



# MAHNOOR

HUMAN NUTRITION AND  
DIETETICS

## CONTACT

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📍 Sikarkiyo Mohallah  
Danyore Gilgit

## EDUCATION

2019-2023

KARAKORAM INTERNATIONAL  
UNIVERSITY GILGIT.

- Bachelor degree of Human Nutrition and Dietetics

2017-2019

AKUEB

- HSSC(Pre-Medical)

2016-2017

AKUEB

- SSC(Science)

## SKILLS

- Research skills
- Health promotion
- Teamwork
- Communication skills
- Interpersonal skills
- Creativity
- Leadership
- Work ethic
- Adaptability
- Communication
- Diet planning
- Counselling Skills

## LANGUAGES

- English(Moderate) ●●●●●●
- Urdu(Fluently) ●●●●●●
- Burushaski(Native) ●●●●●●
- Shina(Partially) ●●●●●●

## OBJECTIVE

To obtain a position in the field that will improve my skills, utilize my strengths, and obtain a challenging job in a reputable and established organization that will provide a definite career path and opportunities for professional growth. I am an experienced Dietitian with over 2 years of providing nutritional advice to individuals and organizations. Skilled in creating nutrition plans, monitoring client progress, and leading team training sessions.

## WORK EXPERIENCE

- ☐ **Active member of Nutrition Health Organization Gilgit Baltistan** 2019 - PRESENT
  - Developed and implemented nutrition education programs for a diverse population of clients.
  - Managed a caseload of 20-25 clients and provided individualized nutrition counseling.
  - Conducted nutrition assessments and developed nutrition care plans for patients with chronic illnesses.
- ☐ **Clinical Nutrition internship in Fatima Memorial Hospital Lahore** 2022- 2023
  - Collaborated with physicians and other healthcare professionals to provide comprehensive nutrition care.
  - Led nutrition education classes for the public on proper nutrition and healthy eating habits.
  - Developed and maintained relationships with community partners to help promote nutrition education.

## REFERENCE

Provided on request

## INTERESTS

- Playing Badminton
- Designing
- Reading
- Writing
- Cooking
- Singing
- Photography
- Traveling
- Decoration