

PORTFOLIO



Iqbaal Aulia Ramadhan, S. Biomed

Research Assistant | Laboratory Analyst | QC
Analyst | QA Analyst | Business Development



Hi , my name is Iqbaal Aulia Ramadhan, a recent graduate of the Biomedical Sciences program, having completed my studies in 3 years and 5 months. I have a strong interest in pursuing a career as a Research Assistant, Laboratory Analyst, QC Analyst, and QA Analyst, as well as an interest in research involving animals (in vivo), further evaluation of natural compounds, in vitro cell-based research, and the use of PCR techniques and other laboratory methods.

I am disciplined, quick to grasp new concepts, adaptable to the work environment, and detail-oriented (a perfectionist). Additionally, I possess strong problem-solving and critical thinking skills to support both research activities and laboratory analysis.

*CONTACT
ME!*



www.linkedin.com/in/iqbaalar



https://www.instagram.com/iqb.ar_27



<https://wa.me/+6281533130132>



iqbaalar4@gmail.com

EDUCATION



SMAN 1 Batusangkar
Science Department
2019 – 2022
Report Grades : 89.43



Andalas University
Bachelor of Biomedical Sciences
August 2022 – January 2026
GPA : 3.78/4.00

CURRICULUM VITAE



SCAN MY CV HERE!

INTEREST:

- Research Assistant
- Laboratory Analyst
- QC Analyst
- QA Analyst
- Business Development

HARDSKILLS:

Micropipettes, Microtomes, H&E Staining, Basic Care of Laboratory Animals (Injection Techniques, Blood Sampling Techniques, Surgery and Removal of Various Organs), Basic Molecular Biology (PCR, DNA Isolation, Electrophoresis), Basic Cell Culture (Aseptic Techniques, Cell Thawing, Cell Seeding, Initial Culture, Cell Maintenance, Culture Transfer, Observation)

SOFTSKILLS:

Adaptability, Critical Thinking, Problem Solving, Leadership, Team Work, Public Speaking, Time Management

