

# HIRAH SHAKOOR

P-76, Maher Block 3 Green Town Millat Road, Faisalabad, Pakistan

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## Education

2012	Matriculation	Divisional Public School and College, Faisalabad. 896/1050 with A grade
2015	F.Sc. Pre-Medical	Divisional Public School and College, Faisalabad. 854/1100 with A grade
2019	B.S (Hons.) Human Nutrition & Dietetics	Government College University, Faisalabad CGPA 3.90/4 8 <sup>th</sup> Semester
2021	M.Sc. (Hons.) Human Nutrition & Dietetics	University of Agriculture, Faisalabad CGPA 3.82/4 4 <sup>th</sup> Semester

## Objectives

Seeking a challenging career position in a professional performance-oriented organization, where I can utilize my skills and experiences to increase the efficiency and effectiveness of organization. I am target-oriented and looking forward for a job in a reputed organization to acquire professional growth. I am able to work on my own initiatives and enjoy working as a part of an efficient team in a fast-paced changing environment where the people believe in common vision & teamwork.

## Experience

- Two months internship at Mian Muhammad Trust Hospital, Faisalabad
- Served 1.5 years as a lecturer and Head of Department at Lyallpur Institute of Management & Sciences, Faisalabad

## Languages

- Excellent Command of English, Urdu and Punjabi language

## Skills

- Mastery of Microsoft Office program (Word, Excel, PowerPoint, Access)
- Outlook
- Diet Planning
- Nutritional Assessment and Counseling

## Academic Projects

- Therapeutic potential of iron fortified jujube (*Zizphus lotus*) juice to combat iron deficiency anemia

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### **Additional Information**

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I am hardworking and kind person. I am punctual, reliable, trustworthy and diligent related to my work. I will Insha'Allah try my level best to give best in the work. I will perform my all responsibilities in an honest manner. In my two months internship I had learnt so many things like how to counsel the patients and convince them to follow the diet plan and what types of diets we should recommend against different type of diseases.

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### **Interests**

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- Cricket, Guitar, Bike riding, Car driving, Cycling, Traveling

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### **References**

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- Reference will be provided on demand