

CURRICULUM VITAE



1- Personal information:

Name: Mai Abdallah Mohamed Ragab

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2- Education and qualification:

PhD degree In Public Health Sciences, Nutrition, **High Institute of Public Health Alexandria University, 2026.**

Principal Investigator (PI) Leading a research project funded by the Science, Technology and Innovation Funding Authority (STDF), Egypt, entitled "Effect of Momordica charantia Seeds on Lead Induced Hepatotoxicity in Male Albino Rat (Aug 2023- Aug 2026).

Master degree In Public Health Sciences, Nutrition, **High Institute of Public Health Alexandria University, 2018.**

B.Sc. in Sciences (Major Biochemistry Minor chemistry), **Faculty of Science-Alexandria university, 2012.**

3- Work Experience:

May 2026- Now	Assistant Professor - Center of Social and Cultural Planning at Institute of National Planning (INP).
Oct 2021 -May 2026	Lecturer - Center of Social and Cultural Planning at Institute of National Planning (INP). • Member of Advisory Committee,2023 • Member of team of Quality Assurance and Academic Accreditation Unit,2022. • Member of organization committee, 2022. • Member of Community Service Committee,2022 -2023. • Participation of exams works. 2022: till now.
2018 –Sep 2021	Lecturer, Nutrition Dept. Faculty of Allied Medical Sciences Pharos University in Alexandria.
2014 – 2018	Demonstrator, Nutrition Dept. Faculty of Allied Medical Sciences Pharos University in Alexandria.

4- Conferences, training and Work shop:

Date	Conference
5 May 2025	The 2nd Annual Conference of the Biochemistry Department: <i>Coding and Non-Coding RNAs: Decode the Mystery of Health and Diseases</i> Faculty of Medicine, Alexandria University
3&4 June 2023	The annual conference of the Institute of National Planning, entitled Governance and Sustainable Development, INP , Cairo, Egypt.
4&5 May 2023	15th ALEX NEUROSCIENCE 2023, Neuropsychiatry Department, Faculty of Medicine, AlexandriaUniversity.
8th-9th September 2022	International Congress of Gastroenterology Research , endoscopy and training society ,Sun rise Alexandria Hotel
26&27 March2022	INP International Conference Climate Change and Sustainable Development, Institute of NationalPlanning (INP) ,Cairo ,Egypt. (Member of the Organizing Committee)
23 rd -24 th March 2019	The 9th International Conference of The High Institute of Public Health: Health in All Strategies - High Institute of Public, Health Alexandria University
5 th -6 th April 2018	ENHCA 6th Annual Conference NUTRI ALEX 2018; Nutritional Care Current Status and Future Directions, Egyptian Nutrition and Health Coaching Association (ENHCA)
9th November 2017	The 2 nd Conference of Human Physiology Department ; Recent Advances in Obesity Research, Medical Research Institute, Alexandria University
27th April 2017	ENHCA 5th Annual Conference NUTRI ALEX 2017; Nutraceuticals and Functional Foods The updated Evidence in Clinical Practice, Egyptian Nutrition and Health Coaching Association (ENHCA), Alexandria ,Egypt.
19th -20th October2016	The 6th International Conference of The High Institute Of Public Health; Think Globally & Act Locally, Public Health High Institute of Public Health, Alexandria University, Egypt.
31st March &1st April 2016	Actions in Challenging Times Women's Health & Nutrition The care and The cure, Nutrition and Health Coaching Association (ENHCA), Alexandria, Egypt.
3/4/2015	Entitled a link to nutrition, endocrinology metabolism and diabetes better understanding, Egyptian Nutrition and Health Coaching Association (ENHCA) , Alexandria , Egypt.