SKILLS

TECHNICAL(LAB) SKILLS



**MICROSCOPE
INVERTED**



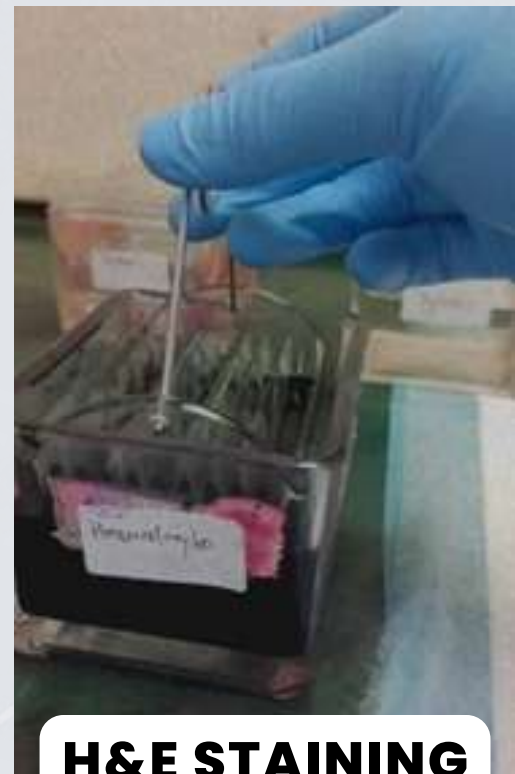
MICROTOME



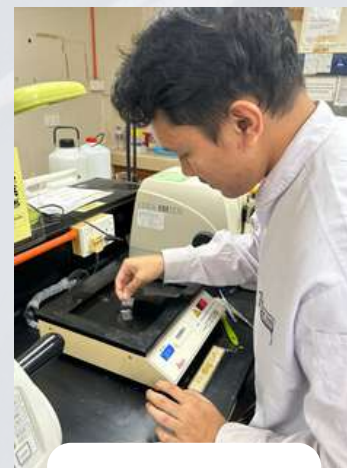
CELL CULTURE



SURGERY ON LABORATORY ANIMALS



H&E STAINING



FISHING



SENTRIFUGE



COLD PLATE



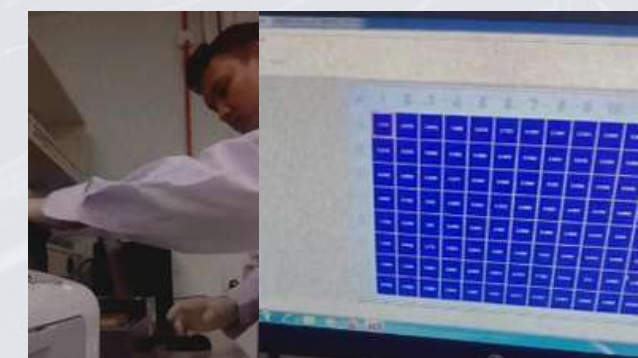
PIPETTING



ANALYTICAL BALANCE



PH METER

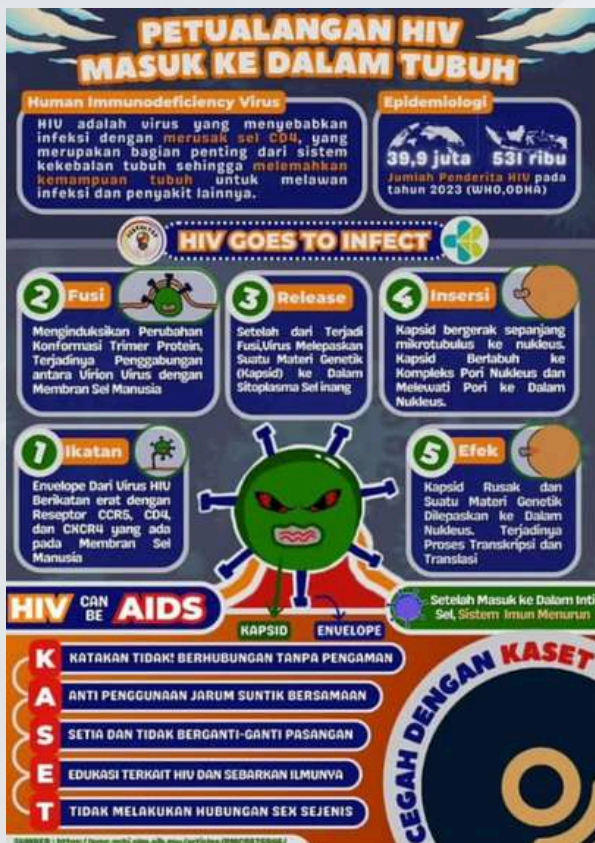
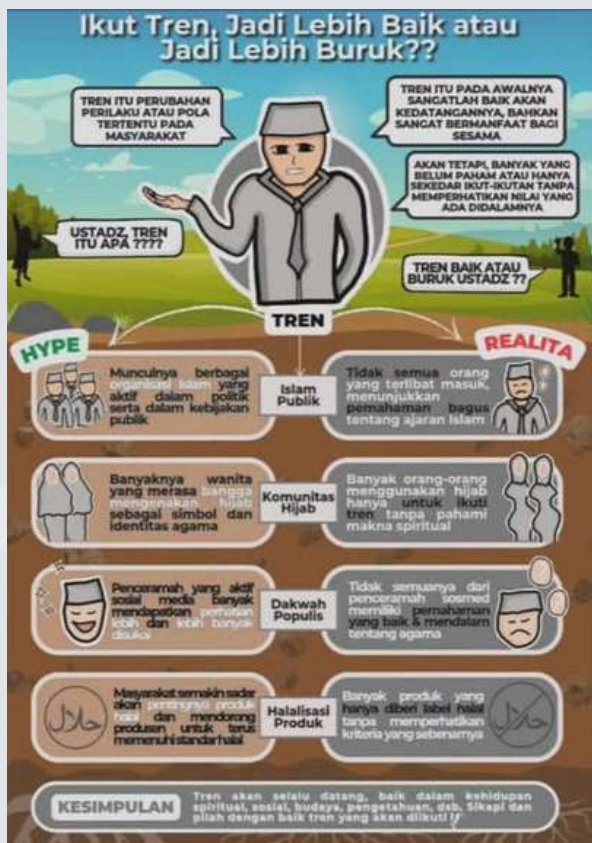
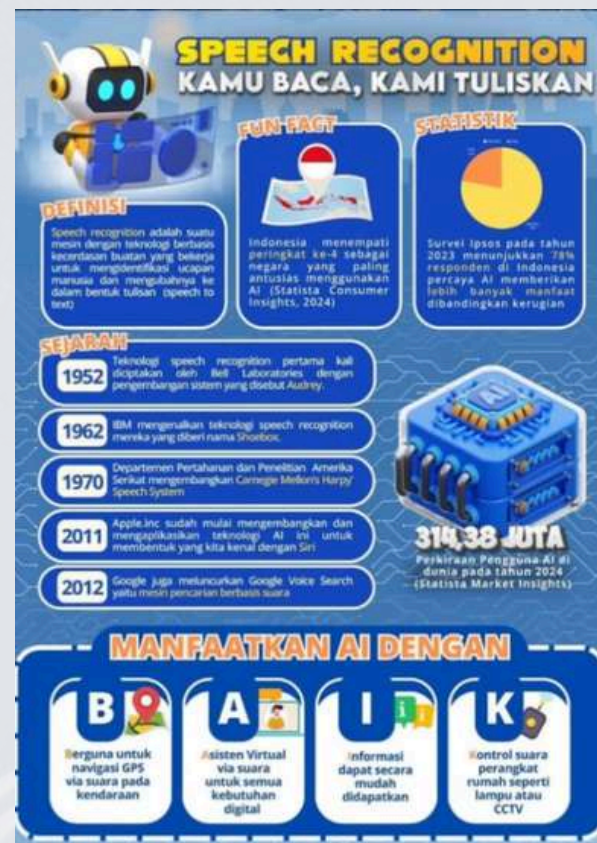


