

Personal Information

Name and Surname: Uswa Akram
Address: Askari Apartments flat block 23 flat E sarfraz raffiqui road
Lahore cantt
Lahore 54000
Date of Birth: September 28, 1997
Phone number: 03034081825
E-mail: uswa.akram28@gmail.com



Profile
Experienced Nutritionist helping patients handle chronic medical problems through effective nutrition. Successfully educated patients and families, planned menus and completed assessments. Strong communicator with outstanding active listening skills.

Education

02.2016 - 02.2021 **University of South Asia**
DOCTOR OF NUTRITION SCIENCES
09.2013 - 04.2015 **FAZAIA COLLEGE OF EDUCATION (PAFWA)**
FSC PRE MEDICAL
world health organization
CERTIFICATE OF MANAGEMENT AND TREATMENT OF COVID-19
03.2018 - 04.2018 **PAKISTAN RED CRESCENT SOCIETY**
FIRST AID AND EMERGENCY PROCEDURES COURSE

clinical and other experience

08.2023 - present **PSCA (Pakistan Strength and Conditioning Association)**
Level II Elite Rehab Representative
11.2021 - present **Bluejay restore health**
Lead Wellness Specialist

- Virtual nutritional consultations with US based clients
- Nutritional programs for local population
- Wellness programs for Chinese population
- Women health programs
- Online awareness seminars/sessions
- Software plan for the company (nutritional POV)
- Targeting different sectors for the launch of company in Pakistan
- Making business strategies for the company

06.2021 - 11.2021 **CMH (combined military Hospital)**
Internship

- Incharge of Nutritionist's team
- Nutritional consultations
- MNTs
- NG feeding
- ward visits
- OPD

10.2020 - 11.2020 **bajwa son's pharmacy**
Nutritionist

- consultations with the patients
- guiding them about the supplements

Skills		Personality	
Good communication - written and oral skills		Communicative	Punctuality
Diet modification		Creativity	Organized
sports nutrition			
Nutrition program management			
Community nutrition services			
Nutrition needs assessment			
Diabetes management			
Patient education			
Menu development			
Supervision			
Problem resolution			
Process improvement			
Project organization			
Medical nutrition specialist			
Languages		research	
English	● ● ● ● ● ●	breast feeding practices in rural areas	
Urdu	● ● ● ● ● ●		
Pashto	● ● ● ● ● ●		
Software skills		research	
Word	● ● ● ● ● ●	effectiveness of interventional programs on nutritional behavior of addicts	
Microsoft Powerpoint	● ● ● ● ● ●		
Microsoft Excel	● ● ● ● ● ●		
research		Member of Edifying the special	
effects of vitamin D on hepatocellular carcinoma			
Member of NHPA (national health and physio association)		Member of Global Healers for Kashmir	