

# MUBASSAR NARMEEN

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## PROFESSIONAL SUMMARY

Motivated Bachelor of Science student in Food and Nutritional Science at The University of Hong Kong, currently honing leadership and industry acumen through the prestigious EMPOWER Programme by The Amber Foundation. Combines academic rigor with practical experience in community health, nutrition research, and cross-cultural program coordination. Passionate about applying expertise in sustainable food systems and diabetes prevention to improve public health outcomes.

## EDUCATION

### The University Of Hong Kong | Major: Bachelor of Science in Food and Nutritional Science | Minor: Kinesiology

GPA: 3.47/4.3

Anticipated Graduation Year: 2026

Award: Taufik Ali Memorial Scholarship 2024-25

Aug 2025

## WORK EXPERIENCE

### Christian Family Services Centre Jockey Club Youth Leap, Kwun Tong

Sept 2023 - April 2024

- Managed and maintained class discipline of 10 ethnic minorities students, providing academic support through assignments, exam preparation and projects in various subjects such as Chinese, English, Maths and Science.
- Encouraged and assisted students to develop critical thinking and problem-solving skills through group projects and interactive activities, preparing them for future academic and professional challenges.
- Achieved a significant improvement in students' exam results, with an average score increase of 15% through personalized academic support.

## INTERNSHIP EXPERIENCE

### International Social Service Hong Kong Branch DREAM Centre, Kowloon City

Jul 2025 – Sept 2025

- Coordinated cross-cultural educational programmes such as tutorial classes, summer camps, cultural outings for 50+ ethnic minority youth at DREAM Centre, ensuring seamless logistics and 85% average participation.
- Designed promotional posters, managed participant outreach via calls and emails, and liaised with community partners for health checkups and cultural events serving HK ethnic minority families.
- Streamlined administrative operations including data entry, reception management, and participant tracking, enhancing record accuracy by 30% while supporting family programme logistics.

### Food Security and Sustainable Food Systems, The University of British Columbia & The University of Hong Kong

Jun 2025 – Aug 2025

- Executed sustainable agricultural practices such as strawberry harvesting, weeding, soil analysis) at UBC Farm and HKFG Organic Farm, directly linking soil health and production methods to nutritional quality.
- Developed empathetic nutritional judgment and food recovery protocols sorting surplus produce for Coquitlam's marginalized community at Coquitlam Continuing Education, forming foundations for compassionate, pragmatic dietetic care frameworks.
- Researched and presented comparative cross-cultural analysis of Daiya Foods (Canada) and OmniPork (HK) sustainable production models, evaluating nutrition, scale, and alignment with regional food security goals.

## RESEARCH EXPERIENCE

### Student Research Assistant for Diabetes Prevention Research, School of Nursing

Oct 2025 – Present

#### The University of Hong Kong

- Conduct diabetes risk screening and collect dietary intake data for a community-based diabetes prevention targeting South Asian adults.
- Translate and develop culturally-sensitive nutrition education materials to support participants in adopting healthier lifestyles.
- Coordinate project logistics and perform data entry and management, ensuring the accuracy and integrity of research data.
- Assist in facilitating group-based lifestyle interventions for at-risk community members.

**The University of Hong Kong**

- Supported data collection, processing 500+ child development assessments across 5 domains mainly Physical Health, Social Competence, Language, and Cognition, Emotional Maturity, Communication Skills, ensuring research integrity on sedentary behaviour and physical activity impacts on early childhood outcomes.

**LEADERSHIP AND PROFESSIONAL DEVELOPMENT****EMPOWER by The Amber Foundation****Sept 2025 - Present**

- Selected for a competitive 9-month professional networking programme designed to empower participants through mentorship, skill-building workshops, and industry connections.
- Engaging in structured networking events and sessions to build a robust professional network and develop key soft skills essential for career advancement.

**Lead for Life Programme, The University of Hong Kong****Sept 2022 – Apr 2025**

- Actively involved in a leadership development program focused on enhancing leadership skills, teamwork, and problem-solving abilities that enhances technical and soft skills.
- Developed leadership skills through team projects, problem-solving activities, and monthly reflection report within a diverse group of team members.
- Collaborated with students from diverse academic and cultural backgrounds to design innovative solutions for real-world challenges, demonstrating adaptability and strong interpersonal communication skills.

**Young Einstein's Programme, The University of Hong Kong****June 2024 - August 2024**

- Provided STEM tutoring to 20 primary and secondary students from all backgrounds, contributing to their understanding and interest in Biology, Chemistry and Physics.
- Developed study plans and prepared hands-on activities such as making mBot, batteries and culturing microorganisms to encourage STEM learning.
- Received positive feedback from students through informal surveys, leading to enhanced interest and successful achievement of project outcome.

**Diabetes Virtual Summer Camp, American Diabetes Association****Jul - Aug 2024**

- Actively participated in Type 1 Diabetes research, gaining valuable insights into cutting-edge technologies and the future landscape of Diabetes management.
- Collaborated with researchers, healthcare professionals, and peers to analyse emerging trends in diabetes management, including metabolic health interventions, personalized medicine and digital health tools.
- Participated in in-depth discussions on cutting-edge research aimed at curing Type 1 Diabetes, including advancements in beta-cell regeneration, immunotherapy, and stem cell therapy.

**VOLUNTEER EXPERIENCE****CAES Staff- Student Consultative Committee, The University of Hong Kong****May 2024**

- Served as a member of the committee, representing the student body and advocating for their interests and concerns over the English language course.
- Demonstrated strong teamwork and communication skills while advocating for student interests and concerns.

**TECHNICAL AND LANGUAGE SKILLS**

**Skills:** Microsoft Office (Word, Excel, PowerPoint and Outlook) | Data Analysis: IBM SPSS | Graphic Design: Adobe Photoshop, Canva | Website Building: Wix Studio | Video Editing: DaVinci Resolve, Adobe Premiere Pro, Powtoon

**Languages:** Fluent: English | Conversational: Cantonese, Hindi | Native: Urdu, Punjabi