

Dr. Benash Sarwar

204-B, Punjab Government Servant Housing Scheme,
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**CAREER SUMMARY**

Dedicated and highly experienced Nutrition Specialist with over 10 years of expertise in designing, implementing, and evaluating community health programs. Skilled in leading large-scale initiatives targeting severe acute malnutrition, non-communicable diseases, and nutrition education. Proficient in capacity building, development planning, program oversight, and system monitoring to ensure effective project execution and long-term sustainability. Adept at program planning and evaluation, with a proven ability to manage multidisciplinary teams and drive collaboration among national and international stakeholders. Recognized for delivering impactful health campaigns and policy recommendations through strategic advocacy. Holds a Ph.D. in Human Nutrition and Dietetics, with extensive experience in academic instruction, policy development, and advancing public health outcomes.

PROFESSIONAL SUMMARY**EXPERIENCE**

- 2023 – Present MALNUTRITION CENTRE, TMSG & NPWS**
 PROGRAM COORDINATOR
- 2014 – Present UNIVERSITY OF AGRICULTURE, FAISALABAD**
 LECTURER/ADDITIONAL DIRECTOR OUTREACH/ INCHARGE GIRL
 GUIDE FORUM/ TUTOR
- 2010 – Present NATIONAL HOSPITAL, FAISALABAD**
 CONSULTANT DIETITIAN AND COMMUNITY NUTRITIONIST
- 2007–2010 ITTEFAQ HOSPITAL TRUST, LAHORE**
 CONSULTANT DIETITIAN AND COMMUNITY NUTRITIONIST
- 2007–2010 SHAIKH ZAYED HOSPITAL, LAHORE**
 CONSULTANT DIETITIAN AND COMMUNITY NUTRITIONIST

2006–2007 INTERNATIONAL LABOUR ORGANIZATION,

UNICEF & PUNJAB BUREAU OF STATISTICS

CONSULTANT NUTRITIONIST

2005–2006 SHIFA INTERNATIONAL HOSPITAL, ISLAMABAD

CONSULTANT DIETITIAN AND COMMUNITY NUTRITIONIST

DEVELOPMENT PROJECTS

Principal Investigator

2025 – Present

“Empowering Communities with Nutrition Education through Electronic Media (Radio/TV)” A PKNC UAF Initiative. 2025. 30,000 USD.

Additional Director

2025 – Present

Directorate of Outreach, University of Agriculture Faisalabad.

Lead Program Coordinator

2023 – present

Malnutrition Center, Faisalabad, Punjab, Pakistan

- Spearheaded a multidisciplinary team of 6, including two pediatricians, two nutritionists, and 1 data analyst, to manage and treat 796 Severe Acute Malnutrition (SAM) patients over 1 year, ensuring high-quality care and effective outcomes.
- Designed and implemented an innovative center model in collaboration with national and international partners, establishing a pioneering regional facility focused on comprehensive malnutrition intervention.
- Enhanced staff capabilities through targeted capacity-building initiatives in management, counseling, and community engagement, significantly improving interactions with malnourished mothers and children.
- Steered the achievement of 560 success stories and the establishment of malnutrition survivor champions, demonstrating effective program impact and community outreach.
- Developed impactful educational materials for mothers and children, resulting in measurable improvements in knowledge and practices related to nutrition and health.

Master Trainer, Co-Chair Policy, Advocacy and Outreach

2022 – present

Establishment of the National Pak Korean Nutrition Center,

Project funded by KOICA and GOP, Faisalabad, Punjab, Pakistan

- Completed a month-long expert training program in South Korea, focusing on designing and implementing outcome-based health and nutrition programs, enhancing expertise in developing effective training methodologies for mothers and children.
- Designed and developed 36 comprehensive teaching aids and modules currently undergoing evaluation to improve the skills and knowledge of Lady Health Workers, nutritionists, dietitians, mothers, children, and school teachers.
- Organized and facilitated over six high-level policy dialogues with key nutrition and health stakeholders, including government officials and development partners, addressing critical issues such as malnutrition, sustainable food systems, breastfeeding practices, and the regulation of sugar-sweetened beverages.
- Delivered training to over 5,000 end beneficiaries and managed collaborative MOUs with various stakeholders, ensuring effective partnerships and program implementation.
- Led national advocacy and outreach campaigns in collaboration with satellite centers across provinces, driving widespread awareness and engagement on nutrition and health issues.

Co-Pi, Lead Campaign Coordinator,

2023 - present

Local Nutrition Specialist training, a project funded by HEC, Punjab, Pakistan

- Orchestrated multi-sectoral consultations with government entities, including GOP and IRMNCH&NP, and private industry partners to develop and implement innovative solutions for mitigating dietary disparities and promoting sustainable approaches to address malnutrition.
- Authored and developed a comprehensive, evidence-based policy manual to guide stakeholders in making informed and strategic decisions for effective policy advocacy and implementation.
- Delivered advanced capacity-building training to nutrition, health, and food system professionals, enhancing their skills and knowledge to address malnutrition more effectively within their respective sectors.

