

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
Hong Kong Diploma of Secondary School: English 5**
Pearson Edexcel GCE: Grade B
Pearson Edexcel GCSE: 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