

1. Personal and Contact Information:

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 Date of Birth: 1966/2/29

Marital Status: Single

1. Education:

BSc: (Field of Study, Name of University, Year Graduated)

Nutrition sciences , Shahid Beheshti University of Medical Science,1990

BSc Thesis: (Title, Supervisor, Advisors)

MSc: (Field of Study, Name of University, Year Graduated)

Nutrition sciences , Shahid Beheshti University of Medical Science,1995

1. Awards & Honors:
2. Scientific Position:

1- Instructor , Department of Social medical , Faculty of Medical , Qom Fatemieh University of Medical Sciences , 1996-1999.

**2-Instructor , Department of Nutrition , Faculty of Health & Nutrition , Lorestan University of Medical Sciences ,2000 so far.**

1. Executive Position:
2. Teaching Experiences:

Medical field: General principles of nutrition

Nursing: Nutrition and nutritional therapy

Midwifery : Principles of nutrition and maternal and child nutrition

Laboratory Science: Food Chemistry

Family Health: Principles of nutrition and applied nutrition

Disease Control: Principles of nutrition and food hygiene

Environmental Health :1-Health Food 2- Food inspection and health control

Occupational Health: Biochemistry and nutrition principles

Public Health: 1- principles of nutrition 2- applied nutrition

Nutrition Sciences: 1- Chemistry and food analysis 2- Basic nutrition 2 3- Health and food poisoning 4- Principles and methods of food preservation 5- Nutrition assessment 6- Diseases caused by malnutrition 7- Nutritional services in the health care system 8- Nutrition seminar 9- The effect of process on food value 10- Food Ecology and Nutrition 11- Principles of planning and managing nutrition programs 12- Feeding groups and special conditions 13- internship in : Food Management Section 14- internship in Cardiovascular department 15- internship in : Children's section 16- Project

Teaching in : “Mana” training course

Lecture on the program of professional social issues for pharmacists

Teaching in in-service training program (integrated care of pediatric diseases) for physicians

Teaching in in-service training program (integrated care of pediatric diseases) for nurses

Lecture at the General Physicians Continuing Education Program (Nutrition 1)

Lecture on the "B" program for physicians

1. Clinical Experiences:

Nutrition and diet therapy counseling in a specialized clinic affiliated with Fatemieh University of Qom

1. Research Field:

Obesity

1. Grants:
2. Supervisor:
3. Advisor: Comparison of soy and Anethum consumption in serum lipid levels in menopausal women with a history of myocardial infarction referring to gynecological clinics affiliated to Lorestan University of Medical Sciences
4. Papers:

English:

Persian:

Investigating the pattern of fat consumption in 10 provinces of the country In Medicine, Journal of Research, School of Medicine, Faculty of Medical Sciences and Health Services, Shahid Beheshti, 23, No. 4, Winter 1999

Relationship between dietary calcium intake and anthropometric indices in 20-60 years old staffs of Lorestan university of medical sciences ,Yafteh Quarterly Research Journal, Seventeenth Volume No. 4 Winter 94 Series 96.

Bioterrorism in water and food, Yafteh Quarterly Research Journal, Volume 19 Number 3.

 A survey of association between body mass index and blood pressure among students' parents in Khorramabad City, AFLAK/ Vol.9 / NO.32,33 / Autumn & Winter 2016,2017.

Investigating the relationship between fast food consumption, body mass index and waist circumference in Khorramabad’s high school girls, Development of Behavioral Sciences, Journal of Behavioral Sciences Development (Scientific extension).

