

Curriculum Vitae

Mahnaz Nasir Khan

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Academic Information

Degree	Institution	Year	Grade/ Division
PhD	University of the Punjab, Lahore.	21 st June, 2018	Notification No.: Ph.D. (R)/83/2018
	Coursework	2013	A+
M.Phil	Allama Iqbal University, Islamabad.	2007	A
PGDD	Punjab University, Lahore in linkage with The State University of Iowa, USA. (Admission eligibility 16 years of education)	2000	1 st
Masters	College of Home Economics, Punjab University, Lahore.	1983	1 st
Bachelors	College of Home Economics, Punjab University, Lahore.	1980	1 st
Matric	Sacred Heart School, Lahore.	1976	A

Academic Honors

Masters: Merit Certificate, 4th Position, University of the Punjab.
Merit Certificate, 1st Position Dept. of Food & Nutrition, College of Home Economics,
Lahore.

Certificate of Recognition

Professional Development in Home Economics----16th March, 2005.
Consumer Food Safety and Quality -----17th April, 2013.
Best Presenter Award for Oral presentation-----20th-21st March, 2018,
Research paper entitled, "Factors Influencing Food Choices in Typical Pakistani Households:
Findings from Focus Group Discussion", presented at 1st International Conference on Health &
Environment, AIOU Islamabad.

Acknowledgements

Development of Dietary Specific Nutritional Management Guidelines in collaboration with Pakistan Nutrition and Dietetics Society (PNDS) and Getz Pharma (2020-2021)

Standardization of Home-based recipes and its Nutritional Composition in collaboration with Integrated Reproductive Maternal, Newborn & Child Health (IRMNCH) and Nutrition Program, Punjab (2020).

External Examiner for Evaluation of PhD Thesis and Viva Voce

20th Nov 2024 till date -- School of Food and Agricultural Sciences University of
Management and Technology

March, 2023- till date University of The Punjab.

External Examiner for Evaluation of MPil Thesis and Viva Voce

March, 2021-till date University of The Punjab.

June, 2020—till date University of Engineering and Technology, Lahore.

May 2019—till date Public Health, Dow University of Health Sciences, Karachi.

Aug. 2014— till Feb.2019 Food & Nutrition, College of Home Economics, University of The
Punjab, Lahore.

Sept 2017 Food Science and Human Nutrition, University of South Asia, Lahore.

Nov. 2011—till date Food and Human Nutrition, Government College University, Faisalabad.

Sept 2011—till date Food Science and Human Nutrition, University of Veterinary Sciences, Lahore.

May 2000—till 2017 M.Sc Thesis Food & Nutrition, College of Home Economics,
University of the Punjab, Lahore.

Teaching Experience

Aug. 2010 till date HOD, Food Science and Human Nutrition, Kinnaird Collage for Women, Lahore

Aug.2008--July,2010 Program coordinator Food Science and Human Nutrition, Kinnaird College for Women, Lahore.(Part of the team which developed and introduced the BSc (Hons.) Program of Food Science & Human Nutrition, Kinnaird College Lahore).

13thJune--30thJune 2011 Part of the teaching faculty Environmental Sciences Teachers Education for Sustainable Development Workshop, Kinnaird Collage for Women Lahore & Environment Protection Department,Punjab.

15th Nov.--15thDec.2010 Part of the teaching faculty Environmental Sciences Teachers Education for Sustainable Development Workshop, Kinnaird Collage for Women Lahore & Environment Protection Department,Punjab.

18th May--19thMay2002 Part of the teaching faculty Workshop for Hemodialysis Technicians & Nurses, Shaikh Zayed Hospital, Lahore.

June 2002--July 2002 Organized and supervised the internship program of M.Sc. students Food and

	Nutrition (University of The Punjab) at Shaikh Zayed Hospital Lahore.
Oct. 2000-- Jan. 2001	Organized and supervised the internship of Postgraduate Diploma in Clinical Dietetics (University of The Punjab) at Shaikh Zayed Hospital, Lahore.
May 2019—till date	Public Health, Dow University of Health Sciences, Karachi.
Aug. 2014—till Feb.2019	Food & Nutrition, College of Home Economics, University of The Punjab, Lahore.
Sept 2017	Food Science and Human Nutrition, University of South Asia,Lahore.
Nov. 2011—till date	Food and Human Nutrition, Government College University,Faisalabad.
Sept 2011—till date	Food Science and Human Nutrition, University of VeterinarySciences, Lahore.
May 2000—till 2017	M.Sc.Thesis Food & Nutrition, College of Home Economics, University of The Punjab, Lahore.

Subject Specialist as External Member Board of Studies, Reviewer and Regularization of Academic Programs.

26th Feb., 2024	Member Board of Studies, Department of Diet and Nutritional Sciences,Rashid Latif Khan University, Lahore.
9 th Nov., till date	Member Board of Studies, Department of Clinical Nutrition, NURInternational University, Lahore
Oct., 2022—till date	Member Board of Studies, University Institute of Diet and NutritionalSciences, University of Lahore
11 th June 2021-- till date	Member Board of Studies School of Food and Agricultural Sciences,University of Management Sciences, Lahore.
Sept. 2020---till date	Member Board of Studies Fundamentals of Meal Management,Superior University, Lahore.
July,2020—till date	Reviewer Journal of Food Research, Canadian center of Science andEducation.
11th Nov., 2019--	Member Board of Studies Department of Food & Nutrition, University till date of Home Economics, Lahore.
19 th April, 2019 till date	Member Regularization of Academic Programs, Committee Punjab Higher Education Commission.
13th Dec.,2016--- till date	Member Board of Studies Public Health Nutrition, Mphil Nutrition &Dietetics, University of South Asia, Lahore
Feb., 2015---till date	Member Board of Studies Food Science & Human Nutrition, University of Veterinary and Animal Sciences (UVAS), Lahore.

