##  IQRA

 **NUTRITION / DIETITIAN**

**CAREER FOCUS:**

I would like to utilize my experience, knowledge and ability by contributing to the progress and advancement of the nutrition and to help people develop healthier diets and lifestyles. I would be putting best use of my knowledge and experience while taking important decision related to the people associate with it. I have the ability to learn new things quickly and enjoy new challenges individually as well as a part of a team. I am well organized, with great communication skills. I determine to prove my potential with constant hard work and dedication. I am positive and professional person who loves helping people look and feel the best they possibly can.

**EDUCATION:**

 **M.Sc Honors 2012- 2014**

 ***Food and Nutrition***

 ***University of Agriculture Faisalabad, Pakistan***

**EXPERIENCE:**

**Madinah Teaching Hospital**

 ***Internee***

 ***(Pediatrics and Medicine) 2015***

**Shifa International Hospitals Ltd.**

 ***Internee***

 ***(Clinical Nutrition) 2014***

**Shaukat Khanum Memorial Cancer Hospital and Research Centre, Pakistan**

 ***Internee***

 ***(Clinical Nutrition - Ancillary Health Services) 2012***

**RESEARCH AND KNOWLEDGE :**

* Extensive knowledge on calorie and nutritional content of various food groups.
* Diet Management on both cancerous and non-cancerous patients for developing individual plans and learned counseling skills.
* Nutritional management of cancer patients.
* Managing the patients on eternal feeding.
* Diet management of anemic and celiac disease patients.

**ADDITIONAL SKILLS:**

* Excellent written and oral communication skills, from people dealing to writing reports.
* Able to build good working relationships, and fit easily into work teams due to the friendly behavior, which was greatly enhanced in customer related role.
* Very comfortable using computer applications, and excellent in MS Office Skills. Also Good knowledge about computers Software and Hardware installation.

**PERSONAL INFORMATION:**

Date of birth : 23rd Feb 1990

**Job Seeker First Name / CV No: 1714392**

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