

SOWABA MUNEEER



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Career Objective

Self-Driven highly motivated individual seeking a challenging position in a reputable organization to expand my knowledge, learning and skills. Secure a good position to apply my knowledge and skill and prove myself to be a wonderful contribution to the organisation.

Education

2017	M.Phil. Food Safety & Quality Management Forman Christian College (A Chartered University)	A+ (92 %) (Cum Laude)
2015	BSc (Hons) Human Nutrition & Dietetics (70.8%) University Of Agriculture, Faisalabad	1st Division
2011	Intermediate BISE Faisalabad	A+
2005	Matriculation BISE Faisalabad	A+

Professional Experience

Current Position	Lecturer (Food Safety), PMAS, Arid Agriculture University, Rawalpindi.
2021	Research Coordinator College of Tourism & Hospitality Management
2018	Food Safety Trainee Officer at Punjab Food Authority Assigned as Senior Nutrition Consultant at Punjab Food Authority Nutrition Clinic
2015	Intern Sheikh Zayed Hospital Lahore - Assisted with Medical and Nutrition Therapy of Different Patient - Made SOPs for Food Intake Analysis and Made Reports for all wards of hospital. - Calorie counting and observed TPN and EN - Learned anthropometric measurement for assessment of nutritional status
2014	Certified Member of Nutritionist Association of Pakistan

Projects and Research Papers

2022	Five Days Training Course on 'Food Security-Issues and Mitigation Strategies'
2022	Teacher Training Workshop for Newly Appointed Teachers (16 th -22 nd Feb, 2022)
2022	Organized 31 st All Pakistan Food Science Conference & Food and Nutrition Expo
2022	Paper presentation at 1st National Conference on Emerging Trends in Food Science and Nutrition (N-ETFN 2022)

2018	Organized 1 st Punjab Food Festival
2017	Effect of bioavailability of minerals by enzymatic treatment on wheat Bran
2016	Supply Chain Management of Razi Dairy Farms (Nestle Milk Collection Unit), Lahore
2015	Internship Report on Food Intake of Different Wards in Sheikh Zayed Hospital
2014	Comparison of Malnutrition in Public & Private Sector School of Pakistan
2016	Nutrition Awareness Campaign on Fast Food Consumption in School Kids
2019	Awareness campaign on “ Lactose Intolerance ” by Day fresh Lactose-free Milk

Awards & Achievements

2018	Letter of Appreciation from Punjab Food Authority
2017	Cum Laude (92%) in M.Phil. at FCC
2011-2015	1st Division in BSc (Hon's)
2011	A+ (Intermediate)
2007-2008	A+ (Matriculation)

Memberships

- Certified Member of Nutritionist Association of Pakistan 2014- 15
- Lifetime Member of Pakistan Nutrition and Dietetics Society

Co-Curricular Activities

- Participated in Food Festival & International Symposium on Technological aspects of Value Added Dairy Product 2014
- International Conference on Nutritional Therapies Against Lifestyle Related Disorders 2014
- Made Nutrient Rich Treats For Pregnant & Lactating Females in the Food Development Competition 2014
- Made Therapeutic Foods For Stunted Children In Product Development Competition
- Attended International Conference & Expo on Recent Developments In Human Nutrition
- Participated In Food & Nutrition Week 2015
- Organized Seminar on Food Integrity Modern Concepts of Food Quality, Safety, Authenticity and Defense 2016
- Participated in International Conference on Food & Nutritional Security 2015
- Attended One day online workshop Managing Patentable research webinar organized by Institute for research Promotion IRP Pakistan 2016
- Attended 26th All Pakistan Food Science Conference 2016
- Participated in Chief Minister Talent Hunt Program for Painting 2017
- Organized first Food Festival held by Punjab Food Authority Lahore 2018

Skills & Interests

- Computers: Word, Excel, PowerPoint, HTML, Windows O.S, Endnote, ImageJ
- Painting Drawing
- Enzymatic Assay, Ultra Sonication, FTIR, AAS, TPC, SEM
- Languages: Punjabi, Urdu, English