

## 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**

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### **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**

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### **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**

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

### **Languages**

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English

Urdu