

## Personal Information

**Name:** Nasreen Kausar

**Work place:** Lecturer at Kinnaird College for Women Lahore

## Academics:

Examination Passed	Name of Institution	Year of examination	Major Subjects
PhD Human Nutrition and Dietetics	RIPHAH international University Lahore	Ongoing	<b>Ongoing</b> Advance research and biostatistics Recent advances in dietetics Advance Nutrigenomics
M. Phil. Food Science & Human Nutrition	Kinnaird College for Women, Lahore	2016	Advance Nutrition in Health & Disease Functional Foods & Nutraceuticals Human Physiology Food Service Management Research Methods and Methodology Research and Biostatistics Community Nutrition
Post Graduate Diploma in Dietetics	College of Home Economics Gulberg Lahore/University of The Punjab.	2009	Clinical Nutrition Therapeutic Nutrition Six months Internship at Sheikh Zaid Bin Alnehan Hospital and Post grade Institute Lahore
MSC Foods and Nutrition	College of Home Economics Gulberg Lahore/University of The Punjab	2007	Advanced nutrition (nutrients) Advanced nutrition (physiological aspects) Community Nutrition Nutrition Health & Prevention Thesis(effectiveness of nutrition education program for creating awareness among mother of elementary school age children)
BSC Home Economics	College of Home Economics Gulberg Lahore/ University of The Punjab.	2005	Dietetics Advanced nutrition Food& Nutrition Experimental Foods Meal Management Biochemistry

**Academic Achievements: 1<sup>st</sup> position & Roll of Honor in Post Graduate Diploma in Dietetics from College of Home Economics: University of the Punjab, Lahore, 2011.**

**Professional Appointments:**

Work Experience	Name of Institution/Organization	Duration	
		From	To
Working as Lecturer in Food Science and Human Nutrition Department.	Kinnaird College for Women 93, Jail Road Lahore.	18 <sup>th</sup> November 2011	Present
Advisor Food & nutrition club	Kinnaird College for Women 93, Jail Road Lahore.	July, 2014	Present
Arrangement of Board of Studies Meeting for both Post graduate and Graduate Programs	Kinnaird College for Women 93, Jail Road Lahore.	2018	Present
Development of Department's Self-Assessment Report for BSC. Honors Program in Food Science and Human Nutrition Kinnaird college for Women Lahore	Kinnaird College for Women 93, Jail Road Lahore.	2012	till Date
Development of Department's Self-Assessment Report for Master of Philosophy Program in Food Science and Human Nutrition Kinnaird college for Women Lahore	Kinnaird College for Women 93, Jail Road Lahore.	2012	till Date
Arrange industrial visits for all semesters of BSc Honors Department of Food Science and Human Nutrition Kinnaird college for Women Lahore	Kinnaird College for Women 93, Jail Road Lahore.	2012	present
Working on organizing meetings and documentations for renewal of MOUs with Fatimah Jinnah Medical institute.	Kinnaird College for Women 93, Jail Road Lahore.	2021	Till date

Gulab Devi Hospital and Educational Institute. COTHM. Punjab Food Authority.			
Member Consultative session on Provincial Early Childhood Development (ECD) Action Plan at Faletti's Hotel Lahore	Government of the Punjab Planning and Development Board Lahore	21 <sup>st</sup> June 2022	21 <sup>st</sup> June 2022
Member Consultative session on School Meal Program by Government of the Punjab Planning and Development Board Lahore at Faletti's Hotel Lahore	Government of the Punjab Planning and Development Board Lahore	22 <sup>nd</sup> June 2022	22 <sup>nd</sup> June 2022
In organizing team of Innovative Idea Competition at 3 <sup>rd</sup> International Conference on social Science and Humanities	Kinnaird College for Women 93, Jail Road Lahore.	May 19 <sup>th</sup> 2022	May 19 <sup>th</sup> 2022
Organized Cooking Competition on Innovative Recipes for High protein high Calcium by Department of Food Science and Human Nutrition in Collaboration of K&Ns	Kinnaird College for Women 93, Jail Road Lahore.	1 <sup>st</sup> March 2022	1 <sup>st</sup> March 2022
Organized Women Health Fest on Department of Food Science and Human Nutrition Kinnaird college for Women Lahore	Kinnaird College for Women 93, Jail Road Lahore.	28th February 2022	28th February 2022
Team member in organizing Innovative Idea and Product Launch Department of food Science and Human Nutrition in collaboration with ORIC Kinnaird College for Women Lahore	Kinnaird College for Women 93, Jail Road Lahore.	1 <sup>st</sup> December 2021	1 <sup>st</sup> December 2021

