

Sahar Ajabshir, MSc, PhD Candidate

In the news: <http://stempelnews.fiu.edu/2016/05/09/ajabshir-makes-a-mark-at-the-2016-path-awards/>

Goals:

- Improving global public health
- Facilitating nutrition science translation for clinicians
- Expediting transfer of state of the art scientific findings from laboratory benches to bed-side
- Conducting nutri-immunobiochemical research
- Mentoring students in an academic institute
- Serving graduate student community

Education

- PhD in Dietetics and Nutrition, Florida International University, United States, August 2013-present
- Dietetic Intern at the Coordinated Program of Dietetics and Nutrition Department, Florida International University, Completed 1350 hours, January-September 2016:
 - Clinical Dietetic Intern at Baptist Hospital May-September 2016 (560 hours)
 - Community Dietetic Intern at FIU Wellness center, March-May 2016 (440 hours)
 - Food Service Management Intern, Aramark January-March 2016 (350 hours)
- Masters of science in Dietetics and Nutrition, Florida International University, United States, May 2011- August 2013
- Bachelor in Cell and Molecular Biology-Biochemistry, Azad University of Mashhad, Mashhad, Iran. September 2006- September 2010

Awards and honors

- Path Science Prize, Outstanding paper, Robert Stempel College of Public Health and Social Work, Florida International University, May 2016
- Mary Frances Picciano Dietary Supplement Research Practicum, Office of Dietary Supplement (ODS) National Institutes of Health (NIH), April 2016
- Honorary Student Speaker, The 10th Annual Path Awards Ceremony, Robert Stempel College of Public Health and Social Work, Florida International University, April 2016
- Scholarship, Nutrigenetics, Nutrigenomics and Precision Nutrition, University of North Carolina Nutrition Research Institute and the Nutrition and Obesity Research Center, March 2016
- Path Travel Award, Robert Stempel College of Public Health and Social Work, Florida International University, March 2016
- 1st place winner, International Photo Contest, Florida International University, February 2016
- Travel Award, Florida International University, February 2016
- Judge, FIU McNair Scholars Research Conference, Office of Student Access and Success, Florida International University, October 2015
- 2nd place winner among health sciences, Florida Statewide Graduate Student Research Symposium, University of Central Florida, Orlando, Florida, April, 2015
- Academy of leaders graduate, Florida International University, April 2015
- 1st place winner among health sciences oral presentations, Graduate Scholarly Forum, Graduate Student Appreciation Week, Florida International University, April 2015

- 1st place winner among psychology and health sciences poster presentations, Graduate Scholarly Forum, Graduate Student Appreciation Week, Florida International University, April 2015
- Invited Speaker, Meeting with President Obama's Young African Leaders Initiative (YALI) Scholars, University Graduate School, Florida International University, April 2015
- 2nd place winner among community and public health category, Emerging Leaders in Nutrition Science, American Societies For Nutrition, Experimental Biology Conference, Boston MA, March 2015
- Finalist, Emerging Leaders in Nutrition Science Poster Competition, American Societies for Nutrition, Experimental Biology Conference, Boston MA, March 2015
- Abstract reviewer, Federation of American Societies For Experimental Biology (FASEB), Boston MA, 2015
- Selected scholar at University Graduate School's Academy of Graduates for Integrative Learning Experiences (AGILE), Florida International University, 2014- present
- Judge, FIU McNair Scholars Research Conference, Office of Student Access and Success, Florida International University, October 2014
- Travel award, Florida International University, July 2014
- 1st place winner among health sciences oral presentations at Graduate Scholarly Forum, Graduate Student Appreciation Week, Florida International University, April 2014
- Chair, Graduate Scholarly Forum, Graduate Student Appreciation Week, Florida International University, April 2014
- Travel Award, Florida International University, April 2014
- Graduate student scholarship, Golden key honor society, 2013
- 2nd place winner among health sciences oral presentations at Graduate Scholarly Forum, Graduate Student Appreciation Week, Florida International University, March 2013
- The President's volunteer service award, National and community service, 2013
- Travel Award, Florida International University, 2013
- Golden Key Honor Society, 2013
- Phi Beta Delta Honor Society Zeta Alpha Chapter at FIU, 2013
- Graduate Teaching Assistantship (TA) – Lab Instructor, Florida International University, August 2012- Present
- Graduate Research Assistantship (RA), Florida International University, May 2012- August 2012
- Graduate Teaching Assistantship (TA) – Lab Instructor, Florida International University, August 2011-May 2012
- Travel Award, Florida International University, 2012
- First place at Innovation Contest Festival, Azad University of Mashhad, Iran, 2009

