

# Dur-e-Nayab

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

Internship Focus: Clinical Nutrition | Hospital Dietetics | Patient Care | Therapeutic Diets | Public Health Nutrition | Research

## CONTACT

03335104150 |  
Durenayab815@gmail.com  
Rawalpindi / Islamabad,  
Pakistan

## CLINICAL SKILLS

- Clinical nutrition fundamentals
- Nutritional assessment concepts
- Therapeutic diet awareness
- Patient-centred communication
- Nutrition education basics
- Micronutrient deficiency awareness
- Evidence-based learning

## CLINICAL INTERESTS

- Hospital dietetics
- Clinical nutrition
- Therapeutic diets
- Nutritional assessment
- Iron deficiency anemia
- Maternal and child nutrition
- Public health nutrition

## PROFESSIONAL QUALITIES

- Dedicated and hardworking
- Quick learner
- Empathetic and respectful
- Responsible and organized
- Team player
- Clear communicator

## ACADEMIC FOUNDATION

- Human anatomy and physiology
- Biochemistry and pharmacology
- Clinical nutrition foundations
- Food microbiology and biostatistics
- Nutrition in emergencies

## PROFESSIONAL PROFILE

BS Human Nutrition and Dietetics student at NUST School of Health Sciences with a strong foundation in human nutrition, dietetics, clinical nutrition, nutritional assessment, public health nutrition, life-cycle nutrition, physiology, biochemistry and nutritional immunology. Passionate about learning hospital-based dietetic care and applying nutrition knowledge to patient counselling, disease prevention, recovery support and health improvement.

## CAREER OBJECTIVE

To secure a clinical nutrition or hospital internship where I can learn practical nutritional assessment, therapeutic diet planning, patient counselling and evidence-based nutrition care while contributing with discipline, empathy, responsibility and strong communication skills.

## 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

- Nutrition and dietetics: macronutrients, micronutrients, principles of human nutrition, life-cycle nutrition, public health nutrition, nutritional immunology, nutritional assessment and dietetics.
- Clinical and biomedical sciences: clinical nutrition foundations, human anatomy and physiology, biochemistry, pharmacology, food microbiology and nutrition-related disease concepts.
- Professional development: communication and interpersonal skills, technical writing, biostatistics, sociology, community engagement and health education.

## RESEARCH INTEREST

### Current Research Interest: Iron Deficiency Anemia

- Exploring the nutritional, physiological and public health impact of iron deficiency anemia.
- Interested in dietary causes, prevention strategies, diet-based improvement of iron status and patient/community nutrition education.
- Active member of the Research Society, NUST, developing scientific reading, problem identification and evidence-based learning skills.

## CLINICAL INTERNSHIP STRENGTHS

- Strong interest in how nutrition affects patient health, immunity, recovery, energy levels and quality of life.
- Ability to connect classroom knowledge with real-life clinical and community nutrition problems.
- Good communication skills for explaining nutrition concepts clearly and respectfully.
- Eager to learn from dietitians, nutritionists and healthcare professionals in hospital settings.

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## COMMUNICATION

- Public speaking
- Structured argumentation
- Presentation skills
- Audience engagement
- Clear concept explanation
- Active listening

## RESEARCH SKILLS

- Scientific reading
- Topic exploration
- Problem identification
- Evidence-based learning
- Academic writing foundation

## WELLNESS FOCUS

- Yoga
- Zumba
- Aerobics
- Fitness and lifestyle nutrition
- Healthy lifestyle promotion

## AVAILABILITY / TARGET

Summer internship in a hospital, clinical nutrition department, dietetics unit, public health nutrition setting or clinical research environment.

## INTERNSHIP VALUE

A motivated nutrition student with strong academics, clinical nutrition interest, health communication skills and research curiosity.

## PROJECTS, COMPETITIONS AND ACHIEVEMENTS

- 2nd Position - Startup Challenge: developed a rooftop gardening concept for growing healthy vegetables in limited urban spaces, showing innovation, sustainability awareness, teamwork and pitching skills.
- Participant - Venture Spark Startup Competition, Multan: presented a health and sustainability-focused startup idea and strengthened practical application of nutrition knowledge.
- Active Participation - NutriNova Student Startup Challenge 2025: created social-media reels for nutrition awareness, public engagement and health communication.
- Nutrition Month Celebrations 2025 - Stall Competition: recognized for enthusiastic participation and outstanding performance in public-facing nutrition awareness activities.
- Poster Competition - Nutrition Beyond the Table: demonstrated creative visual communication and nutrition concept development.

## COMMUNICATION AND PUBLIC SPEAKING

- English Declamation Contest - NSHS: participated in a contest organized by the Literary and Peace Club, NUST School of Health Sciences, building confidence and clear expression.
- Executive Declamations - NUST Debating Society: developed persuasive speaking, structured argumentation, critical thinking and communication clarity.

## VOLUNTEER AND COMMUNITY EXPERIENCE

- Volunteer Service Program - Alkhidmat Foundation Islamabad: contributed to community service activities 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.

## FITNESS AND WELLNESS INVOLVEMENT

- Fitness enthusiast with a personal interest in wellness, healthy lifestyle practices and the connection between nutrition, physical activity, energy and disease prevention.
- Completed summer fitness sessions at Rose Fitness Zone in yoga, zumba and aerobics, reflecting discipline and practical understanding of lifestyle health.

## WHY I AM A STRONG CLINICAL INTERNSHIP CANDIDATE

I have studied nutrition from multiple angles, including clinical nutrition, dietetics, nutritional assessment, micronutrients, macronutrients, public health nutrition, life-cycle nutrition, physiology, biochemistry and nutritional immunology. My strong academic performance, research interest in iron deficiency anemia, communication skills and service-oriented mindset make me a motivated candidate for clinical nutrition, hospital dietetics, patient counselling, public health and research-related internship opportunities. I am especially eager to learn how nutrition knowledge is applied in hospitals to support patient recovery, dietary management, disease prevention and overall health improvement.