



PAUL TESHAGREGORY

Passport: TAE812175 | **Work permit:** Tanzanian | **Date of birth:** 25 Jan 1997 |
Place of birth: Kilimanjaro, Tanzania | **Nationality:** Tanzanian | **Phone:**
(+255) 629851481 (Mobile) | **Phone:** (+255) 692144608 (Home) | **Email:** paultesha3@gmail.com |
Email: paulteshagregory@gmail.com |
Address: P.O Box 1764 Tabora, Tanzania, 1764, Tabora, Tanzania (Work)

EDUCATION AND TRAINING

1 SEP 2018 – 31 AUG 2021 Mwanza, Tanzania
BACHELOR OF MEDICAL LABORATORY SCIENCE Catholic University of Health and Allied Sciences
Website <https://www.bugando.ac.tz/> | **Field of study** Medical diagnostic and treatment technology | **Level in EQF** EQF level 6

WORK EXPERIENCE

TABORA EAST AFRICA POLYTECHNIC COLLEGE – TABORA, TANZANIA
TUTOR – 1 DEC 2024 – CURRENT

- Conducting lectures and practical sessions
- Designing, administering, grading exams and assignments
- Supervising student research projects
- Enhancing the overall quality of the program
- Encouraging students to apply their knowledge in practice settings
- Modulating exam to meet with national (NACTVET) guidelines.
- Leading outreach programs

MINISTRY OF DEFENSE AND NATIONAL SERVICE – TABORA, TANZANIA
MEDICAL LABORATORY MANAGER – 27 NOV 2022 – 28 NOV 2024

- Provided on-site healthcare services to military recruits and soldiers.
- Delivered education on the prevention of STI's
- Maintained laboratory record systems
- Ensured quality control.
- Assisted in laboratory equipment setup and calibration
- Developed management strategies
- Sample processing from pre-analytical to post-analytical stages

MINISTRY OF HEALTH – MWANZA, TANZANIA
UNIVERSITY RESEARCH ASSISTANT – 1 JUN 2022 – 26 NOV 2022

- Managed client reception and provided research-related information
- Registered research participants using a digital system (ODK)
- Collected and processed patient blood samples under SOPs.
- Prepared and stored Dried Blood Spot (DBS) and plasma samples at -80°C.
- Managed sample storage mapping using Microsoft Word and Excel.
- Handled sample packaging and transportation under IATA regulations.
- Ensured proper labeling of infectious samples (UN 2814).
- Submitted daily and weekly progress reports to the study coordinator.

BUGANDO MEDICAL CENTRE – MWANZA , TANZANIA
MEDICAL LABORATORY ASSISTANT – 5 NOV 2021 – 9 NOV 2022

- Completed clinical rotations in all laboratory departments
- Assisted in implementing quality management procedures
- Operated and maintained laboratory equipment, including:
 - Chemistry: Cobas Integra
 - Hematology: XN-1000, Sysmex DxH 60
 - Molecular Diagnostics: CAP/CTM, Cobas 4800, Abbott m2000sp/rt, Cobas 6800

LANGUAGE SKILLS

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	B2	B2	B2	C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user

SKILLS

good command of the Microsoft Office suite | Giving presentations | perform field research | interpret medical results | archive healthcare users' records | automated analysers in the medical laboratory | techniques of blood-sampling | laboratory techniques | perform project management | assess students | perform laboratory tests | calibrate laboratory equipment | maintain medical laboratory equipment | operate scientific measuring equipment | curriculum objectives | assessment processes | tutor students | assist students in their learning | write research proposals | apply teaching strategies | adapt teaching to student's capabilities | maintain healthcare user data confidentiality | work safely with chemicals | assist students with equipment

VOLUNTEERING

27 NOV 2022 – 28 NOV 2024 Tabora

Tanzania National Services

Voluntarily completed Tanzania National Service (JKT Kujitolea)

A structured program in discipline, patriotism, teamwork, and community service.

