

DUR E NAJAF IJAZ (Nutritionist)

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OBJECTIVE

A proactive individual with a logical approach to challenges, I perform effectively even with a highly pressurized working environment. I work with my heart and soul or do not work at all. My job is my passion.

EDUCATION

Postgraduate Certification (PGC)

CERTIFICATION in Food Science and Nutrition
Kinnaird College for women University, Lahore

2015-2019: Bachelor of Science (Hons.) Human Nutrition & Dietetics

CGPA: 3.51/4.00
PMAS-Arid Agriculture University Rawalpindi, Pakistan.

2013-2015: FSc Pre-medical

B.I.S.E SAHIWAL
PGC Group of colleges

2013-2015: Matriculation

B.I.S.E SAHIWAL
The Educators school

◆ PROFESSIONAL EXPERIENCE

❖ **Dietitian practitioner**

Period: (2017)

Position Held: Dietitian /Nutritionist

Place: Nutrition department of Maroof International Hospital, Islamabad

Activities Performed:

- Creating a clinical nutrition treatment plan for a patient
- Researching the effects of nutrition on health and fitness
- Learn to make diet plan for different diseases
- Weight gain and weight loss
- Foods precautions
- File reading
- Consulting

❖ **Practitioner Nutritionist**

Period: (2018)

Position Held: CLINICAL DIETITIAN

Place: Nutrition department of PNS Hafeez-Naval complex Hospital, Islamabad

Activities Performed:

- Creating a clinical nutrition treatment plan for a patient
- Researching the effects of nutrition on health and fitness
- Learn to make diet plan for different diseases
- Weight gain and weight loss
- Foods precautions
- MNTs for diseases
- Wards rotation
- How to control weight gain
- CVA, CKD and CVD management
- Supplements *

❖ **Practitioner Nutritionist**

Period: (2019)

Position Held: Clinical Nutritionist

Place: IMC NESCOM hospital Islamabad

Activities Performed:

- Nutritional counseling and advice to patient
- Counsel patients on nutrition issues and healthy eating habits
- Develop meal and nutrition plans, taking both clients' preferences and budgets into account
- Use of Balanced Diet
- Use of Food Exchange List

- Diabetic diet management
- Gynae and pediatrics wards
- Projects and assignments related to health and nutritional disorders

❖ **Practitioner Nutritionist**

Period: (2020)

Position Held: Practitioner Clinical Nutritionist

Place: Services Hospital Lahore

Activities Performed: General Consultation for Diseases

❖ **Working as Online Consultant Dietitian**

Place: MARHAM.Pk

Place: @wellness_hub (online insta)

❖ **Worked as Consultant Nutritionist & Dietitian**

Place: In Sync physio and women fitness studio, Faisal town Lahore

❖ **Worked as Clinical Dietitian & Nutritionist**

Place: Anjum poly clinic and Diagnostic center
E1 wapda town Lahore

Skills

- Excellent communication skills
- Team Leader
- Self Motivated
- Dedication
- Best interpersonal Skills
- Consultation skills

Academic Projects

- Diet plans
- Medical Nutrition Therapies
- Diabetes & Nutrition
- Emergency in nutrition
- Food counselling for diseases
- Heart & Nutrition
- Basic fitness and health
- Sports Nutrition
- Athletics Diet
- Food and Supplements

- Weight loss and Weight Gain
- Weight management
- Paeds nutrition
- Gynae nutrition
- Nutritional metabolism
- Dietetics 1 & 2
- Infant and young child feeding
- Food safety and quality management
- Balanced diet
- Medical Nutrition Therapy

Certificates

- Certificate of participation in Adam and Eve Nutrifit Clinic's dietetics program
- Participation in ABBOT campaign about health and nutrition at Maroof
- Participate in Broucher making for different diseases
- Certificate of participation in Young Nutritionists Club program held at maroof international hospital
- Certificate of participation in Food Product Exhibition held at Arid Agriculture University rawalpindi
- Certificate of participation in a seminar of Pakistan Nutrition and Dietetic Society related to Cancer Diet awareness at Shifa international hospital, Islamabad
- Participation in nutrition awareness camp as a consultant Dietitian held at Naulakha Prebeterian church Lahore, by PUNJAB FOOD AUTHORITY
- Worked as clinical nutritionist in nutrition camp at PUNJAB POLICE LINES lahore, by PUNJAB FOOD AUTHORITY
- Certificate of PGC in Food Science & Nutrition from kinnaird college for women university lahore

LANGUAGE SKILLS

English, Urdu (Speak, Read, Write)

1. English proficiency certificate: PMAS-Arid Agriculture University, Rawalpindi