

Name: Nida Tasneem Khan

Email: nida.tasneem@kinnaird.edu.pk

EDUCATION

Kinnaird College for Women

2015-2017

- M-Phil in Food Sciences and Human Nutrition
- Relevant Courses: Research Methodology, Food Service Management, Human Physiology, Advance Nutrition in Health and Diseases, Functional Foods, Epidemiology and Preventive Nutrition, Food Analysis, Research and Biostatistics.

College of Home Economics

2010-2014

- Bachelor of Science (Honors) in Food and Nutrition
- Relevant Courses: Functional Food, Epidemiology & Preventive Nutrition, Food Analysis, Research & Biostatistics, Food Service Management, Advance Nutrition in Health & Disease, Applied Nutrition, Advanced Nutrition and Nutrients, Nutrition Health and Prevention, Community Nutrition, Food Technology and Food Microbiology, Advanced Nutrition, Dietetics, Biochemistry

Defence Public School for Girls (Lahore)

2007- 2009

- O' levels (CIE) in Sciences

PROFESSIONAL EXPERIENCE

Work Experience:

- Lecturer-Kinnaird College for Women
(Department of Food Science and Human Nutrition) *January 2017-Present*
- External Examiner – Evaluation of Internship Reports –
BS Home Economics Food and Nutrition *January 16th, 2024*
Lahore College for Women University, Lahore
- External Examiner – Evaluation of Internship Reports –
BS Home Economics Food and Nutrition *January 24th, 2023*
Lahore College for Women University, Lahore
- External Examiner/ Observer- in the subject of Community Nutrition,
University of Health Sciences, Lahore *November 27th, 2020*
- External Examiner/ Paper Assessor- Practical Examination in the subject of
Community Nutrition, University of Health Sciences, Lahore *November 27th, 2020*
- External Examiner/ Paper Assessor- Practical Examination in the subject of
Community Nutrition, University of Health Sciences, Lahore *August 21st, 2020*
- External Examiner- Practical Examination in the subject of
Applied Nutrition, University of South Asia, Lahore *January 14th, 2020*
- External Examiner- Practical Examination in the subject of
Community Nutrition, FMH College of Medicine and Dentistry *April 12th, 2019*
- External Examiner-Community Nutrition
University of Health Sciences *April 17, 2018*

- Consultant – Specialist (Biology, Chemistry) *December 2017 – January 2017*
(Content Enrichment – TEACH Hrd and Dogar Publishers)

Internships:

- Gulab Devi Hospital, Supervisor for Undergrad students in Medical Nutrition Therapy *June – August 2018*
- Ganga Ram Hospital, Co Supervisor for Undergrad students in Medical Nutrition Therapy *July 2017*
- Hameed Lateef Hospital, Co-supervisor for undergrad students' in Community Nutrition *August 2016*
- Jinnah Hospital, Co-supervisor for undergrad student's in Community Nutrition *July 2016*
- Hameed Latif Hospital, Internship *1st April 2016 – 31st May 2016*
- Shalamar Hospital, Internship *July 2013*

Research Projects:

- Dissemination of **One Touch Mobile Application Software: "Food Tracker"** developed under NRPU Project 14850 for both android and IOS.
Apple Store:
<https://apps.apple.com/pk/app/tradditional-food-tracker/id6502349829>
Huawei Store:
<https://appgallery.huawei.com/app/C111358865>
Amazon Store:
<https://www.amazon.com/gp/product/B0D856Y946>
Playstore:
<https://play.google.com/store/apps/details?id=com.com.Kinnaird.College.FoodTracker.FoodTracker> *2024*
- Completion of NRPU Project 14850 as a Co PI entitled:
"One touch application software for estimation of macronutrient content of Traditional Pakistani Dishes" funded by HEC. *2022 – 2024*
- Won NRPU Project as a Co PI worth Rs7544900/-
Entitled: "One Touch Application Software for Estimation of Macronutrient Content of Traditional Pakistani Dishes". *2021*
- "Effect of Different Natural Sweeteners on the Nutritional Value and Organoleptic Qualities of Selected Sweet Dishes" *2016-2017*
Thesis Project
Supervisor: Dr Mahnaz Nasir Khan
- "Development of High Protein, High Caloric Full Fluid Diets Using Indigenous Sources for Malnourished Children" *2015-2016*
Thesis Project
Supervisor: Dr Shafya Shahid
- "Effect of Maternal Education on Infant Weaning Practices" *2014-2015*
Literature Review,

