



# Muhammad Hasnain

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**Date of birth**: 12 May 2001 **Nationality**: Pakistani

## ABOUT ME

I am a passionate and dedicated student of Human Nutrition and Dietetics, driven by a deep fascination for the intricate relationship between food and health. I am pursuing my degree at Karakoram International University Gilgit, I am committed to acquiring knowledge and skills to make a positive impact in the field of nutrition. My academic journey in Human Nutrition and Dietetics has equipped me with a solid foundation in nutritional science, dietary analysis, and health promotion. Through coursework and practical experiences, I have gained insights into the role of nutrition in preventing and managing various health conditions. Driven by my passion for promoting health and well-being, I am eager to embark on a career path that allows me to contribute to improving the nutritional status of individuals and communities. I am enthusiastic about opportunities to collaborate with professionals in the field and make meaningful contributions to the broader healthcare landscape.

## WORK EXPERIENCE

[ 12 Dec 2023 – 12 Jan 2024 ]

### Observer

**Food and Nutrition Service Department, Shifa International Hosital, Islamabad** <https://www.shifa.com.pk/>

**City**: islamabad | **Country**: Pakistan | **Email address**: [info@shifa.com.pk](mailto:info@shifa.com.pk) | **Name of unit or department**: Food and Nutrition Servive Department | **Business or sector**: Human health and social work activities

- Meal Planning
- Tuck Shops Visits
- Patients orders receiving
- Data record keeping

[ 15 Jun 2022 – 15 Jul 2022 ]

### Intern

**Clinical Nutrition by Consultant Dietetian Amna Akmal**

**City**: Gilgit (Online) | **Country**: Pakistan | **Name of unit or department**: Clinical Nutrition | **Business or sector**: Human health and social work activities

- Nutritional Assessment and Diagnosis
- Anthropometric Measurements
- Biochemical Data
- Clinical Data
- Dietary Assessment
- Nutrition Care Process (NCP)
- Intervention
- Monitoring and Evaluation
- Medical Nutrition Therapy (MNT)
- Chronic Disease Management
- Nutritional Biochemistry
- Macronutrients and Micronutrients
- Food Service Management

- Menu Planning
- Food Safety
- Budgeting and Resource Management

[ 4 Jan 2024 – 5 Jun 2024 ] **Intern**

***Nutrition Cell Health Department Gilgit***

**City:** Gilgit | **Country:** Pakistan | **Name of unit or department:** Nutrition Cell Health Department Gilgit | **Business or sector:** Human health and social work activities

- Children's Nutritional Status Assessments
- Nutritional Supplementation
- Assessment Data Record
- Community Visits and Surveys
- Nutritional Awareness Seminars and Campaigns
- Diet Planning

[ 31 Jul 2020 – 31 Jul 2021 ] **Member**

***International Society for Dermatology Research*** [theisdr.org](http://theisdr.org)

**City:** Gilgit (Online) | **Country:** Pakistan | **Email address:** [info@theisdr.org](mailto:info@theisdr.org) | **Name of unit or department:** International Society for Dermatology Research | **Business or sector:** Human health and social work activities

- Cutaneous Biology
- Dermato-Oncology
- Inflammatory Skin Diseases
- Genetics and Genomics
- Microbiome Research
- Clinical Trials and Therapeutics
- Wound Healing and Tissue Repair
- Cosmetic Dermatology
- Epidemiology and Public Health

[ 5 Mar 2023 – 5 Jun 2023 ] **Junior WordPress Developer**

***WordPress Developer TechScape*** <https://techscape.pk/>

**City:** Gilgit | **Country:** Pakistan | **Email address:** [info@techscape.pk](mailto:info@techscape.pk) | **Name of unit or department:** TechScape | **Business or sector:** Information and communication

- Website Designing
- Website Development
- Plugin Integration
- Themes Integration
- Web Pages Development

[ 19 Jul 2023 – 29 Jul 2023 ] **Boy Scout**

***Hussainia Boys Scouts***

**City:** Gilgit | **Country:** Pakistan | **Name of unit or department:** Hussainia Boys Scouts | **Business or sector:** Human health and social work activities

- Perform the assigned task
- Perform Security Duties
- Aware and Guide the public about security risks
- Outdoor Skills and Activities
- Leadership Development
- Community Service
- Personal Development
- Merit Badge Program
- Team Building and Collaboration

**EDUCATION AND TRAINING**

[ 21 Sep 2020 – 31 Jul 2024 ] **Bachelor of Science (Hons) Human Nutrition and Dietetics**

