

WORK EXPERIENCES

NUTRITIONIST, CIVIL HOSPITAL MEDICAL WARD

Sep 2024 Cont...

- *Nutrition Counseling:* Provided personalized dietary advice for patients with chronic conditions like diabetes, hypertension, and malnutrition.
- *Therapeutic Diet Plans:* Developed and monitored individualized diet plans to improve patient health outcomes.
- *Interdisciplinary Care:* Collaborated with medical teams to integrate nutrition into comprehensive patient care.
- *Health Education:* Led public health initiatives on nutrition and preventive care for patients and the community.
- *Staff Training:* Conducted nutrition training for healthcare professionals to improve patient dietary management.

NUTRITIONIST UNICEF SINDH FIELD OFFICE, KARACHI

Mar - Sep 2024

Key Responsibilities

- Program Development and Planning:

- *Situation Analysis:* Conducted and updated assessments to guide nutrition program development and management.
- *Development Trends:* Researched political, social, and economic trends to improve program efficiency and results.
- *Program Goals:* Contributed to setting goals and strategies through needs analysis and recommendations.
- *Technical Support:* Assisted throughout the programming process, ensuring alignment with UNICEF's RBM system.
- *Documentation:* Prepared materials for program review and approval.
- *Government Support:* Provided technical assistance to map nutrition-specific and sensitive interventions.
- *Annual Work Plan:* Developed in collaboration with UNICEF and government partners.
- *Program Integration:* Ensured coherence with other UNICEF sectors.
- *Proposals & Briefs:* Drafted key documents for senior management and stakeholders

- Program Management, Monitoring, and Delivery of Results:

- *Collaboration & Operational Support:* Worked with partners to resolve operational issues, providing solutions and supporting decision-making, aligning with internal and external stakeholders to address implementation challenges.
- *Monitoring & Evaluation (M&E):* Participated in M&E exercises and reviews, identifying gaps and sharing lessons learned to enhance programming, in line with reporting requirements.
- *Field Monitoring & Reporting:* Conducted field visits, prepared reports, and assessed program implementation, sharing findings for timely decision-making with stakeholders.
- *Resource Management:* Managed resources for nutrition interventions, ensuring compliance with organizational standards and donor commitments.

- *Stakeholder Engagement:* Engaged national stakeholders to promote nutrition, particularly in emergency preparedness and maternal, newborn, and child survival.
- *Report Preparation:* Prepared progress reports, keeping management, donors, and partners informed of program developments.

- Technical and Operational Support:

- *Field Visits:* Conducted field visits and surveys to assess program progress and resolve implementation issues, meeting the TOR's requirement for monitoring and technical support.
- *Operational Support:* Provided operational support to provincial government, NGO partners, and UN agencies to ensure alignment with UNICEF policies, fulfilling the TOR's focus on assisting partners with program implementation.
- *C4D & Events:* Led C4D activities and organized key events like IDD Day and Breastfeeding Week, aligning with the TOR's responsibility for event organization and awareness activities.
- *DHIS2 Implementation:* Rolled out the DHIS2 Nutrition system, addressing data management challenges, as required by the TOR's focus on improving data collection and reporting.
- *Collaboration:* Coordinated with UNICEF sections for integrated program delivery, as outlined in the TOR's emphasis on cross-sectional collaboration.

- Networking and Partnership Building:

- *Partnership Building:* Established and maintained partnerships with government counterparts, CSOs, IPs, and UN agencies to support program implementation and build stakeholder capacity, aligning with the TOR's focus on sustaining partnerships for social justice and rights.
- *Advocacy & Resource Mobilization:* Prepared communication materials for advocacy and resource mobilization, promoting nutrition awareness and supporting fundraising efforts, matching the TOR's need for inputs in program advocacy and partnership development.
- *Inter-Agency Collaboration:* Participated in inter-agency meetings and collaborated with partners on provincial operational planning for nutrition, corresponding with the TOR's responsibility for harmonizing UNICEF strategies with provincial planning processes.

