



NIMRA INAYAT

Public Health Nutritionist / Lecturer

PROFESSIONAL SUMMARY:

Passionate public health nutritionist with 5 years of experience across clinical, academic, and administrative roles. Expertise includes providing nutrition counseling, managing patient care, and delivering lectures. Skilled in program development, team leadership, and policy implementation. Committed to promoting health equity and addressing public health challenges through sustainable nutrition policies and practical application.

CONTACT DETAILS:

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Bahria Town Phase 8, Rawalpindi

Linked in:

<https://www.linkedin.com/in/dt-nimra-inayat-1b656820a/>

EDUCATION:

**(Sept 20-22) - Master of Science in
Public Health**

- ✓ Graduated from the Al-Shifa Eye Trust Hospital, School of Public Health, affiliated with Quaid-i-Azam University, with a 76% academic record.
- ✓ Completed final year research thesis on: "Association of diet with depression among type-2 diabetic patients visiting tertiary care hospitals in Rawalpindi city"

**(Aug 16-20) - BSC (Hons.) Human
Nutrition and Dietetics**

- ✓ Graduated from PMAS- Arid Agriculture University with a 3.38 CGPA academic record.

EMPLOYMENT:

(Jun-25 to Present) HR/ LECTURER

Ibadat International University, Islamabad, Pakistan

- ✓ Delivered lectures in the Allied Health Sciences Department.
- ✓ Recruit and onboard employees
- ✓ Maintain employee records and HR Documentation
- ✓ Handle employee relations and conflict resolutions
- ✓ Monitor attendance, leaves, and payroll coordination
- ✓ Ensure legal compliance and implement HR policies
- ✓ Organize training and performance evaluation

(Jan-23 to Feb-24) LECTURER & PROGRAM COORDINATOR

Iqra University Chak Shahzad Campus, Islamabad

- ✓ Delivered lectures in the Allied Health Sciences Department.
- ✓ Worked as Program Coordinator: Managed student course registrations, transfer cases, migration cases & probation cases.
- ✓ QEC In-charge of BSHND: Generated and managed student feedback forms, Teams, and E-folders of faculty members as a QEC Member.

(Sep-21 to Oct-22) CONSULTANT NUTRITION (PART-TIME)

Vital Health and Wealth Club, Rawalpindi, Pakistan

- ✓ Educated clients on the health benefits of balanced diets and nutrition supplements.
- ✓ Developed personalized meal and exercise plans for outpatients.

PERSONAL SKILLS:

- ✓ Communication & Interpersonal Skills
- ✓ Administrative Management
- ✓ Nutrition Assessment
- ✓ Medical Nutrition Therapy
- ✓ Meal Planning & Counseling
- ✓ Dietary Supplement Counseling
- ✓ Patient Education & Support
- ✓ Public Speaking & Presentations
- ✓ Program Coordination
- ✓ Health Education & Promotion
- ✓ Community Outreach & Engagement
- ✓ Time Management & Organization
- ✓ Customer Service & Client Relations
- ✓ Behavior Change Strategies
- ✓ Critical Thinking
- ✓ MS Office

CERTIFICATIONS:

- ✓ Dissertation Writing Workshop
- ✓ Food as Medicine
- ✓ Nutrition in Skin Problems
- ✓ Nutrition in Diabetes
- ✓ Nutrition through Life cycle
- ✓ Nutrition in PCOS
- ✓ Breaking the chain of Covid-19
- ✓ Current Nutritional problems of Pakistan

AFFILIATIONS:

- ✓ Member of Pakistan Nutrition & Dietetics society since 2018
- ✓ Member of DXN since 2019

TRAININGS:

- ✓ Faculty Development Program (OBE)

(Mar-20 to Dec-22) ADMINISTRATION MANAGER

SEEE Technologies, Rawalpindi, Pakistan

- ✓ Coordinated and hosted company events; managed supply records and budgeted for restocks.
- ✓ Streamlined communications, financial processing, and administrative functions.
- ✓ Managed office supplies, ensured stock levels, and maintained calendars for meetings and event.

INTERNSHIPS:

(Apr-20 to Jun-20) OBSERVE-SHIP, Emergency Department

CDA Hospital, Islamabad, Pakistan

- ✓ Supported doctors in patient examinations, taking vital signs and drawing blood.
- ✓ Administered first aid to sick or injured individuals.
- ✓ Collected and labeled specimens for laboratory testing.
- ✓ Adhered to all hospital policies and procedures.

(Jan-20 to Mar-20) OBSERVE-SHIP, Clinical Dietitian

CMH Hospital, Rawalpindi, Pakistan

- ✓ Conducted comprehensive nutritional assessments based on health history, medical conditions, and energy needs.
- ✓ Carried out day-to-day duties accurately and efficiently.
- ✓ Designed nutritious meal options for individuals with diverse health needs for facility programs and cafeteria menus.

(July-19 to Sep-19) OBSERVE-SHIP, Clinical Dietitian

QIH Hospital, Rawalpindi

- ✓ Assessed patient-specific nutrient and energy needs, considering lifestyle, physiology, and medical conditions.
- ✓ Created nutrient-dense recipes and adaptable meal plans to meet nutritional goals.
- ✓ Supervised kitchen operations and provided daily reports to management.

RESEARCH PUBLICATION:

1. F Jamshaid, S Azad, M Ali, Z Rizvi, N Inayat, Health-related quality of life among women with Polycystic Ovarian Syndrome visiting tertiary care hospitals of Rawalpindi city. (Multidisciplinary Surgical Research Annals, 2025)