



PROFILE

Enthusiastic dietitian eager to contribute to team success through hard work, attention to detail and excellent organizational skills. Clear understanding of meal planning and diet plans or trained in clients counseling and multi-tasking. Motivated to learn, grow and excel in Health industry.

Passionate and outgoing with proven ability to motivate through the education and positivist.

Diligent in reviewing food journals and other industry resources to remain updated on latest dietary and nutritional innovations to share with clients as well as ideas for management of special health conditions.

CONTACT

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+92 341 3120029

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<http://www.instagram.com/bysafasahar>

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Saharsafa006@gmail.com

DATE OF BIRTH

August 25, 1999

SAFA SAHAR

Dietitian

EDUCATION

M.PHIL Human Nutrition and Dietetics

University of Lahore

10/2021 – 10/2023

Lahore

BS. Hons. Human Nutrition and Dietetics

Gulab Devi Educational Complex, Lahore

09/2016 – 10/2020

Lahore

FSc Pre Medical

Kips College

02/2014 – 04/2016

Lahore

WORK EXPERIENCE

Consultant Dietitian/ Nutritionist & Meal Planner

IFC (Irtiqah Fitness Club)

Lahore, Pakistan

Dietitian trainee

By SNCP in collaboration with Janki Devi and Mayo Hospital

08/2019 – 01/2020

Lahore, Pakistan

Ambassador

Falcon Adventure Club Pakistan

Travel Agency

Pakistan

Ambassador

Meditechx (Microsoft certified NGO)

Pakistan

Volunteer

HR consultant

2019

Lahore

ORGANIZATIONS WORKED WITH

Student Nutrition Club Pakistan (2018 – 2020)

Vice president chapter Gulab devi

Starfish Asia (NGO)

Nutritional speaker

SKILLS

- Teamwork
- Leadership
- Responsible
- Food counselling
- Graphic designing
- Data management
- Case management
- Data management
- Project management
- Diabetic lifestyle planning
- Dietary habits evaluation

LANGUAGES

English

Professional working proficiency

Urdu

Native or bilingual proficiency

INTERESTS

Travelling
Badminton
Baking
Reading
Internet surfing

Little Angel Welfare Association (LAWA)

Member

Team SAREAAM

Member

Ibadat Welfare Society (IWS)

HR member

Meditechx

Ambassador

COSMOS international organization

Member

CERTIFICATIONS

The Healthy Food Bake Sale Competition for the Event "Healthy Pakistan Progressive Pakistan"

Arranged by NUR student leadership program at FMH (02/2018)

Research Methodology (05/2018)

at Shaikh Zaid Postgraduate Medical Institute

Make Nutrition Priority (12/2018)

POP-UP Festival (2019)

arranged by Hakook-ul-ebad society I collaboration with UNICEF

Nutritional Business (09/2019)

Nutrition in NGOs (09/2019)

Microsoft Office and Graphic Designing (08/2019)

PCOS and Eating Disorders

Women's Health seminar

VACCP for Managing Food Frauds – a Global Emerging Concept (2020)