Clinical Experience

Feb.2020 till date	Member Cornea Transplant Team as Consultant Clinical Dietitian Hameed Latif Hospital, for HOTA (Human Organ Transplant Authority,Government of Pakistan) Certification.
March 2019 till date	Member Liver Transplant Team as Consultant Clinical Dietitian Hameed Latif Hospital, for HOTA (Human Organ Transplant Authority,Government of Pakistan) Certification
Nov. 2017 till date	Member Weight Management Team (Bariatric surgery and embolization) asConsultant Clinical Dietitian Hameed Latif Hospital.

Oct. 2017 till date	Member Renal Transplant Team as Consultant Clinical Dietitian Hameed Latif Hospital, for HOTA (Human Organ Transplant Authority, Government of Pakistan) Certification
Aug. 2008---till date	Visiting Consultant Clinical Dietitian and Nutritionist Hameed Latif Hospital, Lahore
Oct. 2004—Aug. 2008	Consultant Clinical Dietitian and Nutritionist Hameed Latif Hospital, Lahore
Oct 2003—Sept.2005	Nutritional Consultant Aventis Pharma Pakistan LTD
Sept. 2000—Sept.2003	Clinical Nutritional/Research Associate Dept. of Medicine and Nephrology, Shaikh Zayed Federal Postgraduate Medical Institute Lahore.
Feb 2000 Apr 2000	Clinical Nutritionist associated with Dr.S.Zaidi, Endocrinologist, Los Angeles, California, USA.
Nov 1999—Jan.2000	Supervisor for three months internship in Clinical Dietetics Practice as part of the Postgraduate Diploma in Clinical Dietetics (Surgery, Medicine, Gynecology, Cardiology, Nephrology, Pediatrics, Gastroenterology, ICU and Diabetic Clinic)
Feb1998—Mar 1999	Clinical Nutritionist and Research Associate, Division of Medicine, Shaikh Zayed Federal Postgraduate Medical Institute, Lahore.

Policy Advocacy, Advisory and Professional Appointments

Policy Advocacy

2023	Simplified Guidelines Approaches to Treat SAM and MAM in Punjab.
2022	Finalization of Simplified Guidelines Approaches to Treat Wasting in Flood Affected Districts of Punjab.
2022	Preparation of Provincial Action Plan for Early Childhood Development and School Meal Program
2022	Health, Nutrition & Population, Planning & Development Board, Government of Punjab, Pakistan.
2022	Promoting Nutrition-research & Practice Through Evidence and Policy
2022	Development of Guidelines to Improve Nutritional Indicators for Adolescence Females in Punjab, Pakistan
2022	Nutritional Guidelines in Health and Disease
2021	Development of Dietary Diversity Strategy for Punjab.
2021	Improving Nutritional Indicators In Punjab.
2021	Development of SUN Unit on Punjab Official Web Portal
2021	Mainstreaming Gender in Nutrition.
2021	SUN Academia and Research Network Work Plan, 2021 – 2022
2021	Home based food recipes for malnourished children, adolescents and lactating women.
2020	National Maternal Nutritional Strategy

2020	National Maternal Nutritional Strategy Nutrition Communication Material
2019	Pakistani Dietary Guideline for Better Nutrition
2019	Role of women Volunteers in Enhancing Reproductive Health Services
2018	12 th Five Year Plan (2018-23), Nutrition Chapter, Planning Commission, Ministry of Planning, Development & Reform (Nutrition Section)'

Professional Appointments

7 th Sep 2023-till date	Simplified Guidelines Approaches to treat wasting in Flood Effecte Districts of Punjab
Sept.2022 till date	Member Technical Committee and Coordinator SUN Movement,Pakistan
2nd January,2020-- till date	Member Technical Advisory Committee on “Adolescent Nutrition”IRMNCH & Nutrition Program, Punjab.
5 th Aug., 2019	Member Consultative Committee Nutrition Improvement Initiative (Nutritional Improvement through Multi-Sectoral and Sustainable Approaches) Scaling Up Nutrition, Government of Pakistan.
May, 2019	Member Technical Committee for “ Pakistani Dietary Guideline for Better Nutrition ”, Planning Commission, Ministry of Planning, Development & Reform Nutrition Section, Government of Pakistan.
Feb., 2019—till date	Member Technical Committee “ Role of women Volunteers in Enhancing Reproductive Health Services ” , Nur Center of research& Policy (NCRP)
December, 2018	Member Technical Committee “ Food and Nutrition: Technical Training Manual for Health Care Professionals ” IRMNCH & Nutrition Program, Department of Primary & Secondary Health Care, Government of Punjab, Pakistan
Nov., 2018—till date	Member Technical Specification Committee for procurement of Nutrition Commodities for financial year 2018-2019 and 2019-2010
Sept., 2018—till date	Member Sub-Committee for Regularization of Nutrition programs, Punjab Higher Education Commission (PHEC) , Lahore.
May, 2018—till date	Member Technical Committee for Preparation of “ 12th Five Year Plan(2018-23), Nutrition Chapter ” Planning Commission, Ministry of Planning, Development & Reform (Nutrition Section)
March, 2017-till date	Member Consultative Team National Fortification Alliance Pakistanand World Food Program.
March, 2017- till date	Member Consultative Team Universal Salt iodization in Punjab, Pakistan
March, 2017 —till date	Member Provincial Consultative Team “Filling the Nutrient Gap” Analysis for Pakistan, Planning & Development Board Punjab.
August 2016—till date	Member of Qualification Determination/ Equivalence Committee, Food Department, Government of The Punjab.
April, 2015—till date	Member IRMNCH & Nutrition Punjab, GOP, Health Department for procurement of Nutritional commodities for Nutrition Program, Punjab.
Jan--- March, 2015	Member Core Committee National Dissemination Committee for Institutionalization of School Health Program in the Punjab Province,Nur Center of Research & Policy Advocacy, Lahore.
May,2014---Sept.2015	Member, Technical Working Group (TWG) Education Sector; Multisectoral Nutrition Strategy for Punjab. Policy and

Strategic Planning Unit (PSPU), Health Department,
Punjab

Jan.2014—March 2014	Member, Expert Committee: National Dissemination and Policy Brief, Fatima Memorial Hospital, NUR Center for Research and Policy, Research Advocacy Fund, UK.
Dec. 2013---April, 2014	Member, core committee for dissemination of Nutritional Policy Punjab Chapter, Government of Punjab.
Dec. 2013	Member Core Committee dissemination of Nutritional Policy Bolochistan & KPK Chapter, Government of Punjab, Nur Center of Research & Policy Advocacy, Lahore.
Sept.2013---till date	Member, National Curriculum Revision Committee (NCRC), in the discipline of Food Science & Technology.