Supervisor: Ms Sehar Fatima

- *“Increased Trends of Eating out in Teenagers (Age 16-19)* 2013-2014
Survey conducted
Supervisor: Ms Saira Hayat
- *To Compare the Moisture Content of Daal Moong and Maash”* 2013-2014
Experimental
Supervisor: Dr. Samra Imran

Conferences/ Workshops/ Seminars

- Participation – Webinar - *“Enhanced Recovery after Surgery in Cancer”*
– Organized by PNDs (Pakistan Nutrition and Dietetics Society) Lahore chapter November 29th, 2024
- Participation – Webinar – *“How registries can help tackle the global diabetes burden”* Organized by the International Diabetes Federation. October 13th, 2024
- Participation – Webinar – *“Unlocking the power of Scopus webinar 3: Navigating Scopus metrics to select journal for publication”* Organized by Elsevier Researcher Academy at Pakistan State University. August 28th, 2024
- Attended Series 5 of Capacity Building Workshops – Faculty Development Plan entitled: *“The role of the arts and Sciences in Preparing Women for Entrepreneurship and Financial Security”*
– under Fullbright Specialist Project for Kinnaird College for Women, by USEFP. June 6th, 2024
- *Participation - 20 integrated Webinars - International and National Experts on Research Methodology: Schedule and Description*
organized by Center for Learning and Teaching Forman Christian College University. June 3rd-July 31st, 2024
- Attended Online course entitled: *“Shaping the Future of Education: AI Across Campus”* organized by Center for Learning and Teaching Forman Christian College University. May 13th to 30th, 2024
- Participation – Webinar - *“Managing Short Bowel Syndrome with Medical Therapy”* Sponsored by Zealand Pharma - Organized by American Society for Parenteral and Enteral Nutrition June 12th, 2024
- Organized Workshop: entitled *“Flavors of Pakistan: Sensory Profiling of Traditional Pakistani Dishes”* - Organized by the department of Food Science and Human Nutrition under NRPU Project 14850. April 24th, 2024
- Organized - Workshop entitled: *“Tasting Culture: Standardizing Traditional Pakistani Cuisine”* Organized by the department of Food Science and Human Nutrition under NRPU Project 14850. April 22nd, 2024
- Organized – Workshop: entitled *“Understanding Food Exchange List: From Plate to Balance”* Organized by the department of Food

- Science and Human Nutrition under NRPU Project 14850. *March 5th, 2024*
- Participation - 2 days virtual short course on “*Qualitative Research in Nutrition*” – Organized by The Department of Community Health Sciences, Agha Khan University. *February 28th-29th, 2024*
 - Participation – Webinar – “*Nutrition Misinformation among South Asian communities*” organized by The Nutrition Society's Special Interest Group (SIG): Diet and Health of Ethnic Minorities. *February 20th, 2024*
 - Participation – Webinar – “*Ethical Use of Generative AI Tools for Academic Writing*” organized by Paperpal, Cactus Communications. *December 13th, 2023*
 - Organized – *Nutrition Awareness Day “Fuel for the Future”*, at Kinnaird college for Women, Lahore, organized by the Department of Food Science and Human Nutrition in collaboration with ORIC. *November 7th, 2023*
 - Participation - Webinar – “*Navigating the pathways of Publishing in High-quality Journals by using Scopus*” organized by Elsevier Researcher Academy at Pakistan State University. *October 10th, 2023*
 - Participation – *Pre-Conference Workshop – National titled: “Enteral and Parental Nutrition” at the “4th International conference on Rehabilitation Sciences (ICRS) & 1st International Conference on Allied Health Sciences (ICAHS)”* – organized by RIPHAH International University. *October 6th, 2023*
 - Participation – “*4th International conference on Rehabilitation Sciences (ICRS) & 1st International Conference on Allied Health Sciences (ICAHS)*” – organized by RIPHAH International University. *October 6th – 8th, 2023*
 - Participation - Webinar – “*AI-Powered Chemistry: How Reaxys is Transforming Education and Research*” organized by Elsevier *October 4th, 2023*
 - Organized – Awareness Seminar – “*Enabling Breastfeeding Making a difference for working parents*” – Celebrating the Global Breastfeeding Week 2023, Organized by the Department of Food Science and Human Nutrition and Primary and Secondary Health Care in Collaboration with UNICEF. *August 30th, 2023*
 - Conference – Participation and Organizing in “*Kinnaird’s. 2nd International Conference on Science and Technology and Innovation*” organized by the Office of Research, Innovation and Commercialization. *March 8th- 10th, 2023*
 - Conference and Expo – 2 Days international Conference on “*Recent Trends in Clinical Nutrition and Food Sciences*” organized by the Department of Nutrition and Health Promotion, University of Home Economics, Lahore *February 24th – 25th, 2023*
 - Conference – “*Global Science Technology and Management Conference 2023 Bahawalpur, Cholistan*” organized by

