



JAMIL ABBAS

Date of birth: 01/05/1999 | **Nationality:** Pakistani | **Phone number:** (+92) 3135491792 (Mobile) | **Email address:** abbasjamil83@gmail.com |

Address: New Sultan filling station chasma chowk danyore Gilgit, 15100, Gilgit, Pakistan (Home)

● ABOUT ME

It's my pleasure to mention that I am very curious to uncover the natural mysteries and ongoing natural processes that enables nature to work smoothly. Being student of life sciences I am keenly interested to search the truths regarding molecular mechanisms that maintains the sustainable continuity of life.

● EDUCATION AND TRAINING

15/03/2018 – 20/03/2022 Gilgit, Pakistan

BECOLAR OF HUMAN NUTRITION AND DIETETICS Karakoram International University Gilgit Pakistan

Website www.kiu.edu.pk | **Field of study** Human Nutrition and Dietetics | **Final grade** 3.86 |

Thesis How Socioeconomics Factors Linked with child wasting status Under 5 year

20/08/2015 – 31/08/2017 Gilgit, Pakistan

INTERMEDIATE (MEDICAL) Global Higher secondary school and Degree College Danyore Gilgit

Field of study pre medical | **Final grade** 729/1100

30/06/2012 – 06/06/2014 Gilgit, Pakistan

METRICULATION Education School and College danyore Gilgit

Field of study Sciences | **Final grade** 782/1050

● WORK EXPERIENCE

15/02/2023 – 15/07/2023 Rawalpindi, Pakistan

CLINICAL NUTRITIONIST INTERN BILAL HOSPITAL RAWALPINDI

During this internship we learn about

- Nutritional Care process in clinical setting
- Nutritional Counselling in Clinical setting
- Medical Nutrition therapy of Different disease
- NG and TPN calculation
- Food setting department

01/11/2022 – 05/01/2023 Virtual, Pakistan

CLINICAL NUTRITIONIST INTERN TANDURUST - O - TAWANA PAKISAN

During this internship we learn about the Basic Calculation and Nutritional Care process in clinical setting and collect the assessment data from 40 individual from community as assignment

02/11/2021 – 15/04/2022 Gilgit, Pakistan

CLINICAL NUTRITIONIST INTERN PROVINCIAL HEAD QUARTER GILGIT

During this internship we identified the underlying cause of severe acute malnourished children and make its dietary managements. That was highly appreciated by project Supervisor Doc. Mir Nasir Qayyum Chairman Department of Agriculture and Food Technology Karakorum International University Gilgit Baltistan.

● HONOURS AND AWARDS

16/04/2024

Certificate of Participation – Khyber Medical University

The certificate is awarded for participating 4th International Conference at Khyber Medical University

04/01/2024

Certificate of Participation – University Of Agriculture Peshawar

The certificate is awarded for participating Two days Capacity Building training on Applied Nutrition Organized by "**Establishment Of Pak - Korean Nutrition Center The University of Agriculture Peshawar**"

15/07/2023

Certificate Of Achievement – Bilal Hospital Rawalpindi

This certificate is achieve after completing 6 month of Internship in the "**Food & Nutrition Department**" under the supervision of Dietitian Hina Nauman at Bilal Hospital Rawalpindi, During this internship we learn about

- Nutritional Care process in clinical setting
- Nutritional Counselling in Clinical setting
- Medical Nutrition therapy of Different disease
- NG and TPN calculation
- Food setting department

17/01/2023

Certificate Of Distinction – Karakorum International University

This certificate was achieved after qualified **BS Human Nutrition and Dietetics** Securing CGPA 3.86 out 4.00 and stood 3rd position among the student of session

26/04/2022

Certificate Of Achievement – Provincial Head Quarter Gilgit

This certificate was achieve after complete my internship in Provincial Head Quarter Gilgit under the supervision of Nutrition Coordinator Muhammad Abbas at PHQ Gilgit. Where we identified the underlying cause of severe acute malnourished children and make its dietary managements. That was highly appreciated by project Supervisor Doc. Mir Nasir Qayyum Chairman Department of Agriculture and Food Technology Karakorum International University Gilgit Baltistan.

08/03/2022

Certificate Of achievement – Karakorum International University

Awarded Certificate of Achievement in sports Gala 2019 in Main campus Karakorum International University

● CONFERENCES AND SEMINARS

16/04/2024 – 19/04/2024 Pakistan

The Power Of Prevention

Attend 4th International Public Health Conference at Khyber Medical University

04/01/2024 – 05/01/2024

Capacity Building Training on Applied Nutrition

Attend a seminar on Capacity of Building training On Applied Nutrition at University Of Agriculture Peshawar

10/03/2021 – 10/03/2021 Pakistan

Balance Diet and Adolescent Nutrition

Attend One Day seminar On Balance Diet and Adolescent Nutrition With Collaboration of Karakorum International University and Nutrition Department Gilgit Baltistan

● COMMUNICATION AND INTERPERSONAL SKILLS

Active Listening

Paying full attention to the speaker, understanding their message, responding thoughtfully

Verbal Communication

Clearly expressing ideas through spoken words, including tone, clarity, and confidence.

Nonverbal Communication

Using body language, eye contact, facial expressions, and gestures to convey messages.

Teamwork

Working effectively and collaboratively with others towards a common goal

Patience

Staying calm and tolerant, especially in challenging situations.

Cultural Awareness

Understanding and respecting cultural differences in communication styles and behaviors.

● DIGITAL SKILLS

basic software | Window(XP, Window 7,8,8.1,10) | basic skills in graphic (canva) | Photoshop And Figma

● LANGUAGE SKILLS

Mother tongue(s): **SHINA**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C2	B2	B2	C1
URDU	C2	C2	C2	C2	C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● RECOMMENDATIONS

Dr . Abid Hussain Assistant Professor

I have know Mr. Jamil Abbas since 2019 as had studied in Karakorum International University, He has been a cautious student of our Department. In fact, he is actively participate in all academic activities and his performance result ranked top among students under my supervision.

Email abid.raka1412@gmail.com

Dr . Amjad Ali Assistant Professor

I have know Mr. Jamil Abbas since 2019 as had studied in Karakorum International University, He has been a cautious student of our Department. In fact, he is actively participate in all academic activities and his performance result ranked top among students under my supervision.

Email dr.amjadali@kiu.edu.p