Research, Publications, Oral and Poster Presentations

Reviewer

18th July, 2020 –till date Journal of Food Research
Canadian Center of Science and Education

Research & Development

Food Tracker: Mobile Application

The application developed gives a breakdown of Macronutrients and Food Exchange List for Traditional Pakistani Dishes.

Application is viable on Google 26th May, 2019

Application Release Date on Google Play 17th October, 2019

Patent

Food Exchange List For Traditional Pakistani Dishes: A Mobile Application

Patent Application No. 329/2019

Filing date: 17/05/2019

Legal Publication Date:- 10-06-2019

Patent Journal Code (190610) page 3.

National Research Productivity for University (NRPU) Projects

Principal Investigator

One Touch Application Software for Estimation of Macronutrient Content of Traditional Pakistani Dishes

Project Research Grant: Rs 7544900/-

Year: 2021

Co-Principal Investigator

Modulation of Sensory Perceptions and Effectual Development of Snack foods by Incorporating Azadirachta indica (Neem) Plant for Diabetes.

Project Research Grant: Rs 6460000/-

Year: 2021

Publications

Amaima Riaz, Nida Tasneem Khan, Aimen Tariq, **Dr. Mahnaz Nasir Khan**. 2024 Preferential Mapping of Traditional Pakistani Dishes Locally consumed by people of Lahore. Journal of Research & Reviews in Social Sciences Pakistan, Volume: 6 (1)

Naima Shirazi, Asma Afreen, and **Mahnaz Nasir Khan** (2023) Effects of Nutrition Education Program on Lactating Mothers in Relation to Infant Feeding Practices BioScientific review : 5(4)

Shahlla Kanwal, Rubina Sohail, **Mahnaz Nasir** (2023).Nutrition in pregnancy. Journal of the Pakistan Medical Association.73(5) :S-18-S-20

Farahat Naz, Shamsa Hamayon, Rubina Sohail, Mozamila Saeed, **Mahnaz Nasir** (2023).Nutrition in pregnancy. Journal of the Pakistan Medical Association.73(5) :S-21-S-24

Moha Akram Khan, **Mahnaz Nasir Khan**, Fasiha Ilyas, Memoona Khalid, Muhammad Abiodullah, M. Imran Hussain, S. S U Rehman (2023). Impact of Nutritional Insufficiency on Nutritional Status of Adolescents in Low and High Income Socio Economic Group. Pakistan Journal of medical and Health Sciences 17(22): 53-56.

Sana Farooq, **Mahnaz Nasir Khan** and Zunaira Masood (2021). Shelf-life Estimation of Meal Replacement Bars by Sensory Evaluation. Journal of Natural and Applied Sciences Pakistan, Vol. 3 (2), pp 751-759.

Mahnaz Nasir Khan, Laraib Rafaqat, Maham Ijaz Malik, Moha Akram Khan , Nishwa Anwar, Rukh Gohar, Zainab Zaka (2020). Dietary pattern disparities among high and middle socioeconomic school students. Journal of Food Science and Nutrition, Vol.3 (6),pp 1-4.

Noor-e-Huma, **Mahnaz Nasir Khan**, Syeda Aliya Sherazi, Noor Imran, Jannat Ali and Amina Riaz (2020). Promoting Breastfeeding Through Nutrition Education. Journal of Natural and Applied Sciences Pakistan, Vol 2 (2), pp 524-534.

Mahnaz Nasir Khan , Hira Zia and Noor-e-Huma (2020). Development and Implementation Feasibility of Cost-Effective School Lunch Program. World Journal of Advance Healthcare Research. 4(5): 91-94
ISSN: 2457-0400

Ayesha Imran Butt, Natalia Malik, Shazia Tahseen, Nadia Akram, Fasiha Ilyas, **Mahnaz Nasir Khan** (2020). Development of an Anthocyanin Rich Vegetable Soup Mix. Pakistan Journal of Medical and Health Sciences.14(1);13-15.

Rameeza Kaleem, Muhammad Adnan, **Mahnaz Nasir**, Tayyaba Rahat. (2020).Effects of antenatal nutrition counseling on dietary practices and nutritional status of pregnant women: A quasi-experimental hospital based study. Pakistan Journal of Medical Sciences.36(4):632-636
doi: <https://doi.org/10.12669/pjms.36.4.1919>

Mahnaz Nasir Khan, Memoona Khalid, Nasreen Kausar (2019).How Pakistanis Eat: A Qualitative Study of Food Choices in Typical Pakistani Home Food Preparations. Journal of Natural & Applied Sciences Pakistan. 1(1): 23-30.

Khadija Arshad, Rabia Naz, **Mahnaz Nasir** and Nadia Akram (2019). Branched Chained Amino Acid Enriched bar and Chronic Liver Disease: A Case Study. Journal of Natural & Applied Sciences Pakistan. 1(1): 18-22.

Mahnaz Nasir Khan, Samia Kalsoom and Ayyaz Ali Khan (2017). Food Exchange List and Dietary Management of Non-Communicable Diseases in Cultural Perspective. Pakistan Journal of Medical Sciences. 33(5):1273-1278. DOI: 10.12669/pjms.335.13330

Mahnaz Cosser Ali Khan (**Mahnaz Nasir Khan**), (2017). Exchange List: A Systematic Review with Emphasis on History and Development of A Meal-Planning Exchange List with Cultural Relevance. European International Journal of Science and Technology 6 (6): 152-156. ISSN: 2304–9693.

Mahnaz Nasir Khan, Aniqah Sohail, Nasreen Kausar, Samia Khalid and Kiran Saleem (2015). Development of Gluten Free Chapatti for Celiac Patients. European International Journal of Science and Technology 4 (8): 152-156. ISSN: 2304–9693.

