

GULFAM

BS (Human Nutrition and Dietetics)

Summary

I am a hardworking, honest individual. I am a good timekeeper, always willing to learn new skills. I am helpful, polite and have a good sense of humor. I am able to work independently in busy environments and also within a team setting. I am outgoing and tactful, and able to listen effectively when solving problems.

Personal Information

Name	:	Gul Fam
Fathers Name	:	Farmas Khan
CNIC No.	:	71402-8903031-6
Date of Birth	:	01.01.1998
Marital Status	:	Single
Cell #	:	+923111885680
Email address	:	gulfamara310@gmail.com

Education

Bachelor of Science in Human Nutrition and Dietetics – *karakorom international University, gilgit Baltistan.*

Graduated March 2022

Career Experience

Feb 20218 – March 2022

Nutrition Researcher on Dietary Behavior before and After COVID in Adult People Visited to PIMS Hospital at- *Islamabad, Pakistan*

- Promoting knowledge of daily nutritional requirements and physical function.
- Researching and writing about nutritional values of health and nutrition products.
- Writing benefits about the nutritional value of products.
- In-depth research about products and their nutritional values, dosage, and effectiveness.
- Following a prescribed work schedule in order to meet the job requirements in the field.

December 2021 -

Nutrition Consultant - Islamabad, Pakistan

- Discussing and analyzing the current eating habits of clients.
- Developing meal plans for individuals to promote health and well-being.
- Educating and counseling patients about the importance of specific foods and nutrients.
- Debunking nutrition myths. Presenting educational modules for the public to raise awareness surrounding food choices.
- Giving clients recipes from conventional cookbooks, or developing new recipes for them.
- Promoting understanding of daily nutritional requirements and physical function.

Feb 2023 – August 2023

Clinical Nutrition Consultant at Shifa International Hospital - Islamabad,

- Responded to a high volume of room service patient telephone requests, entering selections into software programs
- Provided patient food and nutrition services while achieving a high level of patient

- satisfaction.
- Utilized hospital computer software to verify diet orders, diseases, and allergy information.
- Resolving routine questions and problems and referring more complex issues to higher levels.

Clinical Nutrition Consultant at PAK Emirate Military Hospital - Rawalpindi,

- Provided patient food and nutrition services while achieving a high level of patient satisfaction.
- Informing patients who have missed more than one meal to ensure all patients receive adequate nutritional care
- Responded to a high volume of room service patient telephone requests, entering selections into software programs.
- Utilized hospital computer software to verify diet orders, diseases, and allergy information.
- Resolving routine questions and problems and referring more complex issues to higher levels.
- Worked well independently and on a team to solve problems.

June 2019 - June 2020

National Youth camp at, Pakistan Girls Guide Association – *Islamabad, Murree*

- Carried out tasks such as, answering calls, and organizing data in an Excel spreadsheet.
- Maintained exceptional communication and interpersonal abilities.
- Continually excelled both individually, and also as a team player.

September 2017 - December 2017

First Aid Training Course at women degree college - *Gahkuch, Gilgit*

- Professionally valuing service for internal and external customers.
- Exemplified teamwork, collaboration, respect for diversity, and promotion of personal and professional growth. Setting and following best practices in food service.
- Practicing good personal hygiene and complying with uniform requirements. Wearing hairnet in food handling places.
- Served as a friendly, hardworking, and punctual employee.

Awards and Certifications

- 2018 – 2022 **BS (Human Nutrition and Dietetics)**, Karakorum International University, Gilgit-Baltistan (1st Division).
- 2016-2017 **HSSC (Biology, Chemistry, Physics)**, Government Degree College Gahkuch, Pakistan. (2nd division).
- 2014-2015 **SSC (Biology, Chemistry, Math and Physics)** D.j High School Singal (2nd Division
- Completed “**First Aid Training Course**” arranged by Pakistan Red Crescent (2017).

Skills

Advanced Computer Skills: software like Microsoft Office Excel, Microsoft Office Word, Microsoft Office, PowerPoint.

Cross-culturally competent. Languages: English, Urdu, shina, Burushiki

REFERENCES

Reference will furnish on demand.