Published Papers

- Validation of a Sun Exposure Questionnaire Among Subjects with Type 2 Diabetes Residing in South Florida. Joel C. Exebio, Gustavo G. Zarini, **Sahar Ajabshir**, Janet Antwi, Fatma G. Huffman. *Journal of Immigrant and Minority Health*. Jan 2015. DOI 10.1007/s10903-015-0163-7
- Lifestyle Behaviors and Self-Rated Health: The Living for Health Program. Gustavo G. Zarini, Joan A. Vaccaro, Maria A. Canossa Terris, Joel C. Exebio, Laura Tokayer, Janet Antwi, **Sahar Ajabshir**, Amanpreet Cheema, and Fatma G. Huffman. *Journal of Environmental and Public Health* Volume 2014, Article ID 315042, 9 pages, <http://dx.doi.org/10.1155/2014/315042>

- Skin Color and Self-reported Sun Exposure Scores are Associated with Serum 25-Hydroxyvitamin D Concentrations in a Multi-ethnic Population Living in South Florida. **Sahar Ajabshir**, Joel Exebio, Gustavo Zarini, Ali Nayer, Michael McLean, Lemia Shaban, Fatma Huffman. *British Journal of Medicine and Medical Research*. 4(34): 5312-5323, July 2014
- Use of Homeostatic Model Assessment Indexes for the Identification of Metabolic Syndrome and Insulin Resistance among Cuban-Americans: A Cross Sectional Study. Joel Exebio, **Sahar Ajabshir**, Gustavo Zarini, Lemia Shaban, Fatma Huffman. *British Journal of Medicine and Medical Research*. 4(26): 4455-4469, June 2014
- Ethnic Differences in Insulin Resistance, Adiponectin Levels and Abdominal Obesity: Haitian Americans and African Americans, with and without Type 2 Diabetes Mellitus. Amanpreet K Cheema, Gustavo Zarini, Joel Exebio, **Sahar Ajabshir**, Lemia Shaban, Joan Anne Vaccaro and Fatma G. Huffman. *British Journal of Medicine and Medical Research*. 4(26): 4455-4469, June 2014
- The effects of vitamin D on the renin-angiotensin system. **Sahar Ajabshir**, Arif Asif, Ali Nayer. *J Nephrothol*. 2014; 3(2): 41-43
- The association of depression and perceived stress with beta cell function between African and Haitian Americans with and without type 2 diabetes. Fatma G. Huffman, Maria Vallasciani, Joan A. Vaccaro, Joel C. Exebio, Gustavo G. Zarini, Ali Nayer, **Sahar Ajabshir**. *Journal of Diabetes Mellitus*, 2013; 3:4
- Perceived stress and self-rated health of Haitian and African Americans with and without type 2 diabetes. Fatma G. Huffman, Joan A. Vaccaro, **Sahar Ajabshir**, Gustavo G. Zarini, Joel Exebio, Zisca Dixon. *J Res Med Sci*, 2013; 18(3): 198–204.
- Relationship of omega-3 on C-reactive protein and homocysteine in Haitian and African Americans with and without type 2 diabetes. Fatma G. Huffman, Joan A. Vaccaro, Joel C. Exebio, **Sahar Ajabshir**, Gustavo G. Zarini, Lamya H. Shaban. *J Nutr Food Sci* 2013; 3:1
- Intelligent Health Card. **S. Ajabshir**, J. Chamani. *Science Cultivation Journal* 2011;1:72-77
- Innovation Management, **Sahar Ajabshir**. *Innovation Festival of Azad University of Mashhad*, Mashhad, Iran- March 2009

