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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](mailto:Ummarairfan786@gmail.com)  **HOBBIES**  Book Reading  Gardening  Field Exploration  Cooking and Nutrition  Wellness 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 DieteticsHamza APSACS Rwp 2014 - 2015  SSC (Science) Grade A1 Hamza APSACS Rwp 2016 - 2017  HSSC (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 2016–2017 National 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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