

SHAHANA BASHAR
Shahanabashar87@gmail.com

EDUCATION

2005- 2008 **MSc Food and Human Nutrition**
College home economics University of Peshawar.

2001- 2005 **BSc Food and Human Nutrition**
College home economics University of Peshawar.

WORK EXPERIENCE:

Lecturer – Food & Human Nutrition

University Of Peshawar Pakistan (From 17th Feb 2009 – 2016 January)

2009-2012 Regular contract

2012 – 2013 January parttime contract

2015 -February 2016 parttime contract

Responsibilities:

- Prepared and delivered lectures to undergraduate and postgraduate students on topics such as Advance Nutrition, Nutrition through life cycle, Community Nutrition, Dietetics, Hotel management, Experimental food to the graduate level students.
- Prepared course materials such as syllabi, homework assignments, and handouts.
- Compiled, administered, and graded examinations.
- Initiated, facilitated, and moderated classroom discussions.
- Planned, evaluated, and revised curriculum, course content, and course materials and methods of instruction.
- Supervised students' laboratory work and supervised BS projects.
- Arranged various health awareness activities at college and university level
- Arranged various field visits for BSc students
- Maintained regularly scheduled office hours in order to advise and assist students.
- Arranged training & workshops for food science and Nutrition teaching staff of KPK colleges.

Lecturer - Nutrition

A Sharqiyah University Oman (From 03.03.2016 – Till date)

- Planned, evaluated, and revised curricula, course content, and course materials and methods of instruction.
- Supervised students' laboratory work and supervised BS projects.
- Maintained regularly scheduled office hours to advise and assist students.
- Academic advising to FSHN /AHND students
- I have taught various courses of FSHN & AHND
- successfully plan and design curriculum for my assigned courses, conduct exams quizzes.
- Successfully conduct nutrition labs during Fall & Spring semesters
- Prepared and graded student assessment (quizzes, assignments, and exams)
- Course Coordinator & moderator for various FSHN & AHND courses
- Designed and modified course curriculum for courses for courses assigned to me.
- Providing guidance and advice to students regarding course's registration, teaching & semester
- Projects
- Carried out various departmental activities.
- Supervised students in Community Nutrition projects and medical nutrition therapy lab projects
- Actively involved in establishing new program AHND, performed various task related to AHND study.
- plan
- Carried out Quality Assurance (QA) related activities in FSHN department.
- Prepared and Modify Course descriptors and Syllabus for AHND & FSHN courses.
- Audited course files for college of applied & health sciences.

MEMBERSHIPS & POSTIONS HELD A Sharqiyah University Oman

2018-till date	Member of departmental Operational plan committee
2021-till date	member of Institution accreditation Committee
2017-2019	Member of community service committee
2016-2018	Member of examination committee in the college
2016-2017	Member of college Academic board

MEMBERSHIPS & POSTIONS HELD AT COLLEGE OF HOME ECONOMICS

2005-2006	Vice President-Students Association, Editor-Creative Section, College Magazine,
2004-2005	General Secretary-Food Science Society, Students Association,
2003-2004	Class Representative-Science Society, Students Association,
2002-2003	Class Representative- Science Club, Students Association

SEMINARS/WORKSHOPS

2021	organize Health awareness workshop at college of applied and health sciences ASU.
2022	Organize and attend Prometric workshop for AHND students.
2021	organize Nutrition awareness workshop at college of applied and health sciences ASU.
2022	organise enteral parenteral nutrition seminar with Abbott
2010	Attended seminars on “Acne and Hirsutism” and Infertility UOP
2010	Research Report on” Assessment of Dietary pattern of IDPs in KPK Pakistan
2009	Research Report on “A on study of dietary fiber intake among young adults and its effect on their health status.”
2009-13	arranged the following functions in college: Installation Ceremony, Science Exhibition, Dramatic and Cultural Society Function, Talk Shows, Debates, Milad, Funfair, Award Distribution Ceremony Arranged screening and nutritional assessment for IDPs Arranged community-based awareness workshop at college of home Economics university of Peshawar
2007-10	Worked for College magazine
2005- 06	Participated and Organized Science Fair at College.
2005-06	Participated in Cultural fair at college.
2005-06	Arranged food items and gifts for earthquake victims and visited them at different Hospitals.
2005-06	Attended a three days training course on first aid, maternal and child healthcare, At Pakistan Rural Development Peshawar.

Research Experience Interests

Attitudes and behavior towards sunlight exposure and knowledge about vitamin D among Omani female university students
Nasiruddin Khan, S Hussain, S Bashar, S Hasan, EAG Palis, S Iqbal

Breast Cancer Awareness and Knowledge among Females: A Pilot Study in Al-Buraimi Region, Sultanate of Oman
Huria Rashid Mohammed Al Harrasi, Nasiruddin Khan, Rafia Khatoon, Shalina Shaikh, Sajid T Hussain, S. Bashar, Vandita Singh, Mohanad Bashari, S. S. Hasan

The Health Effects of Chocolate and Cocoa Product Consumption: Limited Scientific Evidence in Middle East Countries

Nasiruddin Khan¹; Said Al Ghenaimi, Sajid Hussain, Shahana Bashar, Zahra Khan

Conducting research especially in the field of food and nutrition to attain the knowledge of advance technologies and development regarding food and nutrition.

Performed in various mini surveys planned in constitution with health and nutrition education programs Directorate public health Peshawar.

Compiled report on 'Dental carries in children of school going age'.

Radio / TV

Working as a technical expert 'Nutritionist' for Voice of America Pakistan.

Working as a technical expert 'Nutritionist' for Khyber TV Pakistan.

Skills

- Windows
- Diet analysis software
- Internet
- Ms. Office

Language Proficiency

- English (Fluent written and spoken)
- Urdu (Fluent written and spoken)
- Pashto(Can speak & understand)

REFERENCES TO BE FURNISHED UPON REQUEST