



INTANAYA WIDYA NARESWARA

January 16th, 2003 | Kediri, East Java
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SUMMARY

I am Intanaya Widya Nareswara, a young pharmacist and graduate of the University of Brawijaya with a strong interest in quality assurance, compliance, and continuous improvement in the pharmaceutical industry. Adaptable and able to work both independently and in teams, with strong critical thinking, communication, and time management skills. I am highly motivated to pursue a career in the pharmaceutical industry.

EDUCATION

Brawijaya University - Malang, East Java

Feb 2025 - Apr 2026

Apothecary Degree, 3.85/4.00

- Professional pharmacist training with exposure to clinical and industrial pharmacy practice
- Basic understanding of GMP, SOPs, and pharmaceutical quality systems

Brawijaya University - Malang, East Java

Aug 2021 - Jan 2025

Bachelor Degree in Pharmacy, 3.33/4.00

- Thesis on "The Effect of Sodium Intake on IL-17A Levels and Quality of Life of Madurese People"

SMAN 2 Kediri - Kediri, East Java

Jul 2018 - Jun 2021

WORK EXPERIENCE

PBF PT. Penta Valent, Tbk - Malang, East Java

Oct 2025

Pharmacy Intern

- Gained practical understanding of the quality management system at Pharmaceutical Wholesalers (PBF) in compliance with Good Distribution Practice (CDOB) standards.
- Observed distribution processes to ensure proper handling and traceability of medicines and medical devices.

PT. Kimia Farma Plant Watudakon - Jombang, East Java

Aug 2025 - Sep 2025

Pharmacy Intern

- Performed HVAC performance qualification (PQ) to ensure compliance with environmental control requirements.
- Reviewed qualification parameters for autoclave Operational Qualification (OQ) and Performance Qualification (PQ).
- Conducted computerized system validation (CSV) in accordance with applicable regulatory standards.
- Performed security access level challenge tests across departments within SAP during computerized system validation.
- Executed finished product transportation validation to ensure product quality during distribution.
- Revised work instructions for daily balance verification to improve accuracy and compliance.
- Prepared requalification assessment matrix for equipment lifecycle management.
- Prepared risk assessments for equipment recalibration to support quality and reliability.
- Monitored and recorded temperature and humidity in semi-solid production areas to ensure environmental compliance.

Pharmacy Intern

- Supported hospital pharmaceutical services, including prescription review, medication dispensing, preparation, labeling, and patient counseling.
- Conducted inpatient ward rounds and pharmacotherapy monitoring to identify drug interactions, adverse drug reactions (ADRs), and medication-related concerns.
- Collaborated with multidisciplinary healthcare teams in clinical decision-making and patient-centered pharmaceutical care to support optimal treatment outcomes.
- Applied aseptic techniques and standard operating procedures for cytostatic drug preparation and IV admixture services, and provided outpatient education on antidiabetic medications to promote adherence.

Apotek Domat - Malang, East Java**May 2025****Pharmacy Intern**

- Supported pharmacists in screening prescriptions to identify potential drug interactions, contraindications, and dosing issues.
- Assisted in inventory management, including stock monitoring, medication storage, and expiration date control.
- Provided drug information and recommendations for minor ailments as part of responsible self-medication services.
- Contributed to promoting rational drug use through patient education and counseling.

Puskesmas Dau & Dinas Kesehatan - Malang, East Java**Apr 2025****Pharmacy Intern**

- Supported pharmaceutical services in outpatient settings, including prescription screening, medication dispensing, and patient counseling.
- Supported pharmaceutical inventory management, including stock monitoring, storage control, and expiration date management.
- Assisted in developing and implementing patient care plans to promote safe and rational medication use.
- Conducted health promotion activities on the rational use of antibiotics to increase public awareness and prevent antimicrobial resistance (AMR).

Assistant of Lecturer in Basic Chemistry - Brawijaya University**Jul 2023 - Dec 2023**

- Assisted in the preparation and setup of materials and equipment for basic chemistry laboratory sessions.
- Supported lecturers during laboratory activities by guiding students and ensuring proper execution of experimental procedures.

