

Objective

To be an active participant in a challenging and competitive environment to strive for career progression and uplifting human values. I am a life-long learner and determined to become a professional savant for keeping abreast with changing global affairs.

Academic Qualification

M.Sc.(Hons) Home Economics, Major in Food and Nutrition(3.56C.G.P.A)

University Of Agriculture Faisalabad 2011 --2013

Thesis: Prevalence of Osteoporosis in relation to serum calcium and phosphorus in aging women.

BS (Hons) Home Economics, Major in Food & Nutrition (3.58 CGPA)

Lahore College for Women University2007-2011

F.Sc (PRE-Medical) 63%

Pride College for Girls, Lahore 2005-2007

S.S.C. (Secondary School Certificate) 68%

Govt. Girls Higher Secondary School, Phool Nagar,Kasure2003-2005

Experience

1. Lecturer in “**Kinnaird College for Women**”
(18-08-2015-to-present)
2. Lecturer in “**GOVT. DEGREE COLLEGE FOR WOMEN WAPDA TOWN LAHORE**”.
(01-10-2014-to-31-05-2015)
3. Worked as a teacher in “ **Pride Public High School**” Lahore.
Duration: (01-01-2014-to-26-09-2014).
4. Worked as an internee in “**THE CHILDREN HOSPITAL AND THE INSTITUTE OF CHILD HEALTH, LAHORE**”.
Duration: (15-06-2010-to-31-07-2010)
5. Worked as an internee in “**AL-NOOR HOSPITAL FAISALABAD**”.
Duration :(01-06-2013 to 01-07-2013)

Job Description:

- Diet Planning for Diabetic Patients.
- Diet Planning for Obese Patients.

- *Nutritional Assessment of Patients.*
- *Caloric Calculation through Exchange List.*

Conferences, Seminars and Certificates

- Virtual Participation in Conference on Healthy Futures: Preventing NCDs in Young Hearts and Minds Aga Khan University Karachi 6th – 8th June, 2024
- Participated in Webinar: FREE Online Course, Research Methodology Series on “Exploring AI tools and Resources Organized by CLT FCCU” 03 June to 28th July , 2024.
- Participated in Series 5 of Capacity Building Workshops- Faculty Development plan in the video conferencing room, KCWU 6th June, 2024
- Participated in Pakistan Dairy Summit on world Milk Day on Organized by National Alliance for Safe Food in collaboration with Pakistan Dairy Association at Flatti’s Hotel Lahore 04th June 2024
- Participated and Presented in 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, Pakistan 9-11th May, 2024
- Participated in 2nd International Food and Nutrition Research Conference (Ifnrc-2024 Organized by Institute of Food Science & Nutrition, University of Sargodha March 6-7, 2024.
- Attend webinar on Navigating the pathways of publishing in High quality journals by using scopus at Pakistan State universities organized by Elsevier 10th October,2023
- Participated in 4th International Conference on Rehabilitation Sciences (ICRS) & 1st International Conference on Allied Health Sciences (ICAHS),. Organized by Riphah International University At PC Lahore. 6-8th October 2023
- Attend Virtual Workshop on “How to Review The Program Self-Assessment Report organized by QEC Jinnah Sindh Medical Universities 23rd June 2023.
- Participation and Moderator in the 2nd International Conference on Science, Technology, and Innovation at Kinnaird College For Women Lahore. 8th- 10th March, 2023
- Participated in Research Dissemination Ceremony of Pilot School Milk Program on at Faletti’s Hotel, Lahore. 14th December 2022
- Participate in National Seminar on World Food Day “Food Safety Matters; Leaves No one Behind” at Golden Pearl Hall, Flatties Hotel Lahore. Organized by National Alliance For Safe Food. 15th October 2022.

- Participate as a Technical Expert on the event of Interactive session at International. Poultry Expo at Expo-center Lahore. 16th September, 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. 30th August, 2022.
- Attend consultative session on Early Childhood Development and school meal program. Organized by Government of Punjab Planning and Development Board. on June 21 to 22nd June, 2022
- International Conference on Pharma, Food and Healthcare in conjunction with 13th Pak Pharma & Healthcare Expo Center Lahore. Organized by National Alliance for Safe Food. 9th – 10th March 2022
- Consultative Session on Incorporating Nutrition Education in Medical Curricula for Doctors, Specialists and Allied Health Professionals: A Preventive & Curative Approach. Organized by SUNAR and Planning & Development Board Government of the Punjab. PC, Lahore. 6th December 2021.
- Workshop on “Quality Assurance Parameters for Effective Teaching” organized by QEC, Kinnaird College for Women, Lahore. 26th March 2021
- Workshop on “Data analytics using SPSS” Organized by QEC, Kinnaird College for Women Lahore. 30th January 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
- One day “1st DICE Virtual Innovation Competition” on 2nd December, 2019 Organized by Office of Research Innovation and Commercialization- Kinnaird College for Women, Lahore.
- 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 10-11th 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, 18th, 2017
- 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 1-3", 2019

- Organizer-“Kinnaird’s 1" Business Plan, Innovation and Idea Competition ”’- organized by Office of Research Innovation and Commercialization, Kinnaird College for Women, Lahore

October, 26, 2019

- 1st International Conference on Science, Technology and Innovation 2019 Organized by Office of Research Innovation and Commercialization- Kinnaird College for Women, Lahore

April 2nd- 4th, 2019

- Organizer- Annual Tutorial in collaboration with Punjab Food Authority-Stress Management and Nutrition

February 26, 2019

- Workshop- ‘Teachers Quantitative Data Analysis’ organized by Quality Enhancement Cell, Kinnaird College for Women, Lahore

17th January 2019

- Seminar- “Bone Health” organized by Punjab Food Authority.

