

DUR E NAJAF

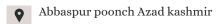
Dietitian & Nutritionist

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

923131533282

Bellaadvert669@gmail.com



Education

Bachelor Science Human nutrition & Dietetics Government collage&university fasilabad

FS.c

New age Science collage Abbaspur AJK

2016-2018

Matriculation

New age Science collage abbaspur

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

IYCF 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
- · Monitored progress, made adjustments to plans, and ensured tailored support for optimal health outcomes

DHQ Hospital Rawalpindi

Interne Dietitian

• Designed personalized nutrition plans for patients with diabetes and food allergies June considering individual health histories, medical conditions, and energy requirements. 2023

• Designed personalized diabetes and allergy nutrition plans

• Conducted comprehensive nutritional assessments Oct • 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

2023

• Conducted research, collected and analyzed data, and contributed to timely report submission

· Collaborated with teams to identify problems, develop solutions, and implement corrective

Nov 2022 · 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

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Intern dietitian

2021

· Conducted in-depth analyses to determine client-specific nutrient and energy requirements, considering individual lifestyles, physiology, and medical

Nov

2021

Developed expertise in data management, including data entry, analysis, and

Demonstrated strong leadership skills by successfully managing projects from initiation to completion, ensuring timely and effective delivery