

Urooj Nadir

| University of Waterloo | Health Studies, Health Informatics |
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Skills

- Passionate about enhancing health care delivery
- Excellent communicator with exceptional leadership skills, proactive about fostering cultural sensitivity
- Fluent in Urdu and Hindi; Beginner level French, Spanish and Turkish
- Experience with Microsoft Office, Scheme, Python, SAS, HTML and CSS

Experience

Heart & Stroke Foundation — Health Promotion Specialist Assistant

Toronto, Fall 2015

- Identified barriers to sustainable programs targeting communities affected by obesity and poor heart health
- Built community partnerships through outreaches on heart health and wellness
- Maintained online database and social media platforms
- Performed literature searches, data analysis and extraction for the South Asian mission

Grand River Hospital — Hardy Hearts Program

Waterloo, Spring 2015

- Conducted exercise sessions for patients with cardiovascular disease to promote wellness
- Monitored patient health during exercise to prevent overexertion
- Delivered engaging workshops and monitored equipment use

TOBB University of Economics and Technology — English Language Facilitator

Ankara, Winter 2015

- Instructed 80+ lectures on “English Conversation”, while applying novel teaching methods
- Managed weekly debate and philosophy events for Turkish ESL students

Solidarity in Action — Health Promotion Assistant

Lima, Summer 2014

- Developed sustainable health programs including “Hands for Hygiene”
- Educated Peruvian students in a community-based after school program to promote public health

Lyle Hallman Institute for Health Promotion — WELL-FIT Program

Waterloo, Fall 2013

- Led exercise programs for patients undergoing remission to help maintain functional capacity
- Fostered a comfortable and motivating space for participants to maximize exercise benefits

Toronto East General Hospital — Emergency Room Volunteer

Toronto, 2010 – 2013

- Supported patients and provided reassurance to their families by answering 200+ visitor inquiries
- Devised practical solutions and resolved patient complaints as an instinctive problem-solver

Extracurriculars

GreenHouse Social Impact Incubator Program

Jan. 2016 – Present

- Spearheaded change through projects to address the lack of people-centric health care systems
- Focused on improving systems in underserved communities both locally and globally

Education

University of Waterloo

2013 – Present

- Candidate for Bachelor of Science — Major: Health Studies, Option: Health Informatics
 - Courses: Genetics, Human Biochemistry, The Canadian Health Care System, Health and Aging
 - Labs: Chemical Reactions, Cell Biology, Human Physiology