ORGANIZATIONAL EXPERIENCE**HMF Aecus Prospisio - Universitas Brawijaya****Jan 2022 - Dec 2022****Entrepreneurship Staff**

- Managed initiative planning and execution, including logistics, budgeting, and external stakeholder coordination to ensure effective delivery.
- Executed promotional strategies across multiple communication channels to increase participation, engagement, and reach.
- Contributed to post-event evaluation by reviewing outcomes, collecting feedback, and identifying areas for improvement.

VOLUNTEER AND COMMUNITY PROJECT

Free Health Screening Program Volunteer	Mar 2025
Aromatherapy Product-Making Workshop Volunteer	Aug 2024
International Summer School Pharmacy Host Participant	Jun 2024 - Jul 2024
Pharmacist Care Program Volunteer	Oct 2023

CERTIFICATE

• Sertifikat Kompetensi - Kolegium Farmasi	Apr 2026
• Surat Tanda Registrasi (STR) - Konsil Kesehatan Indonesia	Jun 2026

PERSONAL SKILL

- **Language:** Indonesian (Native) | English (BEPT/TOEFL: 530)
- **Tools:** Microsoft Office (Word, Excel, Power Point) | Google (Docs, Sheets, Slides, Forms) | Canva
- **Hard Skills:** Pharmaceutical Quality Systems | Qualification | Validation | Data Analysis | Compliance | Pharmacotherapy | Therapeutic Drug Monitoring
- **Soft Skills:** Adaptability | Time Management | Attention to Detail | Analytical Thinking | Problem Solving | Interpersonal Communication



PORTOFOLIO

apt. Intanaya Widya N., S.Farm

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introduction

I'm Intanaya Widya Nareswara, a pharmacist who graduated from Universitas Brawijaya. Throughout my academic years, I've built a solid foundation in pharmaceutical quality systems, compliance, qualification, validation, and data analysis. I'm able to work effectively both independently and as part of a team, with strong communication and time management skills. I'm also detail-oriented and committed to maintaining accuracy and quality in every task.

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academic background

Universitas Brawijaya [2025 - 2026]

Apothecary Degree (Apt.)

GPA: 3.85/4.00

Universitas Brawijaya [2021 - 2025]

Bachelor Degree in Pharmacy (S.Farm)

GPA: 3.33/4.00

personal skills



Languages

Indonesian (Native) | English (BEPT/TOEFL: 530)

Hard Skills

Pharmaceutical Quality Systems | Qualification |
Validation | Compliance | Data Analysis |
Pharmacotherapy | Therapeutic Drug Monitoring

Soft Skills

Adaptability | Time Management | Attention to
Detail | Analytical Thinking | Problem Solving |
Interpersonal Communication

Tools



experiences



PT. Penta Valent, Tbk

[Oct 2025]

Malang, East Java

- Gained practical understanding of the quality management system at Pharmaceutical Wholesalers (PBF) in compliance with Good Distribution Practice (CDOB) standards.
- Observed distribution processes to ensure proper handling and traceability of medicines and medical devices.

Key Competencies

Pharmaceutical Distribution | Storage and Handling Practices
| Documentation | Environmental Monitoring

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PT. Kimia Farma Plant Watudakon [Aug 2025 - Sep 2025]

Jombang, East Java

- Performed HVAC performance qualification (PQ).
- Reviewed qualification parameters for autoclave Operational Qualification (OQ) and Performance Qualification (PQ).
- Performed security access level tests across departments within SAP during Computerized System Validation (CSV).
- Executed finished product transportation validation.
- Revised work instructions for daily balance verification.
- Prepared requalification assessment matrix for equipment lifecycle management.
- Prepared risk assessment for equipment recalibration.
- Monitored and recorded temperature and humidity in semi-solid production areas.

Key Competencies

Qualification and Validation | Equipment Lifecycle Management | Risk Assessment | Quality Risk Management | Data Integrity | Environmental Monitoring



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RSPAL Dr. Ramelan

[Jun 2025 - Jul 2025]

Surabaya, East Java

- Supported pharmaceutical services, including clinical pharmacy and medication management.
- Identified potential drug interactions and monitored adverse drug reactions (ADRs).
- Applied aseptic techniques and SOPs for cytostatic drug preparation and IV admixture services.
- Performed pharmacotherapy assessment and monitoring to support treatment outcomes.
- Collaborated with healthcare professionals in clinical decision-making and patient-centered care.
- Provided patient education to improve therapy understanding and adherence.