Date	Training
22-29 Jun 2026	System Dynamics and the iSDG Model: Analytical Capacity Building (20 Hours) National Institute of Planning (NIP), Cairo, Egypt.
6 Jan– 17 Feb 2026	Professional Diploma in Strategic Planning (80 Hours) at National Institute of Planning (NIP), Cairo, Egypt.
Feb 2024	Women Lead in Egyptian Governorates Program, National Training Academy (NTA), Egypt.
8 Jan 2024	SEMs Time & productivity Management , Virtual Training held by Arab Planning Institute (API) , Kuwait
23-26 Dec 2023	Leadership Development Program "The Road to Leadership" National Youth Leadership Club Initiative, Ministry of Youth and Sports, Alexandria, Egypt.
12 Dec 2023	Modern Strategic Planning, Virtual Training held by Arab Planning Institute (API) , Kuwait
Nov2023-Jan 2024	The Researchers to Entrepreneurship (R2E) is a capacity-building program offered by the Innovators Support Fund (ISF) , Cairo, Egypt
29 Oct -2 Nov 2023	BE AN AMBASSADOR at The Ministry of Planning and Economic Development (the National Institute for Governance and Sustainable Development) ,Cairo , Egypt .
6 May -3 June 2023	Professional Diploma in Governance and Sustainable Development in the Health Sector at Institute of National Planning, Cairo, Egypt.
28 May 2023	Development Planning in Arab Countries: Reality and Expectation, Virtual Training held by Arab Planning Institute (API) , Kuwait
7May -31May 2023	NAASAC Training course in “Introduction to System Thinking “at Institute of National Planning, Cairo, Egypt.
22 Jan :26 Jan 2023	Analysis of international economic reports and policy-making, Arab Planning Institute (API) , Kuwait
2June 2022	Understanding Research Metrics at Institute of National Planning, Cairo, Egypt.
26May2022	Enhancing Research Performance by Strategic Planning from the Beginning (Scopus and Scival), Institute of National Planning, Cairo, Egypt.
1-31 October 2021	Planning and sustainable development work shop, Institute of NationalPlanning (INP) ,Cairo ,Egypt.
30-8-2015 till 3-9-2015	Therapeutic &Functional Food, Faculty of Agriculture, Alexandria university.

Date	Work shop
13 Jun& 12Jul 2025	Competitive Research Projects Proposals Faculty and Leadership Development Center (FLDC), Alexandria University, Egypt.
12 March – 7 April 2024	AI-Powered Education Workshop , ADIP, Alexandria University, Egypt
26 &27 Nov 2023	Get Your Business Online , National Institute for Governance and Sustainable Development ,Cairo ,Egypt.
13 June 2023	"Grant Writing workshop" Virtual Work Shop held by STDF ,Cairo ,Egypt.
12 June 2023	Research Methodology workshop Virtual Work Shop held by STDF ,Cairo ,Egypt.
2022	first aid Work shop, Institute of National Planning (INP) ,Cairo ,Egypt.
26th November 2015	1 st Annual Anti-ObesitySymposium,2015, High Institute of Public,Health Alexandria University.

5- Publications:

- Investment case towards Ending unmet need for family planning Egypt Report
Prepared by :**Institute of National Planning, Cairo, Egypt 2023.**
- Health Spending in Egypt Between Efficiency and Effectiveness Considerations,
Prepared by : **Institute of National Planning, Cairo, Egypt 2022.**
- Requirements for the advancement of agricultural cooperatives in the context of Egypt Vision 2030, Prepared by :**Institute of National Planning, Cairo, Egypt 2022.**
- Iodine Content in Commonly Consumed Egyptian Foods and Its Dietary Intake among Pregnant Women in Alexandria. **International Journal of Advanced Scientific and Technical Research.2019; 9(2) :22-30.** Available online on <https://dx.doi.org/10.26808/rs.st.i9v2.03>.
- Iodine Content in Commonly Consumed Egyptian Foods and Its Dietary Intake among Pregnant Women in Alexandria. Poster presentation, **The 9th International Conference of The High Institute of Public Health: Health in All Strategies 23rd-24th March 2018. Alexandria Egypt.**

6- Skills:

- **Active Participation in Programs of Support (physical, educational and social support)for:**

Faculty representative &Supervisor &Trainer	
7/4/2021-27/5/2021	Participation in Assessment and intervention program to raise nutrition and health awareness of female in reproductive age in Alexandria rural area (Houd -10 - ElMontaza)
11/12/2018	Participation The Health awareness Convoy Directed to King Mina Primary School - Nozha Airport area, Sharq District ,Alexandria .
27/11/2018	Participation The Health awareness Convoy Directed to Walid Sabry Primary School , Sharq District ,Alexandria .
19&20/2/2018	Participation The Health awareness Convoy Directed to Amon Primary School , Sharq District ,Alexandria .
Speaker	
7/3/2019	Women's Health within the scope of sustainable development Goals In Faculty of Nursing ,Alexandria University.

7- References:

Available upon request.