

UMI SAROH ASTRININGTYAS

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EXECUTIVE SUMMARY

Bachelor of Science in Chemistry with laboratory, quality control, and manufacturing training experience through internships, academic laboratory work, and a FMCG company. Proficient in laboratory testing, quality inspection, GMP, HACCP, Halal and SOP compliance. Demonstrated leadership, teamwork, adaptability, and strong attention to detail in academic, organizational, and industrial environments. Seeking opportunities in quality control, quality assurance, laboratory assistance, or research and development.

EDUCATION

Bachelor of Science in Chemistry, Universitas Pendidikan Indonesia

2020 - 2024

GPA: 3.50/4.00

WORK AND INTERNSHIP EXPERIENCES

PT. Tirta Fresindo Jaya (Mayora Group)

Jul-Aug 2025

Quality Control Trainee - Unit Head Development Program (UHDP)

- Completed on-the-job training (OJT) primarily in the QC Department, with exposure to multiple departments to gain an understanding of end-to-end factory operations.
- Performed quality inspections and laboratory testing while ensuring compliance with GMP, HACCP, Food Safety, 5R, SJPH, and Standard Operating Procedures (SOP).
- Observed and learned production processes, water treatment, packaging operations, warehouse management, utility systems, maintenance, and production activities.
- Developed leadership, teamwork, communication, problem-solving, and adaptability through structured industrial training.

Lab Kimia Dasar dan Analitik (LKDA), FPMIPA UPI

Sep 2023-Jan 2024

Student Laboratory Assistant

- Assisted laboratory practical sessions while ensuring compliance with laboratory SOPs and safety procedures.
- Guided students in conducting chemical experiments and laboratory testing.
- Verified laboratory reports and maintained accurate documentation.
- Recorded experimental data and prepared practical examination reports.

Perumda Air Minum Tirta Raharja

Jul-Aug 2023

Laboratory Intern

- Conducted laboratory testing on raw and treated water samples following standard analytical procedures.
- Performed water quality analysis and documented laboratory results accurately.
- Assisted in monitoring water treatment processes to ensure compliance with quality standards.
- Collaborated with laboratory personnel to support daily testing activities.
- Maintained laboratory equipment and documentation in accordance with SOPs.

CERTIFICATIONS AND TRAININGS

TOEFL-ITP, Balai Bahasa UPI

Apr 2026

Get total score 510

Certificate of Competence in Auditor Halal, BNSP

Feb 2026

Preparing the inspection, conducting the pre-inspection, inspection, and reporting the inspection result of material and halal production process.

English Speaking 1, 2 & 3 Program, Kampung Inggris Bandung EPLC

May 2025-Jan 2026

Get B grade (score 6) based on IELTS Band Score Criteria.

Hazard Analysis Critical Control Point (HACCP), Good Manufacturing Practices (GMP), Food Safety Management System Training, Makin Ahli

Feb 2025

Completed multiple trainings related to quality control, food safety, and operational standards, demonstrating strong awareness of process quality, compliance, and continuous improvement.

Certificate of Competence in Volumetric Analysis, BNSP

Aug 2024

Participate in laboratory/field workplace safety, plan and perform laboratory/field task, perform chemical tests and procedures, record and present data.

ORGANIZATION EXPERIENCES

BEM HMK FPMIPA UPI

Jan 2022-Dec 2022

- Staff of Political Advocacy Division of Social Political (SOSPOL) Department
- Led execution of DIPOL 1.0 & 2.0 events, coordinating committees and program planning
- Managed logistics for community service (P2M) event, ensuring smooth operations
- Strengthened leadership, coordination, and problem-solving skills in team settings

MOKAKU UPI 2021, BEM REMA UPI

Aug 2021

- Staff of Disciplinary Division; Supervised discipline and compliance of student groups during orientation
- Responsible for checking the completeness of clothing and attributes of new students

SKILLS

Languages

- Indonesian (Native)
- English (Intermediate)

Technical Skills

- Chemical testing & laboratory analysis
- Sample preparation and handling
- Analytical data analysis
- SOP compliance
- Quality control
- GMP, HACCP, Food Safety, 5R, Halal and Laboratory safety awareness
- Basic Microsoft Word, Excel, PowerPoint

Soft Skills

- Leadership
- Teamwork
- Communication
- Strong work discipline
- Problem-solving
- Time management
- Adaptability
- Fast learner
- Attention to detail
- Good work ethics
- Willing to work in shift system