- Evolution(Pakistan) and The Islamia University Bahawalpur. *February 9th-11th 2023*
- Participation – “*Technology Development Fund to Introduce New Technologies in Pakistan*” organized by ORIC in collaboration with the Higher Education Committee. *December 12th, 2022*
 - Organizer – “*Innovative Product and Idea Launch*” – Organized by the Department of Food Science and Human Nutrition in collaboration with ORIC/KBIC. *November 30th, 2022*
 - Participation – *National Consultation on “Multisectoral Nutrition Stakeholders’ Response to Minimize the Impact of Flood Calamity on Food and Nutrition Security of Vulnerable Population”* – Organized by Planning Commission M/o Planning Development and Special initiatives (Nutrition Section) Government of Pakistan. *September 27th, 2022*
 - *Five Days Training Course on “Food Security – Issues and Mitigation Strategies”*- Organized by Akhtar Hameed National Center for Rural Development (AHKNCRD) Government of Pakistan, Establishment Division. *September 26th–30th 2022*
 - Organizer – Seminar: “*Set Up for Breastfeeding, Educate and Support*” for the Breastfeeding Awareness Week 2022 – Organized by the Department of Food Science and Human Nutrition in Collaboration with Directorate General Health Services, Government of Punjab and UNICEF *August 30th, 2022*
 - Conference – *International Food and Nutrition Conference on “Emerging Trends in Food, Nutrition and Human Health”, 2022, Swat Pakistan* – Organized by Gomal University Dera Ismail Khan *August 18th – 20th 2022*
 - Elsevier's APAC level workshop on “Empowering knowledge on ethical publishing: Mastering the art of identifying predatory, fake and cloned journals” – Organized by Elsevier *June 8th 2022*
 - Organizer – Business Idea Competition at the 3rd International Conference of Social Science and Humanities Conference – Organized by Office of Research Innovation and Commercialization, Kinnaird College for women, Lahore *May 19th 2022*
 - Conference – International Conference on Pharma, Food & Healthcare in conjunction with 13th Pak Pharma & Healthcare Expo – Organized by National Alliance for Safe Foods *March 9th -10th, 2022*
 - Organizer – Nutrition Awareness Campaign and Women Day – “Celebrating Women Health” – Organized by the food and Nutrition Club, Department of Food Science and Human Nutrition, Kinnaird College for Women, Lahore. *February 25th 2022*
 - Two day Online workshop on “Promoting Research Excellence in Academics across Pakistan” – Organized by Elsevier in Collaboration with Higher Education Commission, Pakistan, *February 1st - 2nd, 2022*
 - Webinar on writing the SAR (Self Assessment Report) – Organized by the

