Green Vision | Oct–Dec 2024 -25

- Organized plantation campaigns and webinars to raise environmental awareness.
- Managed social media accounts to promote tree plantation initiatives.

RESEARCH & PUBLICATIONS

- **Research Article:** "Household Water and Energy Conservation: A Key to Addressing the Water-Energy Nexus," ***Pakistan Journal of Humanities and Social Sciences***, **2024**.
- **Environmental Blogs:** Published multiple articles on Blogger.com regarding Zero-Waste solutions, Eco-friendly products, and Renewable Energy.

TECHNICAL PROJECTS:

- **Wastewater Treatment Model:** Developed a bio-based hybrid membrane to enhance desalination efficiency and pollutant removal.
- **GPS Logger & Nursery Visit:** Conducted area identification for landscape design and botanical reporting on nurseries in Islamabad.

SKILLS & CERTIFICATIONS:

- **IELTS:** Overall Band 6.5 (Writing: 7.0, Speaking: 6.5, Listening: 6.5, Reading: 6.0)
- **Technical:** AutoCAD, MS Word, PowerPoint, Canva Designer.
- **Lab:** Laminar flow hood, Spectrophotometer, Incubator, Autoclave, and Centrifuge.
- **Professional Training:** ISO 14001 Awareness (EMS), WHO Achievement Certificates in Pharmaceutical Systems and Antimicrobial Resistance.

LANGUAGES:

- **English:** Proficient (Speaking, Reading, Writing, Listening)
- **Urdu:** Native

REFERENCES

- Dr. Shahid Mahmood (Associate Professor, PMAS-AAUR) | shmahmood@uaar.edu.pk
- Dr. Muzammil Anjum (Assistant Professor, PMAS-AAUR) | muzammilanjum@uaar.edu.pk