Published Abstracts

- Homeostatic Model Assessment Index 1 and 2 Are Associated with Serum 25-Hydroxyvitamin D among Haitians and African-Americans Living in South Florida. **S. Ajabshir**, J. Exebio, G. Zarini, J. Vaccaro, F. Huffman. *FASEB J*, 2016
- The Effect of Vitamin D Supplementation on Blood Lipids in Minorities with Type 2 Diabetes. J. Exebio, **S. Ajabshir**, G. Zarini, F. Huffman. *FASEB J*, 2016
- High Density Lipoprotein Cholesterol to Total Cholesterol Ratio Is Associated with Index of Central Obesity in a Young Multi-ethnic Group Living in South Florida. F.G. Huffman, **S. Ajabshir**, T. Li, J. Exebio, G. Zarini. *FASEB J*, 2016
- Effect of Vitamin D3 Supplementation on Telomerase Activity in Hispanics with Type 2 Diabetes. G.G. Zarini, M. McLean, J. Vaccaro, J. Exebio, **S. Ajabshir**, F.G. Huffman. *FASEB J*, 2016
- Relationship between diet quality and depressive symptoms in Blacks with and without type 2 diabetes. Alejandra Vivas, Gustavo G. Zarini, Joel C. Exebio, Joan A. Vaccaro, **Sahar Ajabshir**, Fatma G. Huffman. *Life Sciences South Florida STEM Undergraduate Research Symposium*. Indian River State College, April 2015
- Pulse Pressure and Blood Triglyceride Levels among a Young Multi-Ethnic Group Living in South Florida. **Sahar Ajabshir**, Joel C Exebio, Gustavo G Zarini, Ali Nayer, Joan A Vaccaro, Fatma G Huffman. *FASEB J*, 2015

- The Effect of Vitamin D Supplementation on Glucose Homeostasis among African Americans and Hispanics with Type 2 Diabetes. Joel C Exebio, Gustavo G Zarini, Joan A Vaccaro, **Sahar Ajabshir**, Fatma G Huffman. *FASEB J*, 2015
- Relationship between Microalbuminuria and Serum Vitamin D Levels in African Americans with Type 2 Diabetes. Gustavo G Zarini, Lemia Shaban, Joel C Exebio, Joan A Vaccaro, **Sahar Ajabshir**, Fatma G Huffman. *FASEB J*, 2015
- Validation of a Sun Exposure Questionnaire among Subjects with Type 2 Diabetes Residing in South Florida. Fatma G Huffman, Joel C Exebio, Gustavo G Zarini, Joan A Vaccaro, **Sahar Ajabshir**. *FASEB J*, 2015
- Homeostatic model assessment index 1 and 2 are associated with serum 25-hydroxyvitamin D among Haitian-Americans and African-Americans living in South Florida. **Sahar Ajabshir**, Joel Exebio, Gustavo Zarini, Lemia Shaban, Janet Antwi, Amanpreet Cheema, Joan Vaccaro, Fatma Huffman. International Conference on Diabetes, *Physicians Committee for Responsible Medicine*, 2014
- Serum 25-hydroxy vitamin D is associated with blood total cholesterol and diastolic blood pressure in a young multi-ethnic group living in South Florida. **Sahar Ajabshir**, Joel Exebio, Gustavo G. Zarini, Ali Nayer, Joan Vaccaro, Lemia H. Shaban, Fatma G. Huffman. *FASEB J*, 2014
- Abnormal pulse pressure and microalbuminuria in Haitian Americans with type 2 diabetes. Gustavo G. Zarini, Joan Vaccaro, **Sahar Ajabshir**, Janet Antwi, Amanpreet Cheema, Fatma G. Huffman. *FASEB J*, 2014
- Relationship of triglyceride levels with A1C and adiponectin in Haitian Americans with type 2 diabetes. Janet Antwi, Amanpreet Cheema, **Sahar Ajabshir**, Joel Exebio, Gustavo G. Zarini, Joan Vaccaro, Fatma G. Huffman. *FASEB J*, 2014
- Association between serum vitamin D and insulin resistance in African Americans with type 2 diabetes. Joel Exebio, Gustavo G. Zarini, Joan Vaccaro, **Sahar Ajabshir**, Amanpreet Cheema, Janet Antwi, Janet Antwi, Fatma G. Huffman. *FASEB J*, 2014
- Body mass index and serum vitamin D levels in Cuban, African, and Haitian Americans with type 2 diabetes. Fatma G. Huffman, Karol Feijao, Lemia H. Shaban, Gustavo G. Zarini, **Sahar Ajabshir**, Joan A. Vaccaro. *FASEB J*, 2014
- Association between ghrelin and triglyceride levels in Blacks with and without type 2 diabetes. Fatma G. Huffman, Teresa Frade, Michael Mclean, Gustavo G. Zarini, Joel Exebio, Janet Antwi, **Sahar Ajabshir**, Joan Vaccaro. *FASEB J*, 2014
- Quantitative measures of forearm skin color and self-reported sun exposure scores predict serum 25(OH)D concentrations in a young multi-ethnic population living in South Florida, US. **Sahar Ajabshir**, Joel Exebio, Gustavo Zarini, Cinthia Podesta, Joan Vaccaro, Fatma Huffman. *FASEB J*, 2013
- Use of HOMA indexes for the identification of metabolic syndrome and insulin resistance among Cuban-Americans. Joel Exebio, **Sahar Ajabshir**, Gustavo Zarini, Lemia Shaban, Fatma Huffman. *FASEB J*, 2013
- Effect of omega-3 fatty acid intake on homocysteine in African and Haitian Americans with type 2 diabetes. Joan A. Vaccaro, Joel C. Exebio, **Sahar Ajabshir**, Gustavo G, Zarini, Fatma G. Huffman. *FASEB J*, 2013
- Relationship between blood pressure and serum 25-hydroxyvitamin D among a young multi-ethnic group living in South Florida. Cinthia Podesta, **Sahar Ajabshir**, Joel Exebio, Gustavo Zarini, Rodrigo, Podesta, Fatma Huffman. *FASEB J*, 2013
- Effect of omega-3 fatty acid intake on C-reactive proteins in African and Haitian Americans with type 2 diabetes. Fatma G. Huffman, Joan A. Vaccaro, Joel C. Exebio, **Sahar Abajshir**, Gustavo G. Zarini, Lemia H. Shaban. *FASEB J*, 2013

