

## Personal Details:

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## Profile:

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I have graduated with a bachelor's in Human Nutrition from College of Agricultural and Marine Sciences at Sultan Qaboos University, A member of Oman Dietetics Association. Ambitious, hardworking, cooperative, compliant, and responsible of given tasks and policies, attentive listener, curious and interested, good time management and organizational skills. Seeking an opportunity that will allow me to learn and experience new knowledge and apply my skills, I am aiming to utilize and orient my skills towards achieving company's goals. Especially Interested in new technology and its implementations.

## Education:

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Fall 2014- Spring 2019	<i>Bachelor of Science, Human Nutrition</i> Date of Graduation: August 2019
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Sultan Qaboos University, Muscat, Oman

## Work Experience

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**10<sup>th</sup> Oct. 2022- Present- Dotnxt Affiliate-** took Introductory courses in python, data analysis and Digital marketing and learned the basics which set the ground for me to invest in self-learning in this area.

**29<sup>th</sup> Jan. 2023- 9<sup>th</sup> Feb. 2023 Oman International Hospital- Volunteer Dietetics Trainee.** Designed patient specific meal plans. Done In-patients counseling, Resolved complaints and got to know more about how the system in the Private sector works.

**8<sup>th</sup> June 2022 -28<sup>th</sup> June 2022- Creado, Arts and Crafts Store, Fun zone, Muscat.** I presented workshops about Nutrition for kids aging between 4-6 and 7-14 years old. I gained communication skills with kids and boosted my confidence.

**21<sup>st</sup> Mar. 2021-8<sup>th</sup> Apr. 2021- National Diabetes and Endocrine (Centre at the Royal Hospital)- Volunteer Dietetics Trainee.** Managed to meet about 10 clients per day each counseling for 15-30 min., as well as cooperating with other team members to achieve target goals.

## Activities:

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- (12<sup>th</sup> Nov. 2022) Participation in Basics in Nutrition Workshop Accredited OMSB/CDP/C1/3648/2022.
- (6<sup>th</sup> March 2021) contribution in international obesity day event held by Oman Nutrition and Dietetics team.

- (17<sup>th</sup> November 2019) contribution in awareness about breast cancer and diet in cooperation with Mutrah Health Center run by Dr. Tahra Al lawati
- (27<sup>th</sup> June 2019) Attended Home Care event: Supporting patient journey from sickness to health nutritional perspective” held in Crown Plaza Muscat.
- ( 14<sup>th</sup>-15<sup>th</sup> April 2019) Contribution as participant in the “1st International Conference on clinical nutrition: effect of nutrition and gut microbiota on human health.” Awarded 7.5 CPD credit points category1 OMSB/CPD/1708/2019.
- ( 8-9<sup>th</sup> December 2018) Exhibition Organizer of “The 8<sup>th</sup> annual meeting of the middle eastern association for Cancer research.”
- ( 7<sup>th</sup> October 2018) Participation in the National breast cancer early detection campaign planned by the awareness team of Governorate of Muscat.
- (5-6, November 2017) volunteer in 5<sup>th</sup> International workshop on: “Food and Brain Health.”
- (2016/2017) contribution in Agricultural and Marine Sciences (AMS) activities.
- (27<sup>th</sup> April 2017) Attended the “Nutrition and Dietetics in Practice held in SQU Accredited for 4.5 CPD points in category 1 by OMSB CPD activity No. OMSB/CPD/8277/04.17.

#### **Skills:**

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- Proficient in Microsoft Word and PowerPoint and Excel
- Ability to work individually and/or with group
- Fluent in English and Arabic
- Problem solving skills
- Critical thinking skills
- Very good in written and verbal communication

#### **Related Courses:**

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- Python Training
- Digital Strategy for Brand Marketing
- Introduction to Data Analytics
- Business Analytics with Excel
- Tableau Training
- Programming Refresher
- Power BI
- Management and Business Skills

#### **References:**

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**Dr. Mohammed Essa**, Assistant professor, Ph.D (Biochemistry),  
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