**Arooj**

[Arooj.379714@2freemail.com](mailto:Arooj.379714@2freemail.com)

**EDUCATION**

Kinnaird College for Women, Pakistan *2015-2017*

**MPhil (Food Sciences and Human Nutrition)**

Government College of Home Economics, Pakistan *2009-2015*

**BS Honours (Home Economics)**–6 year program including intermediate

**EDUCATION & RESEARCHEXPERIENCE**

**MPhil (Food Sciences and Human Nutrition)**

* Completed from Kinnaird College for Women which is an HEC recognized institute.
* Research thesis on topic of *Development of Healthy Lunch Boxes for Office Going Male Adults (25-35 years) Performing Deskwork.*
* The research aimed to develop lunch boxes that comprised of all food groups according to the nutritional requirements of the office going males based ona survey analysis on the BMI, food preferences, activity level and various confounding variables connected to the target group through a self-structured questionnaire.
* 7-day meals (comprising of 3-4 courses) were developed ensuringpresence of all food groups by analyzing their macronutrient contentin lab experiments.The mealswere also made cost effective for practicality.
* The developed lunch boxes were also tested for consumer acceptance after delivering themusing post meal surveys and analysis.
* During the course taken on *Food Safety Management*, a research onfood safety measures in my bachelor’suniversity cafeteria was done based on the hygienic conditions.
* Awareness session was given to the working staff to educate regarding food safety measures according to the results of the survey. Different educational modes like posters, pamphlets, visuals and discussions were used.

**BS Honours (Home Economics)**

* Degree acquired from Government College of Home Economics affiliated with the University of Punjab.
* Last 2 years were spent in specializing in food and nutrition. Key subjects researched into were *medical physiology, microbiology, food technology, community nutrition, statistics*, and *research*.
* Research thesis was done on the topic of *Effect of Nutrition Education on Weaning Practices of Mothers Belonging to Low Socio-Economic Level.*
* The mothers were educated according to the identified problemssuch as lack of awareness and motivation, ignorance, unhygienic conditions, etc.
* Various modes of education were used for educating the mothers of weaning age infants such as visual aids like posters, pictures, games, lecture, focus group discussions, and exchanging ideas by providing them comfortable environment.
* The subjects’pre and post knowledge was evaluated which clearly showed a rise in theirknowledge.

**AWARDS & EXTRA-CURRICULAR**

* Member of Student Council
* Head of the Residence Group Program
* Top achiever in Community Nutrition
* Award of excellent punctuality and attendance

**SKILLS**

* Hard worker with effective communication skills
* Eager to learn and adapt in new environment
* Research oriented with a background of science, research and statistics

**RelevantSoftwares:** Microsoft Office (Word, PowerPoint and Excel), SPSS

**Language Proficiency:** English,Urdu,Punjabi