

AYESHA KHAN

CONTACT

 Old Westbury, New York 11568

 5162603141

 ayeshafireflies90@gmail.com

PORTFOLIO

- <https://ayeshakhan38.wixsite.com/my-site-3>

SKILLS

- Effective Time Management
- Microsoft/Excel Proficiency
- Problem-Solving
- Organizational Skills
- Menu Planning
- Nutrition Education & Counseling
- Bilingual Urdu/English
- Collaboration/Teamwork

AFFILIATIONS

- Member - Academy of Nutrition and Dietetics

CERTIFICATIONS

Manager Level Certification Course -
ServeSafe
Ketogenic Nutrition - Akash Sehrawat,
Fab Academy
Diet Planning - Akash Sehrawat, Fab
Academy
Nutrition - Akash Sehrawat, Fab
Academy

LANGUAGES

EDUCATION

Expected in August 2025

Master of Science Nutrition And Dietetics

King's College, Wilkes-Barre, PA

This accelerated online graduate program in nutrition and dietetics prepares students for evidence-based practice in the field of nutrition in addition to preparing students to sit for the national exam to become a Registered Dietitian Nutritionist (RDN).

2022

Bachelor of Science Food Science And Human Nutrition

Kinnaird College For Women, Lahore, Pakistan

This 4-year program promotes students' participation in experimental learning projects and prepares them for active participation in local and global issues related to food & nutrition.

- 3.66 GPA
- **Thesis:** Development and validation of culturally tailored awareness booklet on Therapeutic Lifestyle Changes

PROFESSIONAL SUMMARY

Dietetic intern and student with more than 700 hours of experience in foodservice, community health, and clinical rotations. I will graduate in August 2025 and plan to sit for the RD exam after. Passionate about spreading the awareness of the importance of nutrition and the various underlying problems that can occur as a result of dietary mismanagement. Specific area of interest is Eating Disorder recovery.

EXPERIENCE

July 2017 - July 2017

Volunteer Akhuwat, Lahore, Pakistan

One Week program

- Visited Roshni Institute, a rehabilitation center for special people and interacted with differently abled people by participating in activities with them
- Visited terminally ill children at Punjab Institute of Cardiology where time was spent with children with cardiac issues by playing games and eating healthy with them
- Attended various lectures by different members of the organization like Dr. Amjad Saqib (Nobel Prize nominee 2022) and Dr. Shahid Zia

English

Native or Bilingual

Urdu

Native or Bilingual

- Awarded a certificate at the end of the program

July 2021 - July 2021

Intern *Hameed Latif Hospital*, Lahore, Pakistan

One month internship

- Formulated 5 diet plans daily for overweight, underweight, diabetic and hypertensive patients.
- Reviewed patient files and extracted relevant data for formulating diet plans
- Taking Anthropometric measurements of patients to assess their nutritional status
- Awarded a certificate at the end of the internship

January 2022 - January 2022

Intern *Sheikh Zayed Medical College*, Lahore, Pakistan

One month internship

- Did rounds on nephrology, cardiology, dermatology, and medicine wards, among others
- Performed inpatient nutritionist rounds in a sequential manner, pausing at each to discuss, consider, and make judgments regarding specifics and overall administration of care
- Reviewed over 10 patient files daily and discussed their overall administration of care
- Awarded a certificate at the end of the internship

July 2024 - August 2024

Intern *Buffalo Go Green*, Buffalo, NY

6-week internship at a non-profit organization. For more information, check out my ePortfolio.

January 2025 - February 2025

Intern *King's College*, Wilkes-Barre, PA

6-week internship at King's College. For more information, check out my ePortfolio.

June 2025 - August 2025

Intern *St. Luke's Cabon Campus*, Lehigh, PA

6-week internship at a hospital. For more information, check out my ePortfolio.

INTERESTS

- Reading
- Volunteer Work
- Knitting and Crocheting
- Road Trips
- Exploring various forms of art, such as calligraphy, painting, and sketching, to nurture creativity and personal growth.