Member Consultative session on Incorporating Nutrition Education in Medical Curricula for Doctors, specialists and allied Health Professionals: A preventive and curative Approach, Crystal Hall Pearl Continental Hotel Lahore.	Government of the Punjab Planning and Development Board Lahore	6th December 2021	6th December 2021
Speaker and organizer in Webinar on Breastfeeding by the Department of Food Science and Human nutrition Kinnaird college for Women Lahore in collaboration with SUN and P&D board Lahore Government of Punjab	Kinnaird College for Women 93, Jail Road Lahore.	August 2021	August 2021
Supervisor and co supervisor of both undergraduate and Postgraduate research work	Kinnaird College for Women 93, Jail Road Lahore.	2012	Present
External examiner for B.S Research Reports	Lahore College for Women University	2018	Present
Punjab provincial consultation on dietary diversity strategy	Sheraton Hotel Lahore	11 <sup>th</sup> March, 2021	11 <sup>th</sup> March, 2021
Consultative meeting on strengthening the role of SUNAR in improving Nutrition indicators of Pakistan.	Planning and Development Board Lahore	8 <sup>th</sup> February, 2021	8 <sup>th</sup> February, 2021
ORIENTATION TO SUNAR PUNJAB FOCAL PERSONS ON SUN UNIT	PUNJAB OFFICIAL WEBPORTAL	5th, May, 2021	5th, May, 2021
Enteral Nutrition in Critically Ill Patients.	Abbott Nutrition <a href="https://myabbottmeetings.webex.com/myabbottmeetings/j.p">https://myabbottmeetings.webex.com/myabbottmeetings/j.p</a>	22 <sup>nd</sup> May, 2021	22 <sup>nd</sup> May, 2021
Update on SUNAR	Planning and Development Board	30 <sup>th</sup> April,	30 <sup>th</sup> April,

Revised work plan 2021 in the context of COVID 19		2021	2021
Nutrition Awareness Seminar	WilCare Lahore	21 <sup>st</sup> May, 2021	21 <sup>st</sup> May, 2021
Webinar, Foundation of Food Nutrition lies in Home Economics: A Global Perspective	<a href="https://zoom.us/j/93856155550">https://zoom.us/j/93856155550</a>	May 22, 2021	----
Inauguration of Scaling up Nutrition Punjab Website.	Planning and Development Board	19 <sup>th</sup> May 2021	-----
<b>Workshop on Mainstreaming Gender in Nutrition</b>	Planning and Development Board	10 <sup>th</sup> June 2021	-----
Functional Foods and Bioactive Compounds Reduce the Risk of Chronic and Viral Diseases? 29th International Conference of FFC - 17th International	Symposium of ASFFBC, VIRTUAL/LIVE Online Event <a href="https://www.functionalfoodscenter.net/Presenters---FFC-29">https://www.functionalfoodscenter.net/Presenters---FFC-29</a>	April 29-30, 2021	-----
Ethics in Research	Kinnaird College for Women Lahore	December, 2019	-----
Conducted Training on Research Methodologies as a SUNAR member and served as principal coordinator, facilitator and resource person	Kinnaird College for Women 93, Jail Road Lahore	3 <sup>rd</sup> December 2019	3 <sup>rd</sup> December 2019
Master Trainer for TOT on Nutrition Manual Training of Supervisory staff (FPO, SO and ADCO)	Integrated Reproductive Maternal Newborn & Child Health & Nutrition (IRMNCH) Program, Punjab	22 <sup>nd</sup> January 2019	24 <sup>th</sup> January 2019
Member Technical Committee Workshop for Development of National Health Policy and Provincial Strategic Framework	Ministry of Health Punjab Held at Pearl Continental Hotel Lahore	1 <sup>st</sup> November 2018	2 <sup>nd</sup> November 2018
Master Trainer Cascading of MTFPDP under CPD program. Served as principal coordinator, facilitator and resource person	Kinnaird College for Women 93, Jail Road Lahore.	15 <sup>th</sup> August 2018	17 <sup>th</sup> August 2018