Mahnaz Nasir Khan, Sana Farooq, Samia Khalid, Nasreen Kausar & Memoona Khalid (2015). Development of Energy Dense Cost-Effective Home-Made Enteral Feed for Nasogastric Feeding. IOSR Journal of Nursing and Health Science 4, (3): 34-41. ISSN: 2320–1940. DOI: 10.9790/1959-04313441.

Mahnaz Nasir Khan, Samia Kalsoom and Ayyaz Ali Khan (2015). Estimation of Macronutrient Content of Traditional Pakistani Chapatti/ Roti as Part of Food Exchange List. IOSR Journal of Nursing and Health Science, 4 (3): 87-90. ISSN: 2320–1940. DOI: 10.9790/1959-04338790.

Ayesha Saeed, Shafya Shahid, Fatima Hassan, **Mahnaz Nasir Khan** and Amina Muhammad Saeed (2015). Development & Evaluation of Weaning Education Tool among Mothers Infants Aged 6-24 Months in Urban Slum of Lahore, Pakistan. International Journal of Scientific & Engineering Research, 6(8): 351-356. ISSN: 2229-5518. DOI:10.14299/ijser.2015.08.001.

Memoona Khalid, **Mahnaz Nasir Khan**, Nasreen Kausar, Khadija Yousuf, Samia Khalid (2014) “Actual intake versus recommended intake amongst female adolescents” European Scientific Journal December 2014 edition vol.10, No.36 ISSN: 1857 – 7881.e- ISSN 1857- 7431

Mahnaz Nasir Khan, Memoona Khalid, Nasreen Kausar, Samia Khalid (2014) Effect of Breakfast Skipping on Cognitive Performance of Girls of Age 14-16 years European International Journal of Science and Technology Vol. 3 No. 7 ISSN: 2304-9693 135-140

Memoona Khalid and **Mahnaz Nasir Khan** (2013) “Obesity Prevention: A Public Health Approach” European International Journal of Science and Technology 2 (8): 110-112, 2013.

Mahnaz Nasir Khan, Memoona Khalid, Nasreen Kausar, Faiza Jabeen (2013). “Developing Gluten Free Weaning Foods for Infants 6-9 Months of Age” European International Journal of Science and Technology 2 (6): 107-112

Perveen Liaqat, **Mahnaz Nasir Khan** and Faqir Mohammad (2009) “Consumer Acceptance of Standardized Mixed/Composite Foods for Optimal Accuracy in Nutrient Estimation” Pakistan Journal of Nutrition 8 (8): 1301-1303.

Book

Recent Trends & Developments in Food Science & Technology

Booklets

Hemodialyses and Diet

Diabetes and Diet

Oral Presentations

“Healthy Plate Healthy Planet” (**Key Note Speaker**) 1st International Conference on Allied Health Sciences (ICAHS), RIPHAH International University, Lahore held on 7th–8th October, 2023 at Pearl Continental, Lahore.

“Back to Basics” (**Key Note Speaker**) Seminar on World Food Day, University of Management Sciences, Lahore on 6th October, 2023.

“Hemp-Base Bar: A Weight Loss Formula For Young Female” paper presented in 1st International Conference on Science, Technology & Innovation, 2nd – 4th April, 2019 held at Kinnaird College for Women, Lahore.

“Hempseed Bar and its Effect on Weight and BMI in Female Adults”, in 3rd International Conference on Obesity and Chronic Diseases, 23rd to 25th July, 2018, Los Angeles, USA (Accepted for presentation)

"Factors Influencing Food Choices in Typical Pakistani Households: Findings from Focus Group Discussion", paper presented at 1st International Conference on Health & Environment, 20th-21st March, 2018, AIOU Islamabad. (**BEST PAPER**)

“Consumer acceptability of gluten free chapatti for celiac disease patients”, paper presented at International Conference and Expo 2014 on Recent Developments in Human Nutrition

“Development of gluten free chapatti for celiac patients” paper presented at International Conference Medical and Allied Health Sciences, Arif memorial Teaching Hospital and Rashid Latif Medical College

Technical Poster Presentation

Noor-e-Huma, **Mahnaz Nasir Khan**, Fatima Tariq, Memoona Khalid, and Shahzadi Seher Sohail Sesame Seeds Consumption and its Effects on Lipid Profile of Hyperlipidemic Individuals presented at FFC (Functional Food Center) 29th International Conference, 29-30th April, 2021 held at Dallas, USA

Aliya Naveed, Aimen Masood, Atiqah chandni, Hafsa Sattar & **Mahnaz Nasir Khan** Fortification Of Vitamin D In Ready To Eat Tea Snacks presented at 1st International Conference on Science, Technology & Innovation, 2nd – 4th April, 2019 held at Kinnaird College for Women, Lahore.

Maha Younas, Dr. Rabia Naz, **Dr. Mahnaz Nasir Khan** & Dr. Nadia Akram. “Development and quality evaluation of healthy snack by incorporating carrot pomace and cowpea flour” presented at 4th International Conference on Food & Nutrition Security in Changing Climate (ICFNS-2019) 3-4 March, 2019 Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.

Wajeeha Sadaf, Dr. Nadia Akram, **Dr. Mahnaz Nasir Khan** & Dr. Rabia Naz. “Utilization of organ meat in the formulation of iron sprinkle” presented at 4th International Conference on Food & Nutrition Security in Changing Climate (ICFNS-2019) 3-4 March, 2019 Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.

Nasreen Kausar, **Mahnaz Nasir Khan** & Khadija Yousaf “Comparison of actual food intake with the recommended food servings in Girls of 18-22 years” presented at International Conference and Expo 2014 on Recent Developments in Human Nutrition.

Nasreen Kausar, **Mahnaz Nasir Khan** & Aman Younas “Assessment of Weaning Practices of 8-10 months infants in low socio economic group of Lahore” presented at International Conference and Expo 2014 on Recent Developments in Human Nutrition.