MICROPLATE READER

DESIGNING SKILLS

FAVORITE TOOLS:

Canva



PROJECT

PROJECT



Medical Views, or Medviews for short, is a platform I created on Instagram with the aim of introducing the world of medical research—whether it is still in the experimental stage (tested on laboratory animals or using other alternatives) or has already reached the clinical stage (tested on humans).

The data sources used in each post come from experimental/clinical research data in articles from reputable journals obtained from PubMed NCBI, ScienceDirect, Google Scholar, and other sources.





IMEDVIEWS

MATCHA DAPAT MEMBANTU MENURUNKAN STRES DAN MEMBERIKAN EFEK RELAKSASI ALAMI

Matcha adalah teh hijau bubuk yang kaya akan theanine, rendah katekin, dan relatif tinggi kafein akibat proses budidaya di bawah naungan selama sekitar tiga minggu sebelum panen, di mana keseimbangan komponen tersebut menentukan kualitas dan efek fisiologisnya. Dalam konteks kesehatan, stres psikososial kronis berkontribusi terhadap berbagai gangguan, sehingga konsumsi matcha berpotensi sebagai intervensi nutrisi. Secara khusus, theanine berperan dalam menurunkan stres melalui efek relaksasi, namun efektivitasnya dapat berkurang oleh kafein dan EGCG serta ditingkatkan oleh arginin. Oleh karena itu, komposisi matcha yang optimal, terutama dengan rasio komponen yang seimbang atau kandungan kafein yang lebih rendah, terbukti lebih efektif dalam menghasilkan efek penurunan stres (Keiko et al., 2018)

MedViews

Penelitian dari Keiko et al pada tahun 2018 ini menunjukkan efek konsumsi matcha yang diujikan secara in vivo dan uji klinis terhadap penurunan efek stres