Training was for Novice Faculty members of Kinnaird			
External Examiner for final research projects of BS (thesis)	Lahore College for Women University, Lahore	July, 2018	Present
Master Trainer (Conducted departmental indigenous teacher's training workshops under continuous professional development program both as resource person and organizer)	Department of Food Science and Human Nutrition, Kinnaird College for Women, Lahore	11 <sup>th</sup> January 2018	17 <sup>th</sup> January 2018
Member thesis defense committee	Kinnaird College for Women 93, Jail Road Lahore.	May, 2013	May, 2016
Member hostel Mess Committee	Kinnaird College for Women 93, Jail Road Lahore.	May, 2013	May, 2015
Director Pakistan Nutrition Foundation	Pakistan Nutrition Foundation (non- Governmental Organization)	December, 2012	Present
Member, core committee for dissemination of Nutritional Policy Balochistan & KPK Chapter, Government of Punjab	Fatima Memorial Hospital, NUR center for research and policy, Lahore	December , 2013	December , 2013
Participated in curriculum Development Workshop for Degree Programs (BS Nutrition and Dietetics)	Government College University Faisalabad	25 <sup>th</sup> February 2014	25 <sup>th</sup> February 2014
Member, National Curriculum Revision Committee (NCRC), in the discipline of Human Nutrition & Dietetics. HEC	Higher Education Commission Islamabad, meeting held at University of Agriculture Faisalabad	11 <sup>th</sup> Nov, 2015	26 <sup>th</sup> March, 2016
Member National Dissemination and Policy Brief Committee	Fatima Memorial Hospital, Lahore NUR Center for Research and Policy, Research Advocacy Fund, UK	Jan, 2014	March, 2014
Member National Dissemination Committee for Institutionalization of School Health	Fatima Memorial Hospital, NUR Center for Research and Policy, Lahore	Jan, 2015	March, 2015

Program in the Punjab Province			
Internship coordinator, for Practical Application of Medical nutrition Therapy	Sheikh Zaid Bin Alnehan Hospital & Post Graduate Institute Lahore	June, 2012	September, 2012
External examiner, Punjab University	BS Home Economics (Dietetics) College of Home Economics Lahore, Punjab University.	March 2012	March 2015
External examiner, Punjab University	Post Graduate Diploma in Institutional Management at College for Home Economics ,Lahore	November, 2013	November, 2014
Supervision of Internship of Post Graduate Diploma in Dietetics	Sheikh Zaid Bin Alnehan Hospital & Post Graduate Institute Lahore	8 <sup>th</sup> Feb. 2010	29 <sup>th</sup> May 2010
Internship of post Graduate Diploma in Dietetics	Sheikh Zaid Bin Alnehan Hospital & Post Graduate Institute Lahore	2 <sup>nd</sup> March 2009	30 <sup>th</sup> June 2009
Internship	Children's Hospital & The Institute of Child Health	27 <sup>th</sup> June 2006	5 <sup>th</sup> August 2006

### **In service training courses**

Consultative workshop on Wasting management guidelines Department of Health Punjab in collaboration with UNICEF 26<sup>th</sup> December 2024

Four days training on nutrition in emergency (NIE) in collaboration with DG Helath and UNICEF at Lahore 4<sup>th</sup> to 7<sup>th</sup> November 2024

Workshop on "The role of the arts and sciences in preparing women for entrepreneurship and financial security" Series 5 of Capacity Building Workshops- Faculty Development Plan. on 6<sup>th</sup> June 2024 in the Video Conferencing room, Organized by Kinnaird College For women, Lahore

Webinar: FREE Online Course, Shaping the Future of Education: AI Across Campus. May 13-30, 2024.

Webinar: FREE Online Course, Research Methodology. 03 June to 28<sup>th</sup> July , 2024. (Ongoing).