- Quality Enhancement Cell, Kinnaird College for Women, Lahore. *January 29th, 2022*
- Consultative Seminar – A Consultative Session on Incorporating Nutrition Education in Medical Curricula for Doctors, Specialists and Allied Health Professional: A Preventive & Curative Approach – Organized by Scaling Up Nutrition, Planning and Development Board, Government of Punjab. *December 6th, 2021*
 - Event Coordinator - Innovative Product and Idea Launch – Organized by the Department of Food Science and Human Nutrition in Collaboration with ORIC, Kinnaird College for Women, Lahore. *December 1st, 2021*
 - Workshop – Food Insecurity – Organized by the Food and Nutrition Club – Department of Food Science and Human Nutrition *November 19th, 2021*
 - Event Coordinator – Breastfeeding Awareness Week (Focusing on Nursing mothers and COVID) – organized by Department of Food Science and Human Nutrition, Kinnaird College for Women, Lahore in collaboration with Multi Sectoral Nutrition Center – Planning and Development Board (Government of Punjab), Scaling Up Nutrition and UNICEF. *August 23rd – 27th, 2021*
 - Seminar on “*Innovative Technique in Livestock and Aquaculture*” – Organized by Department of Zoology and Department of Food Science and Human Nutrition - Kinnaird College for Women, Lahore *January 28th, 2020*
 - 30th All Pakistan Food Science Conference and Food and Nutrition Expo-2019: “*Theme: Value Added Food Products for Export Led Growth.*” - Organized by The University of Lahore in collaboration with Pakistan Society of Food Scientists and Technologists. *December 10th–11th, 2019*
 - Organizer- “*DICE Virtual Innovation Competition*” – organized by Office of Research Innovation and Commercialization in collaboration with Department of Food Science and Human Nutrition, Kinnaird College for Women, Lahore *December 2nd, 2019*
 - Seminar on “*Ethics in Research*” – Organized by Office of Research Innovation and Commercialization in collaborations with Department of Food Science and Human Nutrition- Kinnaird College for Women, Lahore *November, 18, 2019*
 - Seminar – “*World Food Day 2019*” organized by Punjab Food Authority *November 19th, 2019*
 - 1st PNDS International Conference on Non Communicable Diseases, “*4x4: Four NCDs and Four Modifiable Shared Risk Factors*” 2019- organized by Pakistan Nutrition and Dietetic Society in collaboration with University of Health Sciences, Lahore and The Nutrition Society. *November 1st–3rd, 2019*
 - Organizer- “*Kinnaird’s 1st Business Plan, Innovation and Idea Competition*” – organized by Office of Research Innovation and Commercialization, Kinnaird College for Women, Lahore *October, 26, 2019*
 - All Pakistan DICE- *Innovation & Entrepreneurship Mega Event 2019*- Organized by Abbottabad University of Science and Technology (AUST) Abbottabad in collaboration with DICE Foundation USA *October 10th–11th, 2019*
 - Workshop- ‘*Non Parametric Statistics*’ organized by Quality

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| Enhancement Cell, Kinnaird College for Women, Lahore | August 24 th , 2019 |
| • 1st International Conference on Science, Technology and Innovation 2019-
<i>Technical Session Moderator</i> - Organized by Office of Research Innovation
and Commercialization- Kinnaird College for Women, Lahore | April 2 nd - 4 th , 2019 |
| • Organizer- Annual Tutorial in collaboration with Punjab Food Authority-
Stress Management and Nutrition | February 26, 2019 |
| • Workshop- ' <i>Teachers Quantitative Data Analysis</i> ' organized by
Quality Enhancement Cell, Kinnaird College for Women, Lahore | January 17 th , 2019 |
| • Active Citizens Training of Facilitators by British Council
Kinnaird College for Women, Lahore | January 7 th -11 th , 2019 |
| • Seminar- " <i>Bone Health</i> " organized by Punjab Food Authority. | November, 29, 2018 |
| • Organizer- Seminar on " <i>Breastfeeding and Lactation- Promoting
Maternal and Infant Health</i> " – organized by Kinnaird College for
Women, Lahore | October, 6, 2018 |
| • Workshop- ' <i>Teachers Training</i> under Continuous Professional Development
Program organized by Quality Enhancement Cell, Kinnaird College for
Women, Lahore | August 15 th -17 th , 2018 |
| • <i>Certified Halal Food Safety Standards</i> - Organized by Punjab Halal
Development Agency | April 17 th – 18 th , 2018 |
| • 7 th International Halal Conference and Exhibition | April 1, 2018 |
| • <i>1st Pakistan HALAL Assembly-2018 and Pak-China Agriculture Forum</i>
Organized by Government College University, Faisalabad | March 21- 22, 2018 |
| • <i>Indigenous Teacher's Training Workshop under Continuous Professional
Development Program</i> - Organized by Department of Food Science and
Human Nutrition, Kinnaird College for Women, Lahore. | January 11 th -17 th , 2018 |
| • Training Workshop- " <i>Andragogical/Pedagogical Skills</i> " – Organized by
Punjab Higher Education Commission | January 22 nd -24 th , 2018 |
| • All Pakistan DICE- <i>Innovation & Entrepreneurship Mega Event 2017</i> -
<i>Organized by Mirpur University of Science and Technology (MUST)</i>
<i>Mirpur AJ& K in collaboration with DICE Foundation USA</i> | December 2017 |
| • Organizer- Seminar on " <i>Know Yourself</i> " Women's Health
Challenges and Emerging Issues – organized by Kinnaird College for
Women, Lahore | November, 18, 2017 |
| • Workshop- ' <i>Teachers Workshop Ethics</i> ' organized by Quality Enhancement
Cell, Kinnaird College for Women, Lahore | August 17, 2017 |
| • ' <i>Food & Safety Standards Compliance Management</i> ' – Training Workshop
6 th International Halal Conference & Exhibition 2017 | April 11, 2017 |
| • Workshop- ' <i>SPSS-Module 1</i> ' organized by Quality Enhancement Cell, | March 17, 2017 |