Lecturer/Consultant Dietitian

2014 – present

University of Agriculture, Faisalabad, Punjab, Pakistan

- Imparted advanced education to thousands of undergraduate and postgraduate students in food, nutrition, dietetics, public health, and public policy, shaping the next generation of professionals through innovative curriculum development and instruction.

- Mentored over 200 postgraduate students through complex research projects, focusing on experimental, quantitative, and qualitative methodologies. Facilitated extensive data analysis to produce results with national relevance and applicability.
- Organized and led over 300 high-impact seminars, public lectures, awareness campaigns, and entrepreneurship competitions, collaborating with both public and private sectors to drive community engagement and promote health and nutrition initiatives.

Consultant Dietitian and Community Outreach Head

2011 – present

National Hospital, Faisalabad, Punjab, Pakistan

- Provided expert nutritional consultations in outpatient and inpatient settings, developing individualized diet plans for disease management and contributing to improved patient outcomes through evidence-based nutrition interventions.
- Directed the Department of Nutrition and Dietetics, implementing a community-centric model that fostered collective behavioral change, engaging families and communities in sustainable health and nutrition practices.
- Acquired and applied seven advanced professional certifications in nutrition health, addressing prevalent nutritional issues and enhancing disease management protocols through cutting-edge practices and expertise.

Master Trainer and Manual Development Expert

2017 – 2018

Project funded by GAIN, Punjab, Pakistan

- Spearheaded the development of a comprehensive multi-topic training manual in collaboration with stakeholders and subject matter experts, addressing critical areas such as homemade recipes, contraceptive methods, hygiene principles, food safety, healthy breakfast options, and child nutrition from birth to age eleven.
- Led and executed an extensive training program for over 1,200 stakeholders, including civil society representatives, enhancing their capacity to deliver effective health interventions and educational outreach based on the newly developed manual.

Master Trainer and Nutrition Assessment Expert

2016 – 2018

Project funded by USAID, Punjab, Pakistan

- Designed and led over 45 high-impact nutrition health camps across Punjab focusing on maternal and child health. These initiatives effectively raised awareness and advocated improved nutritional practices within diverse communities.

Nutrition Expert**2017****Project funded by USAID, Punjab, Pakistan**

- Assessed the nutrition knowledge and health competencies of primary school teachers, providing strategic recommendations to enhance teaching aids and educational tools, thereby improving the effectiveness of nutrition education for school children.
- Developed the integration of a dedicated nutrition chapter into primary school curricula, addressing early-age nutritional issues and fostering healthier habits from a young age through systemic educational reforms.

Advocacy Campaign Facilitator**2015 – 2017****Project funded by USAID, AURAT Foundation, Punjab, Pakistan**

- Coordinated a multifaceted advocacy media campaign across radio, television, YouTube, print media, and multimedia formats, effectively addressing critical issues such as women's empowerment, sexual harassment, women in agriculture, contraception, and healthy dietary choices.
- Produced and hosted over 65 radio programs featuring local success stories and civil society leaders, significantly boosting community engagement and awareness of key social and health issues.
- Collaborated with social mobilizers to empower local women, particularly in agriculture, by promoting entrepreneurial skills, educational opportunities, and improved dietary practices, fostering sustainable community development.

Monitoring Consultant**2006 – 2007****Project funded by UNICEF, Government of Punjab, Punjab, Pakistan**

- Monitored the quality of on-site training of data collection of nutrition modules in Multiple Indicator Cluster Surveys 2006 – 2007.
- Analyze the data regarding the efficiency of teaching methods, the language of trainers, and questionnaires and deliver results to the government and the team.
- **International Labour Organization, UNICEF & Punjab Bureau of Statistics Consultant**

Nutritionist**2006 - 2007**

As a Consultant Nutritionist, the main responsibilities are:

- To reduce violence against children as Third-Party Monitoring
- To plan and disseminate child labour
- To plan and design Nutritional Information Questionnaire
- To master training data enumerators for Anthropometric Measurements

EDUCATION

Ph.D., Human Nutrition and Dietetics, University of Agriculture, Pakistan (2024, Notification awaited).

M.Sc. (Hons.) Human Nutrition and Dietetics, University of Agriculture, Faisalabad, Pakistan (2015 - 2018).

PGD IN STRESS MANAGEMENT, INSTITUTE OF COUNSELING, UK (2016).

REGISTERED DIETITIAN, PAKISTAN NUTRITION & DIETETIC SOCIETY, ISLAMABAD (2012-2014).

PDG IN DIETETICS, COLLEGE OF HOME ECONOMICS, LAHORE (2006 – 2007).

M.Sc. Food and Nutrition, University of Home Economics, Lahore, Pakistan (2007).