November, 29, 2018

- Organizer- Seminar on “Breastfeeding and Lactation- Promoting Maternal and Infant Health” – organized by Kinnaird College for Women, Lahore

October, 6, 2018

- Workshop- ‘Teachers Training under Continuous Professional Development Program organized by Quality Enhancement Cell, Kinnaird College for Women, Lahore

August 15th-17th, 2018

- Certified Halal Food Safety Standards- Organized by Punjab Halal Development Agency

April 17th – 18th, 2018

- 7th International Halal Conference and Exhibition

April 1, 2018

- 1st Pakistan HALAL Assembly-2018 and Pak-China Agriculture Forum Organized by Government College University, Faisalabad

March 21- 22, 2018

- Indigenous Teacher’s Training Workshop under Continuous Professional Development Program- Organized by Department of Food Science and Human Nutrition, Kinnaird College for Women, Lahore.

January 11th-17th, 2018

- All Pakistan DICE- Innovation & Entrepreneurship Mega Event 2017: Organized by Mirpur University of Science and Technology (MUST) Mirpur AJ& K in collaboration with DICE Foundation USA.

December 2017

- Organizer- Seminar on “Know Yourself” Women’s Health Challenges and Emerging Issues – organized by Kinnaird College for Women, Lahore

November, 18, 2017

- Workshop- ‘Teachers Workshop Ethics’ organized by Quality Enhancement Cell, Kinnaird College for Women, Lahore
August 17, 2017
- ‘Food & Safety Standards Compliance Management’ – Training Workshop 6th International Halal Conference & Exhibition 2017
April 11, 2017
- Workshop- ‘SPSS-Module 1’ organized by Quality Enhancement Cell, Kinnaird College for Women, Lahore
March 17, 2017
- All Pakistan DICE- Innovation & Entrepreneurship Mega Event 2016-Organized by (NUST) in collaboration with DICE Foundation USA
December 2016
- Certificate of Participation in the Active Citizen Training of Facilitators organized By British Council.
2015
- Certificate of participation in DICE 2015 Mega Innovation and Entrepreneurship Event organized by University of Agriculture ,Faisalabad
24th-25th November 2015
- Certificate of participation in 28th annual science competition , 2015 sponsored by National Museum of Science and Technology, Lahore
5th November 2015
- Two Days Training Course On Applications of Edible Coatings On Whole and Minimally Processed Fruits.
2nd-3rd April 2013
- Participation in 2nd National Conference on Emerging Trends in Diabetes
21st November 2009

Publications:

- Rabia Naz*, Nadia Akram, Fasiha Ilyas, Syeda Aliya Sherazi, Nida Tasneem Khan. . “Momordica charantia and polypeptide-P: A mini review on their Medicinal potential” in Diabetes Care Journal of Population Therapeutics and Clinical Pharmacology
December , 2023
- Moha Akram Khan, Mahnaz Nasir Khan, Fasiha Ilyas Memoona Khalid, Muhammad Abdullah, Muhammad Imran Hussain “ Impact of Nutritional Insufficiency on Nutritional status of Adolescents in low and high Income socio economic group ” inPakistan journal of medical and health sciences.
2nd February, 2023
- Esha Muhannad Zubair, Fasiha Ilyas, Rabia Naz. “Immune regulatory properties of dairy products. A Review. Presented in International Food and Nutrition Conference on Emerging trends in Food, Nutrition and Human health, 2022, Swat Pakistan/ Organized by Gomal

University Dera Ismail Khan.

18th to 20th August 2022.

- Ayesha Imran Butt , Natalia Malik , Shazia Tahsheen , Nadia Akram , Fasiha Ilyas , Mahnaz Nasir Khan “Development of an Anthocyanin Rich Vegetable Soup Mix” in Pakistan journal of medical and health sciences . 1st March ,2020
- Sadaf Shakoor,* , Fasiha Ilyas , Naheed Abbas , Muhammad Aslam Mirza and Sana Arif Prevalence of osteoporosis in relation to serum calcium and phosphorus in aging women February, 2014

Expertise & Skills

- Time Management & Interpersonal skills.
 - Adaptive to new and innovative dietary approaches.
 - Hardworking with commitment.
 - Intuitive capability to solve complex problems / situations of current dietary issues.
 - Windows, Microsoft Word, Excel, PowerPoint, Internet Explorer.
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