Kinnaird College for Women, Lahore

- All Pakistan DICE- *Innovation & Entrepreneurship Mega Event 2016- Organized by (NUST) in collaboration with DICE Foundation USA* December 2016
- ‘*Public Health Education and Research*’ International Public Health Conference in ‘Sheikh Zaid Hospital’ August 2016
- *Judgment of Cooking Competition- Poultry Food Festival 2015.* April 10th – 11th, 2015
- ‘*Recent Developments in Human Nutrition*’ International Conference and Expo 2014 March 2014
- ‘*Modernization, Innovation and Current Challenges to the flour Milling Industry*’ February 2014
6th Pakistan Flour Milling Conference
- ‘*Weight Management*’ November 2012
College of Home Economics

PAPER PUBLICATIONS

- Publication – Amaima Riaz, Nida Tasneem Khan, Aimen Tariq and Dr Mahnaz Nasir Khan "*Preferential Mapping of Traditional Pakistani Dishes Locally Consumed By People Of Lahore*" manuscript ID: BFJ-10-2023-0883 in the British Food Journal.
<https://jnasp.kinnaird.edu.pk/wp-content/uploads/2024/08/5-Mehnaz-nasir-JNASP2024-0276.pdf> 2024
- Publication - Rabia Naz, Nadia Akram, Fasiha Ilyas, Syeda Aliya Sherazi, & **Nida Tasneem Khan**. (2023). *MOMORDICA CHARANTIA AND POLYPEPTIDE-P: A MINI REVIEW ON THEIR MEDICINAL POTENTIAL IN DIABETES CARE*. *Journal of Population Therapeutics and Clinical Pharmacology*, 30(19), 2162–2169.
<https://doi.org/10.53555/jptcp.v30i19.5215> 2023
- Paper Submission: Javeria Rana, **Nida Tasneem Khan**, Mahnaz Nasir Khan "*Individualized Nutrition in Type 2 Diabetes*": *A Narrative Review on Popular Diets and their Impact on Blood Glucose Control in Type 2 Diabetics*" manuscript ID: NUTR-REV-646-NR-11-2024. (in Review) 2024

ORAL/ POSTER PRESENTATION

- Paper Presentation: entitled: "*Dietary Recommendation for Menopausal Women: Developing an Informative Handbook*" at the 2nd National Conference On Emerging Trends in Food Science and Nutrition", organized by School of Food and Agricultural Sciences, University of Management and Technology, Lahore. May 9-10th, 2024
- Paper Presentation: entitled: "*Managing Diet Progression after Gastrojejunostomy due to corrosive Injury: A Case Study*" at the 2nd National Conference On Emerging Trends in Food Science and Nutrition", organized by School of Food and Agricultural Sciences, University of Management and Technology, Lahore. May 9-10th, 2024

