

FALAK MIR

MANAMA, KINGDOM OF BAHRAIN

Nationality: Pakistani

Age: 25 Years

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Summary

I am a young graduate from the field of Nutrition and Dietetics, from University of Veterinary and Animal Sciences (UVAS) Lahore, Pakistan. I am a hardworking and passionate person, aiming to be a valuable asset to your Hospital, with strong opportunities for learning.

I am keen to develop and enhance my skills in my profession to help people develop a healthier diet and lifestyle. I keep a positive and professional attitude towards my clients and further help them look and feel the best way; they possibly can to achieve happiness in their daily life. We need to make a change in the world towards a healthier lifestyle.

Work Experience

Nov-Dec 2019

Assistant examiner at Allama Iqbal Open University, Lahore Pakistan

2017 – 2018

1 Year Supervised Internship – Ganga Ram Hospital, Lahore Pakistan

Duties included:

I worked as a supervised Intern at Sir Ganga Ram Hospital Lahore, where I interacted with patients at the following indoor and outdoor facilities of the hospital.

- **Cardiology**
- **Neurology**
- **Nephrology**
- **Gynecology**
- **Pediatrics**
- **Surgery**
- **Orthopedics**
- **General medicine**
- **Diabetes clinic**
- **Oncology OPD**

During this period, I was responsible for

- Conducting nutrition assessment and planning Medical Nutrition Therapy
- Dietary and Nutritional counselling of the patients.
- Developing Nutrition education material regarding management and prevention of different disease conditions.

Education

Graduation:

University of Veterinary and Animal Sciences, Lahore

BS (honors) Nutrition and Dietetics

Graduated: 2017 with CGPA 3.61

Intermediate:

KIPS college, Lahore

Fsc - pre-medical (2013)

Matriculation:

Yousaf school system, Lahore

Matriculation in science (2011)

Online Certification

1. Certificate for **"Nutrition-Focused Physical Exam - Part 1: Subcutaneous Fat and Muscle Loss"** from ANHI.
2. Certificate for **"Evidence based weight loss Activity"** from Nutrition CME.
3. Certificate for **"Nutrition for optimal health"** from Gaples Institute, USA.
4. Certificate for **"Let's break the chain of Covid-19 infection"** from MBRU, UAE
5. Certificate for **"Online course on Diabetes and Ramadan"** from EACCME & IDF
6. Assessment for **"Do food safety"** from Victoria state government
7. Certificate for **"Online training on Covid-19"** from University of health sciences, Lahore
8. Certificate for **"Diploma in Human Nutrition"** by Alison.
9. Certificate for **"Starting with Psychology"** by the open university.
10. Certificate for **"Obesity balanced diet and treatment"** by the open university.
11. Certificate for **"Food, Nutrition and your Health"** by open 2 study.
12. Certified for **"The Sick kids public health nutrition"** by Sick Kids Centre for Global Child health.

Projects

Research project 2017

A cross sectional study on "Dietary habits of Type 2 Diabetes Patients: Variety and Frequency of Food Intake"

Research project 2016

A cross sectional survey on "High Prevalence of Pre-Obesity and Obesity among University Students of Lahore and its relation between Dietary habits and Physical activity".

Research survey 2016

A research survey on “Dietary Habits of University students”.

Research survey 2015

Survey on pregnant and lactating women as an assignment of subject “Nutrition throughout life cycle”

Skills

- Hard working
- Keen observer
- Good listener
- Good written and verbal communication skills
- Good analytical skills

Languages

English

Urdu