



SACHAL SADIQ NAJAF

Clinical Research Assistant

Motivated psychology student focused on clinical research, currently a Clinical Research Assistant in the GSY Project (Good-Bye Stress with Yoga) at the University of Pécs. Involved in data analysis and systematic reviews on digital education for students and healthcare professionals at Epistudia Bern, Switzerland. Experienced in organizing the Integrative Med Yoga (IMY) Conference, promoting well-being practices. Aiming to merge psychology with Human Resources to enhance employee well-being and productivity.

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EDUCATION

Bachelors in Psychology University of Pécs

09/2022 - Present

Pécs, Hungary

WORK EXPERIENCE

Adjunct Researcher Epistudia

08/2024 - Present

Bern, Switzerland

Achievements/Tasks

- Conducting systematic reviews and meta-analyses on adaptive e-learning for healthcare professionals and students
- Collaborating with research teams to synthesize findings and prepare project reports

Clinical Research Assistant, Good-Bye Stress with yoga (GSY Project) University of Pécs

09/2022 - Present

Pécs, Hungary

Achievements/Tasks

- Collecting and analyzing data, including biological samples, to assess yoga's impact on student health and stress levels
- Assisting in designing research protocols and managing participant recruitment
- Contributing to preparing research findings for presentations and publications

Senior HÖÖK Stipendium Hungaricum & International Student Mentor Tempus Public Foundation & PTE EHÖK

08/2022 - Present

Pécs, Hungary

Achievements/Tasks

- Assisting mentees with enrollment, subject registration, and educational opportunities
- Providing ongoing support for integration and academic success
- Developed personalized support plans for mentees to enhance their academic success and overall well-being

SKILLS

Systematic Review

Research Methodology

Project Management

Microsoft Office

Communication

Critical Thinking

Interpersonal Skills

Data Analysis

Recruitment and Talent Management

Leadership

Mentoring

Team collaboration and leadership

Organizational and planning skills

Biological Sample Handling

Research Protocol Development

LEADERSHIP EXPERIENCE

Mentor Training (HÖÖK Stipendium Hungaricum Scholarship)

- Designed and facilitated comprehensive training sessions for 40 mentors, focusing on leadership skills, effective communication, and mentee engagement strategies

Organizing Team IUYYD (International University Yoga Day) and IMY (Integrative-Med Yoga Conference)

- Organized and managed the International University Yoga Day (IUYYD) and Integrative-Med Yoga Conference (IMY) by ensuring smooth event operations through managing scheduling, participant registration, and coordination with speakers and participants

Erasmus Plus Youth Exchange Programs 6+ Projects in 6 different countries

- Participated in over six Erasmus Plus Youth Exchange Programs across six different countries in Europe, gaining valuable cross-cultural experience and enhancing international collaboration skills

National Outreach Program (NOP) LUMS

- Participated in the National Outreach Program (NOP), which provides top-tier education and leadership opportunities to talented students from diverse, underprivileged backgrounds across Pakistan

HONORS AND AWARDS

Stipendium Hungaricum Scholarship (08/2022 - 06/2025)

Awarded with Scholarship to study in the top institution in Hungary

WORK EXPERIENCE

Recruiter (Mentor Selection Team)
HÖÖK Stipendium Hungaricum Mentor
Network, University of Pécs

04/2024 - 08/2024 Pécs, Hungary

Achievements/Tasks

- Screened CVs and motivational letters to identify suitable mentor candidates
- Conducted interviews to assess candidates' qualifications and fit for the mentor role
- Finalized mentor selections and facilitated training as a senior mentor

External University Relations Coordinator
AIESEC

01/2024 - 08/2024 Pécs, Hungary

Achievements/Tasks

- Set up and attended meetings to discuss partnership proposals, tailored offerings based on research of faculty and student interests, and produced follow-up materials for finalization
- Maintained high-quality relationships and developed negotiation, communication, and leadership skills while collaborated with university staff

Talent Management Coordinator
AIESEC

06/2023 - 01/2024 Pécs, Hungary

Achievements/Tasks

- Recruited new members for AIESEC and implemented the motivation system
- Developed members using HR tools and evaluated their performance and involvement
- Ensured members achieve their goals through goal setting and tracking
- Reported on membership experience and oversaw onboarding of new member

Head of Human Resources
Psychology Student Association (PSA),
University of Pécs

07/2023 - 04/2024 Pécs, Hungary

Achievements/Tasks

- Collaborated with the president on recruitment, established organizational rules, and tracked committee attendance
- Addressed member complaints, ensured satisfaction through surveys, on boarded volunteers

Human Resource Intern
Ministry of National Food Security & Research

06/2023 - 08/2023 Pakistan

Achievements/Tasks

- contributed to HR activities to ensure smooth office operations
- Conducted seed testing and quality checks in the laboratory
- Demonstrated strong work ethic and contributed positively to the HR department

HONORS AND AWARDS

Best Research Presentation (05/2024)

Presented key findings on impact of yoga on university students' well-being at the Integrative Med Yoga Conference (IMY) 2024

PUBLICATIONS

Effect of Yoga on Anti-Mullerian Hormone (AMH) and Androgen Level in Female with Polycystic Ovarian Syndrome – A Systematic Review (GSY- Goodbye Stress with Yoga)

Manuscript Under Review

Impact of a 10-Week of Yoga Intervention on Sleep Quality among University Students- GSY Study

IMY (Integrative-Med Yoga Conference) 2024

Effect of Yoga on Sedentary Behaviour and Physiological health, determinant in University Students- GSY Study

IMY (Integrative-Med Yoga Conference) 2024

The Impact of Yoga Interventions on Brain GABA (neurotransmitter) Levels: A Literature Review of Effects on Depression and Anxiety

IMY (Integrative-Med Yoga Conference) 2024

Impact of 10 week of Yoga Intervention on Metabolic Health and Immune Response among Medical Students: GSY Study

IDK (Interdisciplinary Doctoral Conference 2024)

Changes in Lipid Profile and Glucose marker after 10 weeks of Yoga Intervention among Medicine Students: GSY Study

MedPECS - Medical Conference for PhD Students and Experts of Clinical Sciences 2023

LANGUAGES

English

Full Professional Proficiency

Hungarian

Elementary Proficiency

Urdu

Native or Bilingual Proficiency

INTERESTS

Yoga

Meditation

Psychology

Swimming

Travelling

Dance

Cooking

Languages

Volunteering

Art & Craft