

# ***CURRICULUM VITAE***

## **PERSONAL PROFILE**

Name:	Dr.HUMA NAQIB
Husband's Name	Waheed ur Rehman
N.I.C. #	17301-0446660-8
Nationality	Pakistani
Domicile	Peshawar
Religion	Islam
Marital Status	Married
E-mail Address	<a href="mailto:nutritionist.khan@gmail.com">nutritionist.khan@gmail.com</a>

## **CAREER OBJECTIVES**

To learn and develop the abilities of working in a competitive environment for a brilliant career, where job focused on hard working and target achievement with career growth and where I could have an opportunity to work enthusiastically for the attainment of personal and organizational goal.

## **ACADEMIC QUALIFICATION**

<b>Examination</b>	<b>Board/University</b>
S.S.C.	BISE Peshawar
F.Sc.	BISE Peshawar
B.Sc. (Hons) Human Nutrition	NWFP Agricultural University Peshawar
M.Sc(Hons) Human Nutrition	NWFP Agricultural University Peshawar
PhD in Human Nutrition	The University Agricultural Peshawar

## **AREAS OF EXPERTISE**

### **Labortary/Analytical techniques:**

- ELIZA,
- PCR
- DNA extraction
- PCR expertise
- Gel electrophoresis

## **Major Subjects in Food and Nutrition:**

Nutrition through life span, Advanced dietetics, Therapeutic Nutrition, Research method in Nutrition, Nutrition Epidemiology, Vitamin and minerals and macronutrients in Nutrition, Nutrition programmed management, Medicinal and nutritional biochemistry, Advanced chromatography, Introduction to food science and technology, Starch chemistry and technology, Dairy process, Advanced Biochemistry, applied statistics, Basic Immunology, Human Physiology, Food Microbiology, Anti Nutrition factors and toxicants in food, Food analysis and sensory evaluation, Research methodology, Enzymology.

## **FINAL YEAR REPORT.**

- Submitted a comprehensive internship report on “**Nutritional Care of Protein Energy Malnutrition**”.
- Submitted a comprehensive MSc (H) thesis on “**Comparative study on iron status between females’ cardiovascular cases and controls in Peshawar.**”
- Submitted a comprehensive **PhD dissertation on “NUTRITIONAL - PSYCHOSOCIAL DETERMINANTS AND GENETIC POLYMORPHISM ASSOCIATION WITH BREAST CANCER: A CASE-CONTROL STUDY IN KHYBER PAKHTUNKHWA, PAKISTAN**

## **JOB EXPERIENCES.**

- I have worked as a **Lady Instructor (BPS-17) in** Agricultural Training Institute (**Govt Institute**), Peshawar from 1<sup>st</sup> August 2008 to 1<sup>st</sup> July 2009.
- I have five months work experience with ‘Save the Children’ (INGO) (in CMAM project) as an assistant Nutritionist at DHQ Mardan from 29 Dec 2009 to 31 May 2010.
- I have worked as a Clinical Dietitian at Rehman Medical Institute (RMI) Peshawar from 1<sup>st</sup> June-2010 till to 5<sup>th</sup> Dec-2015.
- I have worked as **visiting instructor at RMI School of nursing** (Affiliated with Khyber Girls Medical University) from 1<sup>st</sup> January 2011 to till to 05/12/15.
- I have worked as **visiting lecturer at Rehman medical college** with collaboration of community medicine department of RMC Peshawar from 2<sup>nd</sup> February-2013 05/12/2015.
- I have worked as clinical Nutritionist at Shaukat Khanam Memorial Cancer Hospital, Peshawar (JCI Accredited) from 6<sup>th</sup> Nov-2015 to 31<sup>st</sup> August-2023.
- Currently working as Assistant Professor in Human Nutrition Department, Women University Mardan- KPK

