

# CURRICULUM VITAE

Name: Rufaida

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## PROFESSIONAL SUMMARY

To pursue my career with a dedicated approach and full commitment, to explore and enhance my potential, to apply my skills to lead an organization, and contribute significantly in the success of the organization. Dedicated to delivering better results, building and developing strong research methodologies despite challenging circumstances. Eager to learn & develop an excellent research ethic in the workspace provided.

## ACADEMIC HIGHLIGHTS

Degree	Institution/College	Percentage
PhD	Integral University Lucknow (Ongoing)	
M. Pharm.	Integral University Lucknow	9.27 CGPA
B. Pharm	Integral University Lucknow	84.4%
Intermediate	Central Academy Vikas Nagar, Lucknow	80.6%
High School	Central Academy Vikas Nagar, Lucknow	8.2 CGPA

## WORK EXPERIENCE

### February 2022- September 2022 (Seven months)

- Worked as Assistant Professor at Maa Bhagwati College of Pharmacy, Lucknow

### September 2022- Till date

- Working as Lecturer at Faculty of Pharmacy, Integral University, Lucknow

## PATENT

Composition and method for development and evaluation of topical liposome preparation of Flax seed oil and Tamarind seed oil. Aditya Singh, Arshiya Shamim, Farogh Ahsan, Md Faheem Haider, **Rufaida Wasim**, Shubhrat Maheshwari, Tarique Mahmood, Vaseem Ahamad Ansari.

Patent No: 2022/04700

Curcumin loaded niosomal gel for wound healing in rats and its preparation method. Asad Ahmad, Juber Ahtar, Mohammad Ahmad, Mohammad Irfan Khan, Badruddeen, Aditya Singh, **Rufaida Wasim**, Akash Srivastava, Mohd Shaiber Siddiqui.

Application number **202211068190**

## PUBLICATIONS

1. **Rufaida Wasim**, Tarique Mahmood, Mohammad Haris Siddiqui, Arshiya Shamim, Farogh Ahsan, Aditya Singh, Mohammad Shariq, Saba Parveen. Aftermath of AGE-RAGE cascade in the pathophysiology of cardiovascular ailments. *Life Sciences* 2022; 5;307:120860. (IF: 6.78).
2. **Rufaida Wasim**, Tarique Mahmood, Mohammed Haris Siddiqui, Farogh Ahsan, Arshiya Shamim, Aditya Singh. Repurposing of drugs for Cardiometabolic disorders: An out and out cumulation. *Hormone and Metabolic Research* 2022; 54: 1–18. (IF: 2.9)
3. Aditya Singh, Vaseem A Ansari, Tarique Mahmood, Farogh Ahsan, **Rufaida Wasim**. Neurodegeneration, Microglia: Nf-Kappa Signalling Pathways. *Drug Research* 2022; 72:1-4. (IF: 2.9)
4. **Rufaida Wasim**, Tarique Mahmood, Arshiya Shamim, Farogh Ahsan, Mohammad Shariq, Saba Parveen. *Foeniculum vulgare*, *Solanum nigrum* and *Cichorium intybus*: A collectanea of Pharmacological and Clinical Uses. *Research Journal of Pharmacy and Technology*. 2021; 14(1): 555-561.
5. Aditya Singh, Shubhrat Maheshwari, Farogh Ahsan, **Rufaida Wasim**. Viridescent Concoction of Genistein Tendentious Silver Nanoparticle for Breast Cancer. *Research Journal of Pharmacy and Technology*. 2021; 14(5):2867-2872.
6. **Rufaida Wasim**, Tarique Mahmood, Ismail Kedwai, Arshiya Shamim, Farogh Ahsan, Mohammad Shariq, Saba Parveen. A Dossier on COVID-19 Chronicles. *Journal of Basic and Clinical Physiology and Pharmacology*. 2021; 33(1): 45-54.
7. Sulaiman Alyahya, Muhammad Arif, **Rufaida Wasim** and Shom Prakash Kushwaha. *Phoenix dactylifera* L. (Ajwa Dates): An energetic plant fruit with immense nutraceuticals value for strengthening the power of resistance. *Journal of Pharmacognosy and Phytochemistry* 2022; 11(3): 151-162.
8. Garima Yadav, Tarique Mahmood Ansari, Arshiya Shamim, Supriya Roy, Mohd Masih Uzzaman Khan, Farogh Ahsan, Mohammad Shariq, Saba Parveen and **Rufaida Wasim**. Herbal Plethora for Management of Neurodegenerative Disorders: An Invigorating Outlook. *Current Nutrition & Food Science* 2021; 18(1): 54-64.

