

Zahra Sudani

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 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.

EDUCATION

M.SC. EXERCISE PHYSIOLOGY 2021 – 2023
 PAYAM NOUR UNIVERSITY

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: 17 (out of 20)

B.SC. CELLULAR AND MOLECULAR BIOLOGY – GENETICS 2011 – 2015
 NOUR DANESH UNIVERSITY

GPA: 16 (out of 20)

RESEARCH INTERESTS

- Neurogenetics
- Brain stem cells
- Exercise Neuroscience
- Cognitive Neuroscience
- Neurodegenerative Diseases
- Neurogenesis & Neuroplasticity

PUBLICATION

1st Author

Voluntary physical activity decreases anxiety-like behavior through GABAA receptors in the central amygdala in rats

Higher physical activity reduces depression-related behaviors through interleukin-1 β receptors in a mouse model of chronic stress

3rd Author

Role of hippocampal NMDA receptors in mediating anxiety- and depression-related behavior following running wheel in stressed animal model

4th Author

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

WORK EXPERIENCE

| | |
|---|----------------|
| Research Assistant in Behavioral & Cognitive Neuroscience Lab | 2016 – Present |
| Yoga and Fitness Instructor | 2019 – Present |
| Translator: English to Persian (Farsi) | 2016 – 2018 |
| Salesperson | 2013 – 2015 |
| 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, Child Marriage, Drug Abuse, Rape, and Illiteracy

COURSES AND CERTIFICATES

- QEEG
- Neurofeedback
- Research Methods
- Principles of fMRI 1
- Principles of fMRI 2
- Medical Neuroscience
- Human Neuroanatomy
- Writing in the Sciences
- Advanced Neurobiology
- Writing a Personal Essay
- Synapses, Neurons, and Brains
- Fundamental Neuroscience for Neuroimaging
- Understanding the Brain: The Neurobiology of Everyday Life
- Philosophy and the Sciences: Philosophy of Cognitive Sciences
- How to Write and Publish a Scientific Paper (Project-Centered Course)

LANGUAGE SKILLS

IELTS (ACADEMIC): OVERALL 7.0

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

SKILLS

Working with:

- ✓ SPSS
- ✓ Excel
- ✓ PowerPoint
- ✓ Microsoft Office
- ✓ Adobe Photoshop
- ✓ Adobe Illustrator

Working with laboratory animals:

- ✓ Rats, Mice

SOFT SKILLS

- ✓ **Self-motivation:** Try to self-educate and look for answers even if no one is there to give me the answers I want.
- ✓ **Willingness to learn:** It took me just six months to upgrade my IELTS score from 6 to 7
- ✓ **Resilience:** Not a quitter. Accomplish some tasks simultaneously
- ✓ **Accountability and Responsibility**
- ✓ **Multilingual:** English, Farsi, Arabic
- ✓ **Problem-solving**
- ✓ **Team-player**
- ✓ **Curiosity**

HOBBIES

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

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

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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

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