Article
Stress-Reducing Function of Matcha Green Tea in Animal Experiments and Clinical Trials
Keiko Unno ^{1,2,*}, Daisuke Furushima ¹, Shingo Hamamoto ¹, Kazuki Iguchi ¹, Hiroshi Yamada ^{3,4}, Akio Morita ⁴, Hideki Horie ⁵ and Yoriyuki Nakamura ²

SECARA IN VIVO (HEWAN UJI)

JUMLAH DAN PENGELOMPOKAN SAMPEL
Sebanyak **86 ekor mencit** terlibat pada penelitian ini yang dikelompokkan dengan skema berikut :
1. **Berdasarkan dosis matcha** (0 mg/kg, 10 mg/kg, 17 mg/kg, 33 mg/kg, 50 mg/kg, dan 100 mg/kg)
2. **Berdasarkan kelompok zat aktif** (Kontrol (tanpa intervensi), Theanine saja, Theanine + kafein + EGCG, dan Theanine + kafein + EGCG + arginin)

PENGUKURAN HASIL
Mencit diberikan matcha atau komponen teh selama 7 hari dengan pemberian prosedur stres (6 hari adaptasi (single rearing) dan 1 hari stres sosial (confrontational rearing)). Pada studi hewan ini, penilaian dilakukan dengan mengukur **berat kelenjar adrenal (adrenal hypertrophy)** sebagai indikator stres, di mana penurunan berat adrenal menunjukkan efek anti-stres. Selain itu, digunakan **analisis dosis-respon (korelasi R²)** untuk melihat hubungan antara dosis matcha atau komponennya dengan tingkat penurunan stres.

HASIL DAN KESIMPULAN
Matcha memiliki efek anti-stres signifikan, ditandai dengan penurunan berat kelenjar adrenal, bersifat dose-dependent, di mana dosis ≥ 33 mg/kg mulai menunjukkan efek yang jelas serta dipengaruhi komposisi, di mana theanine dan arginin meningkatkan efek, sementara kafein dan EGCG menghambatnya.

MedViews

Penelitian dari Keiko et al pada tahun 2018 ini menunjukkan efek konsumsi matcha yang diujikan secara in vivo dan uji klinis terhadap penurunan efek stres

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UJI KLINIS (MANUSIA)

JUMLAH DAN PENGELOMPOKAN SAMPEL
Sebanyak **39 partisipan** (usia 23 tahun, tidak mengonsumsi makanan atau minuman tinggi kafein, dan tidak mengonsumsi obat rutin) terlibat pada penelitian ini yang dikelompokkan dengan skema berikut :
1. **Kelompok 1** : Diberikan 3 gram matcha/hari dilarutkan dengan ± 500 mL air
2. **Kelompok 2** : Diberikan minuman dengan rasa yang sama (tidak mengandung zat aktif)

PENGUKURAN HASIL
Partisipan diberikan minuman matcha selama 15 hari. Pada studi klinis ini, penilaian dilakukan menggunakan **STAI (State-Trait Anxiety Inventory)** untuk mengukur kecemasan (penurunan skor = stres menurun), **salivary α -amylase (sAA)** sebagai biomarker stres yang mencerminkan aktivitas sistem saraf simpatis, dengan interpretasi bahwa penurunan kadar **sAA** menunjukkan efek anti-stres, serta **kuesioner subjektif** sebagai data pendukung mencakup kondisi fisik, tingkat stres subjektif (VAS), emosi pencapaian, dan durasi tidur

HASIL DAN KESIMPULAN
Konsumsi matcha selama 15 hari menunjukkan **penurunan signifikan tingkat stres dan kecemasan** pada kelompok test-matcha, yang ditunjukkan oleh penurunan skor STAI dan penurunan salivary α -amylase (sAA)



IMEDVIEWS

KONSUMSI AKAR SHATAVARI DAPAT MENINGKATKAN PRODUKSI DAN VOLUME AIR SUSU IBU (ASI)

