

KONAIN FATIMA

Bsc Applied Nutrition And Public Health Graduate

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 www.linkedin.com/in/konain-fatima-081836307  #nutritionist#dietician

As a dedicated BSc Applied Nutrition and public health graduate with strong academic foundation,I am deeply committed to advancing my expertise in the field on nutrition.My undergraduate education equipped me with a solid understanding of human metabolism,clinical nutrition, and public health strategies, and I consistently excelled in both theoretical coursework and practical fieldwork.I am particularly passionate about evidence based nutritional interventions and their role in preventing and managing chronic diseases.My goal is to contribute to the growing field of nutritional science through research,policy development, and community-based initiatives.

Accomplishments

- Created individualized diet plans for the patients with diabetes,hypertension,renal diseases and atherosclerotic heart disease during academics
 - Conducted a cross-sectional dietary survey among college students to analyze nutrient intake patterns .
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Professional Skills

Nutritional Epidemiology	Behavior Change Strategies
Food Safety and Hygiene	Health Policy Advocacy
Research Methodology	Cultural Competence in Nutrition
Statistical Software Proficiency	Clinical Nutrition Counseling
Dietary Guidelines Implementation	Nutritional Assessment
Public Health Education	Community Health Promotion
Data Analysis and Interpretation	Program Development and Evaluation
Health Communication	

Education

BSc Applied Nutrition and public Health (Osmania University) Sep 2022 - May 2025

- I earned a Certificate of Achievement in Poem Writing, which helped me refine my creative expression and strengthen my written communication. During college, I actively participated in both the Food Fest and the Nutrition Fest, where I collaborated with peers to plan and promote culinary and health-oriented events—enhancing my skills in event coordination and teamwork. Additionally, I designed an educational poster on PCOS awareness for a college health campaign.
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Certifications

<i>Fast facts: Oncology and Nutrition</i>	(Karger Publishers)	Aug 2025
<i>IDF school of Diabetes (EACCME®)</i>		Aug 2025
<i>Pediatric Nutrition in practice</i> (Nestlé Nutrition Institute (NNI))		Aug 2025
<i>Global Nutrition cluster and UNICEF</i> (Agora)		Aug 2025

Languages

English	Hindi	Urdu
Fluent	Fluent	Fluent

Hobbies

Healthy cooking

painting

Reading Nutrition and Health journals

Traveling and Exploring food cultures