**Karakoram International University Gilgit** <https://www.kiu.edu.pk/>

**City:** Gilgit | **Country:** Pakistan | **Field(s) of study:** Human Nutrition and Dietetics |  
**Final grade:** CGPA 7th Semester 3.39/4.00

**Implementation of HACCP Food Safety System in the Food Processing Industry**

[ 1 Sep 2024 – 3 Sep 2024 ]

**Alison** <https://alison.com/>

**City:** Gilgit | **Country:** Pakistan |

[ 6 Feb 2024 – 6 Feb 2024 ]

**Enteral Tube Feeding: Surgical and Metabolic Complications (Online)**

**Abbott Nutrition Health Institute** <https://anhi.org/>

**City:** Gilgit | **Country:** Pakistan |

[ 15 Jan 2022 – 15 Jan 2022 ]

**Professional Weight Loss Course (Online)**

**The Health Sciences Academy UK** <https://thehealthsciencesacademy.org/>

**City:** Gilgit | **Country:** Pakistan |

[ 28 Mar 2017 – 28 Dec 2017 ]

**Microsoft Office**

**Dream Point Software House and Computer Center Danyore Gilgit**

**City:** Gilgit | **Country:** Pakistan | **Field(s) of study:** Microsoft Office

[ 1 Jan 2023 – 20 Mar 2023 ]

**Online Leadership Course**

**Aspire Institute** <https://www.aspireleaders.org/>

**City:** Gilgit (Online) | **Country:** Pakistan | **Field(s) of study:** Leadership Course

[ 5 Oct 2021 – 30 Dec 2021 ]

**Freelancing**

**DigiSkills Pakistan (Online)** <https://digiskills.pk/>

**City:** Gilgit | **Country:** Pakistan |

[ 2 Jan 2023 – 29 Apr 2023 ]

**WordPress Developer**

**Information Technology Department Government Gilgit Baltistan** <https://gbit.gov.pk/>

**City:** Gilgit | **Country:** Pakistan | **Field(s) of study:** WordPress Developer

[ 26 Feb 2024 – 26 Feb 2024 ]

**Climate Change (Online)**

**Movers** <https://www.youthcolab.org/>

**City:** Gilgit | **Country:** Pakistan |

[ 26 Apr 2023 – 2 Aug 2023 ]

**Content Marketing and Advertising Domain**

**National Freelancing Training Program (Online)** <https://nftp.pitb.gov.pk/>

**City:** Gilgit | **Country:** Pakistan |

[ 31 Jan 2024 – 31 Jan 2024 ]

**Use Canva to Create Desktop and Mobile-friendly Web Pages.**

**Coursera** <https://www.coursera.org/>

**City:** Gilgit | **Country:** Pakistan |

**LANGUAGE SKILLS**

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**Mother tongue(s):** Burushiski

**Other language(s):**

**English**

**LISTENING B1 READING B2 WRITING B2**

**SPOKEN PRODUCTION B2 SPOKEN INTERACTION B1**

## Urdu

**LISTENING C2 READING C1 WRITING B2**

**SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1**

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

## DIGITAL SKILLS

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### My Digital Skills

Facebook Twitter Instagram | Messenger, Whatsapp, Skype | Linkden

### Microsoft Office

Microsoft Word | Microsoft Powerpoint | Microsoft Excel | Microsoft Office | Zoom  
| WordPress and Wix | Excellent command of Adobe Acrobat, PDF24 Editor | Word/  
PowerPoint capabilities

### Website Development

Freelancers | Website create

### Social Media

Social Media | Adobe PDF Reader | Google Drive

### Leadership

Organising and leading workshops | Strong sense of leadership | Leadership, Critical  
thinking and Emotional Intelligence | Team-work oriented

## PROJECTS

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### Effect of Changes in Environmental Factors on Common Vegetables Grown and Household Food Security Status in Major Valleys (Three) Gilgit Region

[ 16 May 2024 – 30 Sep 2024 ]

Group Members

- Muhammad Hasnain
- Nadeem Mehdi
- Ali Abbas

Objectives

- To identify the impact of environmental factors on potatoes, tomatoes, green peppers, and leafy vegetables.
- To determine the incidence and severity of wilting, blight, root rots, and dumping of diseases affecting vegetables. To correlate these vegetable diseases with environmental factors.
- To raise awareness among farmers about the synergistic effect of environmental factors and vegetable diseases.
- To be aware of good agricultural practices to mitigate the emerging environmental issues about vegetable problems and to enhance their income

## CONFERENCES AND SEMINARS

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### Green Entrepreneurship Conference

Karakoram International University Gilgit Pakistan

Harnessing the treasure trove of Non-timber forest products (NTFPs)

