



DR. SHAZIA ZAHRA

Director Nutrition Program,
NUR-FMs Fatima Memorial Hospital
System

Associate Dean & Associate Professor,
NUR International University

Adjunct Faculty, UHS

Founder-School of Nutrition

Skills

- Precepting / Teaching
- Curriculum Design
- Research & Development
- Training & Workshops
- Medical Nutrition Therapy
- Adult & Child Nutrition Education
- Nutritional Education
- Entrepreneurial Skills
- Social Work/Community Outreach
- Strong Communication skills
- Project Development and Implementation

Nationality: Pakistani Date of Birth: 11/ 9/ 1977 Gender: Female Religion: Islam

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Facebook: [facebook.com/shazia.zahra](https://www.facebook.com/shazia.zahra)

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A motivated and dedicated Ph.D. researcher with robust leadership skills and effective communication abilities. Deeply committed to pushing the boundaries of research and innovation in nutritional sciences while also nurturing the growth of future healthcare professionals. With 24 years of experience, I have a proven track record of successfully connecting academic & research knowledge with practical implementation, clinical nutrition practice with therapeutic lifestyle changes, and food nutrition services with culinary excellence, resulting in measurable enhancements in patient health outcomes, improved quality of life, and increased nutrition awareness for public health.

Education

- **Ph.D. Clinical Nutrition** 2019-2024
University Sains, Malaysia
- **M.Phil. Community Health & Nutrition** 2018
Allama Iqbal Open University, Islamabad
- **Post Graduate Diploma in Dietetics** 2014
Allama Iqbal Open University, Islamabad
- **M.Sc. (Food & Nutrition, Home Economics)** 2000
University of Agriculture, Faisalabad
- **B.Sc. (Food & Nutrition, Home Economics)** 1998
University of Agriculture, Faisalabad

Experience History

- Teaching Experience 15 Years
- Research Experience 10 Years
- External Examiner 5 Years
- Clinical Nutrition Practise 24 Years

Professional Background

Employer

Fatima Memorial System & NUR International University, Lahore.

From: To

Jul, 2005 till date

Position Held Jan, 2024- Present

Director, Nutrition Program NUR-FMS + Associate Dean & Associate Professor, NIU

Position Held, 2018-2023

Director, Nutrition Program NUR-FMS + Assistant Professor NUR-FMS, DCN

Position Held, July, 2017- 2018

Assistant Professor + HOD-NUR-FMS

Position Held, 2015-2017

Senior Lecturer + Acting HOD-NIU

Position Held, 2013-2014

Senior Demonstrator + Nutrition Coordinator

Position Held, 2011-2012

Demonstrator + Nutrition Coordinator

Position Held, 2006-2010

Clinical Nutritionist + Food & Nutrition Manager

Job Description	NUR-FMS System (Teaching & Research, Clinical & Community Practice and Food Service Administration) <ul style="list-style-type: none"> Supervising FMS, IAHS & NIU, Department of Clinical Nutrition Nutrition Clinical Services (Diseased based Medical Nutrition Therapy) Initiate BS Nutrition Programs- IAHS (First time in Pakistan) Nutrition Community Programs (Nutrition Camps & NUR Food Bank) Nutrition Evening Programs Work (Post-Graduate Diploma in Clinical Nutrition & Dietetics, Clinical Nutrition Foundation Course & Nutrition Internship Programs)- NIU Food & Nutrition Services (Including Hospital Cafeteria, Event Management & In-patient)FMH Nutrition Research Supervisor of BSNS and MSFND Students IAHS/NIU Planning and Designing new projects of Deptt. of Clinical Nutrition
Project	University Health Sciences, Lahore.
From: To	Jan, 21 – 2023
Position Held	Adjunct Faculty/ Consultant Clinical Nutritionist
Job Description	<ul style="list-style-type: none"> Planning & development of new Nutrition programs & projects Designing the Course Curriculum of Nutrition Program Teaching the Nutrition Courses Examiner Inspection to initiate a Nutrition Program in medical colleges
Project	Food and Nutrition Hub, Lahore.
From: To	August 2024 - till to date
Position Held	Founder
Job Description	<ul style="list-style-type: none"> Develop detailed business and operational plans. Lead the project, offering a live healthy bakery and therapeutic diets tailored for patients. Oversee clinical nutrition practices, providing personalized dietary solutions for improved health outcomes. Lead executive decision-making and set long-term objectives.
Employer	GIFT University, Gujranwala.
From: To	June 2024 - till to date
Position Held	Consultant, Food and Nutrition Services
Job Description	<ul style="list-style-type: none"> Planning and development of different Entrepreneurial Projects Look after Food services Student professional grooming and Job Placement Nutrition consultation services to GIFT ladies Gym and Wellness Centre Member of Board of Study
Project	School of Nutrition, Lahore.
From: To	2013 - till to date
Position Held	Founder