Key Competencies

Clinical Pharmacy | Patient Care | Drug Therapy Monitoring | Pharmacotherapy Assessment | Patient Counseling and Education | Interprofessional Collaboration



Apotek Domat

Malang, East Java

[May 2025]

- Supported pharmacists in screening prescriptions to identify potential drug interactions, contraindications, and dosing issues.
- Assisted in inventory management, including stock monitoring, medication storage, and expiration date control.
- Provided drug information and recommendation for minor ailments as part of responsible self-medication services.
- Contributed to promoting rational drug use through patient education and counseling.

Key Competencies

Prescription Screening | Inventory Management | Patient Counseling and Education | Rational Drug Use



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Puskesmas Dau & Dinkes

[Apr 2025]

Malang, East Java

- Supported pharmaceutical services in outpatient settings, including prescription screening, medication dispensing, and patient counseling.
- Supported pharmaceutical inventory management, including stock monitoring, storage control, and expiration date management.
- Assited in developing and implementing patient care to promote safe and rational medication use.
- Conducted health promotion activities on the rational use of antibiotics to increase public awareness and prevent antimicrobial resistance (AMR).

Key Competencies

Prescription Screening | Medication Dispensing | Patient Counseling | Rational Medication Use | Health Promotion | Communication and Collaboration



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Laboratory Assistant

[Jul 2023 - Des 2023]

Basic Chemisty

- Assited in the preparation and setup of materials and equipment for basic chemistry laboratory sessions.
- Supported lecturers during laboratory activities by guiding students and ensuring proper execution of experimental procedures.

Key Competencies

Laboratory Safety | Experimental Procedures | Technical Guidance | Procedure Compliance



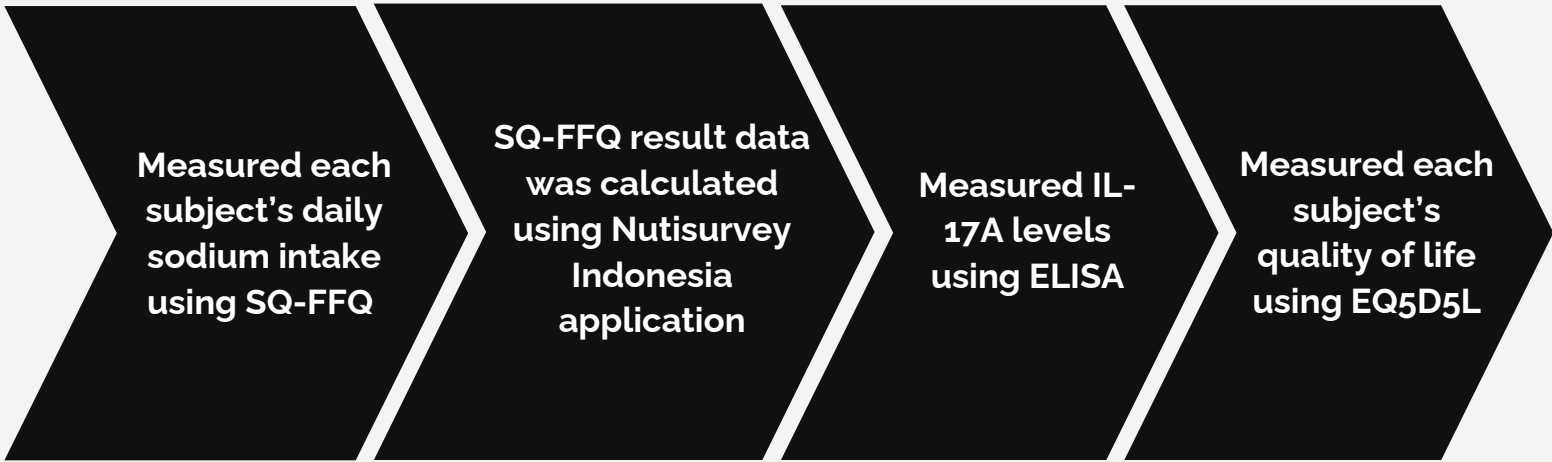
undergraduate thesis

The Effect of Sodium Intake on IL-17A and Quality of Life of Madurese People

Research Background

Sodium is an essential mineral and the primary osmolyte in extracellular fluid. While adequate sodium intake is crucial, excessive consumption can lead to hypernatremia. Long-term high-salt diets may reduce quality of life by triggering inflammation through proinflammatory cytokines like IL-17A.

