



Rakhshanda Batool(Curriculum Vitae)

OBJECTIVE:

To take up the challenges of life by way of learning and experience to achieve esteemed degree of self-satisfaction and therein serve the organization and society by developing oneself. To use my skills and potential to assist an organization in achieving its goals which seeking long term career with optimum growth. This objective would be supported by my qualification, in addition to the management experience and multi-lingual command.

PERSONAL DETAILS:

Father's Name: S. Hidayat Ur Rehman
 Date of birth: 1st June, 1987
 CNIC.No. 16202-5479608-4
 Domicile: Swabi (KPK)
 Nationality: Pakistani
 Marital status: Married
 Postal Address: Rakhshanda Batool
 Lecture clinical Nutrition.
 College of Applied Health Sciences
 A' Sharqiyah University Ibra, Oman

Permanent Address

Village Taraki, P.O.
 Karnal Sher Kali, Tehsil and Distt. Swabi, KPK,

ACADEMIC QUALIFICATION

Degree	Year	Division	%age / CGPA	Subject	Institution
PhD	2023	1 st	3.12 (in Progress)	Food and Nutrition	University of Veterinary and Animal Sciences Lahore.
M.Sc (Hons) (=M. Phil) [*]	2015	1 st	3.85	Human Nutrition	University of Agriculture, Peshawar, KPK.
B.Sc. (Hons.) (=MSc) [*]	2010	1 st	3.79/4	Human Nutrition (distinction:Bronze Medal)	University of Agriculture, Peshawar, KPK.
F.Sc.	2006	1 st	780/1100 (70.9 %)	Pre-Medical	BISE DG Khan
S.S.C.	2003	1 st	607/850 (71.4%)	Science	BISE DG Khan.

^{*}M.Sc (Honors) Agric is Equivalent to M.Phil as notified by Higher Education Commission, Islamabad

^{*}B.Sc.(Hons) is Equivalent to M.Sc as notified by Higher Education Commission, Islamabad

EXPERIENCE: Lecturer at College of Applied Health Sciences in the department of Food science and Human Nutrition, A 'Sharqiyah University Ibra, Oman from 10th 2023 till date teaching different subjects.

AHND 493 Maternal and Child Health
AHND 488 Nutrition Education and Dietetics Counseling
FDST 101 Introduction to Food Science
AHND 452 Nutritional Epidemiology
AHND 483 Nutraceuticals
AHND 490 Nutrition Seminar
AHND 363 Nutrition through Lifecycle 2
FSHNN Dietetic counseling of chronic disease.

Also supervising students in the course AHND 495 Internship (14 credit hours) based in hospital named Ibra Hospital, Oman.

EXPERIENCE: Lecturer department of Food Science and Human Nutrition, University of Veterinary and Animal Sciences(UVAS) Lahore from 17th November 2016 till 09th Sep2023.

Works as **Dietetics** Preceptor in Fatima Jinnah Medical University and Sir Ganga ram Hospital to complete 900 hours Internship to the students of degree of

1: Doctor of Nutrition and Dietetics and

2: BS HONS Human Nutrition and Dietetics

Covering different subjects like

1: General medicine and Pediatrics Placement

2: Gynecology Oncology and Orthopedic Placement

3: Surgery and Neurology placement

4: Cardiology and Nephrology Placement

5: Food service management and OPD UVAS

6: Pulmonology and endocrinology Placement

Involved in Teaching different Subjects of BS HONS Food Science and technology and BS hons nutrition and dietetics including

1: Dietetics I

2: Dietetics II

3: Dietetics III

4: Nutrition education and Awareness

5: Nutrition Intervention Planning

Subjects of MPhill Food and Nutrition taught

1: Pediatric Nutrition

2 Nutrition in Critical Care

3: Advance Dietetics

Research Activities

Published 3 research papers

EXPERIENCE

Clinical Nutritionist & Head, Deptt. Of Nutrition, North West General Hospital & Res. Center, Hayatabad, Peshawar, since August 2011 to 19th November 2016

Principal Responsibilities

- Pioneer in establishing the department of Nutrition in the NWGH & RC, Peshawar
- Achieved a great experience in first establishing and then running and developing the nutrition department in the 200 beds-hospital
- A good working experience to supervise the hospital cafeteria to ensure the supply of prescribed nutritious and safe hygienic food to the patients
- A good working experience of providing Enteral and Parenteral Nutrition to patients especially surgically operated patients who otherwise can not be fed by oral feeding
- Good experience of feeding patients in Intensive Care Units
- A good experience of research work with student trainees who are assigned internship research in NWGH. So far 20 students have been trained and completed their research work under my supervision

Field Nutrition Officer

(Save The Children) July8-August 1, 2011 (Muzaffar Garh, Punjab)

Principal responsibilities

To supervise all the field nutritional activities and develop human resource by imparting frequent training to the field staff

