

Kalsoom Siddiq

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Career Objective:

Self-motivated, enthusiastic, friendly, goal oriented and professional 'Nutritionist'. Always focused on conducting detailed nutrition consultations and creating personalized meal plans to meet the needs of each client. Hands on experience in planning and providing health care through effective dietary and nutrition plans. High achieving professional with advanced knowledge of human anatomy and physiology. Certified professional with excellent communication skills.

Skills

- Comprehensive knowledge of food management, food science, and diet therapy.
- In-depth knowledge of health care plan, dietary, and nutritional plans.
- Familiar with clinical and health care procedures as well as developing individual nutrition plans.
- Ability to communicate proficiently with effective organizational skills.
- Hiring, Training and Supervision.
- Market research.
- Strong work ethic.
- Adept in maintaining client records by using database and capable of operating computer applications such as MS Office Suite, spreadsheet, etc.
- In-depth information on the types of diet for weight gain or weight loss.
- Capable of creating nutritional plans for clients of all ages, including children, expecting mothers or aged individuals, and giving proper instructions.

Work Experience

JANUARY/2019 – TILL DATE

Lecturer

Women University Mardan

Responsibilities:

- Provided assistance on nutrition and food science classes.
- Developed and provided update to the required curriculum.
- Coordinated with faculty members for program development.
- Prepared teaching assignments for in campus and off campus assignments.
- Supervised student classroom projects on regular basis.
- Designed and implemented new programs and courses for nutrition.
- Coordinated with students and staff members for nutrition related information.

- Participated in university projects for nutrition subject students.
- Assisted student for projects and served as mentors as well.
- Assisted to develop an effective nutritional club for members.
- Maintained record class events for nutrition students.

MARCH/2018 – AUGUST/2018

Lecturer

University of Swat.

Responsibilities:

- Maintain a class syllabus, assignment log, and additional material helps for the students.
- Plan lectures, assignments, and in-field experiences to collaborate with necessary course curriculum.
- Participate in weekly meetings with faculty to discuss departmental goals and upcoming events.
- Prepare lesson plans and evaluated student progress.
- Interacted with students and provided individual attention as requested.
- Maintain database of student grades and attendance.
- Assign student grades and prepared weekly progress updates.
- Prepare daily lesson plans.

JANUARY/2014 – MARCH/2016

Nutrition Assistant

PEACE Organization.

Job Description: To ensure that the modified Community Management of Acute Malnutrition program operates effectively and efficiently to deliver optimal care to the beneficiaries

- Assist clinicians in the management of patients with moderate and severe malnutrition.
- Participate in community based nutrition surveillance program me.
- Build capacity of community health workers in identification and referral of people with nutritional deficiencies to the health units.
- Coordinate and facilitate implementation of all planned nutrition activities as outlined in the work plan and promote best feeding practices.
- Ensure all required working tools and medical commodities for management of malnutrition are regularly available to CHWs and health facilities.
- Organize a program and tailored activities for community based nutrition education and promotion.
- Participate in nutrition related research activities.
- Ensure quality and scaling up of nutrition services in the community.
- Ensuring proper record keeping and making monthly reports as part of the health information system.
- Assists the Project Coordinator in planning and preparation of monthly and quarterly reports.
- Assess nutritional needs, diet restrictions and current health plans to develop and implement dietary-care plans and provides nutritional counseling.
- Plan and conduct dietary surveys to assess various nutritional parameters.

Education

2014-TO-2015

M.Sc. (Hons) in Human Nutrition
University of Agriculture, Peshawar – Pakistan.

2010-TO-2013

B.Sc. (Hons) in Human Nutrition
University of Agriculture, Peshawar – Pakistan.

2007-TO-2009

Intermediate in Science
Khyber Model College, Nowshera – Pakistan.

2006

Matriculation in Science
F.G.P School Nowshera Cantt – Pakistan

Activities

Seminar and Training:

- Conducted KAP survey.
- Imparted 8 days training on IYCF.

Seminar Attended:

- Three days in Lahore on recent development in nutrition.
- One day at agriculture University of Peshawar KPK.
- Three days in Pakistan Forest Institute on Peshawar Medical plants tradition of yesterday and drug of tomorrow.

Awards:

- Silver medalist in B.Sc. (Hons)

References

We will provide it upon request.