

QURAT-UL-AIN ALEEM
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Work Experience

- **Lecturer**

Presently I am working as a Lecturer in Department of Food science and Human Nutrition from 13th August, 2018.

- **Research Associate**

I also worked as a research assistant in Department of Public Health in University of the Punjab, on project “Third Party evaluation of Mother and Child Week” by UNICEF. My responsibility was monitoring and evaluation, tool and methodology development.

- **Consultant Nutritionist/Dietitian**

I have also worked as Consultant in Pediatric Clinic “Child Care Associates” from 4th October 2015. My responsibilities were to assess the nutritional status of children, providing diet plan and nutrition education to the patients.

- **Consultant Nutritionist/Dietitian**

I have worked as a Dietitian from 29th May, 2014 to 3rd March, 2015 with Dr. Tahir Masood. My responsibilities included the identification of feeding difficulty in children, assessment, nutritional counseling and management of feeding difficulty of children.

- **Consultant Nutritionist/Dietitian**

Also worked as a Dietitian at clinic Laser looks, Punjab Medical Centre, Jail road, Lahore.

- **Shaikh Zayed Hospital, Lahore**

As an intern dietitian, my responsibilities included assessment, counseling and recommendation of dietary treatment to the patients. I have also given presentations on various topics indifferent medical wards regarding patient’s needs and diseases.

- **Lecturer**

As lecturer I served in Govt. College of Home Economics in Department of Food and Nutrition from 4th Feb, 2013 to 4th May, 2013. I taught Introduction to Food and Nutrition to 2nd year students and Meal Management to 3rd year students.

- **Fatima Memorial Hospital**

As an internee, my responsibilities included assessment, counseling and recommending dietary treatment to the patients. I have also being delivering “Orientation” lectures to the patients in order to enhance their awareness regarding various disease and health care accordingly. Additionally, brochures and pamphlets were also prepared for different diseases.

Academic Qualification

- **M.Phil Public Health** **3.2 CGPA** **2015-2017**
Department of Public Health,
Institute of Social and Cultural Studies
University of the Punjab, Lahore
- **Post Graduate Diploma in Dietetics** **1st Position** **2012-2013**
Govt. College of Home Economics
University of the Punjab, Lahore
- **MSc (Food and Nutrition)** **1st Division** **2009 -2011**
Govt. College of Home Economics Gulberg, Lahore
University of the Punjab, Lahore
- **BSc (Home Economics)** **1st Division** **2005 - 2009**
Bachelor in Science
Govt. College of Home Economics Gulberg, Lahore
University of the Punjab, Lahore
- **Matriculation in Sciences** **Grade A** **2005**
Beacon House School System, Lahore
Lahore Board of Intermediate and Secondary Education

Educational Projects and Publications

- Research Publication on PHYSICOCHEMICAL CHARACTERIZATION OF BOVINE COLOSTRUM.** **2024**
Zoyya Khalid, Nadia Akram, Qurat u lain Aleem and Mahnaz Nasir Khan.
Journal of Nature and Applied Sciences Pakistan, Vol 6 (1), 2024 pp 1798-1814.
- **Won Project Name ‘FITKIDS’** **2024**
For the 2nd Cohort of Kinnaird Business Incubation Centre Batch of 2024 for Physical Incubation
 - **Research Publication on Development of Aloevera Drink and its Effect on Osteoarthritis.** **2024**
Sameera Nawazish, Hajra Ahmed, and Qurat-ul-ain Aleem in Journal of natural and Applied Sciences Pakistan – JNASP/2024/0244, Volume 6 Issue 1- 2024. Pp 1639
 - **Thesis: Adequacy of Nutrient Intake in School Going Children in Lahore** **2017**
Department of Public Health, University of the Punjab
 - **Case Study: a 12 year boy with pancreatic pseudocyst** **2013**
Shaikh Zayed Hospital, Lahore.
 - **Thesis: Pesticide Residue Analysis on Selected Vegetables** **2011**
PCSIR (Pakistan Council of Industrial and Scientific Research) Laboratories

