






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

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

Education

BSc Applied Nutritiona 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.

Certifications

<i>Fast facts: Oncology and Nutrition</i>	(Karger Publishers)	Aug 2025
<i>IDF school of Diabetes</i> (EACCME®)		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
<i>Fluent</i>	<i>Fluent</i>	<i>Fluent</i>

Hobbies

- Healthy cooking
- painting
- Reading Nutrition and Health journals
- Traveling and Exlporing food cultures