B. Sc. Food and Nutrition, Lahore, Pakistan (2003 - 2005).

HONORS, AWARDS AND MEDALS

- The first lady in the history of Faisalabad who is awarded the “**Lady of Lyallpur Award**” from the Faisalabad Women Chamber of Commerce and Industry in the category of Nutritionist, 2018.
- Awarded the “**Recognition Award**” from the Rotary Club, Faisalabad, in the category of Nutrition, 2019
- Received **SILVER MEDAL** for **2nd Position in B.Sc.**, College of Home Economics Lahore, Pakistan
- Received **GOLD MEDAL** for “**Four Years of B.Sc.**” for the year 2003 from Home Economics Association and College of Home Economics Lahore, Pakistan.
- Shield of Achievement on “The Ultimate Waste to Taste Product Innovation Challenge. 6th June, 2024. Presented by Food Processing Chair, Pak Korea Nutrition Center, University of Agriculture Faisalabad.
- Shield of Appreciation on 2nd PKNC Conference on Food, Nutrition and Public Health. 20-21, February, 2024. Presented by Korea Nutrition Center and Institute of Food Sciences and Technology, Sindh Agriculture University, Tandojam, Sindh-Pakistan.

RESEARCH AND PUBLICATIONS

- Qasim, R., Moin, F., Ashraf, M., Khan, A., Sarwar, B., & Liaqat, A. (2022). Risk factors, prevention, and treatment of type 2 diabetes. International Journal of Health Sciences, 6(S6), 8822–8832. <https://doi.org/10.53730/ijhs.v6nS6.12362>.

- 1st/ Corresponding author (Pakistan Journal of Agricultural Sciences. Multi-Dimensional Analysis of Cereal-Based Diets in Pakistan: Consumption Trends, Socio-Economic Determinants, and Policy Implications.2025.
- 1st Author (Indus Journal of Bioscience Research). Effectiveness of early childhood obesity prevention programs in primary care setting.2025.
- Co-authors (Indus Journal of Bioscience Research). Prevalence and risk factors of type 1 Diabetes Mellitus in Children: A tertiary care experience.2025.
- Corresponding author (Journal of Neonatal Surgery). Impact of Maternal Nutrition on Pregnancy Outcomes and Infant Health.2025.
- Corresponding author (Journal of Neonatal Surgery). Assessing the impact of nutritional interventions on childhood obesity in urban areas.2025. Journal of Neonatal Surgery.
- Corresponding author (Journal of Neonatal Surgery). Exploring the relationship between screen time and developmental delays in early childhood. 2025
- Agripreneurship as a sustainable panacea of food security; An emerging issue. Journal of Global Innovations in Agricultural Sciences. 2023.
- Molecular Analysis and Prenatal Diagnosis of Segregating B-Thalassemia. Pakistan Journal of Medical & Health Sciences. 2023.
- Comparison of locally available walnuts based on proximate analysis and selected mineral content. Tobacco regulatory sciences. 2023.
- Molecular analysis and prenatal diagnosis of segregating thalassemia. Pakistan Journal of Medical and Health Sciences. 2023.

- **Books and Manuals**

- Formulated the Instruction Manual for Teachers and Students on “Principles of Balanced Diet and Personal Hygiene” under a project with the collaboration of USAID, GAIN and National Institute of Food Science and Technology, University of Agriculture, Faisalabad.
- Co Author in book named “Climate change impact on food security and safety”. 2025.
- Co Author in book named “Assessment of Nutritional Status”, Published by University Press, 2018.

- **Published Abstracts**

- Khan, B.S., S.S. Fatima and M. Faiz. 2017. Eggs and Cholesterol: Patently False and Misleading Claims. International Conference on Foods of Animal Origin, organized by National Institute of Food Science and Technology, Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad-Pakistan. 30-31 March, 2017. (Pp41).
- Khan, B.S., S.S. Fatima and M. Faiz. 2017. White Meat May be as Cholesterol Raising as Red. International Conference on Foods of Animal Origin, organized by National Institute of Food Science and Technology, Faculty of Food, Nutrition and Home

Sciences, University of Agriculture, Faisalabad-Pakistan. 30-31 March, 2017. (Pp123-124).

