



# Waqar Younus

**Date of birth:** 01/06/1997 | **Nationality:** Pakistani | **Phone number:**

(+92) 3155819882 (Mobile) | **Phone number:** (+92) 3555024374 (Home) | **Email address:**

[waqaryounus1729@gmail.com](mailto:waqaryounus1729@gmail.com) | **LinkedIn:**

<https://www.linkedin.com/in/waqar-younus-8209161b8/> |

**Address:** Chatteri Muhallah, Puniyal Road Amphry, Tehsil and District Gilgit., Waqar House Near Abrar Masjid New Nagral, Tehsil & District Gilgit., 15100, Gilgit, Pakistan (Home)

## ABOUT ME

Driven by a desire to contribute to the advancement of knowledge in Human Nutrition and Public Health, I am now seeking to pursue a PhD. With a focus on exploring novel avenues within the field, my goal is to delve into research topics that have the potential to address pressing issues in nutrition, health, and food sustainability. I am eager to collaborate with esteemed researchers and experts in the field, leveraging my academic background and enthusiasm for scientific inquiry to make meaningful contributions to the body of knowledge in nutrition and food sciences.

## EDUCATION AND TRAINING

01/05/2020 – 31/12/2022 Gilgit, Pakistan

**MPHIL FOOD SCIENCE AND TECHNOLOGY** Karakoram International University, Gilgit

**Website** [www.kiu.edu.pk](http://www.kiu.edu.pk)

03/03/2016 – 21/01/2020 Gilgit, Pakistan

**BS HUMAN NUTRITION AND DIETETICS** Karakoram International University, Gilgit

**Website** [www.kiu.edu.pk](http://www.kiu.edu.pk)

10/02/2013 – 20/11/2015 Gilgit, Pakistan

**INTERMEDIATE** FBISE, Public Schools and Colleges Jutial, Gilgit.

10/01/2011 – 31/12/2012 Gilgit, Pakistan

**SECONDARY** FBISE, Public Schools and Colleges Jutial, Gilgit

## WORK EXPERIENCE

01/03/2024 – CURRENT Gilgit, Pakistan

**NUTRITION INFORMATION SYSTEM (NIS) ASSISTANT** WORLD FOOD PROGRAM (WFP), PAKISTAN

01/06/2022 – 30/09/2023 Karakoram International University, Gilgit, Pakistan

**RESEARCH ASSOCIATE** NATIONAL INSTITUTE OF HEALTH (NIH) HRI, PAKISTAN FUNDED PROJECT KIU, GILGIT.

- Project Titled “Health risk assessment of potentially toxic metals concentration from various sources of Gilgit Baltistan”.
- Food, Water and Soil Samples Collection from all District of Gilgit Baltistan.
- Data Entry Management.
- Food, Water and Soil Processing and Preparation.
- Samples Digestion for Atomic Absorption Spectrophotometry.
- Carcinogenic Heavy Metals Determination.
- Data Analysis through Statistical Tools.
- Reporting Writing.
- Collaboration and Communication with Healthcare Departments.

- Project Titled “Micronutrients Status of Local foods and development of formula for Anemic People”.
- Field Surveys in Districts of Gilgit Baltistan.
- Data Collection.
- Data Entry Management.
- Food Samples Processing.
- Food Samples Digestion for Atomic Absorption Spectrophotometry.
- Micronutrients Determination.
- Data Analysis.
- Development of Formula for Anemic People from Common Foods of GB.
- Documentation and Reporting Writing.

01/01/2019 – 01/09/2020 Gilgit

**FACILITATOR, MASTER TRAINER AND ORGANIZER** VOLUNTEER IN NUTRITION CELL, DEPARTMENT OF HEALTH GILGIT BALTISTAN.

---

- Community Mobilization.
- Facilitator in various Stunting and Wasting reduction interventions.
- Organized trainings related to Infant and young Child Feedings and Importance of Iodize salt.
- Provided Nutrition Awareness and Education to Vulnerable Segments of Population.

23/08/2019 – 04/10/2019 Gilgit, Pakistan

**FIELD DATA COLLECTION OFFICER** GILGIT DEVELOPMENT AUTHORITY (GDA)

---

- Conduct the land use and transportation surveys in Gilgit City.
- Data Collection Using Special Application Tool in Devices.

## ● **ADDITIONAL QUALIFICATIONS / EXPERTISE**

---

01/09/2020 – 31/03/2021

**Food Technology (Food Processing & Preservation)**

---

Certification course organized by NAVTTC under Prime Minister’s Hunarmand Pakistan Program in Institute of Professional Development KIU, Gilgit.

