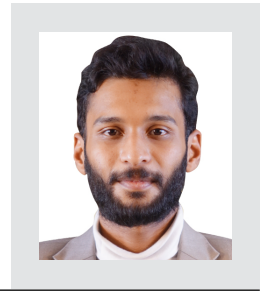


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RESEARCH EXPERIENCE

Universiti Malaysia Terengganu

August 2023 - September 2023

Research Intern under the project of Sustainable Food Product Development

- Conducted market analysis, product formulation, and sensory evaluations to develop sustainable, waste-reducing food products.
- Performed physiochemical and characterization studies to ensure quality, consistency, and resource efficiency.
- Assisted in cost and pricing strategies to balance profitability with sustainability goals.

BRAC James P Grant School of Public Health

December 2023 - June 2024

Research Intern under the Centre of Excellence for Non-Communicable Diseases Nutrition (CNCDN)

- Conducted a systematic review on the link between ultra-processed food and gastric cancer.
- Participated in all research phases, including literature review, data analysis, and collaboration with a diverse team.
- Developed skills in data interpretation, presentation, and gained insights into public health research challenges.

Chattogram Veterinary and Animal Sciences University

July 2024 - Present

Graduate Research Assistant (unpaid)

- Developed and assisted in designing quantitative questionnaires and qualitative tools for KIIs, IDIs, and FGDs
- Collected high-quality field-level data using both quantitative surveys and qualitative techniques, maintained accurate and detailed field notes.
- Created visually engaging research visuals, meeting manuals, and PowerPoint presentations; supported faculty with graphic design needs.
- Contributed to research proposal writing, literature reviews, and preparation of study protocols for institutional approval.
- Contributed to routine team meetings, progress reporting, and project documentation.
- Performed various project-related tasks and provided support as directed by the research supervisor.

FIELD ACTIVITIES

Nutritional Assesment at Sholoshohor Slum

May 2022

- Anthropometric measurements of study participants including blood pressure measurements.
- Administered questionnaire to study participants on tablet.
- Designed and developed of leaflets research materials relevant to the study.

Chittagong Diabetic General Hospital

December 2023

Clinical Dietetics and Nutrition

- Designed and distributed questionnaires to diabetic patients to gather dietary info from diabetics..
- Conducted interviews on dietary interventions.
- Utilized data collection tools to track dietary intake and monitor adherence to prescribed meal plans.
- Analyzed collected data to identify trends, patterns, and correlations between dietary factors and glycemic control outcomes.
- Developed educational resources based on findings to address common misconceptions of diabetes.

RESEARCH WORK (COMPLETED)

1. [Physicochemical, Nutritional and Sensory Attributes of High Fiber Fruit Leather of Red Dragon Fruit-Peel and Mango](#)
2. Ultra-processed food and risk of gastric cancer : A systematic review (*Under Review*)
3. ChatGPT in Sensory Evaluation: A Comparative Assessment with Human Panel Ratings Across Food Categories (*Under Review*)

RESEARCH WORK (ONGOING)

1. Development of a Fiber-Rich Bun Utilizing Pineapple Peel for Enhanced Nutrition and Waste Reduction.
2. Impact of UV-C radiation on the sensory properties of food: A comprehensive review.
3. Assessment of the Food Environment, Availability, and Consumption Patterns in and Around Schools in Chittagong Metropolitan Area
4. Occupational Health Outcomes among Shipbreaking Industry Workers: A Systematic Review

DATA ANALYSIS

- R
- Python
- STATA
- SPSS

EDUCATION

Chittagong Veterinary and Animal Sciences University Master of Public Health (MPH)	June 2024 - June 2025 (Thesis ongoing)
Chittagong Veterinary and Animal Sciences University B.Sc. Honours, Faculty of Food Science and Technology <ul style="list-style-type: none">• CGPA - 3.50	2019 - 2024
Govt. City College Chittagong Higher Secondary Certificate, Science <ul style="list-style-type: none">• GPA - 4.58• Board - Chittagong	2017
Abutorab High School Secondary School Certificate, Science <ul style="list-style-type: none">• GPA - 5.00• Board - Chittagong	2015

LANGUAGE PROFICIENCY

IELTS (International English Language Testing System)
Overall Band Score: 7.0 (L:6.5, R:8.5, W:6.5, S:6.0)
[December, 2024]

TECHNICAL SKILLS

- Skilled in Microsoft Office for Document Creation and Editing.
- Experienced in Photography, Including Composition and Image Editing.
- Proficient in Cinematography, with Expertise in Video Production and Editing.
- Adept in Digital Marketing Strategies, SEO and Campaign Management.
- Competent in Social Media Management, including Content Creation and Scheduling.
- Proficient in using ChatGPT and other AI technologies effectively.
- Proficient in Collecting, Collating, and Compiling Project related Data for Project Database, Reports and Updates.
- Experienced in Graphic Design, Including Layout Creation and Visual Branding.

TRAINING SUMMARY

Training Institute for Chemical Industries

September 2023 - October 2023

Quality Control and Unit Operations in Food Industry

- Performed QC and QA procedures for product quality.
- Conducted titrimetric and gravimetric analyses.
- Operated UV-Vis spectrophotometers, ICP-OES, FTIR, GC, GC-MS for quantitative analysis.
- Applied industrial waste treatment techniques.
- Utilized chromatographic methods for complex mixtures.
- Contributed to wastewater treatment systems.

Leadership and Entrepreneurship Development *by CVASU*

- Developed skills in strategic thinking and decision-making.
- Applied entrepreneurial strategies to identify opportunities and create value.
- Utilized networking and collaboration to support sustainable ventures.

Project Management *by EDURECA*

- Identified the key components and phases of project management.
- Applied knowledge areas and methodologies effectively.
- Utilized project management tools efficiently.

Extension Communication Management *by CVASU*

- Recognized the importance of communication in extension projects.
- Learned strategies for effective communication.
- Mastered planning and implementing communication plans.

EXTRA CURRICULAR ACTIVITIES AND CERTIFICATION

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|---|------|
| • Certificate of Appreciation, CVASU Model United Nation | 2019 |
| • Certificate of Participation, Hult Prize On Campus 2021, CVASU | 2020 |
| • Certificate of Participation, UNICEF Measles-Rubella Vaccination Campaign | 2020 |
| • Certification of Completion, "Professional Graphic Design" organized by Creative IT institute | 2021 |
| • Certification of Completion, "Search Engine Optimization" by UDEMY | 2022 |
| • Award of Excellence for "Food Product Innovation" at Universiti Malaysia Terengganu | 2023 |
| • Volunteer : UNICEF Bangladesh | |
| • Ex-Graphic designer at Hult Prize On Campus 2021, CVASU | |
| • CERTIFICATE OF INTERNSHIP, BRAC HPGSPH, 2024 | |