- Khan, B.S., S.S. Fatima and M. Faiz. 2017. Evidence based Solutions to Combat Hunger. International Food and Nutrition Conference on Sustainable Approaches to Combat Malnutrition, organized by Institute of Home Sciences, Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad-Pakistan. 3-4 April, 2017. (Pp33-34).
- Khan, B.S., M. Faiz and S.S. Fatima. 2017. Community based Approaches to Combat Malnutrition. International Food and Nutrition Conference on Sustainable Approaches to Combat Malnutrition, organized by Institute of Home Sciences, Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad-Pakistan. 3-4 April, 2017. (Pp44).
- Khan, B.S., M. Faiz and S.S. Fatima. 2017. Stunting Story in Pakistan. International Food and Nutrition Conference on Sustainable Approaches to Combat Malnutrition, organized by Institute of Home Sciences, Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad Pakistan. 3-4 April, 2017. (Pp70).
- Khan, B.S., A. Rakha and S.S. Fatima. 2017. Anemia-Still a Major Health Problem. 4th International Conference and Industrial Exhibition on Dairy Science Park at Selçuk University, Konya, Turkey. 01-05 November, 2017. (Pp108).
- Afzal, A., B.S. Khan, B. Israr, R. Shukat. Effect of Intermittent Fasting on Adult with BMI 30-40 Aged 20-30 Years. 5th All Pakistan Nutritionists Convention 2023. 27 November, 2023. (Pp 103).
- Afzal, A., B.S. Khan, B. Israr, I. Pasha. Baseline Survey to Measure Nutritional Knowledge among Primary School Teachers in Sahiwal. 5th All Pakistan Nutritionists Convention 2023. 27 November, 2023. (Pp 100).
- Iftikhar, A., B.S. Khan, B. Israr, I. Pasha. Comparison of Dietary Pattern Among Smart Watch users and non-users. 5th All Pakistan Nutritionists Convention 2023. 27 November, 2023. (Pp 101).
- Khalid, M., B.S. Khan, B. Israr, M.K. Sharif. Development of Plant Based High Protein Nutritional Supplement for Sarcopenia Patients. 5th All Pakistan Nutritionists Convention 2023. 27 November, 2023. (Pp 102).
- Khaleeq, Z., B.S. Khan, B. Israr, M.K. Sharif. Development and Characterization of Ashwagandha Fortified Energy Drink. 5th All Pakistan Nutritionists Convention 2023. 27 November, 2023. (Pp 104).
- Khan, B.S., R. Shukat, M.S. Butt and A. Riaz. 2024. Nutritional Profiling and Eating Habits of Pakistani Population; Data Analysis of Last Two Decades. International

Conference on Sustainable Future Food System (SFFS) at Government College University Faisalabad, Pakistan. 29 April, 2024. (Pp 20).

- Khan, B.S., R. Shukat, M.S. Butt and A. Riaz. 2024. Nutritional Profiling and Eating Habits of Pakistani Population; Data Analysis of Last Two Decades. 2nd National PKNC Conference, Integrating Nutrition and Public Health: Challenges and Opportunities. 26-27 November, 2024. (Pp 37).
- Khan, B.S., H. Afzal, B. Israr and I. Pasha. Bio Efficacy of Commercially Prepared Peanut based RUTF in Severe Acute Malnourished (SAM) Children in Faisalabad. 2nd National PKNC Conference, Integrating Nutrition and Public Health: Challenges and Opportunities. 26-27 November, 2024. (Pp 39).
- Khan, B.S., M. Khalid, B. Israr, A. Rakha, I. Pasha and M.K. Sharif. Development of Plant Based High Protein Nutritional Supplement for Sarcopenia Patients. 2nd National PKNC Conference, Integrating Nutrition and Public Health: Challenges and Opportunities. 26-27 November, 2024. (Pp 40).
- Khan, B.S., Z. Khaleeq, B. Israr and M.K. Sharif. Development and Characterization of Ashwagandha Fortified Energy Drink. 2nd National PKNC Conference, Integrating Nutrition and Public Health: Challenges and Opportunities. 26-27 November, 2024. (Pp 41).
- Khan, B.S., S. Ali, M. Liaqat, F. Cheema, B. Israr, I. Pasha and A. Rakha. Impact of Food Labeling on Consumer Food Choices and Nutritional Intake among Adult Women Aged 25-45. 2nd National PKNC Conference, Integrating Nutrition and Public Health: Challenges and Opportunities. 26-27 November, 2024. (Pp 42).
- Khan, B.S., M. Liaqat, B. Israr, I. Pasha and A. Rakha. Relationship of Family and Individual Factors with Multiple Malnutrition Among Children Under Five in Faisalabad. 2nd National PKNC Conference, Integrating Nutrition and Public Health: Challenges and Opportunities. 26-27 November, 2024. (Pp 43).
- Khan, B.S., A. Khalid, M. Liaqat, F. Cheema, B. Israr, I. Pasha and A. Rakha. Development and Characterization of Shilajit Supplemented Oats and Nuts Based Energy Balls. 2nd National PKNC Conference, Integrating Nutrition and Public Health: Challenges and Opportunities. 26-27 November, 2024. (Pp 44).
- Khan, B.S., S. Aslam, M. Liaqat, F. Cheema, B. Israr, I. Pasha and A. Rakha. Development and Nutritional Characterization of Zinc Fortified Water Chestnut Flour Pancake Premix Powder. 2nd National PKNC Conference, Integrating Nutrition and Public Health: Challenges and Opportunities. 26-27 November, 2024. (Pp 45).
- Khan, B.S., L. Nasir, M. Liaqat, F. Cheema, B. Israr, I. Pasha and A. Rakha. Impact of Withania Coagulans (Paneer Booti) and Trigonella Foenum Graecum (Fenugreek

Seeds) Yogurt for fighting against Diabetes among Adults age (30-40 Years). 2nd National PKNC Conference, Integrating Nutrition and Public Health: Challenges and Opportunities. 26-27 November, 2024. (Pp 46).