- Innovation, Knowledge Management, and Capacity Building

- *Partnership Building:* Built partnerships with government, CSOs, and UN agencies, sharing knowledge to support program goals, aligning with TOR's focus on stakeholder collaboration.
- *Advocacy & Communication:* Created advocacy materials for nutrition awareness and fundraising, fulfilling the TOR's need for communication inputs and partnership support.
- *Inter-Agency Collaboration:* Engaged in inter-agency meetings and aligned nutrition strategies with provincial planning, matching the TOR's requirement for inter-agency collaboration.
- *Resource Mobilization:* Contributed to resource mobilization efforts, providing inputs for donor briefs, in line with the TOR's focus on fundraising and partnership development.
- *Capacity Building:* Led training and capacity-building activities for government partners, supporting the TOR's emphasis on stakeholder capacity development.

Highlights of Engagement:

- *Knowledge Sharing:* Synthesized lessons learned to build stakeholder capacity, aligning with the TOR's focus on knowledge management.
- *Field Surveys & Assessments:* Supported field missions and follow-ups for surveys like SUCCESS and RMNCH, matching the TOR's need for assessments.
- *Capacity Building:* Facilitated trainings on lactation management, MUAC, and SAM/MAM protocols, fulfilling the TOR's capacity-building requirements.
- *Coordination:* Assisted Chief Nutrition Officer with presentations and coordination with the Country Office, aligning with the TOR's cross-sectoral collaboration.

- *Monitoring & Reporting:* Tracked grant spending, monitored supplies, and provided updates on program progress, supporting the TOR's monitoring role.

Training attended & delivered:

- *Program Development & Management:* Assisted in developing, implementing, and monitoring nutrition programs in Sindh, ensuring alignment with the Country Program.
- *Field Monitoring & HACT:* Conducted field and HACT monitoring to support program management and advocacy.
- *Workshops & Trainings:* Facilitated workshops on Nutrition in Emergencies, SBC kits for partners, and lactation management for healthcare providers.
- *Documentation & Reporting:* Contributed to essential program documents, donor reports, and contingency plans for emergencies.
- *Advocacy Participation:* Participated in high-level meetings on the Global Climate Crisis and Health Workforce to advocate for maternal, newborn, and child health.
- *Collaboration & Capacity Building:* Collaborated with government, UN agencies, CSOs, and stakeholders to ensure program integration and enhance local civil society capacity in nutrition.

INFANT YOUNG CHILD FEEDING COUNSELLOR, PPHI GOVT: DESPENSARY Akro Feb - Mar 2024

- Treated malnourished children and provided dietary counseling for lactating and pregnant women.
- Distributed nutrition supplements and promoted hygiene and healthy lifestyle practices.
- Supported the implementation of nutrition interventions by facilitating training sessions on the Simplified Protocol and Social Behavior Change (SBC).
- Collaborated with school teachers and local stakeholders to ensure the effective rollout of the protocol focused on malnutrition management and Iron-Folic Acid (IFA) follow-ups.
- Contributed to documentation, reporting, and program reviews to assess and improve the delivery of nutrition services in emergency contexts.

NUTRITIONIST, GOVT CIVIL HOSPITAL MEDICAL WARD Dec 2023 - Jan 2024

- *Therapeutic Diet Planning:* Created individualized therapeutic diet plans.
- *Nutritional Support:* Provided tailored nutritional support and supplement recommendations.
- *Evidence-Based Counseling:* Offered research-backed counseling for health improvement.
- *Daily Follow-Up:* Conducted daily follow-ups to monitor client progress.
- *Community Health Promotion:* Implemented preventive care and health education initiatives.
- *Stakeholder Collaboration:* Partnered with stakeholders to tackle malnutrition and health issues.
- *Awareness Campaigns:* Led health awareness campaigns in underserved communities.
- *Field Monitoring:* Assessed program implementation through field visits.
- *Health Strategy Development:* Formulated strategies to enhance health equity and outcomes.

