

MUHAMMAD WAQAS KHAN

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Profile

A young and competent individual eager to learn and quench inquisitive thirst by practicing, with a positive attitude and strong work ethics. I am a public health nutrition graduate and a determined individual possessing multicultural and interpersonal abilities. My life goal is to give efficient and effective performance in the field I excel.

Academic Information

Degree	Institution
Masters in Public Health (MPH) Executive Program 2022-present	Department of Public Health, Shaheed Zulfiqar Ali Bhutto Institute of Science and Technology Karachi
BS Nutrition 2015-2019 (CGPA 3.0/4.0)	School of Public Health, Dow University of Health Sciences Karachi, Pakistan
Intermediate 2012-2014 (A Grade)	Defence Authority Sheikh Khalifa Bin Zayed College, Karachi
Matriculation 2010-2012 (A Grade)	Defence Authority Sheikh Khalifa Bin Zayed School, Karachi

Work Experience

Shifa Foundation

(Nov 2023-Jan 2024)

Karachi & Hyderabad Region

Social and Behavioral Change Communication Officer (SBCC Officer)

UNICEF funded Integrated project for SBCC

- ✓ Provide technical direction to define SBCC approaches and activities to mainstream the promotion of optimal MIYCN behaviors by SBCC Counsellor
- ✓ Develop SBCC packages (framework, tools, messages and materials) on MIYCN for use by SBCC Counsellor
- ✓ Develop detailed implementation plans for A&T-supported SBCC interventions, and ensure high quality and timeline delivery of deliverables against intended objectives, targets, and timelines
- ✓ Provide oversight to the SBCC program components, including undertaking field visits to partners to oversee implementation, provide on-site feedback on required improvements, and generate field visit reports with timely and appropriate follow up on action points.

Nutrition International

(Dec 2022-Oct 2023)

District East Karachi

(District Nutrition Officer)

Maternal nutrition Project

- ✓ Support in the implementation of field level activities with Doh, HCPs/FHWs and Medical Associations for advancing the project activities on maternal nutrition campaign.
- ✓ Conduct one on one sessions with HCPs of public sector as well as private practitioners and for improving their knowledge, attitudes and practices for counselling the mothers and caregivers/family influencers on nutrition.
- ✓ Orient and sensitize the HCPs/FHWs on the diversity of nutrition, gravity of the issues, underlying causes and potential solutions/actions for improving the maternal nutrition among mothers.
- ✓ Develop good relations with the stakeholders for supporting in the implementation of project activities. Conduct advocacy activities with district management and key stakeholders for strengthening maternal nutrition interventions.
- ✓ Support Nutrition International in coordination with district/provincial government/s to support district/provincial level activities.

Monitoring and reporting

- ✓ Develop and communicate/submit project updates for program management team as per agreed upon frequency.
- ✓ Helps in conducting Seminars, Conferences and meetings with HCPs/FHWs DHO, RMNCH and other stake holders
- ✓ Draft event's (seminars, conferences and meetings) minutes/reports.
- ✓ Serve as a focal person for providing periodic data for the monitoring and reporting purposes to the NI team as and when required.
- ✓ Support in conducting field monitoring, data collection and any relevant tasks necessary to support monitoring and reporting activities.

PPHI Sindh

(Jun 2022-Nov 2022)

Head Office Karachi,

(Assistant Program)

- ✓ Collect, analyze, compile and summarize the data given by the field staff.
- ✓ Compatibility of District Action Plan to address identified gaps and quality of services as per recognized standards of OTP, NSC and Warehouse.
- ✓ Updating Monthly HR Sheet & Recruitment plan.
- ✓ Compilation of quarterly data of different indicators
- ✓ Validation of data given by the DNCs with the Monthly reports and other indicators
- ✓ Updating PPT of Quarterly meetings.
- ✓ Analyze monthly report with provided indicators.
- ✓ Any other help required by District Nutrition Coordinators or other field staff in performing daily tasks.

Accelerated Action Plan

(Dec 2020- March 2022)

Karachi, Sindh

(Nutrition Assistant)

- ✓ Screen and register children and women and treat them as per standard treatment protocols.
- ✓ Work closely with other program workers and community-based workers.
- ✓ Carry out anthropometric measurement of pregnant/lactating women and children between 6-59 months
- ✓ Ensure availability of medical and therapeutic food supplies and stock is pre-positioned as planned.
- ✓ Treatment of children with Severe Acute Malnourishment and Moderate Acute Malnourishment.
- ✓ Conduct IYCF (Infant & Young Child Feeding) and health hygiene sessions of mothers and care givers.
- ✓ Provide counselling to mothers and caregivers on treatment and preventative supplements.
- ✓ Comply with National CMAM guideline OTP protocols strictly for SAM case management.
- ✓ Timely identification of complications, non-responders, and referrals to the NSC and strong follow up until discharge.
- ✓ Analyze, compile, summarize and update MIS database.