Job Description	<p>Nutrition Care Lounge:</p> <ul style="list-style-type: none"> Medical Nutrition Therapy to Patients of ICU, CCU, Medical, Surgery, Gynae, Dialysis & Paeds. <p>Academic and Research Consultancy:</p> <ul style="list-style-type: none"> Conduct Seminars on Health and Nutrition at the Punjab and KPK Judicial Academy as well as cooperate sectors Nutrition Internship Program Nutrition Training Program Consultancy to initiate Nutrition Academic Program <p>Food and Nutrition Services:</p> <ul style="list-style-type: none"> Event Management Hospital & cooperate Cafe Services Khaalis (Food Project) Z- Café Agriculture University , Faisalabad Eat Well, Lahore <p>Public Health Nutrition:</p> <ul style="list-style-type: none"> Nutrition Awareness Camps School Nutrition Program Nutrition Bank
	Business Project
	Isolation Hospital and Infections Treatment Centre (IHITC) & PIMS, Islamabad.
	From: To
	June,20 – June, 22
Position Held	Consultant Food & Nutrition Services
Job Description	<ul style="list-style-type: none"> Clinical Nutrition Practice Supervised Hospital Cafeteria Services Supervised In-Patient Food Services
Business Project	GIFT University, Gujranwala
From: To	Jan, 22 – Nov, 23
Position Held	Food and Nutrition Services Nutritionist
Job Description	<p>Planning & Designing new projects</p> <ul style="list-style-type: none"> GIFT-Art of Life Project Food Services
Company	Nesway (Nutrition & Event Management Services), Lahore
From: To	2006 - till to date
Position Held	Founder
Job Description	<ul style="list-style-type: none"> Fatima Memorial Hospital Cafe Hospital Event Management

Organization	Nature's Way of Prevention and Cure, Lahore
From: To	2005 - 2007
Position Held	Executive Director
Job Description	<ul style="list-style-type: none"> • Office administration/ Marketing • Nutritional Assessment & Dietary Counselling
Employer	CMH, Lahore
From: To	2003 - 2005
Position Held	Clinical Nutritionist
Job Description	<ul style="list-style-type: none"> • Lectures on Nutrition to Nurses and Doctors • Patient Assessment, Diet Planning, and Diet Counseling of all patients.
Employer	ROSHNI NGO, Multan
From: To	2001 - 2003
Position Held	Director
Job Description	<ul style="list-style-type: none"> • Delivered lecture in Rural Areas on females and children Nutrition. • Free Nutritional Camps in different areas of Multan.
Employer	CMH, Multan
From: To	2001 - 2003
Position Held	Clinical Nutritionist
Job Description	<ul style="list-style-type: none"> • Lectures on Nutrition to Nurses and Doctors • Nutritional Assessment, Diet Planning, and Dietary Counseling of patients according to Nutrition care process in all general and private wards, ICU, CCU and to officers.