- Khan, B.S., I. Khalid, B. Israr, R. Shukat. Association of electronic media engagement and Dietary Choices in Adults of Aged 20 to 30 Years. 2nd National Conference on Emerging Trends in Food Science and Nutrition. 9-11, May, 2024. (Pp 43).
- Khan, B.S., R. Shukat, M.S. Butt and A. Riaz. 2024. Nutritional Profiling and Eating Habits of Pakistani Population; Data Analysis of Last Two Decades. 2nd National Conference on Emerging Trends in Food Science and Nutrition. 9-11, May, 2024. (Pp 102-103).
- Aslam, S., B.S. Khan, A. Irfan, R. Munawar. 2024. Micro-nutrient deficiencies: Introduction, Epidemiology and its impact on Human Health. 2nd National PKNC Conference, Sindh Agriculture University. (Pp 171).
- Jalal, M., M.S. Butt, B. Israr, B.S. Khan, A. Din, A. Younas and M. Bhatti. 2024. Role of Polyphenols in Mitigating the Consequences of Hypertension. 2nd National PKNC Conference, Sindh Agriculture University. (Pp 42).

TRAININGS AND CERTIFICATIONS

- Certificate of Completion of **PKNC Master Trainer Invitational Training** held at **Chungnam National University** from May 25th to June 26th, 2023 as part of Pak Korea Nutrition Center Establishment project supported by KOICA.
- Training of “**Agriculture and Food Risk Assessment Training Program**” on 28th October 2016 at Institute of Agriculture, The University of Tennessee, Thailand.
- **Competency-Based Diploma as Certified, Professional in Human Diet & Nutrition** PIMS, Islamabad (2012 – 2013).
- **Competency-Based Diploma as Certified, Professional in Public Health** PIMS, Islamabad (2012 – 2013).
- **Official Training of National Youth Forum for Young Leaders at National PGGA Headquarters Islamabad.** 25-29, June, 2024.
- **One-day camping training of Girls Guide Forum at D ground,** 2nd February, 2024. University of Agriculture Faisalabad.
- Member of **Advocacy Campaign against Sugary drinks and Ultra processed food.** Organized by **PANAH, PKNC,** University of Agriculture Faisalabad.
- **Certificate of Appreciation for sharing words of wisdom on topic: Nutrition at 40 and above: Let’s Talk.**

- **Certificate of Appreciation** as a guest speaker on **Wellness Benefits of the Holy Month of Ramadan for Mind, Body and Soul**. 25th March 2024. Organized by Department of Nutritional Sciences, GCUF in collaboration with Nutrition and Health Society.
- **Certificate of Appreciation** of speaker at **International Conference on Sustainable Future Food Systems (SFFS)**. April 29-30,2024. Organized by Directorate of Industrial Linkages, GC University Faisalabad.
- **Certificate of Participation** on **International Conference on Biodiversity and Biosafety (ICBB)**. 27-29, May, 2024. Organized by University of Agriculture Faisalabad, Pakistan.
- **Certificate of Participation** as a **Resource Person** for the celebration of **World Pulses Day** at NIAB on 10th February, 2025.

SELECTED PROFESSIONAL PRESENTATIONS

- **Guest Speaker** in a Workshop for Kids and parents on "**Healthy Lifestyle**" on 7th April 2019, organized by Beacon House School, Faisalabad
- **Guest Speaker** in "**International Women Day**" on 8th March 2019, organized by District Bar Association, Faisalabad
- **Resource Person** in a One Day Seminar on "**International Women Day, think equal, build smart, innovative for change**" on 8th March 2019, organized by Institute of Home Sciences, Faculty of Food, Nutrition & Home Sciences, University of Agriculture, Faisalabad
- **Resource Person** in a Two Days Seminar on "**Sensitization Seminar on Nutrition for Media, Academia & Students**" on 7-8th March 2019, organized by National Institute of Food Science & Technology, Faculty of Food, Nutrition & Home Sciences, University of Agriculture, Faisalabad
- **Guest Speaker** in a conference on "**International Food Safety, Hygiene & Quality Control Technologies Show**" on 26-28th April 2019, organized by Ecommerce Gateway Pakistan (Pvt.) Ltd.
- **Guest Speaker** in a Workshop on "**World Health Day**" on 10th April 2018 organized by Serena Hotel, Faisalabad.
- **Guest Speaker** in "**International Conference on Health and Environment**" on 21-22nd March 2018, organized by Allama Iqbal Open University, Islamabad.
- **Resource Person** in 2nd Continuing Education Program on "**Newborn Health Care**" on 31st January 2018 organized by Pakistan Nutrition and Dietetic Society in collaboration with University of Agriculture, Faisalabad.

