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| **UMMARA IRFAN**PROFILE:Dynamic and passionate Public Health professional with a strong foundation in Food and Nutrition. Possessing excellent communication and interpersonal skills, I am adept at fostering collaborative relationships and engaging diverse communities. Passionate about promoting health and well-being, I am committed to innovative solutions and evidence-based practices that enhance nutritional outcomes. Eager to contribute to impactful programs that empower individuals and families through education and support.Phone no:0318-5144172 **Address**:Rawalpindi 🇵🇰 **EMAIL:** Ummarairfan786@gmail.com**HOBBIES**Book ReadingGardeningField ExplorationCooking and NutritionWellness Activities**ACHIEVEMENTS AND POSITIONS** **2019** 2nd prize, Innovative Recipe for Diabetics.**2018** President of HDFS society.**2017-2020** Executive member of Food and Nutrition society.**2023** Dean Honor’s Award for academic Excellence  |  | Lecturer human nutrition and Dietetics Hamza APSACS Rwp2014 - 2015SSC (Science) Grade A1Hamza APSACS Rwp2016 - 2017HSSC (Pre Medical) Grade A**F.G College of Home Economics and Management Sciences Affiliated with Quaid Azam University**BS (Hons) Food and Nutrition CGPA 3.8/4**National University of Medical Sciences (AFPGMI)** MS Public Health  **Ongoing** Askaria Public School System 2016–2017National Institute of Health (Research Scientist)September 2020–November 2020**F.G College of Home Economics and Management Sciences (Lecturer)**November 2021- March 2022**Subject: Food and Nutrition****Shifa Foundation Ellahi Clinic (Intern)**February 2022**Roots Garden High school and college (Lecturer)**December 2021- 2024**Subject: Home Economics** (Food and Nutrition)**Medic Pro International Academy** Currently working SKILLS:Certifications**PRIZE** * Prize in Clothing and Consumer Education
* Prize in Introduction to Home Economics
* Prize in Speech Competition
* Prize in Innovative Recipe for Diabetes
* Prize on Outstanding Result of HSSC

**WORKSHOPS*** Royal Icing Workshop
* First aid training workshop
* Calligraphy workshop
* Fashion designing, photography and screen printing
* Qualitative Research methods of in-depth Interview
* Eternal and Parenteral Nutrition (2 days workshop)
* Nutrition during infancy and Childhood

**COURSES** * Nutrition Management in diabetes (2 credit hour Course)
* How to reduce Cancer Risk (2 Days)
* Understanding and Managing Female Health Issues (4 Days)
* Nutrition and Dietary Supplements webinar
* Becoming an expert educator in the Healthcare Professions ( 4 weeks)
* Completion of course in Microsoft Office.

**INTERNSHIPS*** Nutrition Internship Program (Waris Shah Health Care)
* National Institute of Health (Food Division)

**CONFERENCES** * International Conference on Positive psychology; developing a flourishing community (Nov 2017)

**TRAINING SESSIONS:*** Dietetics practice, counselling, Physical Activity and Rehabilitation (March 2022)

**RESEARCH:*** Challenges posed by Diabetes Mellitus Type ll

 Patients in Selected Area of Islamabad.* Comparative analysis of solid solubles and acidity in fresh apple juice and commercially available brands of apple juice.

**INTERVENTION PROGRAM PROPOSALS:*** "Embrace with Care: Promoting Kangaroo Mother Care (KMC) for Preterm and Low Birth Weight Infants"
* "AMR Shield: An Integrated Approach to Safeguarding Pakistan’s Health and Future"

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