

Afaq Ahmad



ADDRESS

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LANGUAGE

English
Urdu
Punjabi



HOBBIES

Reading
Playing
Garding

EDUCATION

2021–2023	M.Phil. Food and Nutrition University Of Veterinary and Animal Sciences Lahore, Pakistan	3.78/4.0 CGPA
2017–2021	BS(Hons) Human Nutrition and Dietetics Government College University Faisalabad, Pakistan	3.89/4.0 CGPA
2015–2017	F.Sc (Pre-Medical) Govt. Inter. College Boys Kot Radha Kishan, Kasur	889/1100 Marks
2013–2015	Matriculation Govt. High School No 1 Kot Radha Kishan, Kasur	830/1100 Marks

Job Current / Experience

10,2024 to Continue

- **Lecturer** (Nutrition Department, Hamdard University)
City: Islamabad, Pakistan

07,2023 to 10,2024

- **Mary Gold Bread** (Quality Control Executive)
City: Lahore, Pakistan

2024

- **Consultant**

WHO & CHIP Training and Consulting
Assessment of Operational and Functionality of 65 Stabilization Centers in 36
Districts, Punjab-WHO.

08,2021 to continue

- **Clinical Dietitian**
Free Lance

EXPERIENCE/

TRAINING

03,2021– 06,2021

Nutrition department • Children Hospital • Lahore

12,2022

Efficient use of Mendeley software for managing reference articles and
citations • UVAS Lahore

12,2018

Nutritional & Clinical assessment • Faisalabad

Research Project

(2022-2023)

Assessment of nutritional and subjective health status of 7-15 years chronically-ill children attending a special school (submitted).

SKILL HIGHLIGHTS

- Efficient in work
- MS office (Word, power point, Excel)
- Nutritional Screening and Planning
- Arrange Statistical Data
- Product development
- Approximate food analysis and HPP
- Excellent Public Relations and Communication skills
- Research work/writing
- Innovative
- Team work & Problem solving

CERTIFICATE

- ISO 22000:2018 (FSMS)
- HACCP LEVEL 1
- HALAL MS-1500:2019
- FOOD SAFETY LEVEL 1 (PFA)
- INTERNATIONAL CONFERENCE ON HEALTH SECURITY 2023 MARCH 14-15,2023, LAHORE-PAKISTAN
- Cooking for busy healthy people (Stanford university through Coursera) Jun 27, 2022
- Rebuilding our relationship with food (Stanford university through Coursera) Jun 27, 2022
- Efficient use of Mendeley Software for Managing Reference Articles and Citations December 08,2021 -UVAS
- COVID-19: Operational Planning Guidelines and COVID-19 partners platform to support country preparedness and response (WHO) April 02, 2020
- 1st Pakistan Halal Assembly & Pak China Agriculture Forum March 21-22, 2018 - GCUF

REFERENCES

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