

TASNEEM SULTAN ABU GHAZAL

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Core competencies and Objective:

I am a highly motivated individual with a strong background in interdisciplinary team collaboration, literature review conduct, research protocol development, and publication contribution. I hold an MSc in Nutritional Science and am currently finishing my PhD in Pharmacognosy. My excellent research skills have enabled me to contribute to multiple projects throughout my academic career. I am seeking an opportunity as a part of an interdisciplinary team researching natural product activities and am excited to bring my skills and experience to new research environment.

Research Interests:

Natural Products Isolation and Activity
Traditional Medicine, why it Works?

Medicinal Plants
Human Diet and Health

Expertise

- **PhD student at University of Szeged – Szeged/Hungary: September 2020 – now**

Projects:

- Antimicrobial and antibiofilm potentials of extracts and essential oils from different varieties of Marjoram
- Comparison TTO and Marjoram oil antimicrobial activities.
- Antimicrobial potential of extracts and essential oils from *Hyssopus officinalis*.

- **Research Assistant at Jordan University of Science and Technology – Irbid/Jordan: August 2018 – July 2019.**

Projects:

- The effect of Hemp Seed Oil on health of female rats fed high-fat diet (Apr - July 2018).
- The impact of Ginger on health of induced-obese female rats (July - October 2018).
- The effect of Green Tea and Cinnamon on sperm quality of male rats fed high-fat diet (October -December 2018).
- A comparison between high-glucose diet and high-fat diet on obesity and health biomarkers: Rats Model (November 2018 - March 2019).

- **Nutritionist “Freelance” – September 2016 – May 2018.**

Achievements:

- Many clients say the consultation sessions “opened their eyes and changed the way they deal with food”.
- Developed a healthy diet plans for different budgets.
- Enhance laboratory tests levels for many clients

Volunteer Work

- Hekaeh w Hekaeh Summer Camp, Amman – June 2015 – Aug 2017
- Jordanian Society for Food and Nutrition, Amman – June 2013 – January 2016.

Qualifications

- PhD in Pharmacognosy – University of Szeged, Szeged / Hungary 2020 – expected graduation 2024, GPA currently: 4.97/5
- MSc in Nutrition – Jordan University of Science and Technology, Irbid / Jordan 2016 – 2019 Graduated, GPA: 3.34/4, Thesis Title: Study of Medicinal Properties of Hemp Seed Oil Supplementation in Female Rats Fed High-Fat Diet.
- BSc in Nutrition and Food Technology – Balqa'a Applied University, Zarqa'a / Jordan 2010 – 2015 Graduated, Graduation Project: Carrot Bread for Phenylketonuria Patient.
- MoH Nutritionist license, 2015
- Member of Jordan Agriculture Engineers Association, 2015

Research Skills

- Chromatography methods (including HPLC)
- Literature research

Personal Skills

- Creative and innovative, Excellent communication, Excellent problem-solving, Very Good leadership, Highly adaptable and able to work under pressure, Excellent team player and equally effective as an individual, Fast learner with great ability to apply theories in practice, Able to work with or without supervision, Excellent Word, and Excel.

Publications

- **Abu Ghazal TS**, Veres K, Vidács L, Szemerédi N, Spengler G, Berkecz R, Hohmann J. Furanonaphthoquinones, Diterpenes, and Flavonoids from Sweet Marjoram and Investigation of Antimicrobial, Bacterial Efflux, and Biofilm Formation Inhibitory Activities. *ACS omega*. **2023** Sep 14;8(38):34816-25. <https://doi.org/10.1021/acsomega.3c03982>
- **Abu Ghazal TS**, Subih HS, Obeidat BS, Awawdeh MS. Hemp Seed Oil Effects on Female Rats Fed a High-Fat Diet and Modulating Adiponectin, Leptin, and Lipid Profile. *Agriculture*. **2023** Feb 14;13(2):449. <https://doi.org/10.3390/agriculture13020449>
- **Ghazal TS**, Schelz Z, Vidács L, Szemerédi N, Veres K, Spengler G, Hohmann J. Antimicrobial, multidrug resistance reversal and biofilm formation inhibitory effect of origanum majorana extracts, essential oil and monoterpenes. *Plants*. **2022** May 27;11(11):1432. <https://doi.org/10.3390/plants11111432>
- Obeidat BS, Kridli RT, Mahmoud KZ, Obeidat MD, Haddad SG, Subih HS, Ata M, Al-Jamal AE, **Abu Ghazal T**, Al-Khazáleh JM. Replacing soybean meal with sesame meal in the diets of lactating Awassi ewes suckling single lambs: nutrient digestibility, milk production, and lamb growth. *Animals*. **2019** Apr 11;9(4):157. <https://doi.org/10.3390/ani9040157>

Conferences and Symposiums:

- **Abu Ghazal, T.**, Veres, K., Hohmann, J., May 2023. 'Isolation and Evaluation of Antimicrobial Properties of Non-Volatile Compounds From Sweet Marjoram'. Presentation at 4th Symposium of Young Researchers on Pharmacognosy. pp. 12–12, Szeged/Hungary.
- **Abu Ghazal, T.**, Sep. 2022. 'Does Sweet Marjoram Essential Oil Have Same Antibacterial Potential as Tea Tree Oil?'. Poster at 52nd International Symposium on Essential Oils, Wrocław/Poland.
- **Abu Ghazal, T.**, Feb. 2022. Antimicrobial, multidrug resistance reversal, and biofilm formation inhibitory effect of Origanum majorana extracts and essential oil. Presentation at 3rd Symposium of Young Researchers on Pharmacognosy. pp. 6–6, Szeged/Hungary.

- **Tasneem, A.G.**, Feb. 2021. Antimicrobial potential of extracts and essential oils from different varieties of Marjoram. Presentation at 2nd Symposium of Young Researchers on Pharmacognosy. pp. 6–6. Szeged/Hungary.

Accredited Courses

- Good Clinical Practice, National Drug Abuse Treatment-Clinical Trials Network – 2019
- Scientific Methods and Research, Jordan University of Science and Technology – 2018

Languages: Arabic – Native

English – Professional (IELTS: 7.5)