Research and Publications

- [Effect of Diet Quality on Academic Performance of Medical Students in Lahore: Diet Quality and Academic Performance.](#) Journal of Health and Rehabilitation Research (2024)
- [Maternal nutrition and postnatal risk factors: impact on growth and development of pakistani infants - findings from the lahore birth cohort study \(LBSCS\),](#) Community Practitioner (2024)
- [Nutritional assessment of infants in pakistan: impact of breastfeeding practices on growth-insights from the lahore birth cohort study.](#) Romanian Journal of Diabetes, Nutrition and Metabolic Diseases, (2024).
- [Lahore pregnancy cohort study: association of maternal nutritional status, environmental factors and psychological status with neonatal anthropometric data and pregnancy outcomes among pakistani pregnant women.](#) Romanian Journal of Diabetes, Nutrition and Metabolic Diseases (2024)
- [Assessment of the Nutritional Status of Adolescents in Orphanage from Lahore, Pakistan](#) “International Health Review (2024)”
- [Valorization of the phytochemical profile, nutritional composition, and therapeutic potentials of garlic peel: a concurrent review](#) “International Journal of Food Properties (2023)”
- [Junk food consumption in relation to menstrual abnormalities among adolescent girls: A comparative cross sectional study](#) “Pakistan Journal of Medical Sciences (2022)”
- [A conceptual paper on Lahore-Pakistan pregnancy cohort study](#) “International Journal of Health Sciences (2022)”
- [Efficacy of Flaxseed and Fish Oils on Adults with Rheumatoid Arthritis](#) (2022)
- [Research on effect of walnut \(Juglans Regia\) Consumption on hyperlipidemic adults.](#) (2021)

- [Relationship between Internet Addiction and Dietary Behaviors of Students, Studying in a Teaching Hospital](#), 2021
- [Evaluation of serum sialic acid and other risk factors in diabetes mellitus](#). “International African Journal of biotechnology” (13th December, 2017)
- **Study on levels of Serum Copper, Iron and Zinc along with Serum Total Proteins and fractions in Diseased Malnourished children of 4-12 years of Age in The Sciences** “A journal serving the international community of Medical Scientist” (May-June 2001)
- **Levels of Serum Total Proteins and Fractions along with Serum Cu, Fe and Zn in Diseased Malnourished Children of 0-4 Years of Age**. Journal of Medical Sciences (2001)
- [Study on Malnutrition Diseased Children with reference to Age 4-12, Sex, Socio-economic Status and Area of Living](#) in “International Journal of Agriculture and Biology” (2001)
- **Study on Malnutrition Diseased Children with reference to Age 0-4, Sex, Socio-economic Status and Area of Living**, International Journal of Agriculture and Biology, (2001)
- **Lahore Pregnancy Cohort Study- Maternal Health Status** “1st International PKNC Conference (2022)”

Training Courses

- Participated in one day training of Stress Management. (2024)
- Attended Obesity Seminar And Bariatric Surgery Workshop - A collaborative event of the Department of surgery FMH college of Medicine and Dentistry with Society of metabolic and Bariatric Surgeons. (2024)
- Dubai Nutrition International Conference (2017)
- TNT (Total Nutrition Therapy)
- Medical Nutrition Therapy and Obesity
- Nutrition Therapy & Renal Failure
- Medical Nutrition Therapy of Hospitalized Patients
- Pediatric Nutritional Therapy.
- Diabetic Nutrition.
- First International Conference on Home Economics Education.
- Medical Nutrition Therapy for Cancer Patients and Role of Nutraceuticals in Cancer.
- Attend many training workshops with different NGOs like Shirkat Gah, Roshni, etc.
- Attended the 13th Annual Conference of Pakistan Society for Rheumatology 6th-8th March, 2009, Lahore.
- Training of trainers on Research Methodologies for SUNAR Members