Attended One day Pre-Conference International Workshop on Rehabilitation & Allied Health Sciences, 6<sup>th</sup> October, 2023 organized by Riphah International University, Lahore-Pakistan

Participation - Webinar – “Navigating the pathways of Publishing in High-quality Journals by using Scopus” organized by Elsevier Researcher Academy at Pakistan State University. October 10<sup>th</sup>, 2023

Training of Trainers workshop on Research Methodologies-Lahore organized by Scaling up Nutrition (SUNAR) in collaboration with Planning Commission of Pakistan, International Research Force, Nutrition International and UK Aid at University of Lahore, Lahore from 8<sup>th</sup> to 11<sup>th</sup> October 2019

Master trainer train the trainers workshop for Food Safety and manufacturing organized by COTHM in collaboration with Highfield UK at University of Health Sciences Lahore from 15<sup>th</sup> April till 17<sup>th</sup> April 2019

Master trainer train the trainers workshop for Food Inspection and Auditing organized by COTHM in collaboration with Highfield UK at University of Health Sciences Lahore from 18<sup>th</sup> April till 19<sup>th</sup> April 2019

Certification of One Day Training Session on Emerging Standards for Sustainable Food Business (HAACP-TACCP-VACCP) July 21, 2018 organized by National Alliance for Safe Food at UMT-Lahore

Certification of 32<sup>nd</sup> Master Trainers Faculty Professional Development Program held at Learning Innovation Division, HEC Islamabad from July 11 till August 30, 2017.

Certification of “Food Analysis” one week course held at AFIN Lahore in February 2015 jointly organized by AFIN and Kinnaird College for Women, Lahore

Certification of “**Risk Management of Food borne Pathogens**” an E learning course, through the Global Development Learning Network organized by Asian Productivity Organization and National Productivity Organization from 19<sup>th</sup> to 22<sup>nd</sup> May, 2014

### **Organizational assignments**

Advisor Food and nutrition club from 16<sup>th</sup> July 2014;

Duties as the advisor of the Food and Nutrition club in Kinnaird College for Women, Lahore are;

- Organizes Annual Nutrition Awareness Day and Annual tutorial of Food & Nutrition Club every year
- Print annual magazine of the club “better you” containing health messages as chief editor every year from 2012
- Arrange cooking, poster, photography competitions for students every year
- Celebrate world Food and Health days

Intersarsity Nutrition Competition organized by Riphah International University on 24th April, 2024. Our Students won 2nd position

Organized “Boot Camp on Food Innovation Challenges” on 30th November 2023. (Department of Food Science and Human Nutrition in collaboration with KBIC & ORIC at Kinnaird College for Women Lahore.

Organized “Nutrition Awareness Day” on 7th November 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

Member organizing committee for DICE VIC 2019. Organized by Department of Food Science and Human Nutrition in collaboration with office of Research, Innovation and Commercialization, Kinnaird College for Women, 2<sup>nd</sup> Dec 2019

Member organizing committee for DICE VIC 2018. Organized by Department of Food Science and Human Nutrition Kinnaird College for Women

Member national committee meeting on state of nutrition research and its impact for the development of National Center for Human Nutrition organized at HEC Islamabad under co-chairmanship of Executive Director HEC and member S&T and ICT on 13<sup>th</sup> June 2018

Organizer in Showcasing of New Innovative Food Products as Annual Product Launch, Food Science & Human Nutrition Department, Kinnaird College for Women, Lahore on 4<sup>th</sup> December, 2017

Member organizing committee of 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 Gynecology (SAFOG) held on 18<sup>th</sup> November, 2017

Member organizing committee of Seminar on Entrepreneurship "Starting Your Own Business" a collaborative effort of Kinnaird College for women, Lahore and National Incubation Center, LUMS, Lahore held on 8<sup>th</sup> November, 2017

Member organizing committee for conducting 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) on 21<sup>st</sup> September, 2016

Participation as member and in the organization of Departmental annual Board of studies Committee meetings from 2012 to 2016

Participated as team leader in All Pakistan DICE Mega Event 2016 at National University of Science and Technology Islamabad from 21<sup>st</sup> to 22<sup>nd</sup> Dec, 2016 and won 3<sup>rd</sup> Prize in the Category of biological and Health sciences.