Organizational and Supervisory Assignments

22nd August, 2024

Seminar on “Importance of Breastfeeding” in Collaboration with WHO, IRMNCH, UNICEF, Nutrition International, Department of

30th August, 2023	Health, Punjab, Government of Pakistan. Seminar on “Importance of Breastfeeding” in Collaboration with WHO, IRMNCH, UNICEF, Nutrition International, Department of Health, Punjab, Government of Pakistan.
9 th –11 th Feb., 2023	Member Organizing Committee Global Science, Technology and Management Conference, Bahawalpur.
7th February, 2023	Seminar on “Body Positivity” in collaboration with Change for Better Transforming Lives.
30 th November, 2022	Member Organizing Team “Innovative and Idea Launch” in collaboration with ORIC and BIC Kinnaird College for Women, Lahore.
30 th August, 2022	Seminar on “Importance of Breastfeeding” in Collaboration with WHO, IRMNCH, UNICEF, Nutrition International, Department of Health, Punjab, Government of Pakistan.
25 th February, 2022	Organized an awareness Campaign on Women’s Health at Kinnaird College for Women.
20 th February, 2020	Member Organizing Committee 83 rd Convocation Kinnaird College for Women, Lahore
28 th January, 2020	Seminar on “Innovative Techniques in Livestock and Aquaculture” in collaboration with Zoology Department, Kinnaird College for Women, Lahore and Office of Research, Innovation and Commercialization, Kinnaird College for women , Lahore.
2 nd Dec., 2019	Member Organizing Committee: <i>DICE VIC 2019 Idea pitching and Showcasing of Innovative New Products</i> in collaboration with DICE-USA (Distinguished Innovations, Collaborations & Entrepreneurship, USA) and Office of Research, Innovation and Commercialization, Kinnaird College for Women , Lahore.
25 th Nov., 2019	Seminar on “Ethics in Research” in collaboration with Department of Education, University of The Punjab and Office of Research, Innovation and Commercialization, Kinnaird College for Women , Lahore.
1 st -- 3 rd Nov., 2019	Member Organizing Committee: 1 st Pakistan Nutrition & Dietetics Society International Conference on Non-Communicable held at Avari, Lahore in collaboration with University of Health Sciences, Lahore and The Nutrition Society United Kingdom.
26 th October, 2019	Member Organizing Committee: Kinnaird’s 1 st Business Plan, Innovation & Idea Competition organized by Office of Research, Innovation and Commercialization, Kinnaird College for Women , Lahore.
2 nd April—4 th April, 2019	Member Organizing Committee; 1 st International Conference on Science, Technology & Innovation held at Kinnaird College for Women, Lahore
28 th February, 2019	Member Organizing Committee 82 nd Convocation Kinnaird College for Women, Lahore
26 th February, 2019	Seminar on “Nutrition & Stress Management” a collaborative effort of

	Kinnaird College for Women, Lahore and Punjab Food Authority.
29 th November, 2018	Showcasing of New Innovative Food Products as Annual Product Launch, Food Science & Human Nutrition Department, Kinnaird College for Women, Lahore.
31 st October, 2019	MoU signing ceremony between Ca Foscari University of Venice and Kinnaird College for Women at Haladia Hall, Kinnaird College
30 th October, 2018	Cultural Night & Dinner in honor of guests from Ca Foscari University of Venice at Kinnaird College for Women, Lahore.
6 th October, 2018	Seminar on “Breastfeeding and Lactation” a collaborative effort of Kinnaird College for Women, Lahore, Higher Education Commission (HEC) and South Asian Federation of Obstetrics and Gynaecology (SAFOG).
21 st February, 2018	Member Organizing Committee 81 st Convocation Kinnaird College for Women, Lahore
4 th December, 2017	Showcasing of New Innovative Food Products as Annual Product Launch, Food Science & Human Nutrition Department, Kinnaird College for Women, Lahore.
18 th November, 2017	Seminar on Women’s Health Challenges and Emerging Issues “Know Yourself” a collaborative effort of Kinnaird College for Women, Lahore and South Asian Federation of Obstetrics and Gynaecology (SAFOG).
8 th November, 2017	Seminar on Entrepreneurship “Starting Your Own Business” a collaborative effort of Kinnaird College for women, Lahore and National Incubation Center, LUMS, Lahore
27 th March, 2017	Member Organizing Committee 80 th Convocation Kinnaird College for Women, Lahore
2 nd December, 2016	Showcasing of New Innovative Food Products as Annual Product Launch, Food Science & Human Nutrition Department, Kinnaird College for Women, Lahore.
23 rd November, 2016	Organized Pre-conference Workshop: Nutritional Assessment & Screening at Kinnaird College for Women, in collaboration with 1 st UHS International Conference titled “ Bridging the Gap between Medicine and Allied Health Sciences: Improving patient care outcomes”
21 st September, 2016	Workshop on “Food Plating” a collaborative effort of Food Science & Human Nutrition Department, Kinnaird College for Women, Lahore and School of Culinary and Finishing Arts (SCAFA)
8 th April, 2016	Member Organizing Committee 79 th Convocation Kinnaird College for Women, Lahore
29 th -30 th March, 2016	Member Organizing Committee; 2 nd National Conference Medical and Allied Health Sciences, Arif memorial Teaching Hospital and Rashid Latif Medical College.

