­Curriculum Vitae

Get to know me

Maha Rehman

Registered Dietician

‘I am a dedicated and a qualified Dietician with multitudinous experience in a hospital setting. I am passionate about healthcare through nutrition care and identify with empowering the individuals with my knowledge on the expertise. I am a positive and a professional person who is greatly keen to bring positivity and recognition to the vast field of nutrition and dietetics’

My Objectives

I am seeking to spread the wings of nutrition in the region, and support public health to increase awareness amongst the community. I greatly support community nutrition and love to present innovative ideas to contribute to the same.

borders on a text box, choose the Colors and Lines tab. To change the size, scale, or rotation, click the Size tab. To change the position of the text box on the page, click the Position Tab. If you have other text surrounding the text box, and want to change the way the text wraps around it, click the Wrapping tab. If you want to format all the text boxes in an article, you must format them individually - the formatting on one text box will not apply to the others in the sequence.

Using Linked Text for Parallel Articles

You can use linked text boxes to flow text in parallel “columns” from page to page. This method gives different results than using the Column command on the Format menu, which causes text in column 1 to flow or “snake” to column 2 on the same page. By using linked text boxes, you can instead have text from column 1 flow to column 1 on the next page. The text beside it in column 2 can flow to column 2 on the next page, parallel to column 1. This technique is useful if you need to group two similar articles, for instance, an article translated in English on the left and the same article translated in French on the right.

To flow text in parallel, display paragraph marks in your document. Click at the top of the page where you want the side-by-side columns to start, and press Enter twice. Click in the first paragraph mark on the page. On the Insert menu, click Text Box and drag on the page where you want the first column. Click Text Box again and then click and drag where you want the second column. Click in the last paragraph mark on the page, and press Ctrl + Enter to create a page break.

Repeat the process for each page that will contain side-by-side columns in your document and then return to the first text box you created. Click the text box on the left once to select it. Click your right mouse button and then click Create Text Box Link. The pointer becomes a pitcher. Click the text box on the left side of the second page to create a link. Create links for all text boxes within the same article on the

left side of the document. Repeat the process for every text box in the right chain or article.

Pressing Enter twice at the top of each page will create an extra empty paragraph. This blank paragraph is useful if you want to insert text or graphics outside of the text boxes. You can delete the extra blank paragraph if you don't need it.

Copying linked text boxes

You can copy an article or a chain of text boxes that are linked together, to another document or to another location in the same document. To copy linked text boxes and the text they contain, you must copy all the linked text boxes in an article. Select the first text box in an article. Hold down Shift, and click each additional text boxes you want to copy. On the Edit menu, click Copy. Click where you want to copy the text boxes and then click Paste.

To copy some of the text from an article, select the text you want to copy from the article and then copy it. Do not select the text box. You can paste text you’ve copied directly into your document, into another location within the same article, or into another article.

Notes on Linked Text Boxes

The text boxes that you link to must be empty—they cannot contain text.

Linked text boxes must be contained in a single document. You cannot create text box links from one subdocument within a master document to another subdocument. You also cannot split subdocuments that contain linked text boxes belonging to the same article.

If you click Create Text Box Link and then decide you don’t want to link to another text box, press Esc to cancel.

To move between text boxes in an article, select one of the text boxes and then click either the Next Text Box or Previous Text Box on the Text Box Toolbar. ❖

Certification /Licensure/Affiliation

Certified ***MOH*** license holder 2014

Certified ***BLS*** card holder *-American Heart Association 2016*

Pakistan Nutrition and Dietetic ***Society member*** since 2013

**SKILLS**

* Medical nutrition therapy counseling for individuals (adult, pediatric and geriatrics).
* Critical thinking, observations, active listening creativity, positive outlook, and forward focus
* Competence with nutrient analysis, calorie counting, word processing, and presentation software (MS Word, MS PowerPoint)
* Decision making, problem solving, and collaboration.

**Publication of the article** “Polycystic Ovary Syndrome in University Students: Occurrence and Association with Body Composition”

in the International Journal of Fertility and Sterility (Int J Fertil Steril), Vol: 8, No:3, (Oct   Dec 2014.)

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| experience highlights | |
| 1 | Clinical Dietician in Thumbay hospital ( JCI) currently (since 2015), Ajman , UAE |
| 2 | Clinical Nutritionist in Elaj medical center 2014, Ajman, UAE |
| 3 | Clinical Dietician in Omer Hospital , (2012 through 2013) Pakistan |

current duties

* Perform extensive nutritional assessment, development of care plans for patients and advise on nutrition/ lifestyle modification
* Psychoanalyze patients to determine mental blocks pertaining to food binges and carry out follow ups and maintain record of the same.
* Determine food and drug interactions
* Gauge and or modify enteral or parenteral feedings for the critically ill.
* Conduct in-setting lectures on different nutrition related topics.
* Assist in carrying out various nutrition related events to spread awareness.

Education

Bachelor of science. in Clinical Nutrition and Dietetics

University of Sharjah - 2012

1. **Levels, Arab Unity School,**

*Dubai, UAE* *2008*

**O levels, Arab Unity School,**

*Dubai UAE - 2006*

**Diploma in Microsoft office**

*Dubai - UAE 2008*

Community work

Executed business representation in the Dubai DUPHAT and Dubai Derma exhibitions (2012 and 2013)

* Aided in building my customer relations
* Assisted in representing ideas to the second party

Charity work for a cancer foundation

* Brought about compassion for the ill
* Instilled positivity and pragmatism

Research assistant

* Trained in data collection and organization and time management.

Community work

* Assisted in the Sharjah humanitarian school for special needs children project
* Enlightened new mothers at mother and child health care on importance of lactation and methods to wean off.
* Involved in the health vending machine campaign at university of Sharjah, to advocate healthy options for students.

Organized various events at university of Sharjah to raise awareness for the following

* World diabetes, World nutrition month, and various other activities

Fluent in English and Urdu

mid-level spoken arabic