Facilitated as resource person in the pre-conference workshop on Nutrition assessment and Screening organized by University of Health sciences Lahore on 24<sup>th</sup> November 2016

Participated as team leader and won 1<sup>st</sup> and 3<sup>rd</sup> prizes in DICE **Mega Innovation and Entrepreneurship Event, 2015** organized by University of Agriculture, Faisalabad in collaboration with British Council, HEC, PCST and DICE foundation on November 24-25, 2015

Headed the group participation and won the 3<sup>rd</sup> Prize in 28<sup>th</sup> Annual Science Competition organized by National Museum of Science and Technology, Lahore, P.S.F Islamabad and Urdu Science board Lahore on 5<sup>th</sup> November 2015

Technical Resource Person in the workshops organized under the platform of **International Conference & Expo 2014 "Developments in Human Nutrition"**. The workshops were:

- Nutrition Assessment and Meal Planning
- Nutrition Counseling and Communication Skills

Served in panel of judges for judgment in cooking competition held under grand cooking carnival, organized as part of International Poultry Expo-Pakistan from 27<sup>th</sup> till 28<sup>th</sup> September 2013

Headed the panel of judges for "Sensory Evaluation of Food" in Cooking Competition under Punjab Youth festival held on 22<sup>nd</sup> October 2012 at Expo Center Johar Town Lahore

Organized and Supervised Intercollegiate Cooking Competition on 29<sup>th</sup> and 30<sup>th</sup> September 2012, held at Expo Center Johar Town Lahore in collaboration with Pakistan Poultry Association

Prepared and conducted lectures on diet and diabetes, hypertension and heart disease, nutrition during pregnancy for the general public at SheikhZayed Hospital, Lahore from February 2009 to June 2009.

Prepared and conducted lectures for the mothers of elementary school age children on importance of nutrition and nutritional requirements of elementary school age children at Government girl's secondary school Green Town Lahore May 2008.

Workshop on "The role of the arts and sciences in preparing women for entrepreneurship and financial security" Series 5 of Capacity Building Workshops- Faculty Development Plan. on 6th June 2024 in the Video Conferencing room, Organized by Kinnaird College For women, Lahore

### **Training Workshops and conferences**

Webinar: FREE Online Course, Shaping the Future of Education: AI Across Campus. May 13-30, 2024.

Participation in International Conference on Pharma, Food & Health Care Expo/ Expo Center Lahore/9<sup>th</sup> -10<sup>th</sup> March 2022

Participation in National Conference on Emerging Trends in Food Science and Nutrition March 28-29 2022  
University of Management and Technology Lahore

Attended Webinar on Self-Assessment Report (SAR) writing January 29<sup>th</sup> 2022 Quality enhancement cell Kinnaird College for Women Lahore

Attended Seminar on Preparation for PG Programs Review 31<sup>st</sup> March 2022 Video Conference Room Kinnaird College for Women Lahore

The fundamentals of proofing and editing reports for scientific publications held at Kinnaird College for Women Lahore on 19<sup>th</sup> September 2019

How to move your article quickly through review process held at Kinnaird College for Women Lahore on 20<sup>th</sup> September 2019

Innovation and Entrepreneurship for sustainable economic growth held at Kinnaird College for Women Lahore on 21<sup>st</sup> August 2019

Participated in 7<sup>th</sup> International Halal Conference and Exhibition 2018 organized by Punjab Halal Development Agency to promote "Halal Trade and Islamic Financing- Way forward to Sustainable Economic Development" on April 17<sup>th</sup> 2018

Certification of training workshop on "Halal Food Safety Standards" organized by Punjab Halal Development Agency on 18<sup>th</sup> April 2018

Participated in First International Conference on Health & Environment from 20<sup>th</sup> to 21<sup>st</sup> March 2018, held at AIU Islamabad

Participated in International Faculty Professional Development Conference on the theme of "Professional Development in Higher Education: Trends and Practices, Prospects and Innovations" on 19<sup>th</sup> to 20<sup>th</sup> March, 2018 at HEC, Islamabad.

Certification of attending 3 contact hour workshop on "Practices for Career Path Development" by Dr. Lizbeth England-USA organized by Forman Christian college and Society of Pakistan English Language Teachers at FCCU on November 3<sup>rd</sup> 2017

Participated in Policy Imperatives for Health in Punjab – Engaging with Policy Makers -Dissemination and Closing Seminar for NCRP-SGAFF Project on Strengthening of Health Systems in Punjab organized by NUR Center for Research and Policy (NCRP) on *May 24, 2017*

Participated in UNEP consultative workshop on integrating Sustainable Consumption and Production in tertiary education curricula, on May 11, 2017 at Government College University Lahore

Certification of training workshop on “Halal Food & Safety Standards Compliance Management” organized by Punjab Halal Development Agency on 11<sup>th</sup> April 2017