NUTRITION & DIETICIAN CARE SERVICES, Clinic Dr. Saleem Shaikh, Nutritionist Sep 2022 - Oct 2023

- *Nutritionist & Dietitian:* Provided personalized nutritional counseling in a private clinic under a senior consultant.
- *Therapeutic Diet Plans:* Developed individualized therapeutic diet plans to manage malnutrition and weight.
- *Dietary Management:* Managed dietary orders while addressing patient preferences and individual nutrition needs.
- *Condition-Specific Interventions:* Offered tailored dietary interventions for obesity, diabetes, cardiovascular diseases, and PCOS.

- *Health Outcome Improvement:* Focused on enhancing health outcomes through evidence-based nutrition strategies.

NUTRITIONIST, PEDIATRIC WARD CIVIL HOSPITAL

Jun - Aug 2023

- *Child Well-being:* Focused on child well-being through preventive health care and parents counseling.
- *Regular Follow-up:* Conducted regular follow-ups to assess and improve feeding practices for different age groups.
- *Weaning & Immunizations:* Provided guidance on weaning, immunization hygiene, and healthy lifestyle practices, particularly for children with Severe Acute Malnutrition (SAM).
- *Project Management:* Led and managed nutrition-related projects aimed at improving community health and addressing malnutrition.
- *Project Planning & Implementation:* Oversaw project planning, design, and implementation, including therapeutic diet planning for vulnerable populations like children and women.
- *Capacity-Building Training:* Delivered capacity-building training for staff on nutrition interventions and public health initiatives, ensuring compliance with donor requirements and sustainability strategies.

DIETICIAN, CHUGHTAI HOSPITAL FAISALABAD

Nov - Dec 2022

- *Specialization:* Served as a Nutritionist under DDN at a private clinic, specializing in therapeutic diet plans for conditions including cardiovascular diseases, PCOS, fatty liver, diabetes, thyroid disorders, and weight management.
- *Personalized Nutrition Counseling:* Provided personalized nutrition counseling, addressing individual health needs and preferences.
- *Patient Monitoring:* Monitored patient progress to ensure adherence to dietary plans and optimal health outcomes.
- *Tailored Dietary Recommendations:* Developed and tailored dietary recommendations to enhance patient well-being and manage specific health conditions.

2ND INTERNATIONAL NUTRITION CONFERENCE, PNDS

Mar 2022

- *Conference Attendance:* Participated in an international conference addressing the Triple Burden of Malnutrition in Pakistan, focusing on undernutrition, micronutrient deficiencies, and overnutrition.
- *Expert Engagement:* Engaged with nutrition, public health, and policy experts to explore strategies for breaking silos between different forms of malnutrition.
- *Innovative Insights:* Gained insights into innovative approaches for tackling malnutrition across diverse populations.
- *Contribution to Discussions:* Contributed to discussions aimed at improving global and regional nutrition outcomes.

LEADER OF MOCK POLITICAL GAME, SHIRKAT GHAA

Aug – Sep 2022

- *Volunteer Delegate:* Represented a political party in a university mock political game, developing strategies to meet team objectives.
- *Policy Development:* Collaborated with team members to create and refine political strategies and policies.
- *Debate Preparation:* Organized and led team efforts in preparing for debates and decision-making processes.
- *Alliance Building:* Negotiated with other teams to build alliances and resolve conflicts, advancing political goals.

- Public Speaking: Delivered presentations and defended policies in simulated political debates, enhancing communication and leadership skills.