- Dietary folate and vitamin B6 intake insufficiencies among Cubans, Haitians and African-Americans with type 2 diabetes. **Sahar Ajabshir**, Joan A. Vaccaro, Gustavo G. Zarini, Amanpreet K. Cheema, and Fatma G. Huffman. *FASEB J*, 2012;26:1018.5
- Association between depression and smoking in African-Americans with type 2 diabetes. Amanpreet K. Cheema, Gustavo G. Zarini, Joel C. Exebio, **Sahar Ajabshir**, Fatma G. Huffman.. *FASEB J*, 2012; 26:1057.10
- In vitro antibacterial activity of methanolic extract of saffron (*Crocus sativus* L.) and its Components. Mahboobe Nakhaei moghaddam, **Sahar Ajabshir**. *National Congress of Medical Plants*, Sari, Iran, March 2011

Positions

- Selected Student representative, FIUBeyondPossible2020 Strategic Plan Implementation, Grow Strategically Committee, Florida International University, August 2015-Present
- Vice-chair, Graduate and Professional Student Committee (GPSC), Florida International University, 2013-2016 (Organize meetings, improve policies, and lead reviewer of student government committee with \$169, 000 budget to fund graduate student travel for professional development, conference, and research including monthly professional and networking events for graduate and professional students)
- Vice-chair, Finance Committee, Student Government Association, Florida International University, August 2015-April 2016 (Co-lead reviewer of finance requests with \$20,000 budget to fund student travel for professional development, conference and research, improving policies)
- Graduate Assistant/Teaching Assistant (Lab Instructor), Florida International University, August 2012- present
- Graduate Assistant/Research Assistant, Florida International University, May 2012- August 2012
- Graduate Assistant/ Teaching Assistant (Lab Instructor), Florida International University, August 2011- May 2012

Leadership

- Student ambassador, Path awards ceremony, RSCPHSW, Florida International University, March 2016
- Elected Awards Chair, Student Interest Group (SIG), American Society for Nutrition (ASN), July 2015- June 2017 (Lead reviewer of scientific submissions, chair of the judges and organizer of the awards ceremony)
- Elected Student representative, Vitamin and minerals Research Interest Section (RIS), American Society for Nutrition (ASN), June 2015-2016 (Student leader of ASN Vitamins and Minerals Research Interest section, Co-chair of B-Vitamins and One-Carbon Metabolism Scientific Session at Federation of American Societies for Experimental Biology 2016)
- Academy of Leaders Graduate, April 2015
- Dean's Student Advisory Council, Robert Stempel College of Public Health and Social Work, Florida International University, Fall 2014- present
- Selected scholar at University Graduate School's Academy of Graduates for Integrative Learning Experiences (AGILE), Florida International University, 2014- present
- Elected Vice-chair, Graduate and Professional Student Committee (GPSC), Florida International University, 2013-2015 elections