4 th --6 th Nov, 2015	Member Technical Scientific Committee; International Conference and Expo 2015 on Recent Developments in Human Nutrition.
1 st October, 2015	Member Organizing Committee for celebrating "China Day" at Kinnaird, College for Women, Lahore.
23 rd April, 2015	Member Organizing Committee; National Conference Medical and Allied Health Sciences, Arif memorial Teaching Hospital and Rashid Latif Medical College.
1 st Dec. 2014	Nutritional Awareness Day -- Organized a one day activity for students and faculty for promotion of healthy foods.
21 st Aug., 2014	Member Organizing Committee; Best Research Practices (Western Perspective). Workshop held at Kinnaird College for Women, Lahore.
18 th April, 2014	Member Organizing Committee; International Conference Medical and Allied Health Sciences, Arif memorial Teaching Hospital and Rashid Latif Medical College.
19 th --20 th March, 2014	Member Organizing Committee; International Conference and Expo on Recent Developments in Human Nutrition
19 th --20 th March, 2014	Member Technical Scientific Committee; International Conference and Expo 2014 on Recent Developments in Human Nutrition
22 nd March, 2014	Conducted a workshop "Nutritional Counseling and Communication Skill" as part of the International Conference and Expo 2014 on Recent Developments in Human Nutrition.
15 th March, 2014	Conducted a workshop "Nutritional Assessment and Meal Planning" as part of the International Conference and Expo 2014 on Recent Developments in Human Nutrition.
25 th Feb.. 2014 till date	Member Technical Committee for development of Degree program for BS Nutrition & Dietetics, Faisalabad.
2 nd Dec. 2013	Nutritional Awareness Day -- Organized a one day activity for students and faculty for promotion of healthy foods.
18 th --19 th Nov, 2013	Member Organizing Committee; Kinnaird Multidisciplinary Research Conference.
19 th Dec. 2011	Promotion of calcium intake and bone health -- Organized a one day activity for students and faculty for promotion of healthy foods.
20 th Dec. 2003	Conducted workshop for the General Practitioners on Diet & Diabetes, Social Security Hospital, Lahore.
Oct 2003—Sept. 2005	Prepared and conducted lectures on diet and diabetes, hypertension and heart disease for the general public in association with Aventis Pharma Pakistan LTD.
8 th Nov. 2002	Organized and supervised the visual display of Food Exchange System in the Diabetic Fair, on the occasion of The World Diabetic Day at Shaikh Zayed Hospital, Lahore

13th May 2001

Organized and supervised the visual display of Food Exchange System at The Symposium on Diabetes Mellitus held for the General Practitioners at Shaikh Zayed Federal Postgraduate Medical Institute, Lahore

Postgraduate Courses, Workshops and Conferences

Course Workshops and Conferences	Institution/Organization	Dates
Capacity development training on nutrition in emergencies Training	Nishat Hotel 4 th Floor	4 th -7 th November 2024
Awareness Seminar; Breastfeeding Key Note Speaker	Children Hospital, Lahore	20 th August 2024
Role of Nutrition and Supplements in Diabetes Mellitus Key Note Speaker	Rashid Latif Khan University.	16 th May, 2024
2 nd National Conference on Emerging Trends in Food Science and Nutrition (N-ETFN-2024) Key Note Speaker	School of Food and Agricultural Sciences University of Management & Technology	9 th -11 th May 2024
World Diabetes Day Guest Speaker	institute of public health	14 th November 2023
World Food Day: Water is Food Guest Speaker	University of South Asia, Lahore	17 th October, 2023
Healthy Plate Healthy Planet Key Note Speaker	RIPHAH International University, Lahore.	7 th October, 2023
Conference-Recent Trends In Clinical Nutrition & Food Sciences Keynote Speaker	University of Home Economics, Lahore	24 th – 25 th February 2023
1st National Conference on Emerging Trends in Functional Foods and Nutraceuticals Key Note Speaker	School of Food and Agricultural Sciences University of Management & Technology	14 th -15 th February 2023
Complementary Feeding in Children Guest Speaker	University of child health Sciences The Children's Hospital Lahore.	28 th October, 2022.
Back to Basics Guest Speaker	School of Food and Agricultural Sciences (SFAS) University of Management and Technology	6 th October, 2021

Orientation workshop on Gender Mainstreaming on Nutrition Presenter	Planning and Development Board, Govt. of Punjab Unicef UKaid Scaling Up Nutrition (SUN) Nutrition International Multisectoral Nutrition Center (MSNC)	10 th June, 2021
Webinar 5 - Fortifying our Impact - industrial fortification and biofortification as complimentary interventions to fight malnutrition.	The Global Alliance for Improved Nutrition (GAIN) Switzerland	10 th June,2021
Workshop Orientation to SUNAR Punjab Official Web Portal	Planning and Development Board, Govt. of Punjab	5 th May,2021
Webinar 4: Thinking Regionally About Industrial Food Fortification.	The Global Alliance for Improved Nutrition (GAIN) Switzerland	29 th April ,2021
Fortifying the Supply Chain – Addressing Premix Challenges.	The Global Alliance for Improved Nutrition (GAIN) Switzerland	7 th April, 2021
Consultative Meeting on Nutrition communication material for Thematic Grant Activities.	Integrated Reproductive Maternal Newborn & child Health & Nutrition (IRMNCH) program, Punjab.	8 th March,2021
Consultative Meeting on Strengthening the Role of Scaling up Nutrition Academia and Research Network (SUNAR)	Planning & Development Board, Government of the Punjab; unicef; UKaid; ScalingUp NUTRITION; Nutrition International.	8 th February,2021
Webinar Nutrition for Growth (N4G) and In-Country Commitments by Stakeholders	Scaling Up Nutrition; Pakistan Planning Commission; Tokyo Nutrition and Growth; Nutrition International	23 rd December, 2020
Webinar Affordable Healthy Diets for All: The Role of Food Fortification In a Time of Pandemic	Global Alliance for Improved Nutrition; Scaling Up Nutrition and Nutrition Connect	7 th October, 2020
Virtual Congress 88th European Atherosclerosis Society Congress	European Atherosclerosis Society, American Medical Association, Royal College of Physicians and Surgeons of Canada.	4-7 th October, 2020
Webinar Post-pandemic ECD transitions: Addressing disparities in pursuing policies and programs for young children."	The Asia-Pacific Regional Network for Early Childhood (ARNEC)	21 st July, 2020
Zoom Meeting International Symposium on Camel as The Animal of Future.	Virtual University of Pakistan in collaboration with Camel Association of Pakistan Saudi Geographical Society International Society of Camelid Research and Development	22 nd June,2020

