

EDUCATION

DOW UNIVERSITY OF HEALTH SCIENCES	BS Nutrition & Dietetics	Class of 2025
BEACONHOUSE COLLEGE PROGRAM	Cambridge A Levels in Pre- Medical	Class of 2020
BEACONHOUSE SCHOOL SYSTEM	Cambridge O Levels in Pre-Medical	Class of 2018

PROFESSIONAL EXPERIENCE

Provider Services, New York - Quality Measure Coordinator	(Sep 2025- Present)
• Remotely streamlining patient plans by managing records, scheduling and making care plans for different programs	
• Enhanced care quality by coordinating patients' needs with follow ups and accurate EHR documentation	
Irfan Medical Centre- Nutritionist	(Aug 2025-Present)
• Makes individualized diet plans through detailed nutritional assessments and counseling	
• Conducting weekly education sessions on weight management, PCOS and healthy cooking	
• Improving patient diet compliance by 25% through tailored follow ups and practical guidance	
Dow University of Health Sciences- Internship	(Dec 2024- Jan 2025)
• Made tailored dietary interventions for patients with chronic condition like cancer, heart disease & kidney disease	
• Educated patients on dietary and lifestyle modifications to improve overall health	
• Analyzed HACCP and ISO 22000 guidelines and its implementation in food service department	
Tabba Heart Institute- Internship	(Nov 2024- Dec 2024)
• Conducted thorough nutritional assessments, tailored dietary interventions & monitored patients' progress	
• Educated patients on heart healthy diet and lifestyle modifications to improve heart function and health	
• Led nutrition workshops addressing heart disease prevention & management, fostering patient adherence	

PROJECTS

Community Nutrition Outreach Project

- Held nutrition education sessions on diabetes, weight management and healthy eating patterns in a clinic
- Organized a program, targeting malnutrition in children under five in Landhi and distributed nutrient dense foods

Clinical Case Study

- Presented a diabetes case study with tailored nutritional and lifestyle interventions based on patient specific needs

EXTRACURRICULAR & VOLUNTEERING EXPERIENCE

Pakistan Nutrition & Dietetic Society (PNDS) - Official Member	(Aug 2025- Present)
• Worked on regional nutrition awareness projects and malnutrition elimination	
Youth of Pakistan, Sindh Chapter	(July 2024 – Aug 2025)
• Organized awareness sessions related to general health problems in youth like PCOS, healthy eating patterns and substance abuse	
Nutritionist & Dietitian's Society, Pakistan	(Sep 2021 – Sep 2023)
• Organized and led workshops on nutrition awareness and malnutrition eradication projects	
6th All Pakistan DUHS - DICE Health Innovation & Exhibition	(Nov 2022)
Office of Research, Innovation and Commercialization and School of Public Health, DUHS	
• Assisted in event coordination and collaborative group work on innovative health projects	

CERTIFICATION & TRAINING

Food Tech Solution (FTS)	(Jun 2025 - July 2025)
• Hazard Analysis Critical Control Point (HACCP) Level 1, 2 & 3	
Global Quad Core Solution (QCS)	(Jun 2025)
• Food Safety & Quality Control Measures	
Mastering the Art of Effective Leadership	(Jan 2024 - May 2024)
Office of Research, Innovation and Commercialization and School of Public Health, DUHS	
Crescita International Consultants (CIC) Internal Audit to FSSC 22000 V5.1 Course	(Nov 2022)
• ISO22000:2018 & ISO19011:2018	
International Conferences on Sustainable Development Goals (SDGs)	(Sep 2022)
Office of Research, Innovation and Commercialization and School of Public Health, DUHS	

SKILLS

- SPSS 16.0
- MS Excel