- **Resource Person** in One Day Seminar on “**Value Added Food Products: Issues & Opportunities for Entrepreneurs**” on 19th January 2018 organized by National Institute of Food Science and Technology and Office of Research Innovation and Commercialization, University of Agriculture, Faisalabad.
- **Keynote Speaker** in Fitness Workshop Series “**Are You Fit? Physically...Mentally...Socially**” on 14th December 2018, organized by Balance Lifestyle Studio, The National Hospital, Faisalabad.
- Participated as a **Guest Speaker** in a Seminar on “**Make Nutrition a Priority**” on 7th December 2018 organized by Student Nutritionist Club Pakistan.
- **Keynote Speaker** in Fitness Workshop Series “**Are You Fit? Physically...Mentally...Socially**” on 30th November 2018, organized by Balance Lifestyle Studio, The National Hospital, Faisalabad.
- Participated as a **Resource Person** in 4th Continuing Nutrition Education on “**New Approaches for Management of Diabetes Mellitus**” on 27th November 2018 organized by Pakistan Nutrition and Dietetics Society in collaboration with University of Agriculture, Faisalabad.
- **Resource Person** in an International Seminar on “**Maternal and Child Health: Targeted Approaches to Tackle Current Nutritional Issues**” on 30th October 2018 organized by Institute of Home Sciences, Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad in collaboration with Pakistan Nutrition and Dietetics Society.
- **Resource Person** in a Seminar on “**Breast Cancer Awareness**” on 15- 19th October 2018 organized by Institute of Home Science, Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad.
- **Resource Person** in “**28th and 29th All Pakistan Food Science Conference: CPEC and Future Prospects of Food Industry in Pakistan**” on 24th September 2018 organized by National Institute of Food Science and Technology and Pakistan Society of Food Scientists and Technologists, University of Agriculture, Faisalabad.
- **Guest Speaker** at “**Pakistan’s 1st Ever Diabetes Academy**” on 15th September 2018 organized by Pharma Evo.
- Participated as a **Resource Person** in an International Seminar on “**Palm Oil: Health, Nutrition and Development**” on 10th September 2018 organized by The Embassy of the Republic of Indonesia, Islamabad in collaboration with National Institute of Food Science and Technology, Faculty of Food, Nutrition and Home Sciences, Faisalabad.

- **Resource Person** in an International Seminar on “**World Global Breastfeeding Week**” on 30th August 2018 organized by National Institute of Food Science and Technology, Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad in collaboration of Integrated Reproductive Maternal Newborn Child Health and Nutrition (IRMNCH), Government of Punjab, Pakistan.
- **Guest Speaker** on “**Type Talks: A Trevia Initiative**” on 20th July 2018 organized by Getz Pharma Participated as a **Guest Speaker** on “**10th Consumers Food Safety & Quality Conference**” on 28th November 2017 organized by Consumers Association of Pakistan in collaboration of Malaysian Palm Oil Board (MPOB) and Pakistan Standards & Quality Control Authority (PSQCA).
- **Guest Speaker** in “**4th International Conference and Industrial Exhibition on Dairy Science Park**” on 1-5th November 2017, organized by Selcuk University Suleyman Demirel Cultural Center Konya, Turkey.
- **Judge** in “**International World Egg Day**” on 13th October 2017, organized by Faculty of Veterinary Sciences, University of Agriculture, Faisalabad
- **Keynote Speaker** in a Workshop on “**Exercise Strategies for Weight Reduction Fitness**” on 14th March 2019, organized by Balance Lifestyle Studio, Faisalabad
- **Guest Speaker** on Seminar on **Awareness of Polycystic Ovarian Syndrome**. Organized by Aziz Fatima Medical College. 20, May 2024.
- **Guest Speaker** on “**Wellness Benefits of the Holy Month of Ramadan for Mind, Body and Soul**” on 25th March 2024, organized by Department of Nutritional Sciences, GCUF in collaboration with Nutrition and Health Society, Faisalabad
- **Webinar** on “**Stay Healthy While Fasting**” on 02 April 2024, organized by Agronomy EFERT, University of Agriculture, Faisalabad, Pakistan
- **Honorable Guest Speaker** in International Conference on “**Nutritional Profiling and Eating Habits of Pakistani Population; Data Analysis of last two Decades**” on 29th April 2024, organized by Government College University, Faisalabad, Pakistan.
- **Keynote Speaker** on “**Emerging Trends in Food Science and Nutrition**” on 10th May 2024, organized by UMT Lahore.
- **Guest Speaker** on **Hepatitis Awareness Camp and Seminar** in Children Hospital Faisalabad.
- **Resource Person** on **Future prospects and success stories of being Home Economist** in Muhammad Nawaz Sharif University of Agriculture Multan. Organized by Department of Home Sciences on 23rd May, 2024.
- **Guest Speaker** on **Children’s Nutrition Symposium and Camp** organized by Department of pediatric Gastroenterology and Hepatology and Nutrition, Children hospital on 5th March, 2024. Faisalabad.