Air susu ibu (ASI) merupakan sumber nutrisi utama bagi bayi karena mengandung zat gizi esensial, komponen imunologis, dan faktor bioaktif yang mendukung pertumbuhan serta perkembangan optimal, di mana pemberian ASI eksklusif selama enam bulan pertama terbukti menurunkan angka kematian bayi, meningkatkan perkembangan kognitif, dan mengurangi risiko penyakit kronis. Namun, sebagian ibu mengalami kendala dalam produksi ASI sehingga berpotensi menyebabkan penghentian menyusui lebih awal. Dalam upaya mengatasi hal tersebut, Shatavari (*Asparagus racemosus* Willd) digunakan sebagai alternatif herbal karena memiliki sifat adaptogen dan galaktagog. Kandungan bioaktifnya seperti saponin steroid, fitoestrogen, serta triptofan berperan dalam meningkatkan produksi prolaktin melalui mekanisme hormonal, sehingga berpotensi mendukung peningkatan produksi ASI dan pemulihan ibu pasca persalinan (Ashutosh et al., 2025).

MedViews

Penelitian dari Ashutosh et al pada tahun 2025 ini menunjukkan efek konsumsi tablet ekstrak akar shatavari terhadap produksi air susu ibu (ASI)

Shatavari (*Asparagus racemosus* Willd) root extract for postpartum lactation: A randomised, double-blind, placebo-controlled study
Ashutosh Aggaonkar, Tanisha Debnath, Sunanda Bhatnagar, Khokan Debnath & Jayshree Langade
Article: 2564168 | Received 23 May 2025; Accepted 16 Sep 2025; Published online: 07 Oct 2025
Cite this article: <https://doi.org/10.1080/01443615.2025.2564168>

JUMLAH SAMPEL
Sebanyak **120 wanita postpartum** terlibat pada penelitian ini dengan inklusi :
• Usia 20–40 tahun
• Usia kehamilan ≥ 37 minggu
• Menjalani persalinan normal atau caesar tanpa komplikasi
• Telah mengikuti edukasi menyusui antenatal

PENGELOMPOKAN SAMPEL
Sebanyak 120 wanita postpartum dikelompokkan menjadi 2 perlakuan:
• **Kelompok 1** : satu kapsul (300 mg) ekstrak akar shatavari per hari selama 3 hari
• **Kelompok 2** : satu kapsul (300 mg) plasebo per hari selama 3 hari (Kontrol)

Penilaian hasil penelitian dilakukan menggunakan beberapa parameter utama, yaitu waktu munculnya rasa penuh pada payudara (breast fullness) setelah menyusui, volume ASI yang dihasilkan yang diukur melalui pemompaan pada 72 jam postpartum, serta tingkat kepuasan ibu dan peneliti yang dinilai menggunakan skala Likert 5 poin (mulai dari sangat puas hingga sangat tidak puas). Selain itu, aspek keamanan juga dievaluasi melalui pemantauan terhadap efek samping yang terjadi selama penelitian.

HASIL DAN KESIMPULAN
Ekstrak akar Shatavari **meningkatkan volume ASI dan kepuasan ibu terhadap laktasi**, menunjukkan potensinya sebagai galaktagog yang aman dan efektif.

MedViews

SC : Banyan Botanical

CARA PENGOLAHAN AKAR SHATAVARI

 Dalam sebuah panci, campurkan shatavari (2 ons) dan air (32 ons), lalu rebus campuran tersebut perlahan-lahan dengan api sedang/kecil hingga air berkurang menjadi $\frac{1}{2}$ (8 ons/1 cangkir). Proses ini mungkin memakan waktu satu atau dua jam.

 Dengan menggunakan kain kasa, atau saringan yang sangat halus, saring shatavari, sisihkan cairannya.

 Masukkan mentega ghee (8 ons) dan rebusan shatavari ke dalam panci dan masak dengan api kecil hingga semua air menguap. Proses ini bisa memakan waktu hingga dua jam.

 Dinginkan dan pindahkan mentega shatavari ke dalam toples kaca dengan tutup kedap udara.

 Konsumsi 1 sendok teh setiap hari dalam air hangat dan tingkatkan sesuai kebutuhan.

