

AYESHA SHEIKH

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### Professional Summary

Dedicated Nutritionist with a BS in Human Nutrition & Dietetics and hands-on experience in clinical diet planning, patient counseling, and nutrition research. Skilled in developing personalized diet plans, conducting nutritional assessments, and educating diverse populations.

### Skills

- Clinical diet planning & patient counseling
- Nutritional assessment & dietary analysis
- Research writing & data interpretation
- SPSS and MS Office
- Strong communication & teamwork

### Work Experience

Clinical Nutrition Intern — Farooq Hospital, Lahore | 8 July 2024 – 8 Sep 2024

- Assisted in dietary assessments and created meal plans for patients with diabetes and hypertension.
- Conducted counseling sessions under supervision, improving patient adherence to nutrition plans.
- Contributed to a study on dietary interventions in patients with gallstones.
- Collected and analyzed dietary data using SPSS and Excel.

### Education

## BS Human Nutrition & Dietetics — University of Veterinary and Animal Sciences | 2025

- Relevant coursework: Clinical Nutrition, Public Health Nutrition, Research Methods

### Certifications

- Participated in Diet plan training program by Nutraid Lava.
- Attended online Webinar on Weight loss in Ramadan | April 2023

### Projects / Research

- Research Project: Occasions , Locations and Reasons for consuming sugar sweetened beverages among Pakistani adults — Conducted literature review, data collection, and analysis.
- Community Nutrition Campaign: Organized workshops in schools to promote healthy eating habits among children.