9. **Rufaida Wasim**, Tarique Mahmood, Mohammad Haris Siddiqui, Farogh Ahsan, Aditya Singh, Mohammad Shariq, Saba Parveen Pleiotropic benefits of statins in cardiovascular diseases. Drug Research 2022. (IF: 2.8)
10. **Rufaida Wasim**, Tarique Mahmood, Arshiya Shamim, Farogh Ahsan, Aditya Singh, Mohammad Shariq, Saba Parveen. Metaphorical Investigation of Aqueous distillate of *Cichorim intybus*, *Foeniculum vulgare* and *Solanum nigrum* along with Atorvastatin and Orlistat in experimental rodent models of Dyslipidaemia and Obesity. Future Journal of Pharmaceutical Sciences. 2022
11. Aditya Singh, Vaseem A Ansari, Tarique Mahmood, Farogh Ahsan, **Rufaida Wasim**. Dendrimers: A neuroprotective lead in Alzheimer disease: A Review on its synthetic approach and applications. Drug Research. 2022; 72: 1-7. (IF: 2.8)
12. Aditya Singh, Vaseem A Ansari, Tarique Mahmood, Farogh Ahsan, **Rufaida Wasim**. Lipophilic PAMAM dendrimer: Conceptualization of targeted cosmetics and drug delivery. Current Cosmetic Science. 2022
13. Aditya Singh, Vaseem A Ansari, Tarique Mahmood, Farogh Ahsan, **Rufaida Wasim**. The emerging nanotechnology for the treatment of Alzheimer's. CNS and Neurological Disorders – Drug Targets. (IF: 2.8)
14. Aditya Singh, Vaseem A Ansari, Tarique Mahmood, Farogh Ahsan, **Rufaida Wasim**. Ursolic acid: Historical aspects to promising pharmacological actions for the treatment of central nervous system diseases: Act as a cosmeceuticals. Current Cosmetic Science.
15. Aditya Singh, Vaseem A Ansari, Tarique Mahmood, Farogh Ahsan, **Rufaida Wasim**. Receptor for Advanced Glycation End Product: Dementia and Cognitive Impairment. Drug Research. (IF: 2.8)
16. Aditya Singh, Vaseem A Ansari, Tarique Mahmood, Farogh Ahsan, **Rufaida Wasim**. BMS-CNSNDDT-2022-124 entitled "Emerging Nanotechnology for the treatment of Alzheimer's" (IF: 2.8).
17. Shariq, M.; Mahmood, T.; Kushwaha, P.; Parveen, S.; Shamim, A.; Ahsan, F.; Wani, T.A.; Zargar, S.; **Wasim, R.**; Wahajuddin, M. Fabrication of Nanoformulation Containing Carvedilol and Silk Protein Sericin against Doxorubicin Induced Cardiac Damage in Rats. Pharmaceuticals **2023**, *16*, 561. (IF: 4.6)

## BOOK CHAPTERS

1. Book Chapter Herbal nano-cosmeceuticals: A blessing for good skin published in "Nanotechnology in Phytomedicine" 2022, by Cambridge Scholars Publishing with ISBN (10): 1-5275-1531-1.
2. Book Chapter Nanotechnology in phytopharmaceuticals 2022, by Cambridge Scholars Publishing with ISBN (10): 1-5275-1531-1.