- **Experimental report: Determination of Anions in Drinking Water** 2011
PC SIR (Pakistan Council of Industrial and Scientific Research) Laboratories
- **Library report: Drug-Induced Liver Diseases** 2011
Govt. College of Home Economics
- **Survey report: Consumption of Sugar-free products among young adults** 2010
Govt. College of Home Economics

Seminars, Conferences and Workshops Attended

- **Focal Person Intervarsity Nutrition Competition** 2024
Organized by Ripah International University on 24th April, 2024
- **Virtual Participation in Healthy Futures: Preventing NCDs in Young Hearts and Minds** 2024
Aga Khan University Karachi – 6th – 8th June, 2024
- **Attended Free Online Courses on Shaping the Future of education: AI Across Campus** 2024
By FCCU – 13th -30th May, 2024
- **Attended Online Course on Research Methodology and Description** 2024
By FCCU, 3rd June – 31st July, 2024
- **Abstract Publication: Development and Standardization of Seed Waffles in 2nd International Food and Nutrition Research Conference** 2024
University of Sargodha, 6th – 7th March, Sargodha
- **Attended Punjab Early Childhood Development 3 Day Capacity Building Workshop** 2023
For Core Master Trainer in Collaboration with University of Child Health Sciences Lahore
24th- 26th October, 2023
- **Member Organizing Committee in Innovative Idea and Product Launch** 2023
Department of Food Science & Human Nutrition, Kinnaird College for Women, 30th November
- **Member Organizing Committee in Global Breastfeeding Awareness Symposium – Importance of Breast Feeding** 2022
Organized by Department of Food Science & Human Nutrition & UNICEF
Kinnaird College for Women, Lahore - 30th August, 2022
- **Member Organizing Committee in International Food & Nutrition Conference** 2022
Organized by Gomal University (DIK) & University of Swat (KPK)- 18 – 20th August 2022, Swat Pakistan
- **Paper Presentation in International Food & Nutrition Conference- Swat KPK, Pakistan** 2022

Paper presentation on “Development and Validation of Octavo for Healthy Eating and Active Lifestyle to prevent Osteoporosis”

Organized by Gomal University (DIK) & University of Swat (KPK)- 18 – 20th August 2022, Swat Pakistan.

- **Abstract Publication in International Food & Nutrition Conference- Swat KPK, Pakistan** **2022**
Walnut Breakfast Snacks reduce Meal-Time Hunger and Calories Intake among university students
Organized by Gomal University (DIK) & University of Swat (KPK)-18 – 20th August 2022, Swat Pakistan.
- **Attended CNE Session On Methods and Challenges Observed in Dietary Intervention (DPP Delivered in Lahore – 1 Credit hour)** **2022**
Organized by Pakistan Nutrition & Dietetic Society (PNDS) - 28th May
Sheikh Zayed Hospital, Lahore
- **Member Organizing Committee in “ Innovative Product and Idea Launch”** **2022**
Organized By Department of Food Science & Human Nutrition At
Kinnaird’s 3rd International Conference on Social Sciences & Humanities on 17th -18th May.
Kinnaird College for Women, Lahore
- **Participated in International Conference on Pharma, Food & Healthcare** **2022**
In Conjunction with 13th Pak Pharma & Healthcare Expo
Organized by National Alliance for Safe Food, 9th -10th March
- **Member Organizing Committee in Health Awareness Campaign** **2022**
Organized By Department of Food Science & Human Nutrition
Kinnaird College for Women, Lahore - 25th February
- **Attended SUNAR Consultative Session On:** **2021**
Incorporating Nutrition Education into Medical Curricula of Medical Doctors & Allied Health Professionals: A Preventive & Curative Approach
Organized by Planning & Development Board. Government of Punjab- 6th December
- **Member Organizing Committee in “Innovative Product and Idea Launch”** **2021**
Organized by Department of Food Science & Human Nutrition
Kinnaird College for Women, Lahore- 1st December
- **Attended Workshop on “From Lecturing to Electric Teaching”** **2021**
Organized by Quality Enhancement Cell (QEC)
Kinnaird College for Women, Lahore – 22nd May
- **Attended Workshop on “Data Analytics Using SPSS”** **2021**
Organized by Quality Enhancement Cell,
Kinnaird College for Women, Lahore – 30th January

