

Mst. Tarmin Aktar

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🌐 Mst.Tarmin Aktar



About Me

Passionate Applied Nutrition graduate with hands-on research experience from Islamic University. Skilled in nutrition counseling, food safety, and public health, with expertise in SPSS and Advanced Excel. Committed to improving community health outcomes through data-driven insights and innovative solutions.

Education

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| • Graduate in Applied Nutrition and Food Technology | 2018 – 2023 |
| • <i>Islamic University</i> | <i>GPA: 3.47</i> |
| • HSC | 2016 |
| • <i>Bogura Cantonment Public School And College</i> | <i>GPA: 4.92</i> |
| • SSC | 2014 |
| • <i>Gokul T.N Girls High School</i> | <i>GPA: 5.00</i> |

Courses

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| • Maternal and Child Nutrition | • Nutrition Counseling and Education |
| • Microbiology | • Biostatistics and Bioinformatics |
| • Applied Dietetics and Clinical Nutrition | • Nutritional Epidemiology |
| • Foodborne Illness, Safety, and Sanitation | • Food Safety and Quality Assurance |

Skills

- **Analytical Tools:** Advanced Excel, Advanced PowerPoint, ChatGPT (AI Prompt)
- **Software:** MS Office, Adobe, Canva, SPSS, Web Browsing
- **Core Competencies:** Communication, Presentation Skills, Team Management
- **Language:** Bangla & English

Certifications

- AI x ChatGPT for Productivity Masterclass – GreatLearning
- Learn Excel Course From Beginners to Advanced – GreatLearning

Research Experience

Researcher

Islamic University, Bangladesh

September 2023 – June 2024

- **Conducted Cross-Sectional Study:** Led a comprehensive survey involving 384 child-parent pairs to examine the impact of food labels and TV advertisements on dietary patterns and health in Bangladeshi adolescents.

- **Data Collection & Analysis:** Utilized structured questionnaires and SPSS software for data entry and analysis, employing descriptive statistics, bivariate analysis, and multivariate techniques.
- **Key Findings:** Identified significant correlations between parental concerns, food label awareness, and adolescents' eating habits, contributing to recommendations for strengthening regulations on nutrition information panels and TV commercials.

Other Activities

- **Voluntary Works With Consumer Youth – UNICEF**
 - **Task Description:** Collaborated with the UNICEF Consumer Youth program to organize community outreach events promoting nutrition education and awareness. Engaged with diverse audiences to communicate the importance of healthy eating habits, food safety, and balanced diets.
 - **Skills Learned:** Enhanced public speaking and communication abilities by addressing large audiences. Developed organizational skills through event coordination and logistics management. Strengthened teamwork and leadership skills by working in diverse groups to achieve program objectives.

References

Dr. A.T.M Mijanur Rahman

Professor

Applied Nutrition and Food Technology

Islamic University

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