



Mahnoor Sultan

BS HND Student



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H#9 St#10 Sector J DHA II ISLAMABAD

About Me

I am a passionate and driven Human Nutrition and Dietetics student currently in my second year at NUST, actively seeking an internship opportunity in public health or research. For the past two years, I have served as the Class Representative, reflecting my leadership, reliability, and strong communication skills. I am currently involved in a faculty-led research project and have led a community campaign on menstrual hygiene. I hold director positions in several university societies, including the Haami Club, Excursion Club, Digital Club, and Skill Development Club. My achievements include earning a certificate from FAO Pakistan for contributions to World Food Day and Nutrition Month activities. With proficiency in MS Office, Canva, Adobe, web design, and basic Python, I bring a versatile and tech-savvy skillset. I am confident in my ability to work collaboratively, contribute meaningfully, and grow within a professional environment.

Education

Bachelor of Human Nutrition and Dietetics

NUST University

2024- Till date

Skills

- Research Design & Data Collection
- Community Outreach & Awareness Sessions
- Leadership & Project Coordination
- Public Speaking & Health Communication
- Nutrition Education & Scientific Writing
- MS Office | Canva | Basic Adobe



Experience

Research Assistant – Independent Research Preparation

Topic: Menstrual Hygiene & Nutrition for Underserved Communities Ongoing

- Conducting literature review and data collection for a community-focused research project.
- Aiming to improve menstrual hygiene and dietary practices in slum areas through sustainable, low-cost interventions.

Community Engagement Project – Civic & Community Engagement Course, NUST

2025

- Delivered awareness sessions on menstrual hygiene at two schools in Islamabad.
- Distributed sanitary products and implemented a sustainable education model.
- Volunteered at Lighthouse Orphanage to provide free academic support to underserved students.

Class Representative – BS Human Nutrition & Dietetics, NUST

2024 – Present

- Facilitated communication between students and faculty for effective academic coordination.
- Organized class schedules and addressed academic and administrative issues.

Director – NUST Haami Club, Digital Club & Skill Development Club

2024 – Present

- Led teams in planning and executing educational and outreach events.
- Promoted student engagement in areas such as digital literacy, skills training, and social impact.

Director of Publications – NUST Excursion Club

2024 – Present

- Managed content creation, event promotion, and visual design for the club's communications.
- Coordinated inter-departmental collaboration to ensure successful event rollouts.

STEM Project Lead – Federal Board of Intermediate and Secondary Education (FBISE)

2022 – 2023

- 2022: Secured 1st position in Chemistry with an innovative science model demonstrating a real-world chemical application.
- 2023: Proposed a conceptual project using pluripotent stem cells to develop artificial organs.

Certifications

- JUPEGO – HER Climate Poster Competition (Participation Certificate)
- FAO Pakistan – World Food Day 2024 (Participation Certificate)
- First Aid Training – Dr AQ Khan Research Laboratories
- STEM Award – 1st Position in Chemistry – FBISE
- Position Certificates – World Space Week (2018, 2019, 2022) – Institute of Space Technology (IST)