

Eiman Kalsoom

Public Health Researcher

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Visa Status: Dependent Visa (No Sponsorship Required)

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Location: Derby, United Kingdom

Share Code: W8B NTX 6R

EXECUTIVE SUMMARY

Public Health and Nutrition Professional with experience supporting community-based projects in underserved settings. Background in Human Nutrition and Dietetics and Public Health, with hands-on experience collecting, managing and analyzing quantitative and qualitative data related to malnutrition, household food practices and service access. Skilled in producing clear reports to inform decision-making and support impact and donor reporting. Highly organized, confident with spreadsheets and digital tools, and motivated to tackle food insecurity and health inequalities through evidence-based, frontline work.

CORE COMPETENCIES

Public Health Research & Analysis | Primary Health Care | Community Health & Nutrition | Data Collection & Management | Data Analysis | Qualitative & Quantitative Reporting | Project Coordination & Support | Monitoring & Evaluation (M&E) | Stakeholder Engagement & Communication | Policy & Program Development | Event & Meeting Coordination | Training Material Development

EDUCATION

Masters of Science (MSc) In Public Health 2021 – 2023

Shaheed Zulfiqar Ali Bhutto Institute of Science and Technology (SZABIST), Karachi, Pakistan

Research & Publications:

- **MSc Thesis:** *Effects of Birth Spacing on Malnutrition of Children under Five in a Health Facility of Underdeveloped Areas in Karachi.* (Upcoming publication)
- **Research Article:** *Comparative Analysis of Child Malnutrition in Nuclear and Joint Family Structures.* <https://doi.org/10.62807/jowach.v1i1.2023.41-46> or [Click Here](#)
- **Research Article:** *Maternal Occupation and Child Stunting in Urban Karachi: A Cross-Sectional Study.* <https://doi.org/10.62807/jowach.v2i3.2025.19-25> or [Click here](#)
- **Research Article:** *Untangling the Web: Family Dynamics, Women's Agency, and Nutritional Outcomes for Children in Karachi.* <https://doi.org/10.62807/jowach.v2i1.2024.28-33> or [Click here](#)
- **Research Article:** *Socioeconomic Determinants of Women's Empowerment and Child Nutrition in Urban Pakistan.* <https://doi.org/10.62807/jowach.v2i1.2024.28-33> or [Click Here](#)
- **Research Article:** *The Impact of Grandparental Presence on Child Nutrition and Care Practices in Joint Families: A Cross-Sectional Study in Karachi, Pakistan: Grandparental Influence on Child Nutrition in Joint Families.* <https://doi.org/10.62807/jowach.v2i3.2024.22-27> or [Click Here](#)

Bachelors of Science (BSc) In Human Nutrition & Dietetics 2016 – 2020

Pir Mehr Ali Shah (PMAS) Arid Agriculture University, Rawalpindi, Pakistan

- **Internship** at Shifa International Hospital, Islamabad, Pakistan (2020)
- **Internship** at Kulsum International Hospital, Islamabad, Pakistan (2019)

CERTIFICATIONS

- Quantitative Research Hands-on Learning Workshop (2022)
- [IELTS Overall Band Score 7.0 CEFR Level C1](#)
 - Listening: 7.0 | Reading: 7.5 | Writing: 7.0 | Speaking: 7.0

PROFESSIONAL EXPERIENCE

Monitoring and Evaluation Assistant at Indus Hospital and Health Network (IHHN), Karachi, Pakistan *Jan 2024 – Jan 2025*

- Supported planning and coordination of a community health project in partnership with RekoDiq Mining Company, providing free quality healthcare services to remote populations.
- Maintained regular liaison with internal teams, partner organizations, and field staff for data reporting and communication.
- Conducted and synthesized qualitative and quantitative data to assess health outcomes and service delivery improvements.
- Contributed to the development of project reports, presentations, and briefing documents.
- Ensured timely data collection using digital tools (Kobo Toolbox, Survey CTO) and adherence to project timelines.

Research & Technical Intern at People's Primary Healthcare Initiative (PPHI Sindh), Karachi, Pakistan *Jun 2023 – Aug 2023*

- Assisted in field-level coordination and data collection for MNCH and family planning programs.
- Supported development of resource materials for awareness campaigns and training content.
- Evaluated implementation barriers in service delivery and provided actionable insights.
- Collaborated with program staff and local health workers to facilitate communication and feedback loops.
- Conducted nutritional counselling of patients admitted in the hospital
- Assisted in development of dietary plans for chronic disease management (e.g., diabetes, hypertension).

Trainee Dietitian at Liaquat National Hospital, Karachi, Pakistan *Feb 2022- Mar 2022*

- Developed hands-on understanding of hospital nutrition protocols and patient-centred care.

TECHNICAL SKILLS

- Microsoft Office (Excel, Word, PowerPoint)
- Statistical Analysis using SPSS
- Data Collection Tools: KOBOTOOLBOX, Survey CTO Collect
- Report Writing & Documentation
- Project Budgeting & Time Scheduling
- Public Health Data Management Systems

ADDITIONAL INFORMATION:

Driver Licenses: International Driving permit (IDP) and UK driving license holder.