

Kanza Tariq

D/O Tariq Jamil Ch.

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OBJECTIVES:

To pursue a career at a prestigious organization having a professional working environment that provides learning opportunities with educational qualification, skills and experience

ACHIEVEMENTS:

- **Gold Medal** for holding first position in **MPhil-Pharmacy Practice** (Batch 2015-17).
- **Roll of Honor** for outstanding academic performance in Mphil.

WORKING EXPERIENCE:

- **Lecturer** at **Government College University Lahore** (19th October 2023 – till date).
- **Visiting Faculty** at **Government College University Lahore** (22nd August 2022 - 19th October 19th 2023).
- **Lecturer** (Visiting Faculty) at 'Lahore College for Women University' for **one Academic session** (November 29th 2021 - May 28th 2022).
- **Consultant Pharmacist** at Xen Wellness Club (June 2019 - October 2021).
- **Community Pharmacist** and **Pharmacy In-charge** at Punjab Group of Pharmacies, Wapda Town, Lahore (February 2016 - March 2019).

JOB DESCRIPTION AT MENTIONED WORKPLACES AND SKILLS

- **Committee member:** Member of 'Department Discipline and Program Review Committee' and 'Female Advisory and Counseling Committee'
- **Coordinator:** Female sports coordinator for Department of Pharmaceutical Sciences.
- **Focal Person:** Nominated as the convenor **IT** and **Community Pharmacy Services** for Department of Pharmaceutical Sciences, GCUL
- **Lab-In charge:** Supervising and managing the Pharmaceutical Microbiology Laboratory.
- **Institutional development:** Dossier development, **Curriculum planning** and design, establishment of labs and library.
- **Organized** and planned practical training **workshops** and **activities** for the 5th and 4th professional year students.
- **Course Teaching:** 1 course (2 credit hours) each to 5th, 4th and 3rd professional years (Pharm D) and 1 Lab (2 credit hours) for 1 academic session.
- **Examiner:** Nominated as an 'Internal Examiner' for 5th professional year's 'Pharmaceutical Marketing and Management' course.
- **Co Supervisor:** Co supervised 3rd professional year's 'Community Pharmacy Projects' (15 students).
- **Clinical Cases:** Developed treatment, management plans and conducted counselling sessions for the patients at Xen Wellness Club.

- Provided **pharmacotherapy treatments** for minor ailments, **analysed prescriptions** and conducted **counselling session** for the patients regarding proper use of medications and their side effects.

- Designed **personalized patient care plans** (according to current pharmacy practice guidelines) for hypertensive and diabetic patients of the community.
- Maintained narcotic register and ensured their safe use.
- Supervised and managed working shifts, allocated work assignments to pharmacy staff as a **Pharmacy In-charge**.
- Mentored the **Pharmacy Internship program** for Pharm D students, **Training** of professional as well as technical staff.

EDUCATION:

Degree	Institute	Year		Grades
		From	To	
M.Phil.-Pharmacy Practice	Lahore College for Women University, Lahore	2015	2017	A+
Pharm-D	Lahore College for Women University, Lahore	2008	2013	B+
B.Sc.	Punjab University, Lahore	2011	2013	-
F.Sc. (Pre-Medical)	Kinnaird College, Lahore	2006	2008	A
Matric	Crescent Model Higher Secondary School, Lahore	2004	2006	A+

PUBLICATIONS:

- **Community Pharmacist–Led Cardiovascular Risk Screening in Lahore: Evidence from Patient and Pharmacist perspectives in Pakistan Journal of Pharmaceutical Sciences**
- **Association of obesity with hyperalbuminemia and dietary protein intake in healthy adults: across-sectional study in Science International** (Volume 37, Issue no 3, Page 147-151, 2025).
- **Evaluation of medication knowledge, attitudes and self-medication practices among Pharmacy students in Journal of Population Therapeutics and Clinical Pharmacology** (Volume 31, Issue no. 4, Page 954, 2024).
- **Epidemiological assessment of menopause associated complications in women of Punjab, Pakistan in Journal of Population Therapeutics and Clinical Pharmacology** (Volume 31, Issue no. 5, Page 1079-1086, 2024).
- **Statistical survey of depression associated with Covid-19 related isolation among medical and non-medical population in Lahore in Journal of Population Therapeutics and Clinical Pharmacology** (Volume 30, No. 17, Page 1611-1618, 2023).
- Abstract publication of MPhil research topic, titled; **Development of Cardiovascular Risk Screening Services (CRSS) for Community Pharmacy in Lahore, Pakistan in PJPR** (Volume 4, Special Issue 2, 2018).

ORGANIZER:

- **Poster Competition and Research Assemblies** for Semester 1 Pharm.D. and Semester 6 MLT students.
- Organized **Health Desks** for Community Pharmacy Services activities at Pharmacist Day and Diabetes Day (2025)
- Workshop for final professional students, titled; **Career Opportunities and Challenges for Female Pharmacist** at ‘Institute of Pharmacy, Faculty of Pharmaceutical and Allied Health

Sciences, LCWU' on 5th July 2022.

PRESENTATIONS:

- Presented my **M-Phil research work** at an **International Pharmacy Conference** in Multan, conducted by Faculty of Pharmacy, 'Bahauddin Zakariya University' in collaboration with 'Institute of Pharmacy, LCWU' on 14th February 2019.
- Presented on a topic of 'Emergence of Pharmaceutical Care' in a **National Pharmacy Conference** conducted by LCWU in collaboration with Pharmacy Council in 2010.

PROFESSIONAL TRAINING:

- Intellectual Property Rights focused on **Patent writing, drafting and submission**, 9th October, 2024.
- Pharmacy Education in Pakistan: Challenges and Opportunities, 4th September, 2024.
- Citation and Literature Management by using **EndNote Software** by **ORIC, GCUL**, 23rd May, 2024.
- Citation and Literature Management using **Mendeley Software** by **Pakistan Scientific and Technological Information Centre** and **ORIC, GCUL**.
- Safe, Rational and Cost-effective usage of medicines by **Punjab Pharmacy Council**.
- Hospital and Community Pharmacy Practices at **Shaukat Khanum Memorial Hospital**.
- Production, QA and Packaging of Pharmaceuticals at **Hoovers Pharmaceuticals Ltd**.

COMMUNITY WORK:

- Focal person **Community Pharmacy Services** at Department of Pharmaceutical Sciences, GCUL.
- Worked as **volunteer 'Pharmacist'** at an online **mental health** organization 'Talk to Me' for a period of 1 year
- Remained an active member of 'Pharmaceutical Society' at the 'Institute of Pharmacy, LCWU' throughout my student years.

