

PROFILE

I am an enthusiastic student pursuing a degree in Food science with strong interest in science, education and henna art. I am eager to apply academic knowledge in practical settings and gain hands-on experience

CONTACT

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SOFT SKILLS

- Teamwork
- Patience
- Adaptability
- Effective Communication
- Open mindedness

TECH SKILLS

- Microsoft Word
- Microsoft Excel
- Microsoft PowerPoint
- Statistical Package for Social Science (SPSS)

LANGUAGES

- English (Fluent)
- Hindko (Fluent)
- Spoken Urdu (Fluent)
- Spoken Hindi (Fluent)
- Cantonese (Intermediate)
- French (Basic)

NUMRAH KOSAR

FOOD AND NUTRITIONAL SCIENCE STUDENT



EDUCATION

The University of Hong Kong	2023-Present
Bachelor of Science Major in Food & Nutritional Science; Minor in Counselling	
HKMA David Li Kwok Po College	2017-2023
<i>Hong Kong Diploma of Secondary School:</i> English 5**	
<i>Pearson Edexcel GCE:</i> Grade B	
<i>Pearson Edexcel GCSE:</i> Grade 9	



LEADERSHIP ROLES

Chatter That Matters, The University of Hong Kong	September, 2025--Present
Part of the Social Media Team and help create Instagram posts to interact with the public.	
Science Ambassador, The University of Hong Kong	October, 2025--Present
Help with Outreach events such as Information Day	



WORK EXPERIENCE

English Language Tutor	August, 2025--Present
help primary 5 student with their speaking skills	
Research Assistant, The University of Hong Kong	October, 2025--Present
Helping with diabetes intervention program for South Asian people	



VOLUNTEERING

ReThink HONG KONG	SEPTEMBER, 2025
Obtained Certificate of Outstanding Performance	
Was a door keeper and delegate welcome	
Golden Z Club, The University of Hong Kong	SEPTEMBER, 2025
Participated in soap making workshop with underprivileged students in Hong Kong	
Caritas Jockey Club Integrated Service for Young People, Wong Tai Sin	JANUARY, 2025
Helped as an interviewer in mock secondary school entrance exam for primary 6 students	



ACHIEVEMENTS & PROGRAMMES

Scholarships:

1. Merkle Tree Innovation Foundation Scholarship - Hong Kong Unison
2. Taufik Ali Memorial Scholarship - The University of Hong Kong

Programs:

1. Lead for Life (2023-2025):
 - Character Leadership and Mentorship Program
2. The Way To Success (2025-Present):
 - Helps individuals develop skills for long-term, sustainable skills
3. EMPOWER (2025-Present):
 - Mentorship program to empower ethnic minority women