

PERSONAL  
INFORMATION

Arshia Nawaz



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Gender Female

Date of birth 15/05/1999

Nationality Pakistan

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Master of Philosophy in **Epidemiology and Public Health**

**Thesis Title:** “IMPACT OF URBANIZATION AND INDUSTRIALIZATION ON EPILEPSY AND ITS PREVELANCE IN DISTRICT FAISALABAD”

CGPA : 3.1/4.00”

2022-2024

**University of Agriculture Faisalabad, Faisalabad, Punjab, Pakistan.**

**Courses taken:**

- Participatory Epidemiology
- Public Health Epidemiology
- Public Health Principles and Practices
- Disease Outbreak Investigation
- Public Health Monitoring and Evaluation
- Professional Dietetics Practices
- Dietary Implications of food Commodities
- Clinical Nutrition and Dietetics
- Food and Nutrition Security: Policy to Practice

**BS (Hons.) Human Nutrition and Dietetics**

**Final year report: “Internship report”**

2017-2021

**Government college university Faisalabad, Pakistan**

- Principles of Human Nutrition
- Food processing and Preservatives
- Fundamental of halal foods
- Community Nutrition
- Food microbiology
- Dietetics-I
- Dietetics-II
- Life cycle Nutrition
- Food safety and toxicology
- Assessment of nutritional status
- Meal planning and Management
- Nutritional Biochemistry
- Clinical and therapeutically nutrition
- Diet modelling and counseling
- Medical nutrition therapy
- Vitamin and minerals in human nutrition
- Nutrition policy and public health
- Nutrition deficiency disorders
- Nutrition exercise and sports
- Infant and young child feeding
- Biochemistry of diseases
- Contemporary nutrition
- Analytical tools in food and nutrition

- Nutrition in emergency

FSC (Pre-Medical):

2017

Board of Intermediate and Secondary Education, Gujranwala, Punjab,  
Pakistan

**Principal Subjects:**

- Biology
- Chemistry
- Physics

**Work experience**

2 years' experience as a clinical dietitian/nutritionist

Conduct nutrition assessment of indoor and outdoor patients. Counting  
Calories of carbohydrates, protein, and fats. Evaluating and interpreting  
Medical nutrition therapy of disease. Devise meal planning by  
Monitoring and assessing the client's desire and condition.

**Survey based Research Associate**

- Department of Public Health, University of Agriculture Faisalabad

**Nutritional Internships**

- Fazal Memorial Hospital Gujranwala (6 month)
- Medcare International Hospital Gujranwala
- House Job at DHQ, Gujranwala 6 months.
- One month internship at Marian Hotel Gujranwala.

### **Achievements and certificate**

- Attending the workshop from \*Balance Life Studio\* fitness workshop at Faisalabad (2018).
- Participated at 30th all Pakistan food science conference and food and nutrition expo (2019) at UOL.
- Participated in \*Diabetes Nutrition Awareness session at Fazal Memorial hospital\* Under the supervision of senior Dn. Ayesha Tahir.
- Attended webinar by \*Nutra Clinical Society (NCS)\* on obesity and sample diet plan (2021).
- Attended webinar on \*polycystic ovarian syndrome\* from Nutri-facial HUB (2021).
- Attended webinar on \*Balanced Diet and Nutrients\* by Nutra-Clinic Society (2021).
- Certification of Three days online workshop on \*Nutrition in Emergency\* under the Supervision of Dn. Imama Nasir.
- Online courses certification from RNDC hospital at Lahore.
- English proficiency certificate by University of Agriculture, Faisalabad
- Thesis work during M. Phil.

### **Other skills**

- Usage of word, Excel, power point, SPSS, END note
- Hard worker and quick learner
- Good command in laboratory work
- Clinical Dietitian
- Patient Counseling's
- Lifestyle Management
- Medical Nutrition Therapy
- Weight loss/ Gain management
- Administratio

**PERSONAL SKILLS**

Mother  
tongues Urdu  
Punjabi

Other language	UNDERSTANDING		SPEAK ING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	Excellent	excellent	good	good	good

**REFERENCES****Dr. Rizwan Shukat**

Assistant Professor  
National Institute of Food Science and Technology  
Faculty of Food, Nutrition and Home Sciences  
University of Agriculture, Faisalabad-Pakistan  
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**Dr. Asad Manzoor**

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