



Contact

quranconnect2022@gmail.com

+1 780-862-4104

Links

NutritionByAfshan

[https://www.instagram.com/p/CnvJ1oBPTUU/...](https://www.instagram.com/p/CnvJ1oBPTUU/)

NutritionByAfshan

<https://www.facebook.com/profile.php?id=100087431022900...>

Quranconnect2022

[https://www.instagram.com/p/CnxNJOJvL1/...](https://www.instagram.com/p/CnxNJOJvL1/)

Quranconnect2022

<https://www.facebook.com/profile.php?id=100087401440082...>

Skills

Organizational & Time Management —

Expert

Critical Thinking & Problem-Solving —

Expert

Digital Tools & Online Teaching (Zoom, PowerPoint) —

Advanced

Team Collaboration & Leadership —

Advanced

Languages

English Language — Advanced

Urdu Language — Native

Arabic Language — Intermediate

Hindi Language — Intermediate

Punjabi Language — Beginner

My profile online



Scan the code to visit my profile on the university website.

AFSHAN RIZVI

Teacher and Holistic Nutritional Consultant

Graduate of Islamic University of Minnesota — Master's degree, 2026

Summary

Dedicated and versatile educator with over 3 years of experience teaching Qur'anic Arabic grammar (to students of non-Arabic background) and Islamic Studies, complemented by a strong foundation in holistic nutrition and wellness. Skilled in engaging diverse learners, adapting teaching approaches to individual needs, and integrating technology to enhance learning. As a Holistic Nutritional Consultant, I am passionate about promoting physical, emotional, mental, social, and spiritual well-being through nutrition education and health awareness. Committed to continuous professional development and to making a meaningful contribution as both an educator and a health and wellness counsellor.

Work Experience

Holistic Nutrition Consultant

2021–Present

Nutrition by Afshan for Holistic Nutrition Consulting

- Educate clients on balanced nutrition, lifestyle habits, stress management, and overall wellness through virtual and in-person sessions.
- Assess client health status and design personalized nutrition and lifestyle plans.
- Develop nutrient-dense recipes and practical meal strategies tailored to diverse client needs.
- Support clients in achieving goals such as weight management, improved energy, better sleep, and reduced cravings.
- Deliver webinars and workshops on healthy living, mindful eating, and lifestyle optimization.
- Maintain client confidentiality while providing ongoing coaching, motivation, and progress tracking.

Teacher's Assistant

2022–2024

Al Huda International Institute, Online

- Assisted in grading assignments and tracking student progress.
- Supported classroom instruction through small group facilitation and one-on-one tutoring.
- Reinforced foundational Quranic Arabic grammar concepts for improved comprehension.
- Facilitated engaging online sessions using Zoom to enhance student participation.

Teacher

2022–2023

Self Employed

- Delivered virtual lessons in basic Quranic Arabic grammar using Zoom and digital platforms.
- Designed interactive presentations to improve student engagement and retention.
- Created personalized learning plans to address individual student needs.
- Supported students in completing assignments and strengthening weak areas.

Education

Master's degree

2026

Islamic University of Minnesota **University verified**

Islamic Studies · Islamic Studies in English

Grade: **EXCEPTIONAL**

Bachelor of Science in Biotechnology

2005

University of Karachi, Karachi, Pakistan

Certifications & Courses

Taleem Al Qur'an Diploma, Diploma in Islamic Education	Al Huda International Institute of Education USA	2023
Qur'anic Arabic Dream Program	Bayyinah Institute, USA	2022
Holistic Nutrition Weight Loss Coach Certification	Fit Chicks Academy, Canada	2022
Holistic Culinary Online Certification	Canadian School of Natural Nutrition (CSNN)	2021
Holistic Nutrition Diploma in Natural Nutrition with Enhanced Clinical Studies	Canadian School of Natural Nutrition, Edmonton, AB, Canada	2020