

LETTER OF RECOMMENDATION

To Whom It May Concern,

I am pleased to recommend **Mr. Raman Nafarieh**, who completed a supervised research project at the Sadra Mehr Institute of Biological Sciences and Technologies during 2024–2025. Under my supervision, Raman conducted a research project entitled: ***“Evaluation of a Novel Herbal Nanogel Formulation on Skin Cancer Cells Utilizing the MTT Assay.”*** Throughout this project, he developed practical experience in plant extraction, herbal nanogel preparation, physicochemical characterization, cell culture procedures, MTT assay performance, experimental data analysis, and scientific paper preparation. He became familiar with the operation and application of several laboratory instruments and techniques, including the Soxhlet apparatus, digital laboratory balance, laboratory oven, magnetic hot-plate stirrer, digital pH meter, Brookfield viscometer, inverted microscope, Neubauer hemocytometer, CO₂ incubator, microplate shaker, and ELISA reader. Raman also demonstrated an understanding of sterile laboratory procedures, preparation of culture media, cell counting, serial dilution, absorbance measurement, and interpretation of cell-viability and cytotoxicity results. The project required careful execution of experimental stages and the documentation of findings in a structured scientific paper. In addition to his technical development, Raman showed strong personal qualities, including scientific curiosity, responsibility, attention to detail, patience, discipline, effective communication, teamwork, time management, and openness to feedback. He approached laboratory activities carefully and demonstrated a genuine willingness to learn from scientific guidance and experimental observations. Raman’s ability to connect concepts from biotechnology, nanotechnology, herbal compounds, polymer science, and cell biology reflects his potential for further academic and research development. Based on his performance, I confidently recommend Raman for educational, scientific, laboratory, and research opportunities appropriate to his academic level. I believe that he will continue to develop as a responsible, motivated, and capable young researcher.

Sincerely,

Dr. Ensieh Olamafar

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