Method



Result

Variable	r	p
IL-17A levels	0,348	0,001
Quality of life	-0,161	0,139

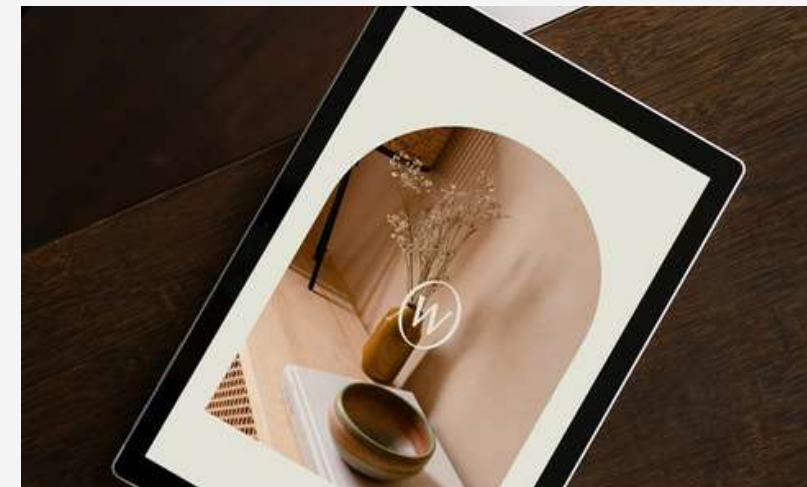
The analysis showed that there was a significant relationship between serum sodium levels and IL-17A levels. However, it is also known that there is a very weak correlation between sodium intake and serum sodium levels, IL-17A levels, and quality of life of the Madurese community. This may be influenced by the limited memory and honesty of the subjects in filling out the questionnaire.

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volunteer and community projects



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free health screening program

Participated in a community health screening program by assisting with basic health assessments, providing health education, and promoting awareness of healthy lifestyle and medication use.



aromatherapy product-making workshop

Conducted aromatherapy product-making training for women to develop practical skills, encourage independence, and support education on preventing early marriage.



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international summer school pharmacy

Supported international participants throughout the program by facilitating cross-cultural communication, collaboration, and cultural exchange, while helping create a welcoming and engaging environment.



pharmacist care program

Provided interactive health education for elementary school students, focusing on basic medication awareness, healthy habits, personal hygiene, and the proper use of medicines.



organizational experiences



HMF Aecus Prospisio - Universitas Brawijaya

Staff Entrepreneurship

Planned and coordinated initiatives by managing logistics, budgeting, and external stakeholder communication. Implemented promotional strategies across multiple channels to drive participation, strengthen engagement, and expand the initiative's reach.

Pharmacy on Exciting Night (PHOENIX)

Vice Event Chairperson

Supported the event chairperson in leading the committee, coordinating event planning and execution, and ensuring effective communication across teams.

Bina Karakter Mahasiswa

Moderator

Facilitated discussions and sessions, managed event flow, and encouraged active participation while maintaining clear and effective communication.

Staff Magang HMF Aecus Prospisio

Master of Ceremony (MC)

Hosted and guided events, managing the flow of activities, introducing speakers, and engaging the audience to ensure a smooth and well-organized event.

creative activities

Educational
Poster

Patient Education
Leaflet

Waktu pemakaian obat ANTIBIOTIK

SEBELUM MAKAN
Obat diminum 30 - 60 menit sebelum makan **ATAU** 2-3 jam sesudah makan

SETELAH MAKAN
Obat diminum sesudah makan dan tidak boleh lewat dari 2 jam

ATURAN PAKAI
3X1
Dalam 24 Jam obat diminum 3 kali 1 tablet setiap 8 jam (Jeda 8 jam)

Misal

- Obat Ke 1, diminum jam 06.00
- Obat Ke 2, diminum jam 14.00
- Obat Ke 3, diminum jam 22.00