CERTIFICATION

CERTIFICATION

GOOD LABORATORY PRACTICE (GLP)

DDSAZ
E-LEARNING ACADEMY

Certificate
No. 562/GLP/E/DDSAZ/2026

This Certificate is presented to:

Iqbaal Aulia Ramadhan, S.Biomed

Have been a *Participant* at
Good Laboratory Practice (GLP)
Awareness Training
organized by **DDSAZ Lab Academy**

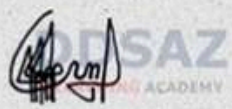
Graduated with Title

Very Good (AB)

March
2026



Sidoarjo, East Java


Adhimas Nurul Mustofa
DDSAZ Executive Officer

Dokumen ini dapat dibuktikan keasliannya di <https://intip.in/AsliDDSAZ> PT. DDSAZ CETA UTAMA

AWARENESS OF SNI ISO 17025:2017

DDSAZ
E-LEARNING ACADEMY

Certificate
No. 626/ISOLAB/E/DDSAZ/2026

This Certificate is presented to:

Iqbaal Aulia Ramadhan, S.Biomed

Have been a *Participant* at
SNI ISO 17025:2017
Awareness Training
organized by **DDSAZ Lab Academy**

Graduated with Title

Good (B)

March
2026



Sidoarjo, East Java


Adhimas Nurul Mustofa
DDSAZ Executive Officer

Dokumen ini dapat dibuktikan keasliannya di <https://intip.in/AsliDDSAZ> PT. DDSAZ CETA UTAMA

CERTIFICATION

DESIGNING USING CANVA



INTRODUCTION TO UX RESEARCH



BRAND IDENTITY DESIGN



HR-INTRO TO RECRUITMENT PROCESS



BASIC MICROSOFT EXCEL



ACHIEVEMENT

ACHIEVEMENT



Juara 1 Esai Ilmiah

“Innovation in Post-Translational Modification Ubiquitination through Dual Proteolysis Targeting Conjugated Ligase von Hippel-Lindau (VHL) Cullin RING E3 in Insulin Resistance Therapy through PTP1B and TC-PTP Degradation in Type 2 Diabetes Mellitus”

Diadakan oleh Universitas Muhammadiyah Sumatera Utara (UMSU) 2024



ACHIEVEMENT



Juara Favorit Infografis

“Parkinson bisa jadi PANDAN ‘PemanfaatAN kulit pisang penunjang antioksiDAN”

Diadakan oleh FORMASIKIP UPNVJ 2024

**EXPERIENCE
(INTERNSHIP)**

RESEARCH INTERNSHIP



My research assistant position, titled **“The Effects of the Polyphenolic-Rich Fraction (PRF) of Corn Silk Extract on Antiglycation and Antidiabetic in Sprague-Dawley Rats Induced with Type 2 Diabetes Mellitus,”** was conducted during my sixth semester at Universiti Sains Malaysia from April 6 to August 6, 2025. I learned many things during my time there, including:

- Cutting tissue blocks from rat organs using a microtome
- Tissue slide staining techniques with Hematoxylin and Eosin
- Learning how to perform histopathological assessments of several organs, namely the kidneys, liver, and pancreas—both in their normal state and when affected by diabetes
- Aseptic techniques before using a Biosafety Cabinet prior to performing culture steps
- Learning the types of media used for cell culture and how to prepare complete media as a habitat for L929 cells
- Proper micropipetting techniques
- Observing live, dead, or developing cells under an inverted microscope
- Learning how to use a microplate reader and a fluorescence microplate reader with excitation and emission wavelengths
- Learning how to process research data using Microsoft Excel



EXPERIENCE
(ORGANIZATIONAL)

ORGANIZATIONAL



VICE CHAIRMAN **DPM KM FK UNAND 24/25**

- Assume the duties and responsibilities of the chairperson in the event of their absence
- Assist the chairperson in planning, implementing, and evaluating organizational activities
- Coordinate, monitor, and optimize the performance of Commission I, Commission II, Commission III, the Internal BURT, the External BURT, and the Ethics Committee.



