

# Saadia Mir

## Health and Nutrition Officer

### Contact Details

+92-300-9744479

saadiars@gmail.com

Ward No 17 Madina Market  
Muzaffarabad

### Skills

- MS Office
- SPPS Software

### Languages

- English (Proficient)
- Urdu (Proficient)

### Trainings

- 5-Days Training on “Nutrition Management of Severely Malnourished Children for the Establishment of TC in Earthquake Affected Areas” organized by UNICEF
- 5-days Training on “Olive Oil Quality” organized by PCSIR Laboratories Pakistan
- 1-Day Training on “Helping the Babies Breathe” organized by AJK Health Department
- 4-Days Training on “Management of Nutrition Stabilization Center & Indoor Stabilization & Treatment of Severely acute Malnourished (SAM) Children with Medical Complications” jointly organized by WHO & AJ&K Health Department

### Profile

Dedicated and knowledgeable Nutritionist/Dietitian with 14 years of experience in promoting health and wellness through personalized nutrition plans, evidence-based dietary recommendations, and lifestyle interventions. Strong communicator with a passion for educating clients on the importance of balanced nutrition and healthy eating habits.

### Health & Nutrition Officer July-2011 to Aug-2024

Health Department GoAJ&K

- Supported patients in recovery post-surgery, consistently delivering exemplary and holistic care to maximize patient comfort and ensure treatment and recovery plans were clearly established.
- Educated patients on recovery process and provided them with guidance in response to inquiries.
- Managed wound dressings and administered medication to assist in pain management and healing.
- Monitored environment to ensure that levels of cleanliness were above statutory and company regulatory requirements. Experienced in dealing public and communities.

### Clinical Dietitian Aug-2010 to July-2011

SKBZ Hospital Muzaffarabad, AJ&K

- Evaluate the dietary needs of a client by assessing their health and exercise levels, sleep and food habits etc.
- Clarify information to clients and explain the effects of nutrients on overall health condition
- Offer counseling and suggest positive alterations in nutrition to address clients’ dietary restrictions
- Create full and personalized nutrition plans that promote healthy lifestyles
- Set clear objectives and provide support to clients to help them in their progress
- Conduct scientific research to expand field related knowledge such as the impacts of nutrients, the benefits of diets to the body’s functions etc.
- Write and publish articles to educate the public
- Make presentations on a variety of topics such as how nutrition affects

### Education

- 2008-2009 M. Phil in Human Nutrition  
The University of Agriculture Peshawar
- 2004-2007 BS (Hons.) in Human Nutrition  
The University of Agriculture Peshawar
- 2008 6-Months Diploma in Food and Nutrition  
Allama Iqbal Open University Pakistan

### Research Work & Publications (Published in Research Journals)

- Topic Nutrition Assessment of School Going Adolescents in Public and Private Schools of Islamabad the Capital Territory.
- Assessment of Vitamin D Status in General Population of Muzaffarabad District and Effect of Supplementation on serum Vitamin D level in General Population of Muzaffarabad District.