- **Presenter** on **Nutritional Profiling and Eating Habits of Pakistani Population; Data Analysis of last Two Decades.** 2nd National PKNC Conference.
- **Panelist** on **National Summit Transforming Pakistan 2025. Driving economic growth through productivity, Quality and Innovation** on 18th, February 2025.

Conferences/Workshops/Seminars/Symposium

- Participated as an **Instructor** on **“Personal Hygiene Workshop for Orphans”** on 27th July 2019 organized by Al-Khidmat Foundation, Pakistan.
- Participated as **Guest Speaker** in a **Workshop for Kids and parents on "Healthy Lifestyle"** on 7th April 2019, organized by Beacon House School, Faisalabad.
- Participated as a **Keynote Speaker** in a Workshop on **"What You Need to Become Successful? Dietitian/Nutritionist"** on 4th April 2019, organized by Balance Lifestyle Studio, Faisalabad.
- Participated as a **Keynote Speaker** in a Workshop on **"Exercise Strategies for Weight Reduction Fitness"** on 14th March 2019, organized by Balance Lifestyle Studio, Faisalabad.
- Participated as a **Chief Guest** in **“International Women Day”** on 8th March 2019, organized by District Bar Association, Faisalabad.
- Participated as a **Resource Person** in a One Day Seminar on **“International Women Day, think equal, build smart, innovative for change”** on 8th March 2019, organized by Institute of Home Sciences, Faculty of Food, Nutrition & Home Sciences, University of Agriculture, Faisalabad.
- Participated as a **Resource Person** in a Two Days Seminar on **“Sensitization Seminar on Nutrition for Media, Academia & Students”** on 7-8th March 2019, organized by National Institute of Food Science & Technology, Faculty of Food, Nutrition & Home Sciences, University of Agriculture, Faisalabad.
- Participated as a **Guest Speaker** in an Interactive Lecture on **"Raise Yourself"** on 25th February 2019, organized by Faisalabad Medical University, Faisalabad.
- Participated as a **Resource Person** in Project Dissemination Workshop on **“Nutritional Awareness of School Going Children and Review of Nutrition and Food Safety Curricula Practices at Higher Education Institutes of Pakistan”** on 22nd February 2019 organized by GAIN and National Institute of Food Science and Technology, University of Agriculture, Faisalabad.

- Participated as **Guest Speaker** in a conference on “**Depression, Anxiety and Stress Management**” on 9-10th May 2018, organized by BALANCE, Department of Nutrition, The National Hospital, Faisalabad.
- Participated as **Guest Speaker** in a conference on “**International Food Safety, Hygiene & Quality Control Technologies Show**” on 26-28th April 2019, organized by Ecommerce Gateway Pakistan (Pvt.) Ltd.
- Participated as **Guest Speaker** in “**World Diabetes Day**” on 13-14th November 2015 organized by Nishat Mills Limited, Faisalabad.
- Participated in “**Active Citizens Training of Facilitators**” on 7-11th September 2015, organized by University of Agriculture, Faisalabad.
- Participated in the **Training Workshop on “Stress Management**” on 1st August 2015 organized by Centre for Educational Research and Development (CERD) and Green Crescent Trust, Karachi.
- Participated as **Guest Speaker** in “**International World Environment Day**” on 1-5th June 2015, organized by Nishat Mills Limited, Faisalabad.
- Participated as **Speaker** in “**National Conference on Nutritional Management of Geriatric Health Problems**” on 28th May 2015, organized by The University of Faisalabad.
- Participated as **Speaker** in “**International Symposium on Technological and Nutritional Aspects of Value-Added Dairy Products**” on 12-14th November 2014, organized by University of Agriculture, Faisalabad.
- Participated as **Resource Person** in “**International Conference on Nutritional Therapies Against Lifestyle Related Disorders**” on 29-30th May 2014, organized by University of Agriculture, Faisalabad.
- Participated in “**First International Conference of Home Economics**” on 14-16th March 2005, organized by College of Home Economics, Lahore.
- Participated as **Keynote Speaker** in a **Consultative Workshop on Preventive Nutrition and Infection Prevention and Control (IPC)** on 22 January 2025, organized by Pak Korea Nutrition Center (PKNC), University of Agriculture Faisalabad.
- Participated as **Keynote Speaker** in **celebration of world pulses day at NIAB, Faisalabad on 10th February, 2025.**
- Participated in **National Summit on Transforming Pakistan, 18th February 2025.**

ADDITIONAL ACTIVITIES

- Organized a **First Ever Meet-up** of Practicing Dietitian & Nutritionist on International Dietitian & Nutritionist Day on 13th March 2019, to appreciate them for their contribution and excellence in the field of nutrition.