CERTIFICATES/TRAININGS

- Six-Months Diploma on “MS Office”, Hyderabad, by Real Study Institute 2017
- One-Day Training on “Field Monitoring”, Karachi, by UNICEF, 2024
- One-Day Training on “Programme Document Writing”, Karachi, by UNICEF, 2024
- One-Day Training on “Harmonies Cash Transfer”, Karachi, by UNICEF, 2024
- One-Day Training on “Social Behaviour Change”, Islamabad, by UNICEF, 2024
- One-Day Training on “4WS in Emergency”, Karachi, by UNICEF, 2024
- One-Week Training on “Nutrition in Emergency”, Islamabad, by Ministry of National Health Services, 2024
- One-Week Training on “Early childhood Development”, Karachi, by UNICEF, 2024
- One- Day Training on “Protection Against Sexual Abuse”, Islamabad by UNICEF, 2024
- Two-Hours Training on “Advocacy Strategy”, Karachi, by UNICEF, 2024
- One- Day Training on “Adolescent Health & Nutrition Challenges”, Islamabad by UNICEF, 2024
- One- Day Training on “Digital Marketing of Breastmilk Substitutes”, Karachi, by UNICEF, 2024
- Three-Hours Training on “Media & Communication”, Karachi, by UNICEF, 2024
- Three-Hours Training on “Nutrition and Childhood Cancer”, Karachi, by UNICEF, 2024
- One-Day Training on “Documentation, Donor Reporting”, Karachi, by UNICEF, 2024
- Three- Day Training on “Emergency Contingency Plan”, by UNICEF, 2024
- Two-Days Training on “Multi Micronutrient Supplementation”, Karachi, by UNICEF, 2024
- Four-Hours Seminar on Fighting Anemia /Mental Health, Karachi by LUMHS, 2024
- Four-Hours Seminar on Cardiovascular/Digital Health, Karachi, by DOW, 2024
- Two-Hours Workshop on “The Global Climate Crisis is a Child Crisis”, Islamabad BY UNICEF, 2024
- Two-Hours Workshop on “Address The Rising Burden Of Cardiometabolic Disease And Obesity”, Islamabad BY UNICEF, 2024
- One-Week Training on “Leadership Management” by RELO Society of International Education, 2023
- Four-Hours Seminar on “Nutrition and Lifestyle in Maternal Health”, Karachi, by Coursera, 2022
- Two-Months “Volunteer Mock Political Game”, Jamshoro, Shirkat Ghaa, 2022
- Two-Years Diploma on “English Access Micro Scholarship Program”, Hyderabad by US Consulate General Karachi, 2014-16
- One-Month Course on “Psychology”, Hybrid by Edx, 2022
- One-Day Training on Youth Civic Engagement, Jamshoro, by Habib University Foundation, 2017

EDUCATION

- MSc, Food & Nutrition (*Silver Medal*): University of Sindh, Jamshoro, 2023
(*Thesis: Role of Obesity in Diabetes: Navigating Solutions through Lifestyle Adjustment*)
- Bachelor in Science (*Home Economics*): University of Sindh, Jamshoro, 2021
- Award as Nutrition Professional, Hyderabad, by DES, 2023
- 3rd Position in Information Technology, Hyderabad, by Faith College of Information Technology, 2021

SKILLS

- Expertise in public health nutrition initiatives, with a focus on maternal, infant, and young child nutrition (MIYCN).
- Skilled in designing and implementing sustainable nutrition programs and policies.
- Strong capacity-building skills for local communities, health workers, and organizations.
- Proficient in nutrition advocacy, Social Behavior Change (SBC) strategies, and donor reporting.
- Experienced in field monitoring, HACT monitoring, and adhering to UNICEF protocols.
- Capable of developing and executing nutrition action plans with Monitoring & Evaluation (M&E) expertise.
- Effective communicator with strong Cross-Sectoral collaboration and leadership abilities.
- Proficient in program documentation, reporting, and emergency nutrition response.

AFFILIATION

- Pakistan Food & Nutrition Organization *Member since Jul 2024*
- Pakistan Pediatrics Association *Member since Jul 2024*
- Pakistan Nutrition & Dietetic Society *Member since Dec 2023*
- World Alliance for Breastfeeding Action *Member since Jul 2024*
- Health Research Advisory Board Pakistan *Member since Oct 2024*
- Pakistan Alliance for Early Childhood *Member since Oct 2024*

LANGUAGES

- Urdu (*Native*)
- English (*Fluent*)
- Rajsthani (*Excellent*)
- Sindhi (*Fluent*)

REFERENCES

- Dr. Mazhar Iqbal, Nutrition Specialist, UNICEF maiqbal@unicef.org
- Prem Bhadur Chand, Chef Field Office, UNICEF pbchand@unicef.org
- Dr. Saba Shuja, ECD Manager, UNICEF sshuja@unicef.org
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