Developed strong leadership, resilience and social responsibility.

Link <https://drive.google.com/file/d/19mrfhr-2jc3nALhAdRIHMZHUEDuJTT4/view?usp=sharing>

CERTIFICATIONS

NIDA Clinical Trials Network, 15 May 2025

Good Clinical Practice

Completed

Mode of learning: Online

Link <https://drive.google.com/file/d/1lmLlew8jGjl0pkVyWSgal-wPPwopL1KT/view?usp=sharing>

Oxford Home Study Centre, Aug 2022

Project Management (Short Course)

Mode of learning: Online

Link <https://drive.google.com/file/d/1wDaByZjyliF5QCZJub3FtBTyjlBVZg1s/view?usp=sharing>

Global Health Training Centre, 18 Sep 2022

GCLP: Method & System Validation

Mode of learning: Online

Link https://drive.google.com/file/d/1Me5LTeRCDuvgwBhi-Js_uumoHmy_0LIN/view?usp=sharing

www.open.edu/openlearn, 24 Jun 2022

Collective leadership

Mode of learning: Online

Link https://drive.google.com/file/d/1T41oO3FwMfmt_w_HaCVRikNjssdkiG_9/view?usp=sharing

An Introduction to Thinking and Working Politically

Mode of learning: Online

Link <https://drive.google.com/file/d/1Tr4Ch809zTnWpq-rT-kqhMXuW2uyCbcz/view?usp=sharing>

Global Health Training Centre, 13 Nov 2024

ICH Good Clinical Practice E6 (R2)

Mode of learning: Online

Link https://drive.google.com/file/d/1SkD_kAclmyqh_t8qWBKsRNZn9_py0KYW/view?usp=sharing

World Health Organization, 17 Jun 2022

Ultra low temperature vaccine management

Mode of learning: Online

Link https://drive.google.com/file/d/1GP7MdT1KZuV9Rr483u_SYtARVFCAKbZ4/view?usp=sharing

World Health Organization, 16 Jun 2022

Basic microbiology

Mode of learning: Online

Link https://drive.google.com/file/d/1idR8mDMX-_zSQTZ6CGhmTsvoOEbzUgZw/view?usp=sharing

RECOMMENDATIONS

Professor Mariam M. Mirambo Supervisor

Professor Mariam M. Mirambo (Immunology and Infectious Diseases)
Taught me Microbiology and Immunology and supervised my research project.
She describes my dedication, innovative ideas and strong academic performance (Upper Second Class).
She recommends me for further studies,

Email mmmirambo@bugando.ac.tz | **Phone** (+255) 786801665

Link https://drive.google.com/file/d/1O3LYZPpJnu_XF4A-gOvXrjJnyGcFBqZr/view?usp=sharing

Associate Professor Martha F. Mushi Supervisor

Associate Professor Martha F. Mushi, (Medical Mycology)
Supervised me as a Bachelor of Medical Laboratory Science student. (BMLS Coordinator)
She highlights my strong work ethic, collaboration, analytical skills and attention to detail.
She strongly endorses my application for postgraduate studies.

Email mushimmartha@gmail.com | **Phone** (+255) 786028297

Link <https://drive.google.com/file/d/1bi27oKWjbSBx3K2pCcTDuQoSvs2Z7Hva/view?usp=sharing>

Mr. Emmanuel C. Lymo Mentor

Mr. Emmanuel c. Lymo is a Quality officer at Central Pathology laboratory Bugando Medical Center
He had mentored me during my Internship training
He had recognized my extraordinary understanding of simple to complex laboratory activities, smart communication and problem solving skills
He support my efforts for further career development

Email immercharlz@gmail.com | **Phone** (+255) 712032011

Link https://drive.google.com/file/d/1dgWY_JPbrgKwzJgCNbTNyxDESQw7P3pB/view?usp=sharing