

ZARTASHIA KANWAL

House # C-25/4, DCI, E-10, Islamabad.

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EDUCATION

2023 Riphah International University, Lahore.

MS - Human Nutrition and Dietetics

CGPA 3.01

2015 Institute of Food Science and Nutrition,

University of Sargodha, Sargodha.

B.Sc. Food Science and Technology

CGPA 3.32

EXPERIENCES

1. Internee (Quality & Compliance)

Islamabad Serena Hotel

June 2024 - July 2024

2. Technical Trainee Officer (Microbiologist & Food Inspector)

Punjab Food Authority, Lahore.

Feb 2018 - April 2021

Key Achievements/Responsibilities

- Execution of standard analytical laboratory protocols for drinking water tests
- Milk testing (with Lactoscan milk analyzer)
- Managing team of analysts performing food testing
- Staff trainings for GLP and safety mechanisms
- Reports writing and evaluation

3. Science Instructor – Subject Matter Expert

Allied School Faisal Town, Lahore.

Aug 2015 - Jan 2018

- Science Subjects Expert - SSC wing

PUBLICATION:

Sabar, N., Hussain, M. I., Saleem, H., Khan, M. A., Khalid, H., Kanwal, Z., & Yaseen, A. (Year). Synchronizing positive effect of vitamin C and chromium on hyperlipidemia, hyperglycemia, liver enzymes and BMI of diabetes mellitus type 2 patients. *Pak. J. Pharm. Sci.*, Vol.37, No.1 (Special), January 2024, pp.199-203

CONFERENCES/WORKSHOPS ATTENDED

- **1 Day International workshop** on “Transitioning to Healthy and Sustainable Diets, sharing best practices from around the Globe” by Andrew Hollingsworth Principal; Lecturer Manchester Metropolitan University, UK organized by Riphah International University, Lahore.
- **Poster Presentation in 4th International conference** on Rehabilitation Sciences (ICRS) & 1st International conference on Allied Health Sciences 6 -8th October 2023, Lahore.
- **2 Days International conference** on “substance use disorders” (ICSUD -2022) held on 30th and 31st March 2022.
- **1 Day workshop** on “Assessment of risk and clinical presentation in substance use disorders” on 29th March 2022 organized by PFRD & UCP.
- **2 Days International conference** on “Pharma, Food & Healthcare” organized by National Alliance for Safe Food on 9th & 10th March 2022.
- **2 Days International seminar** on “Post Harvest Technology & Processing of Fruits and Vegetables” at Institute of Food Science & Nutrition University of Sargodha.
- **1 Day Seminar** on “Leading the Leaders” at University of Sargodha on 30th November 2013.
- **2nd Roshan Watan Agri Expo & conference** organized by Evolution Event Management & TV Production in Collaboration with Department of Horticulture, Faculty of Agriculture, University of Sargodha on 21 - 22nd January 2014.
- **2 Days International conference** on “Nutritional Therapies Against Lifestyle Related Disorders” at National Institute of Food Science & Technology University of Agriculture, Faisalabad on 29-30th May, 2014.

LINKEDIN PROFILE

<https://www.linkedin.com/in/zartashi-a-kanwal-44458b23b>

KEY SKILLS/STRENGTHS

✦ Quality Management	★★★★★
✦ Decision Making	★★★★★
✦ Leadership	★★★★★
✦ Time Management	★★★★★
✦ Effective Communication	★★★★★
✦ Problem Solving	★★★★★
✦ Collaborations	★★★★★
✦ Empathy and Inclusion	★★★★★

TRAININGS/CERTIFICATIONS

- Certification on “Weight Management: Beyond Balancing Calories” by Emory University
- 5-week internship as a **Nutritionist** at Faisalabad Institute of Cardiology, Faisalabad. Worked in CCU (Coronary Care Unit), Cardiology and OPD.
- 1-month internship as a **Nutritionist** in clinical and community nutrition organized by Phoenix Foundation for Research and Development.
- 1-week training course on “Advanced Analytical Techniques for Food Safety Measures in Pakistan” at NIAB, Faisalabad.
- 6-month internship in Punjab Food Authority (operation wing), Lahore.

VISITED INSTITUTIONS

- Lahore Care Hospital
- Lahore General Hospital
- Safeway Rehabilitation Center
- Mayo Hospital
- Surgimed Hospital

FINAL YEAR PROJECTS

Master’s Thesis

“Development of oat granola bar enriched with seaweed powder and its effect on hypothyroidism.”

Bachelor’s Final Year Project

“Nutrition Management related to different diseases at Faisalabad Institute of Cardiology, Faisalabad.”

Urdu

English