

Syeda Aliya Sherazi

Lecturer – Food Science and Nutrition

PROFESSIONAL SUMMARY

- Strong analytical and problem-solving skills
- Demonstrated expertise in the field of Food & Nutrition, providing comprehensive and up-to-date knowledge to students in an engaging and accessible manner.
- Proven track record of contributing significantly to student development, academic excellence, and overall learning outcomes.
- Strong commitment to creating a positive and inclusive learning environment, promoting active participation, and encouraging critical thinking among students.
- Adept at designing and implementing innovative teaching methodologies and practical hands-on experiences to enhance students' understanding and practical skills.
- Committed to continuous professional development, keeping abreast of the latest research, trends, and advancements in the Food & Nutrition field.
- Possesses excellent communication, interpersonal, and leadership skills, enabling effective collaboration with both students and colleagues.

PROFESSIONAL HIGHLIGHTS

- Community nutrition development
- Providing Nutrition education at various levels
- Promoting maternal and child health
- Nutrition awareness on different diseases such as diabetes, obesity, and malnutrition.
- Healthy eating practices for all age groups

SKILLS & INTERESTS

- Proficient in organizational and administrative skills, enabling effective management of classroom activities and academic responsibilities.
- Strong team player, capable of collaborating with fellow educators and staff to create a harmonious learning environment.
- Advanced proficiency in Microsoft Word, Excel, PowerPoint, Endnote, and Statistical Package for the Social Sciences (SPSS), enhancing productivity and data analysis capabilities.
- Highly adaptable to changing environments and tasks, adept at embracing new challenges and finding innovative solutions.

WORK EXPERIENCE

Kinnaird College for Women, Lahore

Lecturer

August 2016 - Present

- Curriculum Development: Keep the curriculum up-to-date with research and industry trends, and integrate comprehensive knowledge into courses.
- Engaging Lectures: Deliver informative lectures using multimedia resources and interactive teaching methods to enhance student understanding.
- Laboratory Supervision: Oversee and guide students in safe and accurate experimentation, fostering practical skills and critical thinking.
- Mentorship: Provide support and guidance to students in academic and professional growth.
- Inclusive Classroom: Create an engaging and inclusive learning environment that caters to diverse learning styles.
- Assessments and Feedback: Design assessments to evaluate student progress and offer constructive feedback.
- Research and Scholarship: Engage in research, publish academic papers, and present at conferences to bring cutting-edge insights to the classroom.
- Professional Development: Pursue continuous development to enhance teaching skills and stay informed about advancements in the field.

SICAS

School Teacher

September 2014 – August 2016

- Classroom Management: Maintain a safe and positive learning environment for young children.
- Lesson Planning: Prepare and deliver age-appropriate and engaging lessons.
- Instruction: Teach various subjects and skills using interactive methods and visual aids.
- Early Childhood Development: Promote social, emotional, and cognitive growth in young learners.
- Individualized Support: Provide personalized attention to students to meet their unique learning needs.
- Play and Creativity: Encourage play and creativity to enhance learning experiences.
- Parent Communication: Regularly update parents on their child's progress and development.
- Behavior Guidance: Implement discipline strategies to promote positive behavior.
- Health and Safety: Ensure the well-being of children and maintain a hygienic classroom.
- Assessments: Evaluate student performance and track their learning progress.
- Classroom Resources: Organize and utilize age-appropriate teaching materials and resources.
- Team Collaboration: Coordinate with other teachers and staff to create a cohesive learning environment.

Fatima Memorial Hospital

Internee

July 2012 – August 2012

- Acknowledged as the distinguished Intern of the year 2012, recognizing exceptional promise and dedication to the field of Food & Nutrition.

- Earned the esteemed Certificate of Merit for the successful completion of 100 hours in the Department of Nutritional Sciences, showcasing a strong commitment to academic and practical excellence.
- Proficiently conducted comprehensive assessments of patients afflicted with various diseases, demonstrating the ability to apply theoretical knowledge to real-life healthcare scenarios effectively.
- Interned in prestigious departments including Pediatrics, Diabetes, Gynae, Hypertension, and Renal, honing expertise in diverse areas of healthcare and nutrition.
- Commended with a Certificate of Recognition for outstanding talent and exemplary performance during the Summer Internship of 2012, highlighting exceptional skills and dedication in the professional realm.

Jinnah Hospital

Volunteer

June 2013 – January 2014

- Actively volunteered in the Pediatrics ward, demonstrating a compassionate and caring approach towards young patients and their families.
- Proficiently counseled mothers of malnourished children, offering valuable guidance on appropriate weaning practices to ensure optimal nutrition and healthy growth.
- Skillfully designed personalized diet charts for patients afflicted with Protein Energy Malnutrition, tailoring nutritional plans to meet their specific needs and aid in their recovery and overall well-being.