07/03/2022 – 09/12/2022

**Water Quality Testing Technician**

---

Provisional Certificate Diploma organized by NAVTTC under Prime Minister Development Program in PCRWR Gilgit.

02/11/2022 – 02/12/2022

**Intern in Food Technology Center (FTC)**

---

Internship in Food Technology Center (FTC), Pakistan Council of Scientific & Industrial Research (PCSIR) Peshawar, KPK.

## ● **PUBLICATIONS**

---

2024

**[Anemia Prevalence in GB A Cross-sectional assessment of anemia among different age groups and associated risk factors in Gilgit-Baltistan](#)**

---

Younus, W., Ali, S., Abbas, G., Hussain, A., & Ali, S. (2024). Anemia Prevalence in GB

2024

**[Hygienic production practices and microbial evaluation of cow milk quality in District Gilgit.](#)**

---

Roomi, I., Hussain, A., Khalil, S., Laqdoom, S., Younus, W., & Abbas, G. (2024).

2023

**[Plant diseases and pests, growing threats to food security of Gilgit-Baltistan, Pakistan.](#)**

---

Abbas, A., Mubeen, M., Younus, W., Shakeel, Q., Iftikhar, Y., Bashir, S., ... & Hussain, A. (2023).

## ● HONORS / AWARDS

---

### Food Safety and Nutrition International Expo 2022

---

- Attended Food Safety and Nutrition International Expo 2022 in PCSIR KPK, Pakistan.

### HEC Intervarsity Games

---

- Intervarsity Games (Cricket and Basketball) organized by HEC Pakistan in Islamabad, Represented Karakoram International University, Gilgit as Captain (2016-2021).

### Kamyab Jawan Sports Drive 2021

---

- Participated in Kamyab Jawan Sports drive 2021 as Athlete (Discus throw and Shot put).

### Certificate of Merit

---

- Got Certificate of Merit as Sportsman of the Year 2020 at Karakoram International University, Gilgit.

### Pakistan Sports Board Interprovincial U-17 Boys

---

- Represented Gilgit Baltistan as Athlete in Interprovincial U-17 Boys Badminton Championship 2014 held in Peshawar, KPK.

## ● WORKSHOPS / SEMINARS

---

### Clinical Dietitians/Nutritionists Training Program

---

- Clinical Dietitians/Nutritionists training program (2024) organized by Pak Korea Nutrition Center (PKNC), Karakoram International University Gilgit Baltistan.

### Importance of Salt Iodization & Iodine Deficiency Disorders, Importance of mother Milk for baby

---

- Importance of Salt Iodization & Iodine Deficiency Disorders, Importance of mother Milk for baby (2019) organized a Seminar with collaboration of Nutrition Cell & Health Department G.B at KIU, Gilgit.

### Biosafety and Biosecurity

---

- Biosafety and Biosecurity one day hands on training workshop at Agriculture Complex Gilgit (2017).

### First Aid Training Course

---

- First Aid Training Course organized by Pakistan Red Crescent (2011).

## ● DIGITAL SKILLS

---

Microsoft Powerpoint | Microsoft Office | Microsoft Word | SPSS | Statistix | Data Collection tools | Data Analysis Tools | Windows Installation

## ● LANGUAGE SKILLS

---

Mother tongue(s): **SHINA, BRUSHASHKI, URDU**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	C2	C1	C1	C1	C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

## ● RECOMMENDATIONS

---

Dr. Sartaj Ali Associate Professor

---

Dr. Sartaj Ali (Associate Professor and Chairperson), Department of Agriculture and Food Technology Karakoram International University. He was the Principal Investigator in the Higher Education Commission Pakistan Project and also my supervisor in undergraduate as well as postgraduate studies.

**Email** [sartaj@kiu.edu.pk](mailto:sartaj@kiu.edu.pk) | **Phone** (+92) 3169235103

**Dr. Azhar Hussain** Assistant Professor

---

Dr. Azhar Hussain (Assistant Professor), Department of Agriculture and Food Technology Karakoram International University, Gilgit. He was the Co-Principal Investigator in the Higher Education Commission Pakistan Project and also my Co-supervisor in undergraduate as well as postgraduate studies.

**Email** [azhar.hussain@kiu.edu.pk](mailto:azhar.hussain@kiu.edu.pk) | **Phone** (+92) 3449877440