

## CURRICULUM VITAE

### **SADAF AMBREEN**

#### **Mailing Address:**

E-mail: sadafambreen@wumardan.edu.pk

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#### **Personal Information**

**Citizenship:** Pakistani  
**Domicile:** Nowshera KP

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#### **Objectives**

Aspiration for a challenging opportunity to, with favorable working environment, better future prospect allowing me to enhance my professional and interpersonal skills fully along with negotiable remuneration.

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#### **Academic Qualification**

<b><u>Degree/Certificate</u></b>	<b><u>Institution/Board/University</u></b>
P.hD (Human Nutrition) in progress	University of Agriculture Peshawar.
M. Sc Hons (Human Nutrition)	University of Agriculture Peshawar.
B.Sc Hons (Human Nutrition)	University of Agriculture Peshawar.
Bachelor of Education	University of Peshawar.
F.Sc (Pre-Medical)	BISE Peshawar.
S.S.C (Science)	BISE Mardan.

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#### **Master Degree Dissertation/Research:**

‘Antenatal emotional state in relation to nutritional status and birth outcomes’

#### **Published Articles in International Journals:**

- 1. Antenatal psychological distress and birth outcomes in a cohort of Pakistani Women, Sadaf Ambreen et al, International Archives of Obstetrics and Gynecology DOI: 10.21619/iaog.2016.2.4**
  - 2. Determinants of antenatal psychological distress among Pakistani women. Zia Uddin, Sadaf Ambreem, Zafar Iqbal, Mudassar Iqbal, Summiya Ahmad in Journal Arch Neuropsychiatr 2015; 53**
  - 3. Inadequate Dietary Intake in Women with Antenatal Psychological Distress: A Population Based Study in Pakistan. Zia ud Din, Sadaf Ambreen, Zafar Iqbal, Mudassar Iqbal, Summiya Ahmad, Muhammad Hussain, Pauline Emmett. Journal of Food and Nutrition Research, 2014, Vol. 2, No. 12, 1021-1028 Available online at <http://pubs.sciepub.com/jfnr/2/12/25>**
  - 4. Obesity and Physical Inactivity: Contributing Factors to Hypertension in Early Adults. Sadaf Ambreen et al. Journal of Xi'an Shiyou University, Natural Science Edition ISSN: 1673-064X. 2023. <http://xisdxjxsu.asia>**
  - 5. Socio-Economic Determinants of Malnutrition in Under Five Years. Sadaf et al. Journal of Xi'an Shiyou University, Natural Science Edition ISSN: 1673-064X. 2023. <http://xisdxjxsu.asia>**
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### Professional Experience:

- 1. Organization:** Women University Mardan, Pakistan  
**Position:** Lecturer in Human Nutrition and Dietetics Department  
**Program:** Undergraduate  
**Duration:** 4 years  
**Place:** Mardan
  
- 2. Organization:** Allama Iqbal Open University, Islamabad Pakistan  
**Position:** Part Time Tutor of Health and Nutrition Course  
**Place:** Nowshera
  
- 2. Organization:** UNICEF (Community Management of Acute Malnutrition)  
**Position:** Nutrition Assistant  
**Duration:** 3 years  
**Place:** Nowshera (Pabbi) Pakistan
  
- 3. Organization:** PEACE Pakistan (Community Project)  
**Position:** Nutrition Supervisor  
**Duration:** 1 years  
**Place:** Nowshera (Pabbi) Pakistan
  
- 1. Organization:** Lady Reading Hospital, Peshawar  
**Position:** Nutrition Internee at Nutrition Rehabilitation Unit Pediatrics  
**Duration:** 6 Months  
**Place:** Peshawar, Pakistan
  
- 5. Organization:** Mian Rashid Hussain Shaheed Memorial Hospital,  
Pabbi, Pakistan

❖ National Internship Program (NIP) for 1 year

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### Self Profile:

- Excellent written and oral Skill
- Experienced in Learning Management System for online teaching
- Ability to interact effectively with departments and employees of all levels in the course of project completion
- Creative thinker and problem solver
- Curriculum development skills
- Reporting skills
- Research skills
- Strong interpersonal skills
- Self-Motivated
- Ability to make decision
- Target Oriented