- Paper Presentation: entitled: “*Standardizing the essence of Pakistan Gastronomy: Traditional Cereal and Vegetable- Based Dishes in Focus*” at the 2nd International Food and Nutrition Research Conference: “Challenges and Opportunities in Food, Nutrition and Allied Sciences”, organized by Institute of Food Science and Nutrition, University of Sargodha. March 6th -7th, 2024
- Paper Presentation, Entitled: “*Development of food exchange list for traditional beverages commonly consumed in Pakistan*” at the 2nd PKNC Conference on Food, Nutrition and Public Health, at Sindh Agriculture University Tandojam, Pakistan. February 10th, 2024
- Javeria Rana, **Nida Tasneem Khan** “Types of Diets in Managing Type 2 Diabetes Mellitus: A review” at “Kinnaird’s 2nd International Conference on Science and Technology and Innovation” organized by the Office of Research, Innovation and Commercialization. March 8th- 10th, 2023
- **Nida Tasneem Khan**, Dr Mahnaz Nasir Khan, Syeda Aliya Sherazi “Importance of a Culturally Sensitive Food Exchange List” at “*Recent Trends in Clinical Nutrition and Food Sciences*” organized by the Department of Nutrition and Health Promotion, University of Home Economics, Lahore. February 24th – 25th, 2023
- Ammaima Riaz, Aimen Tariq, Dr Mahnaz Nasir Khan, **Nida Tasneem Khan** “Preferential Mapping of Traditional Pakistani Dishes Locally Consumed by People of Lahore at “*Recent Trends in Clinical Nutrition and Food Sciences*” organized by the Department of Nutrition and Health Promotion, University of Home Economics, Lahore. February 24th – 25th, 2023
- Fajar Ayub, Javeria Khalid, Aimen Tariq, Mahnaz Nasir Khan, **Nida Tasneem Khan** “Diversity of Pakistan’s Culinary Culture” at “*Global Science Technology and Management Conference Bahawalpur, Cholistan*” organized by Evolution(Pakistan) and The Islamia University Bahawalpur. February 9th - 11th 2023
- Aimen Tariq, **Nida Tasneem Khan**, Mahnaz Nasir Khan, Fajer Ayub “Nutritional Variation in Traditional Pakistani Dairy Based Beverages” ” at “*Global Science Technology and Management Conference Bahawalpur, Cholistan*” organized by Evolution(Pakistan) and The Islamia University Bahawalpur. February 9th - 11th 2023
- **Nida Tasneem Khan. Mahnaz Nasir Khan** “*Nutritional and Organoleptic Evaluation of Some Pakistani Sweet Dishes using Different Natural Sweeteners*” at the International Food and Nutrition Conference, 2022 – Organized by Gomal University Dera Ismail Khan at Swat (KPK) Pakistan. August 19th, 2022
- Kandra Gill, **Nida Tasneem Khan** “Terminala Chebula (Myribalan): An Emerging Functional Plant (A review Study) at the International Food and Nutrition Conference, 2022 – Organized by Gomal University Dera Ismail Khan at Swat (KPK) Pakistan. August 18th, 2022

- Eshal Fatima, **Nida Tasneem Khan** “Dietary Guidelines for Mothers Awareness to Prevent and Manage Milk Induced Anemia” at the International Food and Nutrition Conference, 2022 – Organized by Gomal University Dera Ismail Khan at Swat (KPK) Pakistan. August 18th, 2022
- Fatima Muiz Mian, **Nida Tasneem Khan** “Nutritional Claims and Foods Labels of Commercially Available Snack Foods”. at the International Food and Nutrition Conference, 2022 – Organized by Gomal University Dera Ismail Khan at Swat (KPK) Pakistan. August 18th, 2022
- Ayesha Tariq, **Nida Tasneem Khan** “*Why do Students eat at Campus? Is it Real Hunger or Just a Psychological Plea*” at Kinnaird Festival of Statistics and Data Science November 24th, 2021
- **Nida Tasneem Khan**, Mahnaz Nasir Khan, Syeda Aliya Sherazi & Rabia Naz “*Effect of natural Sweeteners on Nutritional value and Organoleptic properties of selected Pakistani dishes*” in 1st International Conference on Science, Technology; Innovation, held at Kinnaird College for Women, Lahore. April 2nd– 4th, 2019
- Hajra Bibi, Aroosa Arshad, Nadia Akram, Syeda Aliya Sherazi & **Nida Tasneem Khan** “*Development of Quality Evaluation of Snack Foods Enriched With Date Seed Powder*” in 1st International Conference on Science, Technology; Innovation, held at Kinnaird College for Women, Lahore. April 2nd– 4th, 2019
- Nosheena Zia, Zoya Asif, Memoona Khalid & **Nida Tasneem Khan** “Development of a guidebook for Awareness on Celiac Disease” in 1st International Conference on Science, Technology; Innovation, held at Kinnaird College for Women, Lahore. April 2nd– 4th, 2019
- Sara Sumbal, Resham Arif, Zara Shehbaz, **Nida Tasneem Khan** & Syeda Aliya Sherazi “Nutritional Assessment of Janitorial Staff of Universities of Lahore”. in 1st International Conference on Science, Technology; Innovation, held at Kinnaird College for Women, Lahore. April, 2nd– 4th 2019

EXTRACURRICULAR

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| • Member of Pakistan Society of Food Scientists and Technologists | 2019-Present |
| • Member of Nutritionist Association of Pakistan | 2014-2015 |
| • College President- Government College of Home Economics | 2014-2015 |
| • College Vice President | 2013-2014 |
| • Food And Nutrition Representative of College Council | 2013-2015 |
| • Deputy Head girl- Government College of Home Economics | 2013-2014 |
| • Home Economics Representative- Government College of Home Economics | 2012-2013 |