

## Objective:

Looking forward to be a Nutrition consultant in a world class health care center where I can utilize my knowledge and skills in imparting healthy nutritional plans for wellbeing of the patients with various acute diseases.

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## Clinical Working Experience:

### ➤ **Clinical Dietitian**

Shaikh Zayed Hospital, Lahore

February 2021-April 2022

I am currently working here as Clinical Dietitian (Intern) in Liver Transplant Unit and my duties are Nutritional Assessment, Making of Diet Plans For Patients (Pre-Operative & Post-Operative), Nutritional Assessment and Individualized Diet Plans of All Out Door Patients.

### ➤ **Clinical Dietitian**

Cliniks Health Care Hospital, Lahore

June 2020-Janury 2021

I was working there as Consultant Dietitian and My Duties are: Nutritional Assessment and Individualized Diet Plans and All Out-Door Patients.

### ➤ **Clinical Dietitian (Intern)**

Shaikh Zayed Hospital, Lahore

May 2019-July 2019

I was working there as Clinical Dietitian Intern and my duties are Nutritional Assessment of Patients and Preparing of Medical Nutritional Therapy.

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## Teaching Experience:

- Lecturer  
Afro-Asian Institute, Lahore  
April 2022 to till date

I am currently working here as Lecturer for BS-Nutrition Program,

- Lecturer  
Home Tuition  
July 2020 to November 2022

I am currently working here as Home Tutor for Under Matric, Matric and F.Sc. (Pre-Medical)

- Lecturer  
Sun Rise Academy, Lahore  
June 2019 to May 2021

I was working there as Lecturer for Matric & F.Sc. (Pre-Medical).

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## **Education:**

- **MS Human Nutrition & Dietetics \***  
Ripha International University, Lahore  
Continue

I have currently enrolled in MS Human Nutrition & Dietetics from Ripha International University.

- **B.Sc. (Hons.) Nutrition**  
Imperial College of Business Studies  
2015-2019

I have done my B.Sc. (Hons.) in Nutrition from Imperial College of Business Studies with CGPA of 3.99

- **F.Sc. (Pre-Medical)**  
Punjab Group of Colleges  
2013-2015

I was completed my F.Sc. in Pre Medical from Punjab Group of Colleges in the year of 2015 with 1<sup>st</sup> Division (A+ Grade)

- **Matriculation (Science)**  
Umer School System, Lahore  
2011-2013

I was completed my Matriculation Degree Program in Sciences with 1st Division (A Grade)

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## **Honours & Awards:**

### **Certificate of Participation (2021)**

Participation in Pre- Conference  
Workshop Chughtai Lab, Lahore

### **Certificate of Participation (2018)**

Certificate for Workmanship in Free Medical Camp as “Dietitian”  
Imperial College of Business Studies

### **Certificate of Participation (2018)**

Awareness Seminar for Breast Feeding Practices

✓ **Certificate of Excellence (2017)**

Certificate for Workmanship in Free Medical Camp as “Dietitian”  
Imperial College of Business Studies

✓ **Certificate of Participation (2017)**

Participation as Senior Committee Member of “Ehsaas Ramdan”  
Imperial College of Business Studies

**Certificate of Achievement (2017)**

Organizing “Silver Jubilee Ceremony”  
Imperial College of Business Studies

**Certificate of Participation (2016)**

Participation in Silver Jubilee  
Ceremony Imperial College of  
Business Studies ✓

**Certificate of Achievement (2011-2012)**

Special Prize Winning in “Speech  
Competition”  
Umer School System, Lahore

✓ **Certificate of Achievement (2010-2011)**

Special Prize Winning in “Annual Ceremony”  
Umer School System

✓ **Certificate of Achievement (2009-2010)**

Special Prize Winning as Girl Guide in Co-Curricular activities  
Umer School System

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**Skills:**

- Good decision making and judgment capability
- The ability to instruct others.
- The ability to identify and solve complex problems.
- Being socially perceptive; that is, aware of the reactions of others and understanding those reactions
- Good reading comprehension skills.
- Analyze ideas and use logic to determine their strengths and weaknesses.
- Follow guidelines to arrange objects or actions in a certain order
- Understand new information or materials by studying and working with them
- Recognize when important changes happen or are likely to happen in a system
- Identify what must be changed to reach goals.
- Concentrate and not be distracted while performing a task

## Language:

- Urdu (Native)
  - English (Fluent)
  - Punjabi (Beginner)
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## Interest:

An organized, hard-working individual committed to helping people lead healthier lives. and able to work independently.