World Food Day Celebration

Debate Sessions

Workshop

Pannel Discussion

Food Stalls Display

## MANAGEMENT AND LEADERSHIP SKILLS

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### Leadership Course

- Self-Assessment and Reflection
- Goal Setting and Personal Development
- Team Building Exercises
- Communication Skills Development
- Conflict Resolution Training
- Decision-Making and Problem-Solving
- Strategic Planning
- Change Management
- Emotional Intelligence Development
- Mentorship and Coaching
- Ethical Leadership
- Innovation and Creativity
- Networking and Relationship Building
- Leadership in Action

## COMMUNICATION AND INTERPERSONAL SKILLS

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### Youth Employability Skills Workshop

- Two-day Youth Employability Skills Workshop at Lincoln Corner Gilgit from May 31 to June 1, 2024.
- Resume Writing and Cover Letter Crafting
- Interview Preparation and Techniques
- Communication Skills Development
- Professional Networking Strategies
- Teamwork and Collaboration
- Digital Literacy and Online Presence
- Career Planning and Goal Setting
- Mock Interviews and Feedback Sessions

## NETWORKS AND MEMBERSHIPS

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[ 31 Jul 2020 – 31 Jul 2021 ]

### International Society for Dermatology Research Pakistan

- Cutaneous Biology
- Dermato-Oncology
- Inflammatory Skin Diseases
- Genetics and Genomics
- Microbiome Research
- Clinical Trials and Therapeutics
- Wound Healing and Tissue Repair
- Cosmetic Dermatology
- Epidemiology and Public Health

## HONOURS AND AWARDS

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[ 9 Dec 2023 ]

### Prime Minister Youth Laptop Scheme 2023 Awarding institution: Karakoram International University Gilgit

I was been selected for the Prime Minister Youth Laptop Scheme 2023 on merits based. I am honored to receive this recognition for academic excellence. This opportunity will significantly enhance my educational experience and support my studies. I am grateful for this initiative and committed to making the most of this valuable resource.

[ 15 Aug 2022 ] **China-Pakistan Friendship – Ambassadorial Merit-cum-Need Scholarship Awarding institution:** Karakoram Internstional University Gilgit

I was honored to receive the China-Pakistan Friendship – Ambassadorial Merit-cum-Need Scholarship 2022 at Karakoram International University, Gilgit. This prestigious award recognizes my academic excellence and financial need, providing essential support for my educational journey. I am grateful for this opportunity and committed to fostering China-Pakistan relations.

## VOLUNTEERING

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[ 23 Oct 2019 – 23 Oct 2019 ] **Pakistan Red Creacent** Islamabad Model College for Boys h9 Islamabad

I donated blood to the Pakistan Red Crescent at Islamabad Model College for Boys H-9. It was a fulfilling experience, knowing my contribution could save lives. I'm proud to support such a vital cause and encourage others to participate in future blood drives to make a difference in our community.

[ 8 Apr 2023 – 10 Jul 2023 ] **Million Smile Foundation** Karakoram International University Gilgit

- Community Outreach
- Fundraising Activities
- Event Planning and Coordination
- Educational Programs
- Healthcare Support
- Social Media and Marketing

[ 14 Apr 2016 – 10 Jun 2024 ] **Markazi Sabeel Organization (MSO)** Gilgit

- Working as a Volunteer at Markazi Sabeel Organization (MSO) Danyore Division Gilgit.
- Team Work
- Fund Raising
- Ration Distribution
- Leadership

## ORGANISATIONAL SKILLS

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### President Nutrition Health Society

From 2022 to 2023, I had the privilege of serving as the President of the Nutrition Health Society at the Department of Food & Agriculture, Karakoram International University. During my term, I led initiatives that promoted nutritional education and healthy lifestyle choices within the university and the surrounding community. I organized a series of workshops, health seminars, and awareness campaigns, focusing on the significance of balanced diets and nutritional health. Additionally, I coordinated with nutrition professionals to provide students with practical knowledge and resources. This leadership experience honed my organizational skills and reinforced my commitment to advancing public health nutrition.

## HOBBIES AND INTERESTS

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### Hobbies and interests

- Singing
- Traveling
- Driving
- Hiking
- Adventure
- Leadership

- Public Speaking
- Administrative Role

## RECOMMENDATIONS

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**Name: Dr. Abid Hussain** Supervisor, Teacher

Dr Abid Hussain is an Assistant Professor at the Department of Agriculture and Food Technology at Karakoram International University Gilgit. He has done his PhD at South China University of Technology. He has taught me many courses during my undergraduate studies. He supervises me for report writing during the final year of my graduation.

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