- Student ambassador, Path awards ceremony, RSCPHSW, Florida International University, March 2015
- Elected Graduate Senator, Student and Government Association (SGA), Florida International University, 2013-present
- CSO representative, Association of Graduate Students of Dietetics and Nutrition, Florida International University, Fall 2013
- Secretary, Phi Beta Delta Honor Society at Florida International University, 2013-2014
- CSO representative, Iranian Student Organization, Fall and Summer 2013
- International Peer-mentor, International Student and Scholar Services (ISSS), Florida International University, 2012- 2014
- Director of public relations, International Student Club (ISC), Florida International University. Fall and Summer 2013

Presentations

- Oral presentation, Baptist Hospital of Miami, July 2016.
- Poster presentation, Federation of American Societies For Experimental Biology (FASEB), San Diego CA, US, April 2016
- Poster presentation, Florida Statewide Graduate Student Research Symposium, University of Central Florida, Orlando, Florida, April 24th, 2015
- Poster presentation, Emerging Leaders in Nutrition Science, American Societies For Nutrition, Experimental Biology Conference, Boston MA, March 2015
- Oral presentation, Graduate Scholarly Forum, Florida International University, April 2015
- Poster presentation, Graduate Scholarly Forum, Florida International University, April 2015
- Poster presentation, Federation of American Societies For Experimental Biology (FASEB), Boston MA, US, March 2015
- Poster presentation, International Conference on Diabetes, Physicians Committee for Responsible Medicine, 2014
- Oral presentation, Graduate Scholarly Forum, Florida International University, April 2014
- Oral presentation, Federation of American Societies For Experimental Biology (FASEB), Boston MA, US, April 2013
- Oral presentation, Graduate Scholarly Forum, Florida International University, March 2013
- Oral presentation, international students orientation, ISSS FIU, Spring 2013
- Oral presentation, Miami Norland High School, Miami Fl, US, December 2012
- Oral presentation, international students orientation, ISSS FIU, Fall 2012
- Oral presentation, international students orientation, ISSS FIU, Summer 2012
- Poster presentation, Federation of American Societies For Experimental Biology (FASEB), San Diego CA, US, April 2012
- Oral Presentation, Innovation Contest Festival, Azad university of Mashhad, Iran, March 2009

Professional Development

- Mary Frances Picciano Dietary Supplement Research Practicum, National Institutes of Health, June, 2016
- Guinness World Records, Conducting nutrition analysis for the biggest Quinoa Salad in the World in collaboration with the local Peruvian Consulate, San Ignacio College, Florida International university and the Frost Art Museum, October 28th, 2015

- National Science Foundation (NSF) Bridge to Doctorate Session on Writing for Publications and Grants, Florida International University, September 25th, 2015
- National Science Foundation (NSF) Grant Writing Workshop and Colloquium, Florida International University, September 17th, 2015
- International Conference of Nutrition in Medicine and cardiovascular Disease, The George Washington University, July 31-August 1st, 2015
- Salary Negotiations workshop, Florida International university, July 9, 2015
- 10th Annual Federal Government Statewide Conference 2015, Florida International University, June 25th, 2015
- Florida Statewide Graduate Student Research Symposium, University of Central Florida, Orlando, Florida, April 24th, 2015
- Emerging Leaders in Nutrition Science, American Societies For Nutrition, Experimental Biology Conference, Boston MA, March 2015
- Graduate Scholarly Forum, Florida International University, April 2015
- Graduate Scholarly Forum, Florida International University, April 2015
- Federation of American Societies For Experimental Biology (FASEB), Boston MA, US, March 2015
- International Conference on Diabetes, Physicians Committee for Responsible Medicine, 2014
- Florida International University, April 2014
- Federation of American Societies For Experimental Biology (FASEB), Boston MA, US, April 2013
- Graduate Scholarly Forum, Florida International University, March 2013
- International students orientation, ISSS FIU, Spring 2013
- Miami Norland High School, Miami FL, US, December 2012
- International students orientation, ISSS FIU, Fall 2012
- International students orientation, ISSS FIU, Summer 2012
- Federation of American Societies For Experimental Biology (FASEB), San Diego CA, US, April 2012
- Innovation Contest Festival, Azad university of Mashhad, Iran, March 2009
- Abstract reviewer, Association of Societies in Nutrition, Experimental Biology Conference, 2015
- Data Management and statistical analysis (SPSS, SAS), 2012- present
- Assisting in recruitment, data collection and data entry in a pilot research of patients with diabetes, Dietetics and Nutrition Department, Florida International University, 2011-present
- Assisting in data collection and estimating readability level of the authors by reviewing 70 articles in the nutrition field, Dietetics and Nutrition Department, Florida International University, 2011
- Translating French and English scientific articles in the field of cellular and molecular biology, immunobiology, medicine and botany to Persian for graduate students, 2008-2011
- Participating in two research projects in the field of plant microbiology, Islamic Azad University of Mashhad, Mashhad, Iran, 2010

