

Zainab Lokhandwala

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EDUCATION

University of Florida | College of Agricultural and Life Sciences

Gainesville, FL

Bachelor of Science in Nutritional Sciences, Pre-Medical Track

Expected May 2026

Minor: Health Science

WORK EXPERIENCE

EXHALE (EXercise and HeALTHy Eating) Laboratory

Gainesville, FL

Undergraduate Research Assistant

January 2024 – Present

- Explored family-based physical activity and technology intersection for intervention via mobile app.
- Assisted in participant recruitment and screening, as well as data entry and management.
- Contributed towards transcription of qualitative interviews and overall lab procedures.

VAW Global Health Alliances

Bocas del Toro, Panama

Medical Intern

January 2023 – January 2024

- Provided accessible healthcare to the underserved community on a medical outreach trip to Panama.
- Applied medical skills such as intaking patients, obtaining vital signs, and assisting with pharmacology.
- Worked alongside experienced local healthcare professionals at mobile clinics.

UF Health Fun & Fit Wellness Center

Gainesville, FL

Volunteer

September 2023 – Present

- Educated patient population on preventing the onset or progression of weight-related chronic diseases.
- Promoted healthy lifestyle changes and gained clinical experience interacting with pediatric patients.
- Provided easily accessible general resources based on current nutrition guidelines.

Family Dental Center

Tampa, FL

Dental Office Manager

June 2019 – August 2022

- Led dental office operations as manager and front receptionist, overseeing administrative tasks.
- Managed insurance claims, filed charts, answered phone calls, and updated patient records.
- Gained clinical experience through direct patient interactions while ensuring efficient check-in/out.

Zainabullet

Tampa, FL

Content Creator

January 2019 – Present

- Founded social media business to promote healthy studying, student lifestyle, and creative journaling.
- Fostered successful partnerships and collaborated with 50+ brands: Office Depot, Quizlet, Forest App.
- Cultivated a motivated community of over 35,000 followers with shared interests and goals.

LICENSES AND CERTIFICATIONS

- **Certified Nursing Assistant (CNA)** – Florida Board of Nursing *June 2023*
- **Basic Life Support (BLS)** – GatorCPR: The Center for CPR and Safety Training *June 2023*
- **First Aid/CPR/AED for Adults, Children, and Infants** – American Red Cross *January 2023*

SHADOWING EXPERIENCE

- **UF Health Anesthesiology Observer Program** – UF Health Shands Hospital *20 hours*
- **Medi-Gators Shadowing Program** – UF College of Medicine *40 hours*