- ▶ Manage all nutrition interventions at district level (Blanket feeding, Infant and Young Child Feeding, and treatment of acute malnutrition in CMAM), reporting to the Nutrition Coordinator).
- ▶ MUAC the children for screening in the community for acute malnutrition
- ▶ MUAC for admission to CMAM (with presence of bilateral pitting oedema, with weight-for-height (WFH) optional)
- ▶ Weight-for-height (WFH) criteria for admission at a health facility.
- ▶ Early identification and referral of children with SAM before the onset of serious complications
- ▶ Follow-up home visits for problem-cases.
- ▶ Promote community case-finding and referral
- ▶ Collect data of pregnant and lactating women for Special Feeding Program
- ▶ Provide technical support to the malnourished children's having complication in Stabilization centre
- ▶ Arranging and conducting trainings on CMAM for nutrition field staff and government health facility staff
- ▶ Monitoring and reporting (i.e., tally sheet, monthly site reporting sheets and Weekly reporting through NIS admission and exit forms)
- ▶ Monitoring of equipment and supplies

Nutrition Assistant (Save the Children)

Served as Nutrition Assistant from Oct 14, 2010 to July 7, 2011 with Save the Children ERRP posted at Rajanpur (Punjab)

Principal responsibilities

- ▶ Manage all nutrition interventions at district level (Blanket feeding, Infant and Young Child Feeding, and treatment of acute malnutrition in CMAM), reporting to the Nutrition Coordinator.
- ▶ MUAC the children for screening in the community
- ▶ MUAC for admission to CMAM (with presence of bilateral pitting oedema, with WFH optional)
- ▶ Weight-for-height (WFH) for admission at a health facility.
- ▶ Early identification and referral of children with SAM before the onset of serious complications
- ▶ Follow-up home visits for problem cases.
- ▶ Promote community case-finding and referral
- ▶ Collect the data of pregnant and lactating for SFP.
- ▶ Arranged and conduct trainings on CMAM for nutrition field staff and for the government health facility staff.
- ▶ Monitoring and reporting (i.e., tally sheet, monthly site reporting sheets & weekly reporting through NIS admission and exit forms).
- ▶ Monitoring of equipment and supplies.
- ▶ Monitor Health education & Nutrition Sessions in the field.

AS RESEARCHER, NUTRITIONAL ASSESSMENT OF PREGNANT WOMEN

Mphill research: Prevalence of Anemia and Obesity in Pregnant Women visiting northwest general hospital Peshawar and pregnancy outcome.

North West General Hospital and Research Centre, Hayatabad, Peshawar, November 1, 2011 to October 13, 2012

Principle Responsibilities.

- Worked at the Gynecology and Obstetrics department of the North West General Hospital and Research Center, Hayatabad, Peshawar, under the supervision of Dr. Sidra Jabbar Khan, Consultant Gynaecologist, on calculating dietary intakes of the pregnant women using a 24-hr recall method and food frequency questionnaire.
- Took the anthropometric data of the pregnant women (weight and height) for calculating Body Mass Index (BMI)
- Took the birth weight of the newly born babies both delivered normally and through caesarean operations.

- Devised a dietary plan for pregnant women suffering from Diabetes & Anaemia

WORK EXPERIENCE ON CMAM AND CFS

- ▶ Work experience of eight months on CMAM including the application of CMAM and the training of the field staff on CMAM
- ▶ Work experience of 6 month as a **CFS (Child Friendly Space)** Supervisor in **FBRC**.

TRAININGS

- ▶ Attended 3 days refresher training on CMAM with Save The Children.
- ▶ Participated in 3 days ToT training for CMAM with UNICEF
- ▶ One week training on management of SAM and MAM children in the NRU of the paediatrics ward of Lady Reading Hospital, Peshawar
- ▶ Attended one-day workshop on the assessment of nutritional status of pregnant and lactating women for the purpose of supplementary feeding at Hayatabad Medical Complex, Hayatabad, Peshawar.
- ▶ Attended 3 day conference of society of endocrinology at nathiagali.
- ▶ Attended different seminars and lectures on parenteral nutrition at Shifa International Hospital, Islamabad, Rehman Medical Institute, Peshawar & Khyber Teaching Hospital, Peshawar.

Achievment: Bronze medal and overall 3rd position in the faculty of Nutrition sciences in Bs.c (hons) agri.

REFERENCES:

- 1) **Jehangir Khan Khalil** (PhD. Tamgha-i-Imtiaz)
Visiting Professor and formerly Professor and Dean, Faculty of Nutrition Sciences,
University of Agriculture, Peshawar
Contact No. 03339136214 (Email: khaliljk@yahoo.com)
- 2) **Dr. Zahra Khan**
Senior Lecturer (Nutrition),
School of Science
University of Greenwich London.
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