

# Zahra Sudani

zahrasudani@gmail.com   
[Zahrasudani.com](http://Zahrasudani.com)   
 zahra sudani   
 +98 (936) 138-8213   
 Iran 

## SUMMARY

- I am a highly motivated learner who is hardworking instead of relying on chance and IQ.
- I majored in biology-related fields and always have been more passionate about brain function. Yoga techniques and my students' nervous system-related diseases aroused my enthusiasm to learn more about the brain, nervous system, and its physiology. So finally, I chose Neuroscience for more research in my Ph.D.

## EDUCATION

M.SC. IN EXERCISE PHYSIOLOGY, PAYAM NOUR UNIVERSITY 2011 - 2013

**Thesis title:** Effects of Swimming Exercise and Memantine Treatment on Social Behaviors and Interleukin 10 in the Prefrontal Cortex of Wistar rats with Alzheimer's disease

GPA: 3.73

B.SC. IN GENETICS, NOUR DANESH UNIVERSITY 2011 - 2015

GPA: 3.34

## RESEARCH INTERESTS

- Neurogenetics
- Clinical Neuroscience
- Cognitive Neuroscience
- Integrative Neuroscience
- Translational Neuroscience
- Neurodegenerative Diseases

## COURSES AND CERTIFICATES

- [Understanding the Brain: The Neurobiology of Everyday Life](#)
- [Fundamental Neuroscience for Neuroimaging](#)
- [Principles of fMRI 1](#)
- [Principles of fMRI 2](#)
- Introduction to Neuro hacking In R (**in progress**)
- Writing in the Sciences (**in progress**)
- Academic Information Seeking (**in progress**)
- How to Write and Publish a Scientific Paper (Project-Centered Course) (**in progress**)
- Philosophy and the Sciences: Introduction to the Philosophy of Cognitive Sciences (**in progress**)
- [Engineering Health: Introduction to Yoga and Physiology](#)
- Writing a Personal Essay (**in progress**)

## PUBLICATION

Voluntary physical activity decreases anxiety-like behavior through GABAA receptors in the central amygdala in rats. Frontiers in Behavioral Neuroscience (Under Review; August 2022)  
Zahra Sudani, Saeed Naghibi, Ali-Akbar Salari

## SKILLS

- ✓ Working with laboratory animals (rats, mice)
- ✓ Expert in working with:
  - Microsoft Office Word
  - Adobe Photoshop
  - Adobe Illustrator
  - PowerPoint
  - Excel
  - SPSS

## LANGUAGE SKILLS

IELTS (ACADEMIC): OVERALL 7.0

Speaking: 7.5  
Listening: 7.0  
Reading: 7.0  
Writing: 6.5

## OTHER SKILLS

- ✓ **Willingness to learn:** It took me just six months to upgrade my IELTS score from 6 to 7
- ✓ **Multilingual:** English, Farsi, Arabic
- ✓ **Self-motivation:** Try to self-educate and look for answers even if no one is there to give me the answers I want.
- ✓ **Problem-solving**
- ✓ **Team-player**
- ✓ **Curiosity**
- ✓ **Accountability and responsibility**

## WORK EXPERIENCE

Research Assistant in Behavioral Neuroscience lab	May 2021 – August 2022
Yoga Teacher and Fitness Instructor	2018 – Present
Translator: English to Farsi	2016 – 2018
Salesperson	2014 – 2017
Student Librarian	2011 – 2013

## ACTIVITIES

- Member of Iranian Neuroscience Society 2022 – Present
- Member of the NGO <https://sosapoverty.org/en/iapsrs/> 2016 – Present  
Deal with poverty, child labor, drug abuse, rape, child marriage, and illiteracy

## HOBBIES

- Hiking
- Doing Yoga and Exercise
- Learning new things
- Watching documentaries
- Voluntary social work
- Traveling

## REFERENCES

**Ali-Akbar Salari** (Neuroscience)  
(M.Sc. laboratory advisor)

Department of Cognitive Neuroscience, Donders Institute  
for Brain, Cognition, and Behavior, Radboud University  
Medical Center, Nijmegen, The Netherlands  
Salari Institute of Cognitive and Behavioral Disorders  
(SICBD), Karaj, Alborz, Iran  
Email: [AliAkbar.Salari@radboudumc.nl](mailto:AliAkbar.Salari@radboudumc.nl)  
Phone: [+98 912 443 3785](tel:+989124433785)

**Javad Ramezani**  
(M.Sc. thesis advisor)

Department of Exercise Physiology  
Payam Noor University (PNU), Tehran, Iran  
Email: [j\\_ramezani@pnu.ac.ir](mailto:j_ramezani@pnu.ac.ir)  
Phone: [+98 913 2501554](tel:+989132501554)

**Saeed Naghibi** (Exercise Physiology)  
(M.Sc. thesis supervisor)

Exercise physiology Department,  
President of Evaluation, Fitness, and Sports Counseling  
Center  
Payam Noor University (PNU),  
Tehran, Iran  
Email: [sdnaghbi@pnu.ac.ir](mailto:sdnaghbi@pnu.ac.ir)  
Phone: [+98 912 600 8796](tel:+989126008796)

**Ali Barzegari**  
(M.Sc. Professor)

Department of Exercise Physiology, Payam Noor  
University (PNU), Tehran, Iran  
Email: [ali\\_barzegari@pnu.ac.ir](mailto:ali_barzegari@pnu.ac.ir)  
Phone: [+98 911 113 0029](tel:+989111130029)