Webinar 2 How do you make your alternative feeding modality sustainable and safe for the duration of the crisis?	Global Child Nutrition Foundation (gcnf)	2 nd June, 2020
Webinar #4 Distance learning approaches for young Children (COVID-19).	The Asia-Pacific Regional Network for Early Childhood (ARNEC)	12 th May,2020
WedEx Meeting Multi-Sectoral Nutrition Response to COVID-19 and Role of Multi-Sectoral Platforms	Government of Pakistan, Planning Commission, Nutrition Section/ SUN Secretariat	23 rd April,2020
1 st PNDS International Conference on Non-Communicable Diseases	Pakistan Nutrition & Dietetics Society and The Nutrition Society, United Kingdom.	1-3 rd Nov., 2019
Workshop on Innovation & Entrepreneurship for Sustainable Economic Growth	Office of Research, Innovation and Commercialization, Kinnaird College for Women, Lahore	21 st August,2019
Consultative Meeting on Nutrition Improvement Initiative (Nutritional Improvement Through Multi-Sectoral Approaches)	Scaling Up Nutrition and Pakistan Planning and Management Institute, Islamabad.	5 th August, 2019
Technical Committee Meeting for Pakistan Dietary Guideline for Better Nutrition	Planning Commission, Ministry of Planning, Development & Reform: Nutrition Section, Islamabad	6 th May, 2019.
Facilitator Workshop on Ramadan & Diabetes	Department of Medicine, Shaikh Zayed Medical Complex, Lahore	25 th April, 2019
Master Trainer for Train of Trainers (TOT),Nutrition Manual Training of Supervisory Staff (FPO, SO & ADCO).	Integrated Reproductive Maternal Newborn, Child Health (IRMNCH) and Nutrition Program Punjab, Pakistan and Government of Punjab.	22 nd 24 th January, 2019
Consultative Meeting of Technical Specification Committee for procurement of Nutrition Commodities for financial year 2018-2019 and 2019-2010	Integrated Reproductive Maternal Newborn, Child Health (IRMNCH) and Nutrition Program Punjab, Pakistan and Government of Punjab.	6 th November,2018
ISO 21001 Educational Organization Management System (EOMS)	QEC (Quality Enhancement Cell) Kinnaird College for Women, Lahore	3 rd November, 2018
Consultative Workshop on Development of National Health Policy and Provincial Strategic Framework	Government of Pakistan, Policy & Strategic Planning Unit, World Health Organization at Pearl Continental, Lahore.	1 st & 2 nd November,2018
Punjab Experience Sharing Workshop Punjab HRH profiling, HRH observatory & HRH strategic framework	Government of Pakistan, Punjab Public Health Agency, World Health Organization at Pearl Continental, Lahore.	18 th & 19 th October, 2018
Policy Roundtable on the need for Establishment of a Provincial Center of Excellence for Human Nutrition	Punjab Public Health Agency Primary & Secondary Healthcare Department, Government of Punjab, Lahore	30 th August, 2018

Consultative Meeting of Working Group for Preparation of 12 th Five Year Plan (2018-23) Nutrition Section	Planning Commission Ministry of Planning, Development & Reform (Nutrition Section)	12 th July, 2018
State of Nutrition Research & its Impact PSDP (2018-2019) project titled National Center for Human Nutrition.	HEC and Planning Commission, Ministry of Planning, Development & Reform: Science & Technology and ICT, Government of Pakistan Islamabad	13 th June, 2018
7 th International Halal Conference and Expo	Punjab Halal Development Agency (PHDA) at Flattis Hotel, Lahore.	17 th & 18 th of April, 2018
One day Halal Training Workshop on “Halal Food Safety Standards”	Punjab Halal Development Agency (PHDA) at Flattis Hotel Lahore.	17 th & 18 th of April, 2018
1 st International Conference on Health & Environment	Allama Iqbal Open University, Islamabad	20 th -21 st March, 2018
Annual Planning Meeting SUNAR	Scaling Up Nutrition, Nutrition International HEC, Ministry of Planning, Australian Aid Margalla Hotel, Islamabad.	31 st January, 2018.
National Nutrition Research Conference	Scaling Up Nutrition, Nutrition International Scaling Up Nutrition Academia & Research Network (SUNAR. Pak) Margalla Hotel, Islamabad	30 th January, 2018.
National Consultation Meeting Transforming Evidence Generation for Scaling Up Nutrition	Scaling Up Nutrition Academia & research Network (SUNAR. Pak) Avari Hotel, Lahore.	28 th December, 2017.
Seminar on Women’s Health Challenges and Emerging Issues “Know Yourself”	Kinnaird College for Women, Lahore and South Asian Federation of Obstetrics and Gynaecology (SAFOG).	18 th November, 2017.
Product Launch	Kinnaird College for Women, Lahore	4 th November, 2017.
Practices for Career Path Development	Forman Christian College, Lahore & Society of Pakistan English Language Teachers.	3 rd November, 2017.
Seminar on “Food & Environmental Safety	Forman Christian College, Lahore	30 th October, 2017.
Action Event on Sustainable Development Goal 2, Zero Hunger	Planning & Development Department, Government of the Punjab. World Food Program (WFP).	27 th July, 2017.
Consultative Meeting on Universal Salt Iodization in the Punjab	Government of Punjab National Fortification Alliance of Pakistan	31 st March, 2017.

Consultative Workshop on “Fill the nutrient gap Analysis for Pakistan”	Ministry of Planning, Development & Reform Planning Commission Government of Pakistan. SUN Movement, Pakistan. World Food Program (with the support of WFP HQ Rome).	28 th March, 2017.
Invited Speaker First UHS International Conference	University of Health Sciences, Punjab.	25 th & 26 th November, 2016
1 st UHS Allied Health Sciences, Nursing & Pharmacy International Conference on Bridging the gaps in Healthcare: Improving Patient care outcomes		
Pre-conference Workshop <i>Nutritional Assessment & Screening</i> 1 st UHS International Conference titled “Bridging the Gap between Medicine and Allied Health Sciences: Improving patient care outcomes”	University of Allied Health Sciences & HEC Workshop held at Kinnaird College for Women	23 rd November, 2016
Food safety: Our National Responsibility	National alliance for Safe Food and Institute of Agricultural Sciences, University of The Punjab, Lahore.	22 nd November, 2016
Seminar on World Food Day	Food department, Government of the Punjab, UNICEF, WFP, gain & ffp	16 th October, 2016.
Organic Food and Health: Avenues of Innovation and Entrepreneurship	University of Management & Technology (UMT)	29 th August, 2016
Invited Speaker International Public Health Conference 2016 Public Health Education & Research	Department of Public Health & Community Medicine Shaikh Khalifa Bin Zayed Al-Nahyan Medical College & Shaikh Zayed Postgraduate Medical Institute.	5 th -6 th August, 2016.
2 nd National Conference Medical and Allied Health Sciences.	Arif memorial Teaching Hospital and Rashid Latif Medical College, Lahore.	29 th -30 th March, 2016.
2 nd International Conference on Biotechnology: Opportunities in Pakistan	University of South Asia, Lahore.	24 th -25 th February, 2016
National Curriculum Revision Committee (NCRC) Workshop on Curriculum revision Nutrition & Dietetics	University of Agriculture Faisalabad	11 th -13 th November, 2015
International Conference on Recent Developments in Human Nutrition	UVAS and NAP	4 th -6 th November, 2015