4X1 4 kali 1 tablet tiap 6 jam
2X1 2 kali 1 tablet tiap 12 jam
1X1 1 kali 1 tablet tiap 24 jam

AYO CERDAS! GUNAKAN ANTIBIOTIK

E Cek ke dokter sebelum minum antibiotik

R Efektifkan dosis dengan menghabiskan antibiotik sesuai resep

R Rajin cuci tangan untuk mencegah infeksi

D Dilarang berbagi antibiotik dengan orang lain

A Antibiotik bukan untuk semua sakit (seperti flu & batuk biasa)

S Selalu edukasi diri dan orang sekitar tentang bahaya resistensi

RESISTENSI ANTIBIOTIK

Gunakan Antibiotik Secara BIAK

Program Studi Profesi Apoteker Universitas Brawijaya

APA ITU ANTIBIOTIK ??

Antibiotik merupakan obat yang digunakan pada infeksi yang disebabkan oleh bakteri

Faktanya

Antibiotik yang tidak digunakan secara bijak dapat memicu timbulnya masalah resistensi

Resistensi Antibiotik?

RESISTENSI = TIDAK MEMPAN

Kondisi saat bakteri menjadi kebal terhadap antibiotik yang seharusnya bisa membunuhnya

CONTOH ANTIBIOTIK

Amoxicillin
AMOXICILLIN TRIHYDRATE
Kaplet 500 mg

Ciprofloxacin
CIPROFLOXACIN HCI MONOHYDRATE
Tablet Solut Selaput 500 mg

Cefadroxil
CEFADROXIL
500mg

Mengapa Resistensi Antibiotik Berbahaya?

- Infeksi sulit disembuhkan
- Biaya pengobatan meningkat
- Risiko kematian meningkat
- Perawatan menjadi lebih lama

PENYEBAB Resistensi Antibiotik

- Membeli antibiotik tanpa resep dokter
- Tidak menghabiskan antibiotik sesuai resep
- Penggunaan antibiotik tidak sesuai

Terapkan 3D untuk Atasi Hipertensi dengan Daun Seledri

Apa itu Hipertensi !!!

Hipertensi adalah peningkatan tekanan darah sistolik ≥ 140 mmHg dan/atau diastolik ≥ 90 mmHg (Kemenkes, 2021).

Faktanya, 260 juta kasus
kasus hipertensi di Indonesia mencapai

Kandungan Seledri

yang berperan dalam menurunkan tekanan darah

Apiin
O=C1C=CC(=C2C(=C1)O)C=C2
Bersifat diuretik karena mengeluarkan cairan dan garam berlebih dari tubuh.
(Simamora dkk., 2021)

Apigenin
O=C1C=CC(=C2C(=C1)O)C=C2
Memperambat detak jantung dan kontraksi jantung.

Apium graveolens Seledri

Merupakan salah satu tanaman yang banyak ditemukan di Indonesia dan memiliki manfaat untuk menurunkan tekanan darah atau sebagai antihipertensi.
(Volanda dkk., 2024)

Terapkan 3D LANGKAH PENGENDALIAN

- 1. DIREBUS**
Direbus 40 gram seledri bersama 400 mL air selama 15 menit.
- 2. DISARING**
Disaring air rebusan daun seledri yang telah didiamkan hingga dingin
- 3. DISAJIKAN**
Teh seledri siap disajikan dan dapat dikonsumsi selagi hangat.

LANGKAH PENGENDALIAN

- Cek tekanan darah secara berkala
- Tidak merokok dan minum alkohol
- Batasi asupan garam harian maksimal 1 sendok teh
- Rutin konsumsi teh seledri sekali sehari

SARAN PEMAKAIAN

Hindari pemakaian teh seledri dengan obat kimia secara bersamaan.

Teh seledri diminum pagi hari sebelum makan, sedangkan obat kimia dapat dikonsumsi malam hari

PERHATIAN!!!

Teh seledri bukan pengganti terapi medis. Harap konsultasikan kepada dokter sebelum penggunaan Teh Seledri maupun obat herbal lainnya.

Referensi : bit.ly/Apiumgraveolens

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let's connect

thank you so much!



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Intanaya Widya Nareswara