1. Books (Compilation, Translation, Conflation):

Translation : Obesity is a clinical issue

1. Articles presented at national and international congresses and conferences (Oral, Poster):
2. Investigating the pattern of fat consumption in 10 provinces of the country Presented at the 5th Iranian Nutrition Congress
3. : Comparison of soy and Anethum consumption in serum lipid levels in menopausal women with a history of myocardial infarction Presented at the Ninth Nutrition Congress
4. Investigate errors in food consumption review reports Presented at the Second National Seminar on Prevention of Medical Errors
5. Investigating the error rate in the BIA method compared to the DEXA method in assessing the percentage of fat mass Presented at the Third National Seminar on Prevention of Medical Errors
6. Insulin and preventable errors Presented at the 5th National Seminar on Prevention of Medical Errors
7. Investigating the level of awareness of female students in the second and third grades of high school in Qom about the relationship between nutrition and cancer
8. The role of nutrition in learning presented in the third call of the article entitled The role of proper nutrition in academic achievement and adaptation of students in the school environment, in Lorestan education
9. The relationship between waist circumference to hip and level of physical activity with blood pressure in the adult community of Khorram Ayad in 2011 Presented at the First International Congress and the 13th Iranian Nutrition Congress
10. The relationship between dietary calcium intake and anthropometric indices in adults Presented at the International Congress on Maternal and Childhood Obesity
11. Camel's milk and diabetes presented at the Congress of Food and Health
12. Investigating the relationship between fast food consumption body mass index and waist circumference in khorramabad high school Presented at the Second International Congress and the 14th Iranian Nutrition Congress
13. Investigating the relationship between fast food consumption body mass index and waist circumference in Khorramabad ‘s high school Presented at the Second International Congress and the 14th Iranian Nutrition Congress
14. Bioterrorism in food presented at the first conference on soft warfare and passive defense in the field of health
15. Bisphenol A and obesity : Is there a relationship? Presented at the Sixth Congress on the Prevention and Treatment of Obesity
16. Bisphenol A, Obesity and Diabetes in Children Presented at the First National Congress on Child Health Promotion
17. Survey of relationship between snacks and antropometric indices in girl students of lorestan university of medical sciences in 2017 Presented at the Second International Congress of Biomedicine
18. The effect of jujube on the treatment of gynecological diseases presented at the first national jujube conference
19. Workshops (Teaching, Presence):

Teaching:

1. "Mana" training course
2. program of professional social topics for pharmacists
3. In-service training program (integrated care of pediatric malaria) for physicians
4. In-service training program (integrated care of pediatric malaria) for nurses
5. Continuous training program for general practitioners (Nutrition 1) dated 3/5/84
6. Continuous training program for general practitioners (Nutrition 1) dated 22/7/87
7. Program "B" for physicians dated 16 to 20 March 2003

Participation :

Knowledge-raising workshops and numerous educational workshops in the fields of teaching methods, research, statistics, management, IT, etc.

Windows, Word, Power point & Internet training classes in the organization's school and information technology

Training courses on how to set up research project proposals, feeding vulnerable groups, retraining nutrition counseling skills, training athletes nutrition

Food and Health Toxicology Seminar, Congress on fasting and health, Iranian Nutrition Congresses, Global seminars on medical error prevention, National seminar on the compliance of health care services with the standards of the holy Sharia of Islam

1. Inventions and Inventions:
2. Research Projects (Executor, Collaborator):
3. Executor of the research project "Investigating the level of awareness of female students in the second and third grades of high school in Qom about communication and cancer" at Fatemieh University of Medical Sciences in Qom
4. Collaborator in the research project "Study of the growth status of children under the support of mothers of heads of households in Boroujerd city in 2004"
5. Executor of the research project "Study of the relationship between high blood pressure and body mass index and waist-to-hip ratio in the adult community of Khorramabad in 2012-2013"
6. Executor of the research project "Study of the relationship between dietary calcium intake and anthropometric indicators in adults"
7. "Comparison of serum adipokin irisin level in patients with multiple sclerosis and healthy individuals"
8. Reviewer of National and International Scientific Journals:

References for scientific research journals

1. Editorial Board of Medical Journals:
2. Membership in Scientific Associations:

1-Member of the Specialized Committee on Science, Food and Drug Administration

2-Membership in the Strategic Committee for Designing Research Priorities through Needs Assessment

3- Member of the Iranian Nutrition Association

4- Member of the Breastfeeding Promotion Association

1. General Skills:

Familiarity with Office

1. General interests:

Obesity