Participated in 6<sup>th</sup> International Halal Conference and Exhibition 2017 organized by Punjab Halal Development Agency to promote “Halal Trade and Islamic Financing- Way forward to Sustainable Economic Development” on April 10<sup>th</sup> and 11<sup>th</sup> 2017

Participated in National Workshop on Organic Food and Health: Avenues of Innovation and Entrepreneurship organized by Pakistan council for Science and Technology at University of Management and Technology Lahore on August 29, 2016

Participated in Special Olympics Health promotion event Lahore, Pakistan, organized under Special Olympics Health Promotion by Special Olympics Pakistan from 6<sup>th</sup> till 7<sup>th</sup> April 2016.

Certification of participation in **International conference on Soil Sustainability for Food Security** organized by Institute of Soil and Environmental Sciences University of Agriculture Faisalabad Pakistan on November 15-17, 2015

Certification of participation in **International Human Nutrition Conference and Expo-2015** organized by Nutritionists Association of Pakistan & University of Veterinary & Animal Sciences, Lahore Pakistan on November 3-4, 2015

Certification of participation in **Food and Nutrition Week, 2015** organized by University of Veterinary and Animal Sciences, Lahore and Forman Christian College, (A chartered University) Lahore on November 3-7, 2015

Participated in workshop on **Citation in Research using Zetero Software** organized by Quality Enhancement Cell, Kinnaird College for Women, Lahore on September 2014

Certification of participation in the **2<sup>nd</sup> Annual National Medical conference** of Rashid Latif Medical College held on 23<sup>rd</sup> April 2015

Participated in workshop on **Ethics and Corporate Social Responsibility** organized by Quality Enhancement Cell, Kinnaird College for Women, Lahore under Standard Operating procedures Modern University Governance Program on 13<sup>th</sup> August 2014

Participated in workshop on **Stress Management** organized by Quality Enhancement Cell, Kinnaird College for Women, Lahore under Standard Operating procedures Modern University Governance Program on 20<sup>th</sup> August 2014

Certification of participation in **International Conference & Expo on Recent Developments in Human Nutrition** organized by University of Veterinary & Animal Sciences, Lahore Pakistan and Nutritionists Association of Pakistan on 19-20 March, 2014

Certification of “**Alternative Assessments In Service Training Workshop**” organized by Quality Enhancement Cell (QEC), Kinnaird College for Women, Lahore on 7<sup>th</sup> March, 2014

Participated in workshop on **Cyber Literacy and Teaching in classroom** organized by Quality Enhancement Cell, Kinnaird College for Women, Lahore in December 2013

Certification of participation in **Kinnaird Multidisciplinary Research Conference (KMRC)** on 18<sup>th</sup> and 19<sup>th</sup> November, 2013

Certification of participation in **workshop on Psychological Challenges in Teaching** Jointly organized by HEC and Quality Enhancement Cell, Kinnaird college for Women, Lahore on 30<sup>th</sup> of May 2013

Certification of **Article Writing** workshop organized by NUR center for Research & Policy held on April 25<sup>th</sup> 2013

Certification of completing course on **Research Methodology & Data Analysis using SPSS (CPD Hours 10)** on April 2<sup>nd</sup> 2013

Certification of participation in **Sub Apnea – Activist’s workshop held jointly by British council Global change makers and LUMS Community Service Society** at the Lahore University of Management Sciences on 6<sup>th</sup> April, 2013

Certification of participation in **qualitative research for high impact factor publication with introduction to NVIVO Ver 10** organized by Institute of Business & Management, UET, Lahore on March 17, 2013

Certification of participation in the **International Conference on Issues and Challenges in Education** held from 22<sup>nd</sup> to 23<sup>rd</sup> February 2013 organized by British council at Kinnaird College for Women, Lahore

Certification of participation in **workshop on Citation in Research** organized by Quality Enhancement cell, Kinnaird College for Women, Lahore on 8<sup>th</sup> February, 2013

Certification of participation in **National UIP seminar on DEVELOPING LOCAL FOOD ADDITIVES/PRESERVATIVES** held at university of the Punjab on November 22<sup>nd</sup>, 2012

Participated in QEC workshop on “**Teach the Teacher**” held on 18<sup>th</sup> and 19<sup>th</sup> October 2012 organized by HEC at Kinnaird College Lahore

Certification of Participated in **workshop on LaTeX Software** rendered by Dr. Kevin J Keenon 22<sup>nd</sup> March 2012 at Kinnaird College Lahore.