National seminar on ‘Secure, Safe and Nutritious Food for Punjab’	Government of Punjab, Global Alliance for Improved Nutrition, unicef ,WFP and Micronutrient Initiative	16 th October, 2015.
Provincial Launch: Multi Sectoral Nutrition Strategy for Punjab	Policy & Strategic Planning Unit, Health Department Government of Punjab and unicef	17 th September, 2015.
Commencement of Awareness Program In support of Global Breast Feeding Week (17 th to 22 nd August,2015) in Punjab	IRMNCH & Nutrition Program Punjab and Fatima Jinnah Medical University, Lahore.	18 th August, 2015.
Workshop on Intellectual Property Rights	HEC and IM Sciences	8 th -9 th May, 2015.
Poultry Food Festival, Certificate of Judgement of Cooking Competition	Pakistan Poultry Association	10 th -11 th April,2015
Indigenous On-Campus Training Program under Modern University Governance Program	Quality Enhancement Cell, Kinnaird College for Women, Lahore and HEC	10 th -11 th March,2015 16 th - 18 th March, 2015.
Evidence Generation and Advocacy for Institutionalization of School Health Program in Punjab Province	Nur Center for Research & Policy(NCRP) and Ilm, Ideas for education in Pakistan.	29 th January, 2015.
Best Research Practices (Western Perspective) Workshop	Kinnaird College For Women, Lahore.	21 st August, 2014.
Strategic Planning and Management, Workshop	Quality Enhancement Cell, Kinnaird College for Women, Lahore and HEC	19—20 th August, 2014
Sharing of Draft: Multi Sectoral Nutrition Strategy for Punjab, Workshop on Nutrition Strategy and Operational Plans	Policy & Strategic Planning Unit, Health Department Government of Punjab	2 nd June,2014
National Seminar on dissemination of research findings ‘Studying the knowledge, beliefs and practices of unmarried and married adolescent girls with respect to nutrition and sources of nutrition information that adolescents have access to and use’.	Fatima memorial Hospital (FMH), Research and Advocacy Fund (RAF), Nur Center for Research & Policy (NCRP).	31 st March, 2014.
International Conference Recent Development in Human Nutrition	Nutritionists Association of Pakistan and University of Veterinary Sciences, Lahore.	19 th ---20 th March, 2014
Dissemination of Nutritional Balochistan & KPK Chapter, Government of Punjab	Fatima Memorial Hospital & Nur Center for Research & Policy(NCRP)	December, 2013

Developing Multi-Sectoral Nutrition Strategy and Operational Plan.	Government of The Punjab School Education Department	29 th November, 2013.
Kinnaird Multidisciplinary Research Conference	HEC and Kinnaird College For Women, Lahore.	18 th --19 th November, 2013
International Conference	National Institute of Food	21 st ---23 rd October, 2013
Emerging Issues in Nutrition and Food Safety	Science & Technology, University of Agriculture, Faisalabad; HEC; P.S.F.S.T. and USDA.	
Curriculum Revision Food Science & Technology	UAF	9-10 th Sept 2013
Consumer Food Safety and Quality Conference	Consumer Association of Pakistan.	17 th April, 2013.
Weight Management Conference	Dept. of Food and Nutrition College of Home Economics, Lahore and Route to Health.	3 rd November, 2012.
Assessment Team Training, Workshop	Kinnaird College for Women, Lahore.	12 th October, 2012.
Microteaching Workshop	Kinnaird College for Women, Lahore.	1 st December, 2011.
National Nutrition Survey 2011 Dissemination of results for Punjab& Integrated Nutrition Strategy for Punjab.	Government of The Punjab Bureau of Statistics, Planning & Development Department.	23 rd November, 2011.
PCEPT	National Academy of Higher Education Commission (HEC)	23 rd May—23 rd June, 2
First International Conference of Home Economics	College of Home Economics, Gulberg, Lahore	14 th –16 th March, 2005
Scientific Symposium on Obesity & Role of Pharmacotherapy	ABBOT	21 st March, 2005.
15 th Annual Course on Diabetes Mellitus	Diabetic Association of Pakistan & King Edward Medical College, Lahore.	22 nd April --26 th April.2003.
Symposium on Diabetes Mellitus	Shaikh Zayed Federal Postgraduate Medical Institute, Lahore.	13 th May, 2001
12 th Annual Course on Diabetes Mellitus	Diabetic Association of Pakistan & Fatima Jinnah Medical College, Lahore.	24 th April– 30 th April,2000
New Concepts in Dietary Management of Diabetic Patients	Dr. S. Zaidi, UCLA School of Medicine, Los Angeles, USA	16 th February — 30 th March 2000
Nutrition in Health & Disease, Workshop	Shaukat Khanum Memorial Cancer Hospital & Research Centre, Lahore.	27 th November, 1999.
Diet and Diabetes	WHO & Diabetic Association of Pakistan	7 th –11 th November, 1996

Professional Memberships

BDA British Dietetics Association, UK
PEN Practice-Evidence Based Nutrition, UK

PDNA Pakistan Dietetics and Nutrition Association (Life Member)
NAP Nutritionists Association of Pakistan (Life Member)
PDNS Pakistan Dietetics and Nutrition Society (Life Member)
PNF Pakistan nutrition Foundation, Lahore. Founding chairperson