



DUR E NAJAF

Dietitian
& Nutritionist

Profile

Clinical Dietitian with expertise in chronic disease management through nutrition. Strong communicator and team player with excellent organizational skills. Seeking a challenging full-time role that utilizes my skills to improve patient outcomes

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Bellaadvert669@gmail.com

Abbaspur poonch Azad kashmir

Education

Bachelor Science
Human nutrition & Dietetics
Government collage & university fasilabad

2019-2023

FS.c
New age Science collage Abbaspur AJK

2016-2018

Matriculation
New age Science collage abbaspur

2012-2014

Expertise

- Personalized - Personalized Nutrition Planning
- Nutrition Assessment
- Chronic Disease Management
- Community Nutrition
- Nutrition Education
- Meal Planning and Recipe Development
- Nutrition Coaching
- Planning
- Microsoft skills
- Public speaking
- interpersonal communication
- problem solving and critical thinking
- active listening

Language

English
Pahari
punjab
Urdu

Work Experience

BNP FC THQ Hospital Abbaspur

YCF officer (Nutritional Counselor)

NOV
2023
-
Till
now

- Collaborated with mothers and children in underserved communities to enhance nutrition and health outcomes
- Delivered field-based nutrition counseling and support to vulnerable populations, including home visits and personalized nutrition planning
- Educated clients on healthy eating habits, breastfeeding practices, and nutrition-based disease prevention
- Monitored progress, made adjustments to plans, and ensured tailored support for optimal health outcomes

DHQ Hospital Rawalpindi

Interne Dietitian

June
2023
-
Oct
2023

- Designed personalized nutrition plans for patients with diabetes and food allergies considering individual health histories, medical conditions, and energy requirements.
- Designed personalized diabetes and allergy nutrition plans
- Conducted comprehensive nutritional assessments
- Created customized recipes and meal plans
- Coached patients on chronic disease management
- Developed healthy meal options for diverse needs

National institute of Health (NIH) Islamabad

Interne

Sept
2022
-
Nov
2022

- Conducted research, collected and analyzed data, and contributed to timely report submission.
- Collaborated with teams to identify problems, develop solutions, and implement corrective actions.
- Demonstrated organizational expertise by maintaining accurate and up-to-date files, spreadsheets, and reports.
- Provided exceptional customer service through prompt phone, email, and in-person support, ensuring timely resolution of queries and concerns

Abid Hospital Blue area Islamabad

Intern dietitian

OCT
2021
-
Nov
2021

- Conducted in-depth analyses to determine client-specific nutrient and energy requirements, considering individual lifestyles, physiology, and medical concerns.
- Developed expertise in data management, including data entry, analysis, and reporting.
- Demonstrated strong leadership skills by successfully managing projects from initiation to completion, ensuring timely and effective delivery