Webinars and Seminars

- Attended PERLs Module Implementation Workshop at University of Health Sciences, June 2024.
- Attended Research Methodology Workshops on September 2023.
- Attended NUR Foundation “Mental Health Workshop”.
- Online Course of National Academy of Higher Education- Module 2 on Developing Material for Outline Teaching on 27th March, 2021
- Online Course of National Academy of Higher Education- Module 3 on Student Engagement for Online Teaching on 3rd April, 2021
- Online Course of National Academy of Higher Education- Module 4 on Assessment for Online Teaching on 10th April, 2021
- Online Course of National Academy of Higher Education- Module 1 on Enhancing Interactional design with Educational Technology on 20th March, 2021
- Online workshop on thesis writing I’m your Examiner on 18th February, 2021

- Online SDGs-Consultation Session on 5th December, 2020
- Online webinar on “the art of scientific writing” on 28th November, 2020
- Online Webinar on Women in Science and Global Health and Development on 25th November, 2020
- International Online webinar on Perioperative and Postoperative Nutrition in Gastrointestinal Surgical Patients on 18th November, 2020 at Dubai.
- Attended webinar on Agriculture Nutrition and Food Systems on 28th October, 2020.
- Attended Webinar on Kidney Diseases and Protein in Critical Illness on 27th October, 2020.
- Attended webinar on strengthening Research Planning using Elsevier Tools –Scopus, Science Direct & Mendeley on 22nd October, 2020.
- Attended Webinar on Adolescent Nutrition in the Context of COVID-19 and beyond on 13th October, 2020.
- Attended Webinar on Affordable Healthy Diets for all: The role of food fortification in a time of Pandemic on 7th October, 2020.
- Attended Webinar on the Guideline Development Process WHO on 23rd September, 2020.
- Attended 15th Symposium, online webinar in conjunction with 7th International on Nutri-Indonesia in the month of September, 2020.
- Attended online webinar on “Integrating online Assessments in Teaching” at 29th June 2020.
- Attended Webinar on Nutrigenomics on 9th May, 2020.

Research Supervisor & Co- Supervisor of BSc. Nutrition and MS, Food Nutrition & Dietetics Students

MS. Food Nutrition & Dietetics

(Batch of 2023-2024)

- Impact of Dietary Practices on Joint Function among Osteoarthritis Patients
- Effect of Intermittent Fasting On Rheumatoid Arthritis
- Comparative Analysis of Nutrient Adequacy, Dietary Patterns, and Diet Quality Among Children with Down Syndrome in Home-Based and Organizational Care Settings
- Self-reporting eating habits and perceived stress in breast cancer patients: A cross sectional study.
- Exploring the Relationship Between Simple Carbohydrate Intake and BMI Among Adult Individuals
- Effect of moringa supplements on breastmilk production among lactating mothers
- Association of psychological status and dietary habits in Gastroesophageal Reflux Disease patients.

(Batch of 2021-2023)

- Effect of Milk Consumption on disturbed Sleep Cycle of College and University Students
- Impact of Myo-Inositol Supplementation on Anthropometric Parameters among PCOS Women of Gujranwala
- Effect of Whole Egg Consumption on Patients with Hyperlipidemia
- Effect of (Stevia rebaudiana) stevia powder on type 2 diabetics mellitus
- Association of Psychological Stress with Body Mass Index (BMI) Among University Students
- Effect of Intermittent Fasting on BMI Among Adults of Lahore
- Effect of Lactobacillus Bulgaricus (Yogurt) on Patients Suffering from Irritable Bowel Syndrome

(Batch of 2019-2021)

- Impact of Junk Foods and Psychological Stress on Menstrual Abnormalities among Adolescent Girls
- Dose Dependent Effect of Momordica charantia (Bitter Gourd) powder on Hypercholesterolemia and Type II Diabetics: A Randomized Control Trial

(Batch of 2018-2020)

- Prevalence of Dyslipidemia in Relation to Diet and Physical Activity among University Students. (Mixed Method Study)
- Comparative Effect of Flaxseed and Cinnamon among Hyperlipidemia University Students. (Intervention Study)
- Nutrition education intervention to improve hyperprolactinemia by excluding gluten from the diet of adult females.