Data Collector

(Oct 2020- Dec 2020)

- ✓ Performed nutrition screening, assessment and anthropometric measurements of infant and children for a research.
- ✓ Dealing and communicating with the community
- ✓ Dealing and interacting with health professionals

(2018-2019)

- ✓ Social demographics, nutrition assessment data collected and entered for research conducted by HEC on *“Association between Micronutrient Levels and Cardiovascular Diseases Risk Factors among Pakistani Adolescent”*.

Health Representative

(Jan-March '2020)

Marketing

Nestle, Karachi

- ✓ Product awareness of “Nan grow”- milk powder.
- ✓ Kiosk nutritional assessment and consultation of children.

Intern/Trainee

(March 2019 – July 2019)

Public Health

Nutrition Support Program (NSP),Sindh, Karachi

- ✓ Designed a program focusing on Moderate Acute Malnutrition (MAM) which had the purpose of replacing ready to use supplementary food(RUSF) with easily available, accessible and cost effective diet.
- ✓ Visited Outpatient Therapeutic Program (OTP) and Marvi Markaz at the field visit to Sindh districts.
- ✓ Monitored field visit to Tharparkar & Badin districts of Sindh province.

- ✓ Facilitated and participated in field based activities, trainings and assurance of quality implementation in Tharparkar and Badin districts of Sindh.
- ✓ Wrote and compiled monitoring report of the field visit to Tharparkar & Badin District.
- ✓ Worked under CMAM guidelines.
- ✓ Developed IEC material on *Pregnancy care* and *Complimentary feeding-Weaning*.
- ✓ Provided assistance in arranging consultative workshop on Urban Nutrition.
- ✓ Planned to implement strategies and looked after work plans of the projects as well.
- ✓ Comprehension of 'Community Based of Management of Acute Malnutrition' (CMAM) guidelines.
- ✓ Compiled data from different nutritional surveys and make reports on it by comparing with the data of past surveys (PDHS, NNS, MICS Sindh).
- ✓ Organizing data from different nutritional surveys on dashboard (PDHS,NNS,MICS Sindh)

Research Contributions

- ✓ Term paper on *"The Application of Fortification as an Intervention to Combat Iron Deficiency Anemia in Pakistan"*. (Short communication).

Certification and Participation

- ✓ 5 months hands-on training on *"Cultural Competence in Nutrition Education"*.
- ✓ Attended Continuous Nutrition Education seminar (CNEs) by PNDS.
- ✓ *"The New Nordic Diet"* online course on coursea.org.
- ✓ *"Geriatric Nutrition"* online session by HANDS Pakistan.
- ✓ Best oral presentation on "Nutrition Education in Early Childhood Education".
- ✓ Conducted psychological Campaign on *"Anorexia Nervosa."*
- ✓ Participated in *"4th All Pakistan DUHS-DICE health innovation exhibition, 2018"* with an innovative project on *"Fibro Burst"*
- ✓ Part of Pakistan Demographic and Health Survey (PDHS 2018) Sindh province launch.
- ✓ Part of "World Water Day" by Accelerated Action plan (AAP) held on March 2019 for sustainable water management system.
- ✓ Part of *Brooke Policy Launch* in April 2019.
- ✓ Participated in *March Nutrition Month'19* held at School of Public Health, DUHS.
- ✓ Attended and volunteered for 1st International Conference on *"Non-Communicable Diseases 2019"* conducted by PNDS.

Skills

Computer Skills: Proficient in MS Office and great command over SPSS

Efficient Social and Communication Skills:

- ✓ Culturally aware and competent to work in a multicultural set up
- ✓ Multilingual in terms of local languages (Urdu, English, Pashto, Sindhi, Punjabi, Hindko)
- ✓ Capable of leading a group of individuals for a project.
- ✓ Capable of handling conflicts at community level.
- ✓ Effective interpersonal skills.

Field based skills

- ✓ Searching for research studies through search engines like Google Scholar and PubMed.
- ✓ Can make diet plans for all age groups of outstanding quality and standard.
- ✓ Strong field experience of data collection in community
- ✓ Strong command on nutritional knowledge throughout life cycle, involving diseases.
- ✓ Strong command over nutritional counseling and education as well as on nutritional assessment tools.

Functional Skills

- ✓ Capable of rational thinking for effective planning and to deal with multiple situations.
- ✓ Can analyze situations critically and take decisive actions.
- ✓ Strong navigation skills.

