

ZULEKHA ABBAS KHALIL

Place: Pune, India

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To obtain a challenging role in the field of nutrition where I can utilize my academic background in Nutrition and Health. I'm a professional with 4+ years of research and marketing experience in the nutritional supplements industry.

EDUCATION

Master of Advanced Studies (MAS) in Nutrition and Health, ETH Zurich, Switzerland

Feb 2021 – Mar 2023

- **Score: 5.22 out 6.00**

- **Coursework – 40 ECTS**

Successfully completed coursework on understanding nutrition, dietary patterns, underlying disease conditions across regions, with interest in understanding malnutrition prevalence, global nutrition, consumer behaviour, market survey and digital health.

Studied research in the field of nutrition and epidemiology, various case studies and diets, nutrition for health and development, role of nutrition and physical activity in athletes and in management of diseases in the general population.

Presented a detailed study on two Intermittent Fasting software apps.

Got the opportunity to work efficiently with various food databases such as Swiss Food Composition Database, PRODI, DACH, USDA, EBIS Pro and nutrition labels.

Single-handedly completed a small study on eight participants to assess the dietary pattern of fasting subjects in the month of Ramadan.

Presented a detailed country profile of Egypt to assess the nutrition and disease status of the country.

Presented a detailed study on 'Low carb, high fat diet (keto)'.

Conducted a lab-based nutrient analysis on vegetarian Indian meal.

Worked with statistical software – SPSS and R

- **Thesis – 20 ECTS**

Guide: Dr. Isabelle Herter-Aeberli, Laboratory of Human Nutrition, ETH Zurich.

Topic: Iodine in fortified and unfortified plant-based dairy and fish alternatives in comparison to conventional dairy and fish products - A Swiss Market Survey.

Outline: A market survey on plant-based milk, dairy and fish-alternative products available in Switzerland. The study investigated the natural iodine content and fortification in plant-based alternatives. This data was used to estimate the iodine obtained from milk-alternatives in comparison with conventional dairy and fish products consumed by the Swiss population.

Master of Science in Biochemistry (M.Sc.), Fergusson College, University Of Pune, India

Jun 2013 – May 2015

- **Percentage: 77.48%, First Class With Distinction**
CGPA Score: 5.500
- **6-Months Thesis During Fourth Semester**
Guide: Dr. Kirti Chintamani, Department of Biochemistry, Fergusson College, Pune.
Topic: Chemical Composition And Antioxidant Potential Of *Buchanania Lanza Spreng*. Whole Seeds And Comparative Study Of Its Seed Oil With *Santalum Album* Seed Oil.
Lab-Work: Experimental Analysis of *Buchanania Lanza Spreng*. Whole seeds using various laboratory techniques and determined their benefits in diet on the basis of chemical analysis.

Bachelor of Science in Chemistry (B.Sc.), Fergusson College, University Of Pune, India

Jun 2010 – May 2013

- **Percentage: 81.00%, First Class With Distinction**
- Participated as an active volunteer and organizer of inter-departmental annual festival “Alchemy” and also won first prize for chemical testing model.

PUBLICATION (under review)

- Khalil Z, Herter-Aeberli I (2023) **Contribution of plant-based dairy and fish alternatives to iodine nutrition in the Swiss diet – A Swiss Market Survey.** European Journal of Nutrition (under review)

EXPERIENCE

Research Associate and Consultant, Rejuvenation Therapeutics Corp., Pune, India

May 2017 – Sept 2021

- **Research Team**
Successfully conducted background research, dosage determination and helped launch a range of supplements - Magnesium, Vitamin K2 MK7, Fisetin, Vitamin D3, Vitamin C, Blue-Green Algae, Rosemary, Turmeric extract, etc.
Responsible for background research, literature study, product reports, ingredient reports, summarizing information and detailed research on various nutrients and plant ingredients required for herbal nutraceuticals production.
Prepared detailed scientific reports and compilations of various clinical trial studies, cohorts and review publications of various plant-based ingredients.
Worked with platforms such as PubMed, Web of Science, Scopus and Google Scholar.
Developed product reports, ingredient reports and maintained the company database.
Part of the formulation team to determine appropriate dosage of ingredients based on the vast literature and prepare ingredient reports.

Also, part of the internal review team for reviewing all the scientific and research data collected and compiled.

- **Marketing Team**

Responsible for writing blogs, product copies and website pages for various nutraceuticals produced by the company.

Responsible for writing research-backed blogs, recipes and copies completely based around wellness healthy living.

<https://rejuvenation-therapeutics.com/blogs/posts/calcium-not-just-in-milk>
<https://rejuvenation-therapeutics.com/blogs/posts/healthy-food-from-the-mediterranean>

Teacher of Biology, Meccademia Education Institute, Dubai, UAE

Jun 2015 – Feb 2017

- Faculty of Biology for students of CBSE curriculum, ISC curriculum (Indian matriculation curricula) and IGCSE curriculum.
Responsible for teaching Biology for grade 8th to 12th. Prepared students for various entrance exams, designed study material, assignments, questions papers, exams and projects with a problem-solving approach.
Responsible for mentoring, counselling and managing various batches of students and established healthy teacher-student relations

SKILLS

- **Microsoft Office**
- **SPSS Statistics and R-programming**
- **Food Databases** – Swiss Food Composition Database, DACH, USDA Database, PRODI, EBISPro
- **Search Engines** – PubMed Central, Web of Science, Scopus, Google Scholar
- **Languages** – English (Fluent), German (A1), Hindi (Fluent), Gujarati (Fluent), Marathi (Fluent)

CERTIFICATIONS

- **Principles of Health and Medical Copywriting**, Health Writers Hub, (Dec 2019)
 - **Writing in Science**, Stanford Med School, CME Online (Apr 2018)
 - **Nuts and Bolts of Monitoring Clinical Trials**, University of California San Diego Extension (Mar 2018)
 - **Medical Terminology**, University of California San Diego Extension (Sep 2017)
 - **Design and Interpretation of Clinical Trials**, John Hopkins University (Coursera) (Jul 2017)
 - **Certificate Course in German Language (A1)**, University of Pune, India (2014 – 2015)
 - **Food Nutrition and Physical Activity for Health**, University of Pittsburgh (Coursera) (Aug 2014)
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