

KOMAL JHAMANDAS

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Education

FSC PREMEDICAL

Intermediate 78.54%

Tandoallahyar, Pakistan

2016

PEOPLES, UNIVERSITY OF MEDICAL HEALTH AND SCIENCE

Bachelor of Science Public Health (BSPH) (GPA 3.74)

Nawab shah

2018 – 2022

Professional Experience

AMAL ACADEMY

Karachi, Pakistan

Education startup funded by Stanford University that teaches professional skills to students and corporations

Career-Prep Fellow

May 2023 – Present

- *Communication: Selected among 5,500 applicants for a prestigious 3-month Stanford University-funded Fellowship through a competitive process.*
- *Skills development: Devoted 50 hours to honing essential business skills (communication, leadership, problem solving, teamwork, etc.) to enhance my ability to make a significant impact in any role.*

DIRECTORATE GENERAL HEALTH SERVICES SINDH HYDRABAD

Hyderabad, Pakistan

Collection and dissemination of information, advice to the provincial health department and working with donor partners on their approved agendas with department of health.

Internee

June14-July30 2022

Apprentice: Work as internee in the Provincial Disease Surveillance Response unit (PDSRU) where I learn the importance of epidemiology and biostatistics.

DISTRICT HEALTH OFFICE

Tandoallahyar

Preparation of periodic and annual health plan, management of all other government public health facilities, responsible for all day-to-day administration, account, and technical issues and so on.

Internee

Dec 4 – dec 26 2023

Perceive: Work as internee in DHO office tandoallahyar go through with district health information system of different programs.

SZABIST PUBLIC HEALTH:

Karachi

Internee

As an intern in the public health department, excelled in timely completion of tasks and actively contributed to diverse document projects, showcasing dedication and versatility

Academic Experience

PROJECT

1 YEAR GROUP RESEARCH

RESEARCH ON FACTOR ASSOCIATE WITH EARLY ONSET OF MENOPAUSE

Nawab shah

(LITERATURE REVIEWER, DATA COLLECTOR & DATA ANALYST)

July 2022 – Oct 2022

Analytical skill: Identified associated risk factors, signs, and symptoms regarding the early onset of menopause

Technical skill: Analysis the data and Evaluated results

Critical thinking skill: Critiqued main objective of research of our project

Extracurricular & Volunteer Experience

PARTICIPATION

Engaged in a brief course offered by the Public Health Department of SZABIST in partnership with Pathfinder, focusing on empowering women for climate resilience within the Surmi project

Honors and Awards

AWARDS AND CERTIFICATIONS

- Appreciation award for event manager, organization, art & actor for WHO celebration day.
- Certification of completion internships at DG HEALTH SERVICES Hyderabad.
- Certification of completion internship at DHO office Tandoallahyar.
- Achieved certification for successfully completing an impactful short course, earning 3rd prize for working in a collaborative project & developing a prototype “Cultivating Change”.

ADDITIONAL:

- Skills: MS Office, Statistical Software SPSS, soft skills, and Research work.
- Language: English, Urdu, and Sindhi.
- Hobbies: Reading books, newspapers.