

Ms. Sawaira Naqvi

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.

Teaching Experience:

□ Lecturer

Afro-Asian Institute, Lahore

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).

Education:

- **Master of Science (Honors) (Food and Nutrition)**

University of Agriculture, Faisalabad

**Master of Science Home Economics
(Food and Nutrition)**

University of Agriculture, Faisalabad
Bachelor of Science Home Economics
University of Punjab, Lahore

- **Matriculation (Science)**

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

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

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.

