

FATIMA IFTIKHAR

OBJECTIVE A dedicated and experienced educationist seeking a position to leverage the passion for fostering learning environments, facilitating student research, growth and contributing to academic excellence.

SKILLS & ABILITIES

TECHNICAL SKILLS

SPSS

MS Office

Photoshop

Illustrator

Corel Draw

Meta Suite

SOFT SKILLS

Self-Reliant

Consistent

Cooperative

Leadership

Problem Negotiation

Adaptability

EDUCATION

UNIVERSITY OF AGRICULTURE | FAISALABAD | MASTERS IN HUMAN NUTRITION AND DIETETICS

2 years M.Phil. Program, Major: Clinical and Therapeutic Nutrition. (2019)

COLLEGE OF HOME ECONOMICS | LAHORE | BS (HONS) FOOD AND NUTRITION

4 years Bachelors Program, Major: Home Economics Food and Nutrition (2017)

EXPERIENCE

LECTURER | UNIVERSITY OF SOUTH ASIA | CANTT CAMPUS LAHORE

March 2021 to present

I am currently serving as a Nutrition Lecturer within the Faculty of Allied Health Sciences at the University of South Asia. In this capacity, my responsibilities include active collaboration with the department in the development of comprehensive lesson plans and the delivery of lectures. I am entrusted with the task of crafting assignments, quizzes, exam papers, and course outlines, while also overseeing internal assessments for students enrolled in the Bachelor of Nutrition and Dietetics program.

Additionally, I assume the role of supervising three research groups each semester, consisting of final semester students. This involves providing guidance and support as they undertake their research projects.

SPORTS NUTRITIONIST | SPORTS ONE INTERNATIONAL | DHA LAHORE

August 2019 to June 2020

In my capacity, I undertook a dual role involving sales and client assessment, specializing in the formulation of personalized, meticulously-calculated dietary plans. I provided expert guidance on supplement selection and dietary substitutions tailored to the unique physiological requirements of clients at the DHA branch

NUTRITIONIST | DOT H FITNESS | DHA LAHORE

February 2018 to August 2019

Functioning as a Nutrition and Diet Specialist, my role extended to on-site client assessment and the provision of personalized calorie-counted diet plans and supplements to the clients.

INTERNSHIPS

DIGITAL MEDIA MARKETING INTERN | DIGICON VALLEY | LAHORE

November 2020 to January 2021

During my internship tenure, I served in the Marketing Department, assuming the role of managing social media pages for Digicon Valley and two additional clients. My responsibilities encompassed comprehensive training in diverse marketing facets, including Facebook/Instagram Advertising, Email Advertising, Affiliate Marketing, and Content Creation.

QUALITY CONTROL INTERN | WAHEED BROTHERS PVT LTD | GULBERG LAHORE

September 2020 to November 2020

During my internship at Ziafat restaurant under Waheed Brothers Pakistan Pvt Ltd, I assumed the role of a Quality Control Officer in the Food and Beverage Department. My responsibilities spanned across various areas, including the store, bakery, and kitchens, where I actively engaged in overseeing the quality of stored and prepared goods

CLINICAL TRAINEE | NOOR INTERNATIONAL UNIVERSITY | MODEL TOWN LAHORE

January 2020 to November 2020

I participated as an intern in the six-month training program focused on clinical and community nutrition. Owing to the COVID-19 lockdown, the training was temporarily halted and subsequently resumed in September 2020

CLINICAL NUTRITIONIST | MARHAM | ONLINE CLINIC LAHORE

2017 to 2018

In my role as a Clinical Nutritionist at Marham, I was actively involved in providing personalized nutrition services through their online platform. This included tailoring diet plans and delivering nutrition counseling to clients within a virtual environment.

MARKETING INTERN | LAHORE SCHOOL OF PUBLIC HEALTH | LMDC LAHORE

August 2016 to September 2016

During my two-month Marketing and Research Internship at the Lahore School of Public Health within LMDC Lahore, I actively engaged in content writing, academic writing and the coordination of activities related to the launch of their Master's program.

MANAGEMENT INTERN | SHEIKH ZAID POST GRADUATE MEDICAL INSTITUTE | LAHORE

15th July, 2016 to 14th August, 2016

Engaged in a one-month internship as an observer, focusing on the field of Quality Control in the hospital kitchen and Institutional Management.

DIETITIAN | FATIMA MEMORIAL SYSTEM | SHADMAN LAHORE

29th June, 2015 to 31st July, 2015

Embarked on a one-month summer internship within the Department of Nutritional Science, assuming the role of a clinical dietitian at Fatima Memorial System in Shadman, Lahore.

RESEARCH

Dietary Assessment of Female Gout Patients

Socio-Economic Factors Affecting Breast Feeding in Pakistan

Consumption of Carbonated Beverage among University Students

Determining the Ash and Protein content of Basmati, Sella and Kainat Rice

Therapeutic Potential of Bottle Gourd extract against Diabetes Mellitus and Hyperlipidemia

ACHIEVEMENTS

- Achieved the Highest Attendance in College, demonstrating consistent dedication.
- Participated in the Faculty Teachers Training Workshop, acquiring valuable skills for effective contribution to the educational environment.
- Featured as a Speaker at the National Nutritionist Meet 2018, showcasing articulate communication in a professional setting.
- Awarded a Laptop by the Government of Punjab, highlighting exceptional contributions and achievements.
- Actively participated in Punjab Nutrition & Breastfeeding Week, contributing to community health awareness and support.
- Featured as a Speaker at the International Symposium on Health and Nutrition, sharing expertise on a global platform.
- Engaged as a Participant in Career Counselling for Better Future & Development, contributing to personal and professional growth.
- Successfully completed the Community Mobilization Camp in the Nur Student Leadership Program, demonstrating a commitment to leadership and community service.
- Presented as a Speaker at the International Food Processing and Entrepreneurship Conference, contributing to the discourse on global food processing and entrepreneurial initiatives

LEADERSHIP

- Recommended by the Inter Services Selection Board (ISSB) for Pakistan Navy
- Served as the Patron of the Health Science Society at the University of South Asia
- Invited as a Guest Speaker at Beaconhouse Defense Campus for faculty
- Delivered a lecture to athletes in Army Sports at GHQ Rawalpindi
- Held the position of Science President in Student Council during university era
- Actively participated as a Member in the School of Nutrition (SON), Nutrition and Dietetics Society (NDS-UVAS), and the Nur Student Leadership Program

REFERENCES

Will be furnished on demand.