- Participated as a **Chief Guest** on the "**Annual Day Function & Prize Distribution Ceremony of Taleem Ghar School**" & an Interactive Lecture on "**The Importance of Breakfast**" on 27th February 2019, organized by Taleem Ghar School, Faisalabad.
- Participated as **Guest of Honor** on "**Certificate Distribution Ceremony of Students on Practical Care in Nutrition**" on 14th May 2018 organized by Office of Senior Tutor, University of Agriculture, Faisalabad.
- Participated as a **Guest Speaker** on 22nd April 2019 on a Radio Program on the topic titled "**Talk on Nutrition**" organized by UAF FM-100.4, University of Agriculture, Faisalabad.
- Participated as a **Guest Speaker** in an **Interactive Lecture on "Breaking Bad"** on 13th April 2019, organized by WOW Club, Faisalabad.
- Participated as a Guest on the "**Annual Day Function**" of **Zunnorain Foundation** on 11th April 2019 Talk in program named "**Justajoo**" on 14th March 2018 on the topic titled "Role of Women in Present Era" organized by Mast FM-103, Radio Pakistan, Faisalabad.
- Participated as **Chief Guest** on "**Sports Day**" on 18th January 2018 organized by Beacon House School Premier Campus, Faisalabad.
- Formulated the **Instruction Manual for Teachers and Students on "Principles of Balanced Diet and Personal Hygiene"** under a project with the collaboration of USAID, GAIN and National Institute of Food Science and Technology, University of Agriculture, Faisalabad.
- **Guest Speaker in FM 101** Radio on **Introduction to PKNC to improve child and community nutrition**, Faisalabad.

CAMPS/OUTREACH ACTIVITIES

- Arranged **Free Nutrition Camp** at "**Sitara Sapna City**, Faisalabad" on 5th April 2019, organized by Sardar Malik Haleem and his Cabinet with the Collaboration of Dr. Laiquat Ali and CEO Balance Lifestyle Studio, Faisalabad
- Arranged **Free Nutrition Camp** at "**Dar-ul-Amman**, Faisalabad" on 12th March 2019, organized by Ex. President Rotary Club with the Collaboration of CEO Balance Lifestyle Studio, Faisalabad.
- Arranged **Free Nutrition Camp** at "**University of Agriculture**, Faisalabad" on 9-10th April 2019, organized by Institute of Home Sciences with the collaboration of **Balance Lifestyle Studio and PNDS**, Faisalabad.
- Arranged **Free Nutrition Camp** at "**Govt. College of Technology**, Samanabad" on 9th March 2019, organized by Principal Govt. College of Technology, Samanabad with

the **CEO Balance Lifestyle Studio and President Institute Management Committee**, Faisalabad.

- Arranged **Free Nutrition Camp** at “**University of Agriculture, Faisalabad**” on 8th March 2019, organized by Institute of Home Sciences with the collaboration of **CEO Balance Lifestyle Studio and PNDS**, Faisalabad.
- Arranged **Free Nutrition Camp** at “**Fatima Kids Study Home, Faisalabad**” on 29th December 2018.
- Arranged **Free Health Camp** at “**Green View Colony, Faisalabad**” on 22nd December 2018.
- Arranged an **Outreach Camp Activity** at “**Chibban Road, Faisalabad**” on 17th December 2018.
- Arranged **Free Nutrition Camp** at “**Apna Ghar Orphanage for Transgender Community, Faisalabad**” on 15th December 2018 organized by Akhuwat Foundation.
- Arranged **Free Awareness Health Camp** Title “**Youth and Gender Mainstreaming in Agricultural Activities through Need Based Capacity Building in Punjab**” at 272 JB Mazara Dyinga, Jhang on 1st December 2018 organized by Department of Rural Sociology, University of Agriculture, Faisalabad.
- Arranged **one-day Nutrition assessment camp** at **Main Corridor**, University of Agriculture, Faisalabad.
- Organize **one- day nutrition awareness camp** for students at **TEVTA**.
- Organize **one-day Nutrition Awareness camp** for students at **Health 360-The Aesthetic Clinic**.
- Organize **one-day Nutrition Awareness Camp** for female students at **Government Girls Elementary school**.
- Organize **Nutrition Awareness camp** for students at **Ripah International University**.
- Organize **Nutrition Awareness camp** at **Smart School**.
- Organize **one-day Camping Training of girls guide forum, University of Agriculture Faisalabad**.
- Organize **two-days nutrition screening camp at District Jail**, from 23rd to 24th July, 2024.
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LANGUAGES

Urdu: Native fluency in speaking, reading and writing

English: Fluent in speaking, reading and writing

