



Umar Farooq

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ABOUT ME

A motivated Environmental Science graduate with strong academic knowledge and practical experience in sustainability and environmental conservation. During my Bachelor's, I contributed to innovative projects like *Advancing Sustainable Agriculture with Hybrid Seeds and Biochar*. I worked with hybrid seeds to improve crop yields and experimented with biochar, an organic fertilizer, to enhance soil health and plant growth. My passion for environmental conservation is reflected in my participation in plantation drives, clean-up campaigns, and collaborations with international organizations like the UN Development Program and Stanford University. Additionally, I bring expertise in GIS and Remote Sensing, which I use to address environmental challenges.

EDUCATION AND TRAINING

BS Environmental Sciences

University of Jhang [07/06/2021 – Current]

City: Jhang | **Country:** Pakistan | **Level in EQF:** EQF level 6 | **NQF Level:** 8 | **Type of credits:** ECTS | **Number of credits:** 140

Environmental Chemistry | Environmental Pollution | Environmental Microbiology | Climatology | Solid Waste Management | Applied Ecology | Environmental Toxicology | Occupational Health & Safety (OHS) | Analytical Techniques in Environmental Science | Energy and Environment | GIS & Remote Sensing | Fundamentals of Biotechnology | Environmental Monitoring | Water Resource Management | Biodiversity and Conservation | Environmental Impact Assessment | Natural Resources Management | Research Method in Environmental Sciences | Agro Ecology | Environmental Law and Policy | Pollution Control Technology

WORK EXPERIENCE

Air Quality Sampling Intern

Environment Protection Agency (EPA), Pakistan [14/06/2024 – 25/09/2024]

City: Lahore | **Country:** Pakistan

Conducted air quality sampling at industrial sites in Lahore. Collected and analyzed air samples for various pollutants, including particulate matter (PM2.5, PM10), sulfur dioxide (SO2), and nitrogen oxides (NOx). Monitored and assessed air quality data to identify potential sources of pollution and ensure compliance with environmental regulations. Prepared reports and presentations summarizing findings and recommendations for pollution control measures. Collaborated with industrial stakeholders to promote awareness of air quality issues and encourage the adoption of best practices for pollution prevention.

PROJECTS

Remediation of University of Jhang's Sewerage Wastewater Through Treatment System and Reuse for Gardening: A Pilot Project

Supervisor: **Dr. Salma Hameed**

HOD/ Assistant Professor

- Assisted in designing and optimizing **bioengineered wetlands** for the removal of microplastics from freshwater ecosystems.
- Conducted laboratory experiments using **biochar, plant-microbe interactions, and nanomaterials** to enhance microplastic adsorption and degradation.
- Performed **water sampling, microplastic analysis (FTIR, SEM, GC-MS), and statistical modeling** to evaluate treatment efficiency.

MANAGEMENT AND LEADERSHIP SKILLS

Thematic Leader (Agriculture&Forestry)| Prime Minister Green Youth Movement Club, University of Jhang

As the Thematic Leader for Agriculture and Forestry at the Prime Minister's Green Youth Movement Club, University of Jhang, I spearhead initiatives to promote sustainable agricultural practices and forest conservation. I organize workshops, seminars, and field visits to educate students about eco-friendly farming techniques, the importance of biodiversity, and the role of forests in mitigating climate change. I also collaborate with local farmers and forestry experts to implement practical solutions and encourage youth involvement in community-based projects. My goal is to empower young people to become responsible stewards of the environment and contribute to a greener, more sustainable future for Pakistan.

VOLUNTEERING

[20/12/2021 – Current] University of Jhang, Pakistan

Member of Prime Minister Green Youth Movement Club

Served as Media Secretary for Green Youth Movement Club, University of Jhang. Handled social media outreach and engagement. Acting as Thematic Leader for Agriculture and Forestry, focusing on sustainable practices and environmental conservation.

[04/09/2024 – Current] University of Jhang, Pakistan

Campus Ambassador of Native Youth Club for Climate Change - NYCCC

Campus Ambassador for Native Youth Club for Climate Change. Engaged in climate change awareness campaigns, workshops, and initiatives. Fostered environmental consciousness and sustainable practices among fellow students.

[05/03/2023 – Current] Jhang, Pakistan

Volunteer, District Forest Complex

I volunteer with the District Forest Complex, Jhang, in tree plantation drives to enhance green cover and raise environmental awareness, supporting local conservation efforts.

CREATIVE WORKS

Plastic Reuse and Recycling Initiatives Location: District Jhang + University of Jhang.

I lead a campus campaign to reduce plastic use and repurpose waste by creating functional and decorative items from plastic bags, bottles, and tires. This initiative promotes sustainability and raises awareness about responsible plastic management.

Botanical Garden Development Project University of Jhang, Department of Environmental Sciences

Contributed to establishing a sustainable campus botanical garden, utilizing hybrid seeds and water-saving techniques, gaining hands-on experience in sustainable agriculture and resource management..

HONOURS AND AWARDS

[30/09/2024] Prime Minister of Islamic Republic of Pakistan

Appreciation Letter from the Prime Minister of Pakistan

Awarded by the **Prime Minister of Pakistan** for active involvement in the Green Youth Movement Club, recognizing my commitment to environmental advocacy and sustainable initiatives under the Prime Minister Youth Program.

[10/06/2024] Department of Environmental Sciences, University of Jhang

Appreciation Letter for Leadership in Environmental and Academic Activities

Recognized for leadership in managing academic and environmental activities, organizing events, and promoting student engagement in sustainability within the Department of Environmental Sciences.

COURSES

[15/11/2024]

Green Entrepreneurship

Lehigh University Pennsylvania , Fordham University New York, United Nation Development Program.

[09/10/2024]

Integrated Spatial Planning

Sweden International Development Agency (SIDA), United National Development Program (UNDP)

[03/09/2024]

Introduction to Sustainable Finance

Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ), Partnership for Action on Green Economy (PAGE)

[21/08/2024]

Organization, Environmental Management and Innovation

The Open University

[13/02/2024]

Fundamental of REDD+ E- Learning

Food and Agriculture Department of United Nation, UN Environment, UN Development Program

[10/09/2023]

Nature Base Solution for Disaster and Climate Resilience

United Nation Environment Program (UNEP), European Union

SEMINAR/ WEBINAR

[30/11/2024]

Webinar: Smog Prevention and control, The role of textile Industries.

[12/08/2022]

Seminar: Innovative Role of Youth in Waste Management

[16/09/2022]

Seminar: World Day of Ozone Protection

[04/11/2022]

International conference on Multidisciplinary Research

[15/11/2022]

Seminar: Liquid and Solid Waste Management

[05/06/2023]

Seminar: World Environment Day

[02/10/2024]

Seminar: World Habitat Day

PROFESSIONAL SKILLS

Environmental Health and Safety Management

Quality Assurance and Quality Qontrol (QA/QC)

GIS Software Expert

Presentation and Report Writing

Environmental Impact Assessment

Microsoft Office Expert

Team Leadership

Strategic Planning

LANGUAGE SKILLS

Mother tongue(s): Urdu

Other language(s): English

RECOMMENDATIONS

Name: Dr. Rida Batool | Incharge

Assistant Professor

Department of Environmental Sciences

University of Jhang

Email: drnidabattool@uoj.edu.pk

Name: Dr. Salma Hameed | Assistant Professor

Department of Environmental Sciences

University of Jhang

Email: salma@uoj.edu.pk