

SARAH FATIMA

Arabic Grammar Teacher/ Nutritionist

SKILLS

Word	■ ■ ■ ■ ■
PowerPoint	■ ■ ■ ■ ■
Excel	■ ■ ■ ■ ■
Zoom	■ ■ ■ ■ ■
Canva	■ ■ ■ ■ ■
WizIQ	■ ■ ■ ■ ■
Startmeeting	■ ■ ■ ■ ■
Photoshop	■ ■ ■ ■ ■
Electa	■ ■ ■ ■ ■

WORKSHOPS

- Photoshop
- Data Analysis and SPSS
- NVivo 9
- Basic Computer Training Program

INTERNSHIPS

- Shifa International Hospital, Islamabad.
- Military Hospital, Rawalpindi.

LANGUAGES

English	■ ■ ■ ■ ■
Urdu	■ ■ ■ ■ ■
Arabic	■ ■ ■ ■ ■

TYPING SKILLS

English	■ ■ ■ ■ ■
Urdu	■ ■ ■ ■ ■
Arabic	■ ■ ■ ■ ■

CONTACT

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WORK EXPERIENCE

	2023 – 30th June, 2025 Lecturer Food and Nutrition Islamic Studies	Taught <i>Food & Nutrition</i> subjects and <i>Islamic Studies</i> to BS, ADP & HSSC students at Institute of Home Economics, Art & Design, F-11/1, Islamabad
	2015 - Present Online	Teaching <i>Arabic Morphology</i> at Hamna Center Online Conducted a short course on Basic Spoken Arabic, Feb 2025
	2016 - 2020 Online	Taught <i>Arabic Morphology</i> and <i>Fiqh</i> at eMahad
	2016-2017 Online	Taught <i>Hadith</i> at Hannanah Academy
	2023, 2025 Onsite	Voluntary participation as an instructor in Summer Camp for kids at Junaid Jamshed Academy, G-10/2, Islamabad

EDUCATION

	M.Phil. Food and Nutrition Govt. College of Home Economics, Lahore	University of The Punjab, Lahore	2013
	Shahada tul Aalmia (Equivalent to Masters in Arabic and Islamic Studies) Hamna Center, Lahore	Wifaq ul Madaris al Arabia, Multan	2013
	M.Sc. Food and Nutrition Govt. College of Home Economics, Lahore	University of The Punjab, Lahore	2010
	B.Sc. Home Economics (Majors: Food and Nutrition) Islamabad College of Home Economics and Management Sciences	University of The Punjab, Lahore	2008
	Matriculation (Science) Army Public Schools and Colleges System	FBISE, Islamabad	2004

APPOINTMENTS

- ✦ Lecturer
- ✦ Class In charge (BS 4th Sem)
- ✦ Co-supervisor, Community Nutrition research (BS 6th sem)
- ✦ Member Discipline Committee
- ✦ Member Cleanliness Committee

PROJECTS

Thesis	✦ Vitamin A Status and its Correlation with the Dietary Intake of Young Females of Lahore, Pakistan. ✦ Determination of Coliform Bacteria in Drinking Water from Different Localities of Rawalpindi.
Seminars	✦ Conducted a seminar on 'Obesity' at College of Home Economics, Gulberg, Lahore. ✦ Conducted a seminar on 'Nutrigenomics' at College of Home Economics, Gulberg, Lahore.
Reports	✦ Needs Assessment of Adolescents in Islamic International Medical and Dental College. ✦ A Case Series Report on Food Preferences of Overweight and Obese Women. ✦ Educational Status Effect on Job Involvement, Case Study of Fauji Foundation Hospital Employees. ✦ Effect of Shisha Smoking on Health and Dietary Habits of Young Adults from 20-25 Years. ✦ Comparative Analysis of Ash Content in Brown and White eggs. ✦ The Changing Trend Towards Processed Foods. ✦ Effect of Different Thickening Agents in the Making of Nehari.
Online Courses	✦ Stanford's Short Course on Breastfeeding ✦ Stanford Introduction to Food and Health ✦ Child Nutrition and Cooking by Stanford University

ACHIEVEMENTS

- ✦ Scored 97.1 percentile in GAT by NTS.
- ✦ Received laptop for excellent academic performance in Youth Initiative Program by Government of Punjab.
- ✦ Stood 1st in Qirat Competition, Hamna Center, Gulberg, Lahore.
- ✦ Class Representative in B.Sc. (Final Year), F.G. College for Women, F-7/2, Islamabad.
- ✦ Stood 2nd in Computer Graphics Competition, F.G. College for Women, F-7/2, Islamabad.
- ✦ Participated as a Volunteer in the In vivo Bioavailability Study at PINSTECH, Islamabad.