

# SARAH T. SAKNA PH.D.

**PHARMACOGNOSY DEPARTMENT  
FACULTY OF PHARMACY, CAIRO UNIVERSITY**

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Multifaceted Lecturer in Pharmacognosy and Phytochemistry with over 10 years of experience tailoring presentations to engage students from diverse backgrounds. Expertise in natural product chemistry, metabolite analysis, and advanced chromatographic techniques, with proficiency in data analysis and software such as Xcalibur. Renowned for a personable demeanor, strong work ethic, and dedication to student success. Published several peer-reviewed articles on natural products and their potential health benefits, with over 170 citations, reflecting significant contributions to the field of pharmacognosy.

## SKILLS

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Lecture development, Curriculum creation, Classroom management, Academic advisement, Online class discussion, Presentations, Research and analysis, Discussion facilitation, Thesis advisement, Academic publication and Exam writing.

## WORK EXPERIENCE

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2019-Present

**Lecturer of Pharmacognosy**

Faculty of Pharmacy, Cairo University

- Evaluated student progress through regular assessments, providing detailed feedback for improvement and growth.
- Created and designed quizzes, tests and projects to assess student knowledge.
- Developed strong relationships with colleagues, collaborating on curriculum development and sharing best practices in teaching strategies.
- Developed and implemented innovative teaching strategies to engage students in lectures and coursework.
- Developed and updated course content for both herbal

2011-2019

**Teaching Assistant of Pharmacognosy**

Faculty of Pharmacy, Cairo University

- Helped with grading assignments and tests, providing constructive feedback to students based on results.
- Supported classroom activities, tutoring, and reviewing work.
- Worked with teaching staff to optimize learning plans based on student test grades and evaluations.
- Completed daily reports on attendance and disciplinary performance.

EDUCATION

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July 2019

**Ph.D. in Pharmaceutical Sciences (Pharmacognosy)**

Faculty of Pharmacy, Cairo University

**Thesis Statement:** A phytochemical and biological study of certain *Ziziphus* species growing in Egypt

June 2015

**Master of Pharmaceutical Sciences (Pharmacognosy)**

Faculty of Pharmacy, Cairo University

**Thesis Statement:** Pharmacognostical study of *Bauhinia forficata* link family (Leguminosae) growing in Egypt

September 2011

**Bachelor of Pharmaceutical Sciences**

Faculty of Pharmacy, Cairo University

Excellent with honor

TEACHING ACTIVITIES

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**Undergraduate courses:**

- Teaching theoretical courses, supervising practical labs, preparing course syllabi, and constructing exams and quizzes of **Pharmacognosy I**, **Pharmacognosy II**, **Phytochemistry I**, **Phytochemistry II** and **Phytotherapy** courses, Faculty of Pharmacy, Cairo University.
- Creating course content, teaching lectures and constructing exams for **Aromatherapy and herbal cosmetics** course, Faculty of Pharmacy, Cairo University.
- Creating course content for **Professional ethics** course, Faculty of Pharmacy, Cairo University.

**Postgraduate courses:**

- Teaching lectures and constructing exams for **Cosmetics Diploma**, Faculty of Pharmacy, Cairo University.

## ADMINISTRATIVE ACTIVITIES

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1. Assistant to Vice-Dean for graduates and research affairs, Faculty of pharmacy, Cairo University (September 2019-December 2020).
2. Academic counseling committee member, Faculty of pharmacy, Cairo University (2019).
3. Green office member, directed by Vice-Dean for community service office (September 2024-Present)
4. Academic counseling committee member, Faculty of pharmacy, Cairo University (January 2025-Present).
5. Pharmacognosy department Quality Assurance member responsible for Pharm D courses, Faculty of pharmacy, Cairo University (2024-Present).

## LIST OF PUBLICATIONS

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- **Sarah T. Sakna**, Yasmin R. Maghraby, Mohamed S. Abdelfattah, Mohamed A. Farag. Phytochemical diversity and pharmacological effects of triterpenes from genus *Ziziphus*: a comprehensive review. *Phytochemistry Reviews*, volume 22, issue 6, pages 1611-1636 (2023).
- **Sarah T. Sakna**, Andrei Mocan, Haider N. Sultani, Nabaweya M. El-fiky, Ludger A. Wessjohann, Mohamed A. Farag. Metabolites profiling of *Ziziphus* leaf taxa via UHPLC/PDA/ESI-MS in relation to their biological activities. *Food Chemistry*, volume 293 (2019).
- Mohamed A. Farag, **Sarah T. Sakna**, Nabaweya M. El-fiky, Marwan M. Shabana, Ludger A. Wessjohann. Phytochemical, antioxidant and antidiabetic evaluation of eight *Bauhinia L.* species from Egypt using UHPLC–PDA–qTOF-MS and chemometrics. *Phytochemistry*, volume 119 (2015).

## ATTENDED WORKSHOPS

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1. Introduction to the academic advising system, Performance appraisal and quality assurance unit, Faculty of pharmacy, Cairo University (2025).
2. Technology talk: using AI to engage with your research paper, Performance appraisal and quality assurance unit, Faculty of pharmacy, Cairo University (2024).
3. Specialized course in quality assurance affairs, Performance appraisal and quality assurance unit, Faculty of pharmacy, Cairo University (2023).
4. Egyptian knowledge bank and source search, Faculty and leadership development center, Cairo University (2020).
5. Interactive E-learning courses, Faculty and leadership development center, Cairo University (2020).
6. Critical thinking, Faculty and leadership development center, Cairo University (2019).
7. Student's Evaluation, Faculty and leadership development center, Cairo University (2019).
8. The credit hour systems, Faculty and leadership development center, Cairo University (2017).
9. Crisis management, Faculty and leadership development center, Cairo University (2016).
10. Change management, Faculty and leadership development center, Cairo University (2016).

11. Creative thinking, Faculty and leadership development center, Cairo University (2015).
12. Modern trends in teaching, Faculty and leadership development center, Cairo University (2015).
13. Time and meetings management, Faculty and leadership development center, Cairo University (2015).
14. Advanced communication skills, Faculty and leadership development center, Cairo University (2014).
15. International publishing of scientific research, Faculty and leadership development center, Cairo University (2014).
16. Effective teaching skills, Faculty and leadership development center, Cairo University (2013).
17. Using technology in education, Faculty and leadership development center, Cairo University (2013).
18. Principles of quality management in higher education program, Faculty and leadership development center, Cairo University (2012).

## SOFTWARE EXPERIENCE

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- **Microsoft Office Suite:** Proficient in Word, PowerPoint, and Excel for document creation, presentations, and data analysis.
- **UHPLC/MS/MS Data Analysis:** Experienced with Agilent MassHunter Workstation, Thermo Xcalibur Roadmap, and Bruker Daltonics Data Analysis for processing and interpreting complex mass spectrometry data.
- **Chemical Structure Drawing & Mass Fragmentation Prediction:** Proficient in ChemDraw for creating chemical structures and predicting mass fragmentation patterns.
- **Reference Management:** Skilled in using EndNote for referencing and citation management, ensuring accurate academic and research documentation.

## AWARDS

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1. Recipient of Cairo University Awards for International Publications (2016).
2. Recipient of Cairo University Awards for International Publications (2020).