(Batch of 2017-2019)

- Comparative Study on Birth Weight of Newborns of Anemic and Non-Anemic Mothers

BS. Nutritional Sciences

(Batch of 2023-2024)

- Association of sleep deprivation with dietary intake among students (18-25yrs)
- Relationship between dietary patterns and GERD among office workers
- Comparative Analysis of Dietary Intake Between Athletic and Non-Athletic Students

(Batch of 2020-2023)

- Impact of Social media on dietary habits and physical activity of university students.
- Association of sugar sweetened beverage consumption with prediabetes and type 2 diabetes mellitus

(Batch of 2015-2019)

- Nutrition Assessment of Individuals with Body Image Concerns
- Assessment of Nutrition Status of Pediatric Cancer Survivors (8-12 years).
- Assessment of Nutritional Status of Chronic Kidney Disease patients on Hemodialysis.
- Correlation of Nutritional Status with Menstrual Abnormalities among adult Females.
- Relationship between Effective Weight loss and Polycystic Ovary Syndrome (PCOs).
- Association between Maternal Dietary Pattern and its Effect on Infant's Birth Weight.
- Assessment of the Nutritional Status and Dietary Habits of Patients with Chronic Liver Disease.
- Study the Knowledge about Herbal Remedies among Adults of Punjab, Pakistan.
- Evaluation of Nutritional Status and Dietary Pattern of Hostilities and Non- Hostilities Girls.

(Batch of 2014-2018)

- Assessment of dietary profile of diagnosed chronic liver disease patients in relation with nutritional status.
- Assessment of dietary habits and its effect on nutritional profile of adults with hemodialysis.
- Assessment of dietary and lifestyle factors that may trigger migraine
- Evaluation of breastfeeding exposure on diarrhea incidence among infants.
- Assessment of nutrition knowledge and attitude related to consumption of fruits and vegetables among adults.
- The relations of sleep deprivation on physical activity and dietary intake in adults (18-40 years).

- Evaluation of successful weight loss strategies followed by adults.
- Assessment of nutrition knowledge and dietary practices among adults
- To study the relation of internet addiction on dietary behaviors of university students from 18-28 age groups.

(Batch of 2013-2017)

- Assessment of nutritional status and prevalence of hypertension among judicial officers.
- Impact of carbonated beverages on the Bone mineral density of college girls.
- Effects of Skipping Breakfast on body mass index of young adults.
- Comparative study on the dietary habits of pregnant females with and without Gestational Hypertension.

Achievements

- The first Pakistani to earn a Ph.D. in Clinical Nutrition. (2024)
- Win Award of Start-up Project “Food and Nutrition Hub” by Pak Korean Nutrition Centre (PKNC), University of Agriculture Faisalabad. (2024)
- Initiated 1st time Nutrition Evening Programs at NUR International University, Lahore. (2018)
- Participated in DICE Event1 and presented on Nutrient dense food & Therapeutic Diets at University of Agriculture, Faisalabad (2017).
- Initiated Continuing Dietetics and Nutrition Education (CDNE) Workshops in collaborations with NUR International University and NUR Foundation to Nutritionally Educate the concerned population. (2016)
- Introduced 1st Program of NUR International University, BS Nutritional Sciences and MS Food Nutrition & Dietetics. (2015)
- Formed a platform for the Nutritionists of Pakistan i.e. Nutritionists’ Club – School of Nutrition. (2014)
- Successfully organizing and executing Free Nutrition Camps, Workshops and Seminars over different hospitals and schools in Pakistan. (2014)
- Co-founded the Nutrition Forum at the National level to address Nutritional issues and pursue research projects. (2013)
- Designed and Formulated Nutrition Assessment Forms for different Diseases and Ages. (2012)
- Initiated and implemented BS Nutrition, Program at FMH Institute of Allied Health Sciences, 1st time in Pakistan. (2012)
- Initiated and Developed NUR Food Bank for NUR Foundation - NUR Centre for Research & Policy. (2011)
- Received outstanding performance award (Department of Nutritional Sciences). (2007)
- Initiated and Developed Nutrition Internship Programs (4 Weeks, 6 Weeks & 8 Weeks) and Nutrition Training Programs (6 Months) at Fatima Memorial Hospital, Shadman, Lahore. (2006)

