

Tahreem Majeed Dar

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Nationality: Pakistani



Career Objective

profile

- To work in an organization as an integral part of it and accomplish the job assigned in a better way. I'm looking for a highly challenging and dynamic work environment in which I will be able to enhance my professional skills and would be able to get valuable work experience.
- To seek a career in a progressive environment that can improve my technical, creative and managerial skills.
- Quick learner who can rapidly master all aspects of job with limited training.
- Dedicated, self-motivated achiever who is committed to success and adept at juggling multiple tasks in a high-pressured environment.
- Decision Making: Making judgments after analysis of available information and responding with a timely decision.
- Solid communicator with good team-building skills.
- Enthusiastic, knowledge-hungry, eager to meet challenges and quickly assimilate newest and latest technologies, skills, concepts, and ideas.
- Can work independently and handle multiple priorities and deadlines.
- Ability to handle multiple priorities all while abiding a strong teamwork mentality.
- Ability to study, analyze, system performance for more reliability.
- Ability to plan work and sequence priorities.

Qualifications

Graduation

M.Sc. Food & Nutrition (Gold Medalist)

Mirpur University of Science & Technology Pakistan Azad Kashmir
1st Division CGPA: 4.0/4.0
2012 – 2014

Higher Secondary Certification

B.Sc. Home Economics

Mirpur University of Science & Technology Pakistan Azad Kashmir
1st Division CGPA: 3.79/4.0
2007-2011

Secondary Certification

SSC

Govt. Girls College Kahutta A.K
A Grade/ 1st Division
2006-2007

Professional Experience and Internships

1-MCH Center DHQ FWD Kahutta (July 2013 to July 2015)

Worked as an interne in MCH center DHQ hospital and during my stay my job responsibilities were as follows.

- Producing clear and concise plans for patients based on their dietary requirements
- Producing comprehensive plans for managing chronic disease
- Producing dietary plans for pregnant women
- Food safety measurements

2-Sadiq Memorial Hospital (March 2016 to September 2019)

Worked as a Nutritionist in Sadiq memorial hospital and during my stay my job responsibilities were as follows.

- To build technical capacities for contextualizing nutrition specific advocacy and awareness by collecting and analyze data from different health centers.
- Ensuring effective quality assurance of food safety measurements.
- PCO's patient's dietary plans especially for severely acute malnourished children.
- Advocacy and campaign specialist to proliferate and sensitize different sectors with nutrition lens
- Data management, Team management & report writing specialist.
- Graphic designing
- EHS Training(04 days)
- Community Nutrition
- Planning & Management

Certifications

Key Skills

Personal Information

Name: Tahreem Majeed Dar
Father's Name: Khawaja Majeed Amjad Dar
DOB: 24th June 1989
Marital Status: Married

Computer Skills

- Sketch up
- MS Office, Adobe

References

- **Dr. Majeed Amjad**, Rd., DHO, Health department, Azad Kashmir.
 - Mob: 92-3556134348