ORGANIZATIONAL



STAFF OF KOMINFO DEPARTMENT Biomedical Sciences Student Association 23/24

- Served as the Lead Project Manager for the BERESIN (Creative Learning with Kominfo) program, inviting experienced speakers in the fields of “Design” and “Photography” for the Student Association and Kominfo’s internal staff
- Assisted the coordinator in creating designs for major holidays and responding to design requests from other departments/bureaus, which were then uploaded to the HIMA Biomedical Sciences Instagram feed



EXPERIENCE (COMMITTEE)

COMMITTEE

CHIEF EXECUTIVE Pre-HIMA Biomedical Sciences General Assembly 2023

The General Assembly (MUBES) is an annual event held to receive accountability reports from HIMA/PRAHIMA executives, discuss the rules governing HIMA, and facilitate the transition of leadership between the outgoing HIMA Chair and the newly elected HIMA Chair for the next term. MUBES also serves as the transition process for HIMA's Legislative Body, known as the DPA. The outgoing DPA will be replaced by the newly elected DPA for the next term.

- Coordinating each division to carry out their assigned tasks.



COMMITTEE

CHIEF EXECUTIVE **Biomedical Roadshow** **HIMA BIOMEDICAL SCIENCE 2023/2024**

The Biomedical Roadshow is an event organized by the Biomedical Sciences Student Association, during which we visit high schools in the city of Padang, West Sumatra. The goal is to encourage high school students to enroll in the Biomedical Sciences Department at the UNAND Faculty of Medicine. We also held Skills Labs at several high schools and distributed brochures about the Biomedical Sciences Department.

- Coordinating each division to carry out assigned tasks.
- Conducting meetings with school officials to organize outreach activities and the roadshow.



COMMITTEE

CHIEF EXECUTIVE **Halal Bi Halal** **HIMA BIOMEDICAL SCIENCE 2024**

Halal Bi Halal is an event organized by the Biomedical Sciences Student Association (HIMA) aimed at strengthening friendships and fostering good relations between students and faculty members. HBH is held once a year and invites all classes from the Department of Biomedical Sciences at the Faculty of Medicine, UNAND.

- Coordinate with each division to carry out assigned tasks.
- Organizing discussions to reach a consensus on event planning, including determining the venue, budget, transportation for all biomedical science students, and a strategic location for the event.
- Holding a formal opening ceremony, followed by informal activities consisting of games and performances by each cohort of biomedical science students.



COMMITTEE

CHIEF EXECUTIVE Upgrading DPM KM FK UNAND

Organize a training program for members of the Student Representative Council to strengthen bonds among members, help them get to know one another, and build unity within the organization

- Invite speakers on “legal drafting” and “Structure and Status” from both external and internal sources
- Plan and carry out team-building activities among members of the DPM KM FK UNAND by visiting several tourist destinations in the city of Padang



