

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 & ISO 19011:2018
- 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