

CURRICULUM VITAE

Dr. Anam Aman

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Dedicated & experienced teacher having experience of **5 years, delivering** essential skills to young students with extensive knowledge of Human Nutrition and its practical implication for overall growth & wellness of adults at various stages of life.

Teaching

Nutrition Policies & Programmes

Human Nutrition for Disease Management

Nutritional Practices in Clinical Care

Maternal and Pediatric Nutrition

Public/ Community Health Nutrition

Dietetics I, II, III

Nutrition through Life Cycle

Nutritional Assessment

Medical Nutritional Therapy

Lab Expertise/ Research exposure

Cell culturing

Antioxidant Properties

Determination

Physicochemical Properties
determination

Bio-chemical Analysis using
spectrophotometer

Nutritional Assessment

Urinary Iodine determination

In vitro cytotoxicity effects of
functional foods using cancer cell-lines

In-vivo interventional studies

Performing Nutritional Surveys

QUALIFICATION:

2020: **Ph.D. Food Science and Nutrition**, School of Food Sciences and Fisheries,
Universiti Malaysia Terengganu, Malaysia.

2013: **M.Phil. Food and Nutrition**, Department of Food Sciences and Human Nutrition,
**University of Veterinary & Animal Sciences, Lahore,
Pakistan.**

2011: **BS Nursing**, College of Nursing, Allama Iqbal Medical College, Lahore affiliated with
University of Health Sciences, Lahore, Pakistan.

2006: **FSC (pre-medical)**, **Federal Board of Intermediate & Secondary Education,
Islamabad**

Research Exposure:



Health & Nutrition Survey



Diet planning



Nutritional Biochemistry



Anthropometry

EXPERIENCE:

01 Assistant Professor	1-5-2025 till present	Department of Nutrition & Dietetics, National University of Medical Sciences(NUMS), Rawalpindi
02 Assistant Professor	1-7-2023 till 30-4-2025	Department of Allied Health Sciences, Iqra University, Chak Shahzad Campus, Islamabad
03 Assistant Professor HEC Contract	16-07-2022 to 15-06-2023	Department of Food Sciences & Nutrition PMAS-Arid Agriculture University Rawalpindi

JOB DESCRIPTION

- Assisting with various departmental duties and providing academic support to Professors and other staff.
- Training, and mentoring new TAs and other junior staff.
- Conducting research and publishing papers in academic journals.
- Representing the university at conferences and delivering presentations.
- Teaching and supervising undergraduate and graduate students.
- Providing demonstrations and supervising experiments and investigations.
- Answering questions in class or via email or telephone.
- Providing Professors and Department Heads with feedback on student progress.
- Writing proposals to secure funding for research.
- Attending faculty and departmental meetings and voicing concerns or providing suggestions for improvement.

03 Nutritionist 01-07-2020 to 30-06-2022 Abdullah Medical Complex, Sargodha

JOB DESCRIPTION

- Operate Nutrition Care Management System "NCMS" and ensure the compliance of system
- Orient regarding NCMS (Nutrition Care Management system) to newly hired staff in clinical nutrition section including safe use/ handling of computer software and hardware.
- Ensure that patient short orders are planned according to the diet plan.
- Closely liaise with nursing unit coordinators to ensure the efficient and accurate delivery of planned patient meal during assigned shifts.
- Ensure that patient short orders are planned and monitoring of the delivery to patients within assigned parameters.
- Compliance of JCIA clinical nutrition care standards & ISO 22000:2005 food safety management system & maintaining of relevant records.

04 Lecturer 01-07-2013 to 31-12-2014 Shifa Tameer e millat University, Islamabad

JOB DESCRIPTION

- Initiate, facilitate, and moderate classroom discussions.
- Prepare and deliver lectures to undergraduate and/or graduate students on topics such as pharmacology, mental health nursing, and community health care practices.
- Keep abreast of developments in their field by reading current literature, talking with colleagues, and participating in professional conferences.
- Prepare course materials such as syllabi, homework assignments, and handouts.
- Supervise students' laboratory and clinical work.
- Evaluate and grade students' class work, laboratory and clinic work, assignments, and papers

PUBLICATIONS IN REFEREED JOURNALS

Lee, H. S., **Aman, A.**, Kamaruddin, K. S., Ali, A., & Yusof, H. M. (2020). Ethnic differences on cardiovascular disease risk and quality of life in Selangor. *Food Research*, 4(4), 1272-1286.

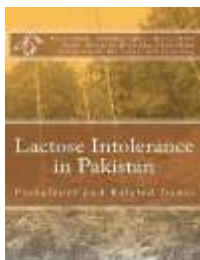
Erl, M., Asma'Ali, **Aman, A.**, Harith, S., & Yusof, H. M. Case-Control Retrospective Study on Cardiovascular Disease Risk and Quality of Life Among Malay Adults. *Malays. Appl. Biol.* (2019) 48(3): 43–53

PAPERS SUBMITTED IN REFERRED JOURNALS

Modulating the Cardiovascular Disease Risk Factors in Adults via Low Dose of Egypt Honey Supplementation: Submitted to ‘International Food Research Journal’

Comparative Analyses of Quality Characteristics of Honey: Submitted to Food Research Journal

BOOK & BOOK CHAPTER



Lactose Intolerance in Pakistan: Prevalence and Related Issues by **Anam Aman** Dr Hayati Mohd Yusof Aab, Dr Adzim Mohd Khalil Rohin Amkr Available at <https://www.goodreads.com/book/show/34505493-lactose-intolerance-in-pakistan>

Book Chapter on **Valorizing Soybean By-Products: Strategies for Effective Utilization and Sustainability**, submitted to Wiley Publisher

INTERNATIONAL CONFERENCES:

2016 ". Modulating the Non-Communicable Diseases in Adults via Low Dose Of Black Seed Honey Supplementation" Presented at International Conference On Natural Products 2016, Kuala Terengganu, Malaysia, March 15-16, 2016.

“**2023**” Effect of Egypt Honey to Modulate Hypercholesterolemia via in-vitro Approach. Presented at 13th International Public Health Conference, 2023 “Shaping Healthcare through Evidence: Pioneering Solutions for Disease Prevention & Control. Health Service Academy, Pakistan, December 12 – 13, 2023