

Farah Jabeen

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utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=android_app](https://www.linkedin.com/in/dn-farah-jabeen?utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=android_app)

Date of birth: 01/01/2001 **Nationality:** Pakistani

ABOUT ME

Dedicated **Nutrition and Dietetics** professional with two years of clinical experience in personalized **meal planning** and **diet counseling**. Skilled in fostering trust through empathetic communication, I combine compassion with adaptability to address diverse **health needs**. Recognized for problem-solving, creativity, and attention to detail, I excel both independently and within collaborative teams. With strong commitment, precision, and enthusiasm, I strive to deliver practical solutions that drive meaningful health outcomes.

EDUCATION AND TRAINING

- [30/09/2019 – 12/07/2023]

Bsc Hons human nutrition and dietetics

PMAS Arid Agriculture University Rawalpindi Uaar.edu.pk

City: Rawalpindi | Country: Pakistan |
- [03/03/2016 – 04/09/2019]

Intermediate

Punjab Group of Colleges Khanewal <https://pgc.edu/campus/khanewal/>

City: Khanewal | Country: Pakistan |
- [07/06/2014 – 20/07/2016]

Matriculation

Young Scholar Secondary School Khanewal

City: Khanewal | Country: Pakistan |

WORK EXPERIENCE

- Allah Hu Trust Organization*

City: Multan | Country: Pakistan
- [01/09/2025 – 31/12/2025]

Dietitian at Nishtar Hospital Multan

Dr Mudassar

City: Khanewal | Country: Pakistan
- [01/01/2025 – 30/07/2025]

Dietitian at Zohan healthcare clinic

Dr Rafi Hospital

City: Khanewal | Country: Pakistan
- [01/01/2025 – 01/05/2025]

Dietitian at Dr Rafi hospital

World wide Consultancy

City: Islamabad | Country: Pakistan

[20/04/2024 – 20/07/2024] **Customer service representative**

DR. Ayesha

City: Khanewal | **Country:** Pakistan

[09/12/2023 – 09/02/2024] **Dietitian at DHQ Hospital Khanewal**

Dietitian Rabia

City: Rawalpindi | **Country:** Pakistan

[20/02/2023 – 20/04/2023] **Dietitian at Pak Emirates Military Hospital Rawalpindi**

Rida Babar

City: Rawalpindi | **Country:** Pakistan

[15/05/2023 – 26/05/2023] **Dietitian at Hussain Lakhni International Hospital Rawalpindi**

Dietitian Zunaira

City: Multan | **Country:** Pakistan

[31/07/2023 – 11/09/2023] **Dietitian at Mukhtar A.Sheikh Memorial Welfare Hospital Multan**

Dr Mehboob Ahmad

City: Khanewal | **Country:** Pakistan

[17/04/2023 – 01/09/2023] **Dietitian at Mehboob Medical Complex**

Dur E Najaf

City: Rawalpindi | **Country:** Pakistan

[01/10/2022 – 31/10/2022] **Internee Dietitian (online internship)**

Dietitian Mishal Mumtaz

Dietitian at Rabia trust hospital, Faisalabad (virtual internship)

[08/10/2020 – 08/11/2020]

SKILLS

Microsoft Office (Word , Excel and Power Point) | Poetry and photography | Video editing and video making | Digital Skills: Digital Marketing | Social Media including Facebook , WhatsApp and Twitter | Communication and interpersonal

SKILLS

Skills/knowledge

- Diet Plan Making
- Counseling and Communication
- Event management
- Critical thinking
- Softskills
- Organizing events
- Essence of Team Work
- Project Management
- Recipe maker

- **Blog writer**
- **Problem-solving**
- **Time management**
- **Product Knowledge**
- **Microsoft Word, Power Point and Excel**
- **Capable to work under pressure by keeping work ethics insight**

CERTIFICATION

[18/02/2026]	Obesity and Cancer by Strategic Centre for Obesity Professional Education
[17/02/2026]	Binge Eating Disorder by Strategic Centre for Obesity Professional Education
[04/02/2026]	HIPAA Compliance Training Program by HIPPA Training US
[27/01/2026]	Basics of Medical Billing & Coding By Alison
[26/03/2025]	Introduction to personal training by Nordic fitness Education
[14/01/2023 – 17/01/2023]	Food FEST & Sports Gala-2023 by institute of Food & Nutritional Sciences, PMAS-AAUR
[18/03/2022 – 19/03/2022]	Transformation of food system for Sustainable Food Future 31st ALL Pakistan food Science Conference & Food and Nutrition Expo-2022
[29/09/2021]	Certificate of live webinar on Facts About Glutathione For Fair Skin by a Nutri-Vention
[10/08/2021 – 11/08/2021]	One day Training workshop of FOOD Handlers On food Safety & Hygiene Practices by FAO
[08/01/2021]	Live Webinar on Wellness Practices to get relief from Migraine by a Nutri-Vention
[19/06/2021]	Binnge Eating by Nutra Clinic
[09/02/2021]	LIVE WEBINAR Health Benefits of Almonds by a Nutri-Vention
[08/01/2021]	Wellness practices to get relief from migraine by Nutri Vention
[03/10/2020]	Guide to Intermittent Fasting By Novice Health Care Society by a Nutri-Vention
[20/09/2020]	Webinar on Nutrition Therapy of PCOS By NOVICE Healthcare Society
[19/09/2020]	Impact of Covid-19 on the Hospitality Industry and Reopening Guidelines To Mitigate the RISKS by National Food Solution
[13/09/2020]	Webinar on Portion Control by HAND Pakistan
[27/08/2020 – 28/08/2020]	Herbal Biomolecules: Novel food Technologies in the wake of Corona Pandemic by AFSTI- CHENNAI CHAPTER
[15/08/2020]	Global GAP Certification- For boosting Export of Pakistani Fruits and Vegetables By National Food Solutions
[25/07/2020]	VACCP for Managing Food Frauds-A Globally Emerging Concept by National Food Solutions
[01/03/2020]	Awarness Session On Halal Industry by Halal Research Council

[29/10/2019]

Certificate of Participation at Pakistan's Biggest Peace Initiative Volunteer Conference Islamabad

Certificate of appreciation in donation collection Campaign for Palestine by KAAR E KAMAL

AREA OF INTEREST

My interest

- **Clinical Nutrition & Medical Nutrition Therapy**
- **Nutritional Assessment & Nutrition Counseling**
- **Therapeutic Menu Planning**
- **Community Nutrition**
- **Health Promotion and Education Needs**
- **Assessment Program Planning and Evaluation**
- **Public Speaking and Advocacy**
- **Cultural Competence**

REFERENCES

References polished on demand