## TECHNICAL COMPETENCIES

- Precise and efficient Scientific literature search and review using Pub Med, Science Direct, Cochrane database, etc., and extraction and evaluation of data.

- Experience in pre-clinical studies using animal to study the potential of therapeutic drug.
- Stronghold of English language, excellent English writing, scientific writing, narrative writing, authoring protocols, manuscripts, and drafting as well as computer savvy.
- Leadership, team management & organizational skills.
- Flexibility to work on different projects.
- Strong expertise in using MS Office - Word, PowerPoint, Excel.

### ACADEMIC PROJECT

- M. Pharm Research Project-To study the potentiating effect of **Arq-Makoh, Arq-Badiyan and Arq-Kasni** with Atorvastatin and Orlistat against High Fat Diet induced Dyslipidemia and Obesity

### SEMINARS & COFERENCES ATTENDED

- Participated as a **delegate** and attended One-Day Seminar on “Current Trends in Drug Discovery and Research” and presented a poster titled “**Proteomic and its Application**” at the **Poster Session** and awarded “**First Prize**” organized by Institute of Pharmaceutical Sciences and Research held on 7<sup>th</sup> April 2019.
- Participated as a **delegate** in SEFC 2020 held at Convention Centre Jamia Hamdard New Delhi “7<sup>th</sup> International Congress of Society for Ethnopharmacology, India Theme: Ethnopharmacology in development of Scientifically Validated Quality Products from Medicinal Plants & Regulatory Aspects and presented a poster titled “**Fulcrum of Integrative Medicine**” at the **Poster Session** held on 15<sup>th</sup> -17<sup>th</sup> February 2020.
- Participated as a **delegate** during International Conference of Cardiovascular Sciences-2020 and presented the Paper entitled “**Cardioprotective Effect of Aqueous Extract of Areca Catechu against Isoprenaline induced Cardiac Toxicity**” during **Oral Session** organized by Delhi Pharmaceutical Sciences and Research University held on 21<sup>st</sup> -23<sup>rd</sup> February 2020.
- Participated as a **volunteer & delegate** and attended the One-Day workshop on “New Regulations to Further Strengthen Clinical Research in India” organized by the Indian Society of Clinical Research (ISCR) In Collaboration with Jamia Hamdard University, New Delhi held on 8<sup>th</sup> November 2019.

### EXTRA-CURRICULAR ACTIVITIES & ACHIEVEMENTS

- Coordinated and organized the Inter-University Technical, Literary & Artistic Festival “FIESTA-2018” “Technical Poster Presentation”.
- Participated in **Scientific Quiz** organized to celebrate World Pharmacists Day’2018 Theme: Pharmacists: Your Medicine Expert on 26<sup>th</sup>-27<sup>th</sup> September, 2018 and won “**First Prize.**”
- Participated in **Scientific Model Presentation** organized to celebrate World Pharmacists Day’2018

Theme: Pharmacists: Your Medicine Expert on 26<sup>th</sup>-27<sup>th</sup> September, 2018 and won “**Second Prize.**”

- Participated in **Prescripto** organized to celebrate World Pharmacists Day’2019 Theme: Safe and Effective Medicine for All on 25th September, 2019 and won “**Third Prize.**”
- Engaged in the “Educational Tour to Chandigarh -Baddi- Kullu/Manali Organized by Edu Trips Lucknow and was awarded The **Best Team Leader**, 14<sup>th</sup> -18<sup>th</sup> March 2018.

## **PERSONAL DETAILS**

Nationality: Indian  
Language proficiency: English, Hindi, Urdu  
Religion: Islam  
Hobbies: Creative Writing, Travelling & Puzzling

## **DECLARATION**

I hereby declare that the above-furnished information is correct and true to the best of my knowledge.

Date: 21 August 2023

Place: Lucknow

(Rufaida)