

TANZA RASHEED

CONTACT

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PERSONAL DETAILS

Place : Karachi

SKILLS

Strong management skills
Have command on basics of research and surveying
Excellent communication/Interpersonal skills
Good in team building
Can do leadership and best possible way
Strong decision making
Problem solving
Sound knowledge of MS-word, Excel and PowerPoint
SPSS
Strong Analytical and planning skills
Community Organization
Strong report writing skills

INTERESTS

Participating in social activities
Reading
Writing
Traveling

LANGUAGES

OBJECTIVE

A committed and skilled Public Health professional with a proven track record in Planning, implementing, and evaluating health programs. Has a solid background in Research methods, Community nutrition, Policy analysis, Program administration, and Epidemiology. I'm eager to put my abilities to use in promoting resilient, healthier communities and leading effective health programs.

EXPERIENCE

- **Female incharge (Nawabshah sector)**
Hands for help (NGO)
Worked as a management lead in HFH (NGO).
Worked in different areas/communities of Sindh, Organised health camps and managed institutional and clinical compaigns.
- **Intern**
GIMS civil hospital khairpur mirs
- **Intern**
District health office Hyderabad
Worked in TB control program, Malaria control program, EPI center, Monitoring and Evaluation cell, MNCH program, LHW program, Nutritional program, CDCs program.

EDUCATION

Graduate **Bachelors of science in public health**
Peoples university of medical and health sciences Nawabshah

PROJECTS

Thesis Research project on prevelance of self medication practices and its associated factors among the students of PUMHSW Nawabshah (Sindh)
Conducted a Quantitative study at PUMHSW Nawabshah
Disaster management model on Flooding in rural areas
Made a Disaster Management Project at Institute of Public health PUMHSW

English with full professional proficiency

Urdu with full professional proficiency

Sindhi with full professional proficiency

Punjabi with full professional proficiency

ACHIEVEMENTS & AWARDS

Academic excellence award -Annual Distinction holder in BS-public health

Lead Management - Organized Health camp as a lead management in Hands for help (NGO)

Chief Organizer - Chief Organizer of Annual events at institute of public health PUMHSW