

MAHNOOR AHSAN

Dietitian / Nutritionist

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EDUCATION

- University of Home Economics** 2020–2024
- BS Human Nutrition and Dietetics (3.70 / 4.00)
- Queen Mary College, Lahore** 2017–2020
- FSc. Pre-Medical
- Pak Ideal School for Girls** 2015 – 2017
- Matriculation in Science

TECHNICAL SKILLS

- Nutritional Counselling | Assessment
- Fat Analysis | Diet planning
- Meal Management
- Quality assurance
- Leadership | Project Management
- Creativity | Team Work | Critical Thinking
- Problem solving
- Event Management
- Data entry | Microsoft Office | Powerpoint

AWARDS

- Achieved the best Mega Project Award for the initiative aimed at reducing waste material and target nutritional value.
- Leading as an “Event Organizers Team of Food Stalls” at 1st International Conference at UHE, Lahore.
- Showcased persuasive oratory skills, representing in the Pakistan Universities Debating Championship–2021
- Diversified expertise with a short course in International Relations from Kinnaird College for Women, Lahore
- Contributed to clinical nutrition trends at the 1st International Conference of Recent Trends in Clinical Nutrition.

VOLUNTEER EXPERIENCE

- Demonstrated resilience and compassion in adverse situations, making a meaningful impact on the lives of flood-affected individuals during flood relief campaign, Lahore.
- Collected donations for the Palestine Emergency Appeal, helped bring aid to those in need by working in a Million Smiles Foundation, Pakistan

LANGUAGE

Mother Tongue (s): **Punjabi | Urdu**
Other Language (s): **English**

About Me

Dietitian having experience in personalized nutrition plans, dietary analysis, and meal planning. Skilled in conducting assessments, designing interventions, and promoting sustainable healthy eating habits. Passionate about empowering clients and collaborating with healthcare professionals for holistic care and optimal outcomes.

JOB EXPERIENCE

Central Trading Cooperation, Gulberg April 2025 – Continued

- **Human Resource**
Managing the recruitment and selection process. Maintaining employee records and updated HR databases. Assisting in the development and implementation of HR policies and procedures to support organisational growth and improve workforce efficiency.
- **Assistant Sales Manager**
Assisting in managing yarn sales operations, including client communication, order processing, and coordination with production. Supporting sales strategies, maintaining customer relationships, and monitoring market trends to meet sales targets.

INTERNSHIP EXPERIENCE

Fatima Memorial Hospital, Lahore July 2024 – Aug 2024

- **Intern at Nutritional Department**
Evaluating diverse patients in hospital settings as a team and assisting them in their journey to recovery from various illnesses.

Punjab Food Authority, Lahore June 2023 – Aug 2023

- **Intern at Nutritional Department**
Conducted 2 nutrition counseling sessions, empowering 30 individuals to make informed dietary choices and proficiently measured fats and assessed physiological aspects of the human body to tailor almost 10 dietary recommendations.

Pearl Continental Hotel, Lahore July 2022 – Aug 2022

- **Intern at Food and Beverages Service Department**
Collaborated with the Quality Assurance Manager to enhance food quality inspection protocols, leading to improved customer satisfaction.

WORK EXPERIENCE

Cure MD, Lahore

- **Bootcamp in Medical Billing** Dec 2025–Feb 2025
Proficient in medical billing software and systems and deep understanding of ICD-10, CPT, and HCPCS coding systems, medical terminology, anatomy and insurance policies for accurate coding and billing.

Amal Fellowship, Lahore Dec 2023 – Feb 2024

- Completed a competitive written application and interview process to be selected from over 4500 applicants for intensive 3-month Fellowship funded by Stanford University.
- Invested 150 hours in order to develop business skills that helped me make a deeper impact on my personal or professional growth.

SOCIAL EXPERIENCE

Vice President at Nutrition Connects 2023 – 2024

- **Interpersonal skills:** Conducted 2 Nutritional camps at Government School to effectively educate and motivate 100 students towards healthier lifestyle.
- **Public Speaking:** Conducted 2 community outreach programs and sessions to promote nutrition education and awareness.

Director of Heath at IYS, Lahore 2022 – 2023

- **Public Speaking:** Conducted online sessions on different topics and engage large number of audience to promote nutrition education and awareness.
- **Leadership:** Mentoring and developing team of 10 members to enhance their skills and performance.

Director of Debating Wing at IYS 2021 – 2022

- **Event management:** Organized and moderated debates and 2 public speaking competitions, nurturing effective communication and leadership abilities.
- **Mentorship:** Mentored aspiring debaters of team of 10 members, empowering them to excel in public speaking and build self-confidence