

TOUSEEF IQBAL KHAN

Writer, Blogger, Depression Counselor, Consultant Nutritionist @YNC and Adam&Eve

Member of American society of Nutrition (ASN)

Honory member of Scaling up Nutrition- Civil Society Alliance (SUNCSA)

Honory member of SUNAR- Pakistan

International member of Amnesty International

H# 290 Hadaytullah Block Mustafa town Lahore Punjab Pakistan.

dr.touseefiqbal@gmail.com

Objective:

Knowledge is my tool, experience is an asset and struggle is my belief. A Professional executive, responsible, committed to obtain a challenging position in a management role that will be develop my strong leadership and organizational skills. These are my keys to success for opening the doors horizons to serve humanity. I look forward to work in an organization where my experience can be used effectively.

Qualification:

2018 Institute	Ph.D Food and Nutrition UVAS Lahore	Cont.
2015 Institute	M.Phil in food and nutrition UVAS Lahore	CGPA 3.49
2010 Institute	F.Sc (Pre-Medical) Punjab Group of Colleges (PGC) Lahore	1 st division with A ⁺
2007 Institute	Secondary School Education (Metric) Sadiq Memorial High School (SMS) Kasur	1 st division with A ⁺

Others Certification:

- **Certification in Sports Sciences and Nutrition** Shaw Academy Ireland
- **Certification in Child Nutrition** Shaw Academy Ireland (Continued)
- **Certification in weight management** Shaw Academy Ireland
- **Certification in "The Science of well Being"** Coursera (HEC Sponsored)
- **Certification in "Feeding a Hungry Planet: Agriculture, Nutrition and Sustainability"** EdCast (Module 6 completed)

Best Command and Passion:

Sports & Exercise Nutrition, Public Health and Community Nutrition, Fitness-Pro, Stress and Depression Counseling, Energy Metabolism, Biochemistry, Hydration status, Regulatory System,

Research and Publications:

- *Evaluation of serum Vitamin D levels in Asthmatic children and impact of dietary habits on asthma severity*
- *Evaluation of nutrition status of cancer patients ongoing chemotherapy and radiotherapy*

Experience:

As a Consultant Nutritionist

2016-Present	Young Nutritionists Club-YNC Chairman & CEO
2016-Present	Adam & Eve Nutrition clinic (Online) Consultant Nutritionist & CEO
2017-Present	Depression Counselor

As Lecturer

Present	Unique group of institutions Lahore
Subjects:	F.Sc: Chemistry, Biology Matric: Chemistry
2015	ZIRVE int'l Turkish academy Lahore
Subjects:	F.Sc: Biology Matric: Biology
2013- Present	Sharif educational complex (jati umra) Lahore
Subjects	F.Sc: Chemistry Matric: Chemistry
March12-Present	Ski group of colleges Lahore
Subjects	F.Sc: Biology, Chemistry Matric: Biology, Chemistry
2009-2011	Saran Education System Lahore
Subjects:	F.Sc: Biology, Chemistry

As a Admin

2015	<i>Noble Educational system Lahore</i>
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2013-2014
2012-2012

Wisdom institute Lahore
The Innovators institute Lahore

Personal Particulars:

Father Name:	Muhammad Iqbal
Date of Birth:	01-01-1992
CNIC:	35102-9054508-7
Domicile:	Punjab
Nationality:	Pakistani

Language Skills:

Best proficiency in English, Urdu & Punjabi

Computer Skills:

Windows, MS Office (Word, Excel, power Point, Access), Web browsing

Interests / Hobbies:

Reciting Holy Quran, Web browsing, Studying Books, Playing Games

Reference

Assoc. Prof. Dr. Sanaullah Iqbal

Chairman

Dept of Food Science and Human Nutrition

University of veterinary and animal sciences, Lahore