## Publication

- ⇒ My publication on topic ‘Cardiovascular diseases in relation to Anthropometric, biochemical and dietary intake in women: case control study’ published in international journal of obesity in open journal of USA. Link: <http://dx.doi.org/10.17140/OROJ-2-106>
- ⇒ Nutrition Assessment of children under <2 years old admitted in tertiary hospital Peshawar. Publish in RMI journal-2016 (HEC recognize journal). Link: <https://www.researchgate.net/publication/305723008>
- ⇒ DIETARY PATTERNS AND RISK OF BREAST CANCER AMONG WOMEN: A CASE-CONTROL STUDY. HEC recognize Journal. <http://www.pps.org.pk/PJP/17-4/Huma.pdf>
- ⇒ ASSOCIATION BETWEEN VITAMIN D STATUS AND VITAMIN D RECEPTOR GENETIC POLYMORPHISMS, AND BREAST CANCER RISK: A CASE CONTROL STUDY. Category X and IF= 0.58. DOI 10.17605/OSF.IO/V59UY.
- ⇒ Improvement in Cardio-metabolic Health and Immune Signatures in Individuals Using Daily Chores (Salat) as an Intervention: A Randomized Crossover Study in a Little-studied Population. Publish in Journal Public Health in Nutrition. Category W and IF: 6.5 <https://www.frontiersin.org/articles/10.3389/fpubh.2022.1009055/full>

### EXTRA CURRICULAR ACTIVITIES

- ⇒ Guest speaker of Voice of America with Online radio program Deeva (worldwide pukhtoon community). Duration from 2015 to till to date.
- ⇒ **External examiner** of Human Nutrition Department, The University of Agriculture Peshawar and Khyber Medical University, Peshawar.
- ⇒ **Co- Supervisor of two post graduate students.**
- ⇒ **I had been supervised 20 undergraduate research students in RMI hospital and Shaukat khanam cancer hospital, Peshawar.**
- ⇒ Invited as **guest speaker** in Pakistan Nutrition and Dietetics Association (PNDS) KPK chapter in CNE (Continuing Nutrition Education) on topic Nutritional Care Aspects in Oncology patients.
- ⇒ Invited as **guest speaker** in one day specialized training in Enteral Parenteral Nutrition” under Diet Nourish clinic.

- ⇒ Invite as clinical nutrition consultant for consultation in “Review for Harmonization of MPhil Human Nutrition Curriculum”. This workshop/project conducted with the collaboration of KMU, UNICEF and Health Department KPK.
- ⇒ Invite as clinical nutrition consultant for consultation in “Incorporation of Nutrition Content in Allied Health Sciences curricula and nursing division”. This workshop/project conducted with the collaboration of KMU, UNICEF and Health Department KPK.

### SKILLS AND RESPONSIBILITY.

- Excellent project management, team leadership and written/oral communication skill.
- Develop, implement and manage operational procedures/system and enhance organizational objective.
- Ability to manage and deal with a diversified work force and challenging work environment.
- Strong decision making skills and strong communication skills.
- Daily exercise, informative readings, traveling, reading books and newspapers, sports, internet surfing.

### COMPUTER SKILLS

- Office Automation.
- Internet Surfing & Web Browsing.

### LANGUAGES.

Languages	Speaking	Reading	Writing
Pashto	Excellent	Excellent	Good
English	Good	Excellent	Good
Urdu	Excellent	Excellent	Excellent

### REFERENCES

- Dr Zia-ud-din Associate professor Chairman, Department of Human Nutrition, KPK Agricultural University, Peshawar Cell number 0300-9052355
- Dr Sami Siraj Associate Professor, Institute of Basic Medical Sciences, Khyber Medical University, Peshawar. Cell number 0331-9097445 Email: "Sami Siraj" [samisiraj.ibms@kmu.edu.pk](mailto:samisiraj.ibms@kmu.edu.pk)
- Dr Fattah Ullah Khan Hassanzai. HOD and Pulmonologist at Shaukat Khanam Cancer Hospital Peshawar. Cell number: 0333-3477708. Email:fattahullah.khan@skm.org.pk
- Prof. Dr.Pervez Paracha, Ex Dean and Chairman, (Redt) Department of Human Nutrition, KPK Agricultural University, Peshawar. Cell number 0321-9037851
- Meritorious Prof. Dr Jahangir Khalil, Dean of faculty Allied Health Sciences, Iqra National University, Peshawar. Cell number: 03109664019