Certificates

- 13 Continuing Professional Education Units, International Conference of Nutrition in Medicine and cardiovascular Disease, The George Washington University, July 31-August 1st, 2015
- Security Awareness Training, Florida International University, Feb 2014

- Medical Education Resources Inc, Cardiometabolic Health Congress, Boston, MA, (27.50 AMA PRA category 1 credits) October 2014
- 13 Continuing Professional Education Units, International Diabetes Conference July 18-19, 2014, The George Washington University, 2014
- Adult CPR/AED, American Red Cross, 2013
- Graduate and post doctoral development program, The American Society for Biochemistry and Molecular Biology, San Diego, CA, 2012
- Dental assistant, Varastegan medical institute, Mashhad, Iran, 2011
- Bioinformatics, Varastegan medical institute , Mashhad, Iran, 2011
- PCR, Varastegan medical institute, Mashhad, Iran, 2011
- Primer Design, Varastegan medical institute , Mashhad, Iran, 2011
- Practical Immunology and immunobiochemistry training, AVECINNA research institute, Mashhad, Iran, 2010
- Hydroponics and Nutrient Film Technique System (NFT), Islamic Azad University of Mashhad, Mashhad, Iran, 2010

Community Service

- Health screener, Florida Heart Research Institute, Jan 2013-Feb 2013
- Volunteer in Miami children's Hospital/ Bedside buddy, Jan 2013- Feb 2013
- Volunteer in Miami children's Hospital Dental Clinic, Apr 2012- Nov 2012
- Oral nutrition presentation, Miami Norland High School, Miami FL, US, Dec 2012
- Volunteer receptionist in Dietetics and Nutrition Department, Florida International University, Summer 2012
- Volunteer in Food service of Miami children's Hospital, Jan-Apr 2012
- Stop Diabetes Walk, Miami, Florida, 2011
- Volunteer as a dental technician for 150 hours, Dental Department of Mashhad Shahr-dari Clinic, Mashhad Iran, 2011
- Volunteering in the biochemistry laboratory of Farabi Hospital, Mashhad, Iran, 2010
- **Memberships**
- Physicians Committee for Responsible Medicine, 2014- present
- Golden Key Honor Society, 2012-present
- Phi Beta Delta Honor Society Zeta Alpha Chapter at FIU, 2012- present
- American Diabetes Association (ADA), 2012- present
- American Society for Nutrition (ASN), 2011- present
- Association of Graduate students of Dietetics and Nutrition (AGSDN), 2011- present

Memberships

- Academy of Graduates for Integrative Learning Experiences (AGILE), 2014- present
- Academy of Leaders graduate track, 2014- present
- Physicians Committee for Responsible Medicine, 2014-2015
- Golden Key Honor Society, 2012-present
- Phi Beta Delta Honor Society Zeta Alpha Chapter at FIU, 2012- present
- American Diabetes Association (ADA), 2012- present
- American Society for Nutrition (ASN), 2011- present
- Association of Graduate students of Dietetics and Nutrition (AGSDN), 2011- present

Other skills

- SPSS and SAS analysis
- Working with DOX (dental office) program
- Bacterial isolation and cultivation
- Microscopic investigation
- Spectrophotometry, Chromatography
- Sterile microbiological techniques allowing for the maintenance and growth of bacterial and yeast cell cultures
- UV mutagenesis
- Western blot analysis
- SDS-PAGE, Agarose gel electrophoresis
- DNA and RNA extraction
- PCR, Primer Designing, Cell breakage
- Enzyme assays, ELISA

Languages

- Persian: Native
- English: Fluent
- French: Delf A2, TCF B1
- Arabic: Reading, Writing

Interests

- Conducting immune-biochemical research in nutrition field
- Conducting nutrigenomic and nutrigenetic related research
- Conducting research about diabetes
- Conducting research in the field of biochemistry and microbiology
- Clinical Nutrition

Other Activities and skills

- Invited Pianist at International Students Club
- Community services
- Physical fitness