- **Attended Workshop on Outcome Based Education and Embedded Assessments:
Preparing Graduates for Practical Life skills**

Organized by Quality Enhancement Cell (QEC)
Kinnaird College for Women, Lahore
Zoom Meeting Online - 12th December

2020
- **Participated in Seminar on Innovative Techniques in Livestock & Aquaculture**

Department of Zoology and Department of Food science & Human Nutrition
28th January

2020
- **Participated in 1st Industry Academia linkages symposium by ORIC**

Kinnaird College for Women, Lahore on 27th.Febuary

2020
- **Member Organizing committee in DICE Virtual Innovation Competition**

Organized by Office of Research, Innovation & Commercialization in collaboration with
Department of Food Science & Human Nutrition
Kinnaird College for Women, Lahore, 2nd December

2019
- **Manuscript Writing and Publication for Impact Factor Journal**

Department of Food Science & Human Nutrition, 3rd December

2019
- **Participated in 30th All Pakistan Food Science Conference & Food and Nutrition
EXPO “Theme: Value Added Food Products for Export led Group**

University of Lahore, 10th – 11th December

2019
- **1st PNDS International Conference on Non-Communicable Disease (NCDs)**

1-3rd November, Avari Lahore

2019
- **Participated in All Pakistan DICE-Innovation & Entrepreneurship Mega Event**

Organized by Abbottabad University of Science & Technology (AUST)
Abbottabad in collaboration with DICE Foundation USA- 10th – 11th October

2019
- **Kinnaird 2nd International conference in Social sciences & Humanities**

24th - 26th October, Kinnaird College for Women, Lahore

2019
- **Attended Workshop on Introductory STATA**

Kinnaird College for Women, Lahore on 27th April

2019
- **Moderator**

Serve as a Moderator in Food Science & Human Nutrition Technical Session at Kinnaird’s 1st
International Conference on Science, Technology and Innovation (2nd-4th April).

2019
- **Paper Presentation**

Presented paper on Adequacy of Nutrient Intake in School Going Children in Lahore at Kinnaird’s
1st International Conference on Science, Technology and Innovation (2nd-4th April).

2019

- **Attended Workshop on Non-Parametric Statistics**
Quality Enhancement Cell – Kinnaird College for Women: 24th August

2019
- **Attended Adulteration- Free New Pakistan 14th August Celebration**
Punjab Food Authority – Faisal Auditorium, University of the Punjab: 2nd August

2019
- **Paper presentation**
Presented paper on Adequacy of Nutrient Intake in School Going Children in Lahore at First National Conference on Public Health Our Health Our Future 2019 by Department of Public Health, ISCS, University of the Punjab on 8th March

2019
- **Attended “ Active Citizenship Workshop” in Kinnaird College Lahore**
British Council – 7th January – 11th January

2019
- **Attended Public Health Seminar**
Essentials of public health and their applicability on the health indicators; Pakistan and UK prospective
Organized By Department of Public Health, University of Health Sciences in Collaboration with North 2 North Health Partnership (UK)- 9th October
University of Health Sciences, Lahore

2018
- **Attended CNE Session on Enteral and Parenteral Nutrition**
Pakistan Nutrition and Dietetic Society (PNDS) – 22nd March

2018
- **Attended CNE Session on Adductor Pollis Muscle – An Emerging Anthropometric Parameter**
Pakistan Nutrition and Dietetic Society (PNDS) – 13th January

2017
- **Stress, Obesity and its Dietary Management**
Pakistan Nutrition and Dietetics Society – 5th August

2016
- **Attended Online CPE on NICU Nutrition Boot Camp: Infant Nutrition Assessment**
Abbott Nutrition Health Institute – 24th October

2016
- **Attended Online CPE on Basic Newborn Nutritional Needs**
Abbott Nutrition Health Institute – 24th October