ENRICHMENT COURSES

Community Change in Public Health	2018
Johns Hopkins University	
Diabetes-a Global Challenge	2017
University of Copenhagen	

PROFESSIONAL CERTIFICATIONS

Innovative Product and Idea Launch	2021
Kinnaird College for Women, Lahore Pakistan	
From Lecturing to Eclectic Teaching	2021
QEC, Kinnaird College for Women, Lahore Pakistan	
Quality Assurance Parameters for Effective Teaching	2021
QEC, Kinnaird College for Women, Lahore Pakistan	
Introductory Stata	2019
Kinnaird College for Women, Lahore Pakistan	
Quantitative Data Analysis	2019
Kinnaird College for Women	
Teacher's Training Workshop	2018
Kinnaird College for Women	
Innovation & Entrepreneurship	2017

Dice Foundation/MUST	
SPSS-Module 1	2017
Kinnaird College for Women	
Innovation and Entrepreneurship	2016
Dice Foundation/NUST	
Nutritional Assessment and Screening	2016
University of Health Sciences	
Teaching Methodologies	2016
Kinnaird College for Women	
Active Citizens Training of Facilitators	2016
British Council/Kinnaird College for Women	
Certificate of Judgment	2015
Pakistan Poultry Association	

EDUCATIONAL CERTIFICATES

Certificate of Merit Session 2013 Securing Highest Marks in College Exams	2013
Government College of Home Economics, Gulberg	
Certificate of Merit for Securing 1st Position in Cooking & Food Preservation	2013
Government College of Home Economics, Gulberg	
Certificate of Merit given by Govt. of Punjab for Excellent Performance in Youth Initiative Program	2013
Government of Punjab	
Frogh-e-Taleem Gold Medal Award 2013	2013
Government of Punjab	
Organized Child & Family Conference	2011
Government College of Home Economics, Gulberg	

PARTICIPATION AND PRESENTATION IN CONFERENCES

Facilitator- Quiz Competition in International Poultry Expo 2022	2022
Pakistan Poultry Association	
Organizer- Seminar on Set-up of Breastfeeding, Educate and Support (for breastfeeding awareness week, 2022)	2022
Directorate General Health Services, Govt. of Punjab and UNICEF	
International Food and Nutrition Conference SWAT (KPK) Pakistan	2022
Institute of Food Science and Nutrition Gomal University, Dera Ismail Khan	
<i>Asfa Muhammad, Syeda Aliya Sherazi</i>	
<i>A comparative Study on Dietary Pattern and Nutritional Status among Working and Non-working Women in Lahore City.</i>	
International Conference on Pharma, Food and Healthcare in conjunction with 13th Pak Pharma & Healthcare Expo	2022
National Alliance for Safe Food	

Consultative Session on Incorporating Nutrition Education in Medical Curricula for Doctors, Specialists and Allied Health Professionals: A Preventive & Curative Approach 2021

Kinnaird College for Women

Dietary Pattern Disparities among High and Middle Socio-Economic School Students
Planning & Development Board Government of the Punjab 2021

Promoting Breastfeeding through Nutrition Education

Noor-e-Huma, Dr. Mahnaz Nasir Khan, **Syeda Aliya Sherazi**, Noor Imran, Jannat Ali, Amina Riaz,
Department of Food Sciences & Human Nutrition, Kinnaird College for Women, Lahore, Pakistan 2021
Journal of Natural and Applied Sciences, Pakistan

1st International conference on Science, Technology and Innovation 2019
ORIC, Kinnaird College for Women, Lahore

Organized Seminar on 'Breastfeeding and Lactation: Promoting Maternal and Infant Health 2018

Kinnaird College for Women, Lahore

International Halal Conference 2018

Punjab Halal Development Agency

5th International Conference on Food and Nutrition Security 2017

Government College University, Faisalabad

Presented a Research paper on Assessment of Mother's Knowledge regarding Healthy Snacks for their Children in Pind Dadan Khan

6th International Halal Conference on Halal Trade and Islamic Financing 2017

Punjab Halal Development Agency

6th International Halal Conference on Halal Food and Safety Standards Compliance

Punjab Halal Development Agency

2017

Management (Certified Training Workshop)

EDUCATION

M.Phil. Home Economics [Food & Nutrition]

University of the Punjab, Lahore Pakistan 2014 – 2016

- Dissertation: Development of Nutritionally Adequate Snacks using Locally Available Ingredients for Children Living in Pind Dadan Khan.

Government College of Home Economics

University of Lahore, Lahore, Pakistan 2008 – 2014

- Dissertation: Dietary Assessment of Children Suffering from Protein Energy Malnutrition.

Matriculation (Science)

Customs Public School, Lahore, Pakistan Class of 2008