Extra Curricular Activities

- Guest speaker at University of South Asia on World Heart Day 2024.
- Delivered lecture on topic of “Fuel your Future” in one day training organized by Institute of Faculty Development. (Sept 2024)
- Guest Speaker at National Seminar on Public Health Nutrition in Pakistan In UVAS, Lahore. (Sept 2024)
- Member of Steering & Technical Advisory Committee for Project “NUR Bano” (NCRP). (2024)
- Delivered session at CMH Okara to Army core on topic of “Nutrition and Dehydration”. (July 2024)

- Member of Technical Advisory Committee for Project “NUR Diabetes Care Program” (NIHS) (2024)
- Conducted a lecture on healthy dietary guidelines at the Illan Foundation. (2024)
- Member of Curriculum Committee University of Health Sciences Lahore (UHS). (2023)
- Organized Jashn-e-Baharan Event at NUR-FMS (2024).
- Lecture on “Fueling Wellness” hosted by Maersk Pakistan's Lahore office for their employees. (2024)
- Community lectures on “Nutrition and Health” to academia and Judiciary. (2024)
- Advisor at Extra-Curricular Committee, Convener of Curriculum Committee and Member of Social Media Marketing Committee at FMH-Institute of Allied Health Sciences. (2023)
- Member of Institutional Review Board, Fatima Memorial Hospital. (2024)
- Organized Nutrition Mela at NUR-FMS (2023).
- Organized 1st International Conference of Medical update of Rheumatology Department at Fatima Memorial Hospital (2019).
- Lectures on “Nutrition and Health” to Pakistan Air Force Academy. (2018)
- Organized 1st International Medical Education Conference at Fatima Memorial Hospital (2018).
- Organized Nutrition Mela at NIFSAT, Faisalabad. (2015).
- Organized Health Expo Faisalabad (2014).
- Organized Food & Health Expo Lahore (2011, 2012 & 2013).

Honours and Awards

- Got Award of Honour as a Guest Speaker by Community Nutrition and Health Centre at UVAS Lahore. (September 2024)
- Award of Honor as a Guest Speaker by University of South Asia on World Heart Day. (September 2024)
- Award of Honor as a Guest Speaker by Institute of Faculty Development. (September 2024)
- Award of Honor as a Guest Speaker by Maersek Pakistan for delivering lecture on topic of Fueling Wellness. (March 2024)
- Award of Honor as a Guest Speaker by Judicial Academy for delivering a session on topic of Nutrition and Health. (March 2024)
- Award of Participation in NUR Summer Nutrition Internship Program (Aug, 2024)
- Got 3rd Position in “DICE Competition” (2017)
- Excellent Performance as a Clinical Nutritionist by Fatima Memorial Hospital. (2010)
- Outstanding Performance in the Fatima Memorial Hospital Health Fair Systems. (2007)

Recommendations

Name: Dr. Zahid Mohyuddin

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Designation: Medical Director

Institute: Fatima Memorial Hospital Shadman, Lahore-Pakistan

Name: Zareen Arif Ijaz

Mobile number: +92 300 8470270

Email: jahanarazareen@gmail.com

Designation: Founder & Chairperson

organization: JahanAra Memorial Trust, Lahore-Pakistan

Name: Sajeel Butt

Mobile number: +92 321 6606633

Email: npm.fsd.undp@gmail.com

Designation: Director Planning & Development

Institute: GIFT University, Gujranwala-Pakistan
