

# Shahrukh Khan

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## Education

### University of Veterinary and Animal Sciences

Lahore, Pakistan

*M.Phil. Food and Nutrition (3.89/4.00 CGPA)*

January 2020 - September 2022

- Research Fields: Community Nutrition, Public Health, Child Health, Nutritional Interventions.
- Research Project: Impact of UHT standardized milk on growth, physical strength, nutritional deficiencies, and body composition of school-going children in Attock and Sheikhpura.

### Pir Mehr Ali Shah Arid Agriculture University

Rawalpindi, Pakistan

*B.Sc. (Hons) Human Nutrition and Dietetics (3.77/4.00 CGPA)*

September 2015 - July 2019

- Completed final semester house job of three months at Rawalpindi Institute of Cardiology with the final report on Medical Nutrition Therapy of Cardiac Diseases.

## Research Experience

### School Milk Program

Lahore, Pakistan

*Research Coordinator*

December 2021 – December 2022

- Planned and coordinated the initiation of the research study.
- Organized workshop on “Pediatric Nutrition Focused Physical Exam” for capacity building of dietitians for data collection of project.
- Managed a team of dietitians and trained them to use the equipment for data collection.
- Ensured the smooth and efficient day-to-day operation of research and data collection activities.

## Work Experience

### Fitflex Global Inc.

Islamabad, Pakistan

*Nutrition Specialist*

May 2022 – September 2024

- Managed the whole process of development i.e., thought process, content, UI/UX, technical process, and analytics of nutrition module of the app and web as a “Project Manager”.
- Similarly, managed the whole process of development of IVR-Interactive Voice Response for nutritional advisories on mass level which is a revenue-making project, I led as a “Project Manager”.
- Managed single-handedly pitching these projects to **Jazz Pakistan**.

### Murree Brewery Pvt. Ltd.

Rawalpindi, Pakistan

*Quality Control Officer*

March 2021 – April 2022

- Managed production quality control processes by analyzing products in the quality control laboratory.
- Assisted in developing new products by following company R&D protocols.

## Internships

### Rawalpindi Institute of Cardiology

Rawalpindi, Pakistan

*Intern Clinical Nutritionist*

May 2019 – May 2020

- Analyzed patients’ heart-related conditions and provided medical nutrition therapy.
- Planned lifestyle changes of patients after complicated surgeries.
- Counseled patients in OPD after nutritional assessment and provided required medical nutrition therapy.

### Pak Emirates Military Hospital

Rawalpindi, Pakistan

*Trainee Dietitian*

September 2018 – October 2018

- Analyzed patient’s condition and designed therapeutic diet plans according to disease.
- Monitored patients in the critical care unit alongside physicians and nurses to ensure the best healthcare quality.

### Shifa International Hospital

Islamabad, Pakistan

*Intern Nutritionist*

September 2017 – October 2017

- Designed therapeutic diet cards and formulated nasogastric feeds.
- Built meal plans and gave specific recipes and guidelines.

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## Publications

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### Ongoing

- Impact of school milk program on nutritional and body composition of primary school children in Attock and Sheikhpura districts. (The Lancet)

### 1<sup>st</sup> Author

- [Malnutrition and its associated factors among children in Murree, Rawalpindi](#)
- [Gender Difference in Obesity Prevalence Among General Population of Lahore, Pakistan](#)
- [Impact of breastfeeding on the intelligence quotient of the children of Rawalpindi, Pakistan](#)

### Co-Author

- [Hepatoprotective Effects of Betalain Supplementation among Patients with Non-Alcoholic Fatty Liver Disease](#)
- [Impact of Depression on Food Consumption Frequency among Medical Students of Rawalpindi Medical University, Pakistan](#)
- [Evaluation of Impact of Happiness on Academic Performance among Medical Students of Rawalpindi Medical University, Pakistan](#)
- [Association of COVID-19 infection severity with vaccination and diet: a comparative cross-sectional study](#)
- [Association of Acute Otitis Media with Breast Feeding Position Among Infants in a Tertiary Care Hospital of Pakistan](#)
- [Perceived Stress and Food Consumption Frequency among Medical Students of Rawalpindi Medical University, Pakistan](#)
- [Prevalence of Obesity and Impact of Menopause on It among Women of Rural Area of Punjab, Pakistan](#)
- [How Fast Foods Impact Coronary Artery Disease Incidence: A Cross-Sectional Study](#)
- [Association of Foods with Hypertension: A Call for Action](#)
- [A review on nanomaterial applications in wastewater treatment and toxicity to human beings](#)
- [A study on rice and buckwheat based diet and its role in celiac disease: an overview](#)

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## Skills and Languages

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**Software:** Microsoft Office, R + RStudio, SPSS, Adobe Photoshop, and Premiere.

**Languages:** Fluent in English, Native in Urdu.

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## Online Training Courses

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Imperial College London	Introduction to Digital Health
Stanford University	Introduction to Food and Health
LMU-Ludwig Maximilian University of Munich	Nutrition and Lifestyle in Pregnancy
Emory University	Weight Management: Beyond Balancing Calories
Yale University	The Science of Wellbeing
Duke University	Introductory Human Physiology
Vanderbilt University	Data Management for Clinical Research
IBM	What is Data Science?

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## Awards

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- Appreciated on becoming General Secretary of Arid Media Club by Senior Tutor of PMAS Arid Agriculture University Rawalpindi.
- Awarded with VC Talent Scholarship in the 7<sup>th</sup> Semester of B.Sc. (Hons) for scoring the highest GPA in the batch.
- Achieved a Laptop through the Prime Minister's Laptop Scheme.
- Appreciated by several societies, clubs, and non-profit organizations for managing National and International conferences, workshops, seminars, etc.

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## Certifications

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Certified Sports Nutritionist

International Fitness Association (USA) & Health and Nutrition Lounge