



ATIF MEHMOOD

S/o Asif Mehmood

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Villa: Amberi Kalla P/O Ghundi Kalla, District Karak

PERSONAL DETAILS



01-04-1999



14203-9310016-1



PAKISTANI



MALE



MPhil Human Nutrition AUP
BS HND PMAS Rawalpindi



Books and Poetry

OBJECTIVE

- To harmonize my skills and abilities with current practices in the world of Nutrition and Diet in the hope of learning from the leader of the today and become a better care provider of tomorrow accomplishing the services of mankind.

PROFESSIONAL EXPERIENCE

- ✓ Working as a Clinical Nutritionist at Karak Medical Complex from August 2021
- ✓ Worked as Nutrition Student at NIRM and Maroof International Hospital Islamabad.
- ✓ One year work experience as a Media member with HAND Pakistan.
- ✓ Worked as a trainee at ADCOK pharmaceuticals (pvt).Ltd.(Natural Division)

RESEARCH

M.Sc (Hons) Research Topic

- Association of Nutritional status with quality of life (QOL) in type II diabetic patients

ACADEMIC QUALIFICATION

DEGREE/CERTIFICATE	%age / CGPA	YEAR	UNIVERSITY /BOARD
MPhil Human Nutrition	3.32	2023	University of Agriculture Peshawar
Bachelor of Science HND	3.25	2021	PMAS Rawalpindi
HSSC/FSc	81%	2017	BISE Kohat
SSC/ Matric	78%	2014	BISE Kohat

ADDITIONAL COURSES AND CERTIFICATONS

- ✓ Online Short Course On T2DM – Oral Agents Facts Checking (4 European CME Credit (ECMEC®)) (2023) From IDF School of Diabetes
- ✓ Online Short Course The Role Of Diabetic Educator (1 European CME Credit (ECMEC®)) (2023) From IDF School of Diabetes
- ✓ Online Short Course On Prevention of Type 2 Diabetes (1 European CME Credit (ECMEC®)) (2023) From IDF School of Diabetes

- ✓ Online Training Course Food Prices for Nutrition: Cost and Affordability of a Healthy Diet (2023) World Bank Group The Open Learning Campus.
- ✓ Certificate of completion on Treating Adults Patient With growth Hormone Deficiency from American Nurses Credentialing Center (ANCC) (2023).
- ✓ Maternal Nutrition Programming in Emergencies UNICEF (2022)
- ✓ Action to End Child Sexual Exploitation and Abuse Certificate from UNICEF (2022)
- ✓ Adolescent Nutrition and Anemia Course Nutrition International (2022)
- ✓ Nutrition International course On Maternal Micronutrients Supplementation (2022)

SEMINAR AND CONFERENCES

- ✓ Certificate of Attendance for Webinar on a call to action for diabetes and chronic kidney disease Organized by International Diabetes Federation (IDF) and International Society of Nephrology (ISN) (2023).
- ✓ Certificate of participation KP Food and Nutrition Expo (2022).
- ✓ Certificate of Participation in workshop on Essentials of Nutrition in Sports & Fitness (2020).
- ✓ Certificate of Appreciation for Nutritional Assessment and Awareness Camp on July 20 2019 from Nutritionist Society of Pakistan (2019).
- ✓ Certificate of Appreciation for Participation in 1st Pakistan Food-Nutrition International Summit 10 July 2019 from national Alliance for Safe Food (2019).
- ✓ Certificate of Appreciation for the great efforts for the Nobel cause to eradicate Malnutrition from Pakistan by Health Association of Nutrition and Dietetics Pakistan (2019)

PUBLICATIONS

- Raheemullah, F. U., Mehmood, K., Sana, M. Z., Ahmad, R., **Mehmood, A.**, Haris, M., ... & Haq, N. U. EFFECTIVENESS OF ALOE VERA COATING GEL ON SHELF LIFE OF GRAPES.
- Nawaz, K., Ahmad, F., Khan, U., Ahmad, R., **Mehmood, A.**, Kashif, M., ... & Khan, F. Physicochemical and Microscopic Evaluation of Adulterated Honeys.
- Khan, T. M., Akram, J., Zamir, Z., Rafay, A., Saher, S., Khalid, R., Munir, M. A., **Mehmood, A.**, Tariq, R., & Khan, S. (2023). Impact of diet on attention-deficit hyperactivity disorder in a tertiary care hospital of Rawalpindi. *International Journal Of Community Medicine And Public Health*, 10(7), 2335–2338
- Amer M, S. A. Fatima, H. H. U. Rehman Gondal, A Iqbal, B. I. Warraich, **A. Mehmood** et al. 2023 Impact of Moringa oleifera on the post-prandial blood glucose level in Rawalpindi, Pakistan. *Int J Community Med Public Health*.10(10);3545-3549

CLINICAL SKILLS

Quality Nutrition Care, Therapeutic Communication, Counselling, and Affective Team Work.

PERSONAL INTEREST AND SKILLS

LANGUAGE: Reading, Speaking, and Writing English, Urdu and Pashto

TEACHING: Presentations at BS and MPhil Level.

COMPUTER: Microsoft office, Excel, Internet, Editing

REFERENCE:

Will be provided on demand.