



Kainat Zulfiqar Ali

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Education

Master's in Public Health continued **2023**

HEALTH SERVICES ACADEMY ISLAMABAD

Bachelor Science of Public Health **2022**

People University of Medical and Health Science for Women Nawabshah.

Intermediate (Pre-Medical) **2017**

Government Girls Fatima Jinnah Higher Secondary School Nawabshah.

Matriculation (Science) **2015**

Government Girls Fatima Jinnah Higher Secondary School Nawabshah.

Professional Experience

• **Worked as health facilitator in UNCIEF Project** **2023**

- Worked as health facilitator in TRDP NGO UNICIEF PROJECT EMERGENCY CHILD PROTECTION IN SINDH. Attended UNICIEF 3 day training session on MHPSS.

• **Worked as community counsellor in UNDP Humraz** **2023**

- Worked as a community counsellor in Humraz NGO HIV/AIDS MSM project in Nawabshah Sindh.

- **PEOPLE MEDICAL HOSPITAL, MCH CENTER AND EPI CENTER**

- Worked as an internee in wards of hospital to observed, assisted and counselled the patients. Internship start from June 2022-July 2022.

- **DISTRICT HEALTH OFFICE NAWABSHAH**

- Field visits as a student in DHO office Nawabshah in EPI center and learn about monitoring and evaluation mechanisms 2021.
- Worked as an internee in DHO office Nawabshah in the EPI center and monitoring and evaluation office 2022.
- Worked as an internee and counselled the patients in HIV/AIDS Center People Medical Hospital Nawabshah 2022.
- Worked as an internee in T.B (DOTS) Program People Medical Hospital Nawabshah 2022.

- **Six month Course of computer information technology**

- From Indus institute of information technology Nawabshah March 2014.

Academic experiences

- **Sir Cowasji Jehangir Institute of Psychiatry Hyderabad**

- As a student to visit at Sir Cowasji Jehangir institute of psychiatry Hyderabad to observe mental health problems and how to counsel them in Feb 2020 and in March 2022.

- **Research on ischemic heart disease and its risk factors in patients at Nawabshah SBA 2022.**

- Identified risk factors, take BMI, Subducts ECG of patients.
- Lead Researchers: March 2022-october 2022.
- Surveyed OPD and wards of cardiology to collect data.
- Entered the result, SPSS used.
- Analyzed the result on tables, graphically.

Extracurricular and volunteer experience

- Event manager of PUMHS CULTURAL DAY Celebration.

- Manage decorations and contribution for cultural day and looked after all arrangements.
- Event volunteer of PUMHS World Health Day Celebration.
- Manage decorations, contribution and participate for World Health Day.
- Participate in oration to introduce BS Public Health.
- Participate in speech of health promotion and diseases preventions.
- Conduct sessions in communities about prevention of COVID-19.
- Conduct online sessions about prevention of COVID-19.

Certifications and awards

- Received internship certificate from PUMS hospital Nawabshah.
- Received certificate form departments for internship, volunteer, and organizer.
- Received certificates for attending seminars.

Additional

- **Language:**
 - Urdu (reading, write, spoken)
 - English (reading, write, spoken)
 - Sindhi (reading, write, spoken)
 - Siraiki (reading, write, spoken)
- **Interest:** reading books, learning new things, articles readings, research and social work, report writing, data entry.