

# Dur-e-Nayab

**BS Human Nutrition & Dietetics Student | NUST School of Health Sciences | CGPA 3.70/4.00**

Clinical Nutrition | Public Health Nutrition | Food Science | Food Safety | Wellness Education | Research

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## PROFESSIONAL PROFILE

Motivated BS Human Nutrition and Dietetics student at NUST School of Health Sciences with a strong academic foundation in nutrition, dietetics, clinical nutrition, public health nutrition, food science, food safety, nutritional assessment, functional foods, nutraceuticals and research. Practical exposure includes hospital nutrition, food safety regulation, food industry visits, nutrition awareness activities and a youth-led rooftop gardening initiative. Interested in using evidence-based nutrition knowledge to support consumer health, food quality, community well-being and sustainable food systems.

Current Status	Academic Standing	Research Focus	Open To
BS-HND Student	CGPA 3.70/4.00	Iron Deficiency Anemia	Learning, Collaborations & Opportunities

## PROFESSIONAL FOCUS

- To grow as a nutrition, food science and public health professional by connecting research, food quality, product development, food safety, consumer health and community education.
- To contribute to awareness-based nutrition education, evidence-based learning, food systems improvement and supervised clinical/public health learning opportunities.

## EDUCATION

**Bachelor of Science in Human Nutrition and Dietetics (BS-HND)** | *NUST School of Health Sciences, National University of Sciences and Technology*

- Completed coursework up to Semester 5; CGPA: 3.70/4.00.
- Elective studied: Nutrition in Emergencies.

## RELEVANT ACADEMIC COURSEWORK

Human Nutrition	Macronutrients & Micronutrients	Public Health Nutrition
Life-Cycle Nutrition	Nutritional Immunology	Nutritional Assessment
Clinical Nutrition Foundations	Food Analysis	Sensory Evaluation
Functional Foods	Nutraceuticals	Food Microbiology
Biochemistry & Physiology	Pharmacology	Biostatistics
Nutrition in Emergencies	Nutrition Through Social Protection	Community Engagement

## RESEARCH & PRACTICAL EXPOSURE

**Research Paper in Progress: Iron Deficiency Anemia** | *Nutrition / Public Health Research*

- Exploring the nutritional, physiological and public health impact of iron deficiency anemia, especially among girls and women.
- Interested in dietary causes, prevention strategies, diet-based improvement of iron status and patient/community nutrition education.

**Intern: Khyber Pakhtunkhwa Food Safety and Halal Food Authority** | *Current*

- Learning about food safety, halal compliance, hygiene standards, inspection systems, consumer protection, food regulation and public health governance.

**Intern: Maroof Hospital** | *Clinical Nutrition Exposure*

- Connected nutrition knowledge with patient care, dietary needs, health outcomes and preventive care in a hospital learning environment.

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General Website CV | Nutrition, Food Science, Public Health & Research

## CORE SKILLS

### Nutrition, Clinical & Public Health

- Human nutrition and dietetics foundation
- Clinical nutrition fundamentals
- Nutritional assessment concepts
- Public health nutrition awareness
- Nutrition education and awareness
- Micronutrient deficiency awareness

### Food Science, Research & Communication

- Food systems thinking
- Food safety and halal compliance
- Food science and sensory evaluation basics
- Functional foods and nutraceuticals
- Scientific reading and academic writing foundation
- Presentation, declamation and public speaking

## PROJECTS, COMPETITIONS & FOOD SYSTEMS INITIATIVES

### Nourish Natural - Rooftop Gardening and Nutrition Startup | *Student Co-developer*

- Co-developed a rooftop gardening and nutrition-focused startup promoting fresh vegetable access, household-level food security and sustainable urban living.
- Secured 2nd position at NUST and was selected for Venture Spark in Multan, a national-level entrepreneurship platform.
- Developed a practical model and seed kit; interacted with startups, mentors and investors; helped convert the idea into mini rooftop/home gardens in Islamabad.

### Student Competitions & Awareness Activities

- Participant in Venture Spark Startup Competition, Multan, presenting a health and sustainability-focused startup idea.
- Active participation in NutriNova Student Startup Challenge 2025 through social-media reels for nutrition awareness and public engagement.
- Participated in Nutrition Month Celebrations 2025 - Stall Competition and Poster Competition: Nutrition Beyond the Table.

## FOOD INDUSTRY & PRODUCTION EXPOSURE

- Academic visits to Dawn Bread, KIMS Biscuits, Crumble Cookies and Cheezious.
- Observed production, processing, packaging, hygiene practices, quality control, kitchen operations and consumer-focused food preparation.
- Connected classroom learning in food analysis, sensory evaluation, food science and public health with real food production systems.

## CERTIFICATIONS & TRAINING

NUST Research Mentorship Program (Health Sciences), 2025	Nutritional Dermatology Certified Internship/Training	Nutrition Knowledge Assessment - UniAthena/CIQ, 2026
Nutrition: An Introduction - Global Health Learning Center, 2026	Enteral Feeding Tubes: Stoma Assessment and Management, 2026	NutriNova Student Startup Challenge 2025
Nutrition Month Celebrations 2025 - Stall Competition	Nutrition Beyond the Table - Poster Competition	Yoga, Zumba and Aerobics Training

## LEADERSHIP, COMMUNICATION & COMMUNITY EXPERIENCE

- English Declamation Contest - NSHS: built confidence, expression and audience engagement through a contest organized by the Literary and Peace Club.
- Executive Declamations - NUST Debating Society: strengthened persuasive speaking, structured argumentation, critical thinking and communication clarity.
- Volunteer Service Program - Alkhidmat Foundation Islamabad: contributed to community service while demonstrating empathy, teamwork and a service-oriented mindset.
- Nutrition awareness activities: participated in public-facing academic events requiring teamwork, communication and practical health education.

*Educational and student-level portfolio CV. Full certificates and updates can be linked through the website and LinkedIn.*