Certificate of Participation in **workshop on Matlab Software** on 25<sup>th</sup> February 2012 organized by HEC at Kinnaird College Lahore.

Certificate of Participation in **workshop on Turnitin Software** on March 2012 at Kinnaird College Lahore.

Certificate of Participation in **microteaching workshop** (QEC) on 1st December 2011 at Kinnaird College Lahore.

## **Research Publications and presentations**

### **Publications**

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.

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): 15f 2-156

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.

Memoona Khalid, Mahnaz Nasir Khan, **Nasreen Kausar**, Khadija Yousuf, Samia Khalid (2014) "Actual intake verses recommended intake amongst female adolescents" European Scientific Journal December 2014 edition vol.10, No.36 ISSN: 1857 – 7881.e- ISSN 1857- 7431 "Effect of Breakfast Skipping on Cognitive Performance of girls of age 14-16 years". European International Journal of Science and Technology September, 2014 vol. 3, No. 7, ISSN: 2304-9693.

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

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): 107-112,2013.

### **Oral presentation**

Panel Discussion: Advocating for a Mandatory National limit on trans fatty acid in Pakistan on 14<sup>th</sup> May 2024, Organized by UVAS, Lahore

Participation and Oral Presentation: in 4th International Conference on Rehabilitation Sciences (ICRS) & 1st International Conference on Allied Health Sciences (ICAHS), 6-8<sup>th</sup> October 2023. Organized by Riphah International University At PC Lahore.

Vitamin D Insufficiency as a Predictor Of Metabolic Syndrome Presented In International Food and Nutrition Conference, August 18-20, 2022 Organised By Institute of Food Science and Nutrition Gomal University, Dera Ismail Khan at Sawat Pakistan.

Use of aloe vera based low glycemic snack for postprandial blood glucose management of type-2 diabetics in *1st Annual Health Research Conference*, September 24-25, 2108, at the Marriott Hotel, Islamabad, Pakistan.

Assessment of complementary feeding practices in infants of age 6 months to 1 year in urban population of Lahore in International Human Nutrition Conference and Expo-2015 on November 3-4, 2015

### **Technical Poster Presentation**

Participation and Presentation: 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. (abstract attached)

SOCIAL-ENVIRONMENTAL FACTORS AFFECTING DIETARY DIVERSITY AMONGST YOUNG ADOLESCENTS RESIDING IN PUNJAB PAKISTAN presented at First International PKNC Conference held on November 7, 8 2022 at University of Agriculture, Faisalabad.

"Effect of low glycemic breakfast on blood glucose levels of type 2 diabetics *1st Annual Health Research Conference*, September 24-25, 2108, at the Marriott Hotel, Islamabad, Pakistan.

“Development of high protein supplementary foods for malnourished children”in International Human Nutrition Conference and Expo-2015 on November 3-4, 21015

“Comparison of actual food intake with the recommended food servings in Girls of 18-22 years”  
Poster presented at International Conference and Expo 2014 on Recent Developments in Human Nutrition.

“Assessment of Weaning Practices of 8-10 months infants in low socio economic group of Lahore” Poster presented at International Conference and Expo 2014 on Recent Developments in Human Nutrition.

“Development of Gluten-Free recipes for Patients with Celiac Disease” Poster presented at International Conference and Expo 2014 on Recent Developments in Human Nutrition.

### **Under Graduate Research Work conducted as a BSc. and MSC. Student**

Effectiveness of nutrition education programme for creating awareness among mothers of elementary school children (special emphasis on the nutritional needs of their children)

A Case Study on Medical nutrition therapyof a patient with gatrojejunoostomy (surgical management of corrosive intake).

Determination of vitamin B12 content in selected food items and supplemental sources done in PCSIR laboratories Lahore.

Survey to compare the awareness about food hygiene in cooking, handling, preparation and storage of food among two different communities of Lahore.

Hunger and global Environmental problems (Research Review)

### **Professional Memberships**

PIFST (Pakistan Institute of Food Scientists and Technologists)

PNF (Pakistan Nutrition Foundation)

NAP (Nutritionists Association of Pakistan)

PNDS (Pakistan Nutrition and Dietetic Society)