2016
- **Attended CNE Session on Enteral and Parenteral Nutrition**
Pakistan Nutrition and Dietetic Society (PNDS) - 16th July

2016
- **Attended CNE Session on Role of Nutraceuticals in Management of Diabetes**
Pakistan Nutrition and Dietetic Society (PNDS) – 14th March

2016
- **Attended CNE Session on Food Addiction, Emotional Eating and Its Management**

2016

Pakistan Nutrition and Dietetic Society (PNDS) – 1st April

- **Attended CNE Session on Meal Planning Strategies in Diabetes** 2016
Pakistan Nutrition and Dietetic Society (PNDS) - 23rd February
- **Attended CNE Session on Health Perspectives of Sodium Intake** 2015
Pakistan Nutrition and Dietetic Society (PNDS) - 18th September
- **Attended CNE Session on Complementary Feeding** 2015
Pakistan Nutrition and Dietetic Society (PNDS) – 3rd June
- **Attended CNE Session on Nutritional Anemia** 2015
Pakistan Nutrition and Dietetic Society (PNDS) - 17th August
- **Attended CNE Session on ‘Food Security and Current Situation in Pakistan’** 2014
Pakistan Nutrition and Dietetic Society (PNDS) - 29th November
- **Attended Workshop on Nutrition Counseling and Communication Skills** 2014
Kinnaird College for Women-22nd March
- **Attended International Conference & Nutrition Expo 2014:
Recent Developments in Human Nutrition-19th & 20th March** 2014
University of Veterinary & Animal Sciences, Lahore and
Nutritionist Association of Pakistan
- **Attended Consumer Food Safety and Quality Conference** 2013
Consumers Association of Pakistan, Punjab
- **Participated as a member of Student Committee** 2012
@ Conference on Weight Management
Department of Food and Nutrition
Govt. College of Home Economics, Lahore
- **Attended International Child and Family Conference Parenting:
Practices and Implications** 2011
Department of Human Development of Family Studies
Govt. College of Home Economics, Lahore
- **Attended 1st Child and Family Conference Family Stressors and Solutions** 2010
Department of Human Development of Family Studies
Govt. College of Home Economics, Lahore

Achievements

- **Guest Speaker on “ Nutrition Education on Healthy Eating during Eid-ul-adha”** 2022
PTV- Home Eid Show- PTV station, Lahore, 10th July, 2022

- **Article Publication in Punjab Food Authority Magazine –Ghazanama** **2020**
Nutrition awareness on Polycystic Ovary Syndrome (PCOS)- 3rd Edition
- **Guest Speaker on “Nutrition Education- Healthy tips on Fluid Intake in summers”** **2019**
PTV Morning Show – PTV Station, Lahore: 23rd April
- **Lifetime Member of PSFST** **2019**
Pakistan Society of Scientists & Technologists
- **Registered Dietitian** **2016-2018**
Successfully completed 15 CNE and RD status has been renewed for period of 2017 - 2019
- **Registered Dietitian** **2014 -2016**
Successfully cleared the 6th PNDS registration exam by Pakistan Nutrition and Dietetic Society
- **Lifetime Member of PNDS** **2014**
Pakistan Nutrition and Dietetic Association (PNDS)
- **Was awarded a laptop on the basis of merit** **2012**
By M. Shahbaz Sharif “Youth Initiative Scheme”
- **Talent Performance at the closing ceremony of** **2010**
Internship Program at Fatima Memorial Hospital
- **Achieved Best project internship certificate** **2010**
At Fatima Memorial Hospital

Abilities

- Regular and punctual
- Ability to work in team environment
- Exercise leadership skills
- Experience of working with people of varying backgrounds, class and interests

Computer Skills

- Excellent hold XP, Window 10
- Hold on Ms Office (Word, Excel, Power point, Publisher)
- SPSS
- Internet surfing

Personal Information

- Father’s name: Aleem Mumtaz
- Date of Birth: 23, October 1989
- N.I.C #: 35202-4529555-0
- Religion: Islam
- Nationality: Pakistani