

Taiyba Sultana

Registered Dietitian | Public Health Advocate | Health Training Coordinator

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📍 Kotli, AJK



PROFESSIONAL SUMMARY

Dedicated and accomplished Registered Dietitian with extensive expertise in public health advocacy, **women's empowerment**, and community nutrition. Proven track record in improving nutrition outcomes for diverse populations, especially **women and children**, through public health initiatives, training healthcare professionals, and enhancing patient adherence via evidence-based nutrition interventions. Committed to advancing public health through innovative strategies and contributing to the empowerment of women through **community-based health programs**.

EXPERIENCE

Nov 2023 – Present **BNP, Benazir Nashonuma Program, UNICEF** **Kotli, AJK**
IYCF Counsellor

- Organized and conducted training sessions for Lady Health Workers (LHWs) and community members, boosting **women's participation** by 40%.
- Spearheaded community mobilization, reaching **thousands of women** through Infant and Young Child Feeding (IYCF) awareness sessions.

June 2022 – Dec 2023 **Medicia, National University Health System (NUHS)**
Remote Oncology Dietitian
Singapore

- I spearheaded the creation of impactful and evidence-based nutrition content, yielding a remarkable 30% increase in online engagement within the first quarter.
- I optimized content for greater visibility by implementing advanced SEO strategies, resulting in a notable 25% expansion of audience reach.
- Developed **women-centered oncology nutrition plans**, addressing the specific nutritional needs of female cancer patients in collaboration with healthcare teams.

June 2021 – Dec 2022 **R3 Stem Cell International** **Islamabad, Pakistan**
Consultant Nutritionist

- As a Consultant Nutritionist, I achieved a notable 20% enhancement in nutritional outcomes for over 200 children with developmental disabilities through innovative tailoring of dietary plans.
- Additionally, I spearheaded a groundbreaking initiative, creating specialized diet plans for 150 stem cell patients, resulting in a remarkable 25% increase in overall patient satisfaction and adherence to dietary recommendations.
- My strategic interventions not only addressed complex medical needs but significantly contributed to the improved quality of life for the individuals under my care.

Sep 2020 – May 2021 **Ginnastic Diabetes Centre** **Bahria Town Rawalpindi, Pakistan**
Clinical Nutritionist

- Spearheaded lifestyle modifications, including diet and exercise, successfully reversing chronic diseases and metabolic syndrome, with a 25% improvement in overall patient health indicators.

- As a nutrition content writer, drove impactful content creation, contributing to a 50% increase in engagement and knowledge retention among readers.

EDUCATION

2021 – 2023 National University of Medical Sciences, Pakistan Master of Science in Public Health

2015 – 2020 The University of Lahore, Pakistan Doctor of Dietetics & Nutritional Sciences

SKILLS

Technical Skills

- SPSS, Microsoft Word, PowerPoint, Excel, Canva, Capcut, InShot
- Content Management Systems, EMR, Telehealth
- Slack, ClickUp

Nutrition-Specific Skills

- Nutrition Counseling, Report Writing
- Public Health Program Development
- Evidence-Based Diet Planning
- Community Nutrition Initiatives

Soft Skills

- Leadership & Team Management
- Gender-Sensitive Health Advocacy
- Community Engagement & Mobilization
- Policy Advocacy **Language:**
- English
- Urdu
- Punjabi

CERTIFICATIONS

- Training of Nutrition Counsellor on IYCF & SBC
- Training on inpatient management of severe acute malnutrition (SAM) for children under 5 year
- Speaker & Presenter at 1st Pakistan Food-Nutrition International Summit

Notable Projects:

- Led nutrition advocacy programs focusing on **maternal and child health**, reaching over 1,000 women in remote communities.
- Developed tailored **women-centered nutrition plans** as part of community health initiatives aimed at improving **women's health outcomes**.

Professional License •

Licensing Body: Council of Allied Health Sciences Pakistan

- Professional Status: Registered Dietician and Nutritionist
- License Validity: December 22, 2025