COMMITTEE

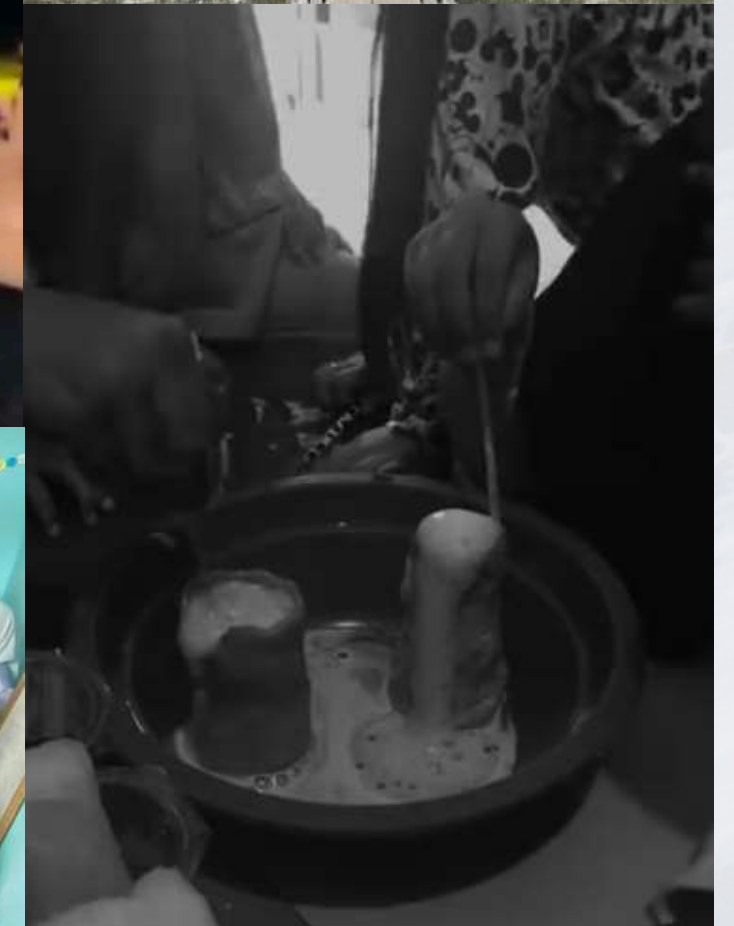
- **EQUIPMENT STAFF, XV CYTOPLASM CENTER**
- **EQUIPMENT COORDINATOR, General Election Committee (PPU) of the Biomedical Sciences Student Association (HIMA) 2023**
- **COORDINATOR OF THE PUBLICATIONS AND DOCUMENTATION DIVISION, BIMBA Farewell Party of the Biomedical Sciences Student Association (HIMA) 2022**
- **EQUIPMENT STAFF for LKMM SoK KM FK UNAND 23/24**
- **CATERING STAFF for Keep In Touch BEM KM FK UNAND 2023**
- **EQUIPMENT STAFF for Halal Bi Halal HIMA Biomedical Sciences 2023**
- **TRANSPORTATION STAFF for EXIT MRC KM FK UNAND 2023/2024**
- **PUBLICATION AND DOCUMENTATION DIVISION STAFF Welcome To Biomedical World 2023**
- **EVENTS DIVISION STAFF HIMA Biomedical Sciences Internal Upgrading 2023**
- **DISCIPLINE STAFF BIMBA Biomedical Sciences 2023/2024**
- **Coordinator of the Information and Communication Division, Biom Caringness 2023/2024**
- **Coordinator of the Publication and Documentation Division, Biomedical Cup 2023/2024**
- **COORDINATOR OF EQUIPMENT FOR THE 2025 PRACTICAL TRAINING PROGRAM**
- **PUBLIC RELATIONS STAFF FOR INTERNATIONAL CHILDHOOD CANCER DAY (HKAI) 2026**

**EXPERIENCE
(VOLUNTEER)**

VOLUNTEER

BESTI #2 **Belajar Bersama Tabihita**

- As part of the Fun Science division, elementary school students and their peers in the Batu Busuak, Pauh, and Padang areas will be taught engaging science lessons that include hands-on activities
- Developing an engaging Fun Science syllabus and curriculum, such as creating a miniature erupting volcano, demonstrating how rubbing hair on a ruler can pull paper, etc.
- This volunteer program runs from October 2024 to December 2024



VOLUNTEER

ARUNA Vol IV **Child Care Service**

Aruna and I visited the pediatric chemotherapy ward at M. Jamil Hospital in Padang to cheer up the children there, hoping that our visit would bring them and their families a little peace.



VOLUNTEER

COMMUNITY SERVICE BY THE BIOMEDICAL SCIENCES PROGRAM

“Education on the Health Hazards of Borax and the Creation of a Turmeric Paper Kit for the Early Detection of Borax-Contaminated Food at Kartika Junior High School in Padang”



COMMUNITY SERVICE BY THE BIOMEDICAL SCIENCES PROGRAM

“Hemoglobin Testing for Pregnant Women in Cerocok Anau Village”



LET'S WORK TOGETHER



www.linkedin.com/in/iqbaalar



https://www.instagram.com/iqb.ar_27



<https://wa.me/+6281533130132>



iqbaalar4@gmail.com