

Aqsa Younas

Date of birth: 06/11/1996 | **Nationality:** Pakistani | **Sex:** Female | **Phone:** (+92) 3247616133 (Mobile) | **Email:**

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WORK EXPERIENCE

UNIVERSITY OF AGRICULTURE, FAISALABAD – FAISALABAD, PAKISTAN

LECTURER IN HUMAN NUTRITION AND DIETETICS (HND) – 13/09/2023 – CURRENT

1. Innovative and adaptable teaching methods to enhance student learning.
2. Clear, engaging, and accessible delivery of complex concepts.

RIPHAH INTERNATIONAL UNIVERSITY, FAISALABAD, PAKISTAN

LECTURER IN HUMAN NUTRITION AND DIETETICS (HND) – 01/10/2022 – 12/09/2023

1. Good student-teacher interaction and class management
2. Engaging nutrition courses

GOVERNEMENT GRADUATE COLLEGE FOR WOMEN, BAKAR MANDI – FAISALABAD, PAKISTAN

COLLEGE TEACHING INTERNEE (CTI) IN HUMAN NUTRITION AND DIETETICS (HND) – 07/01/2022 – 19/05/2022

- Taught several nutrition courses & maintain good classroom management
- Managed several events in college such as Food and nutrition exhibition

KHADIJA MEHMOOD TRUST HOSPITAL – FAISALABAD, PAKISTAN

DIETITIAN (TRAINING) – 01/04/2019 – 14/02/2020

- Training for clinical dietitian
- Gave several patient-oriented presentations
- Get command of more good communication skills

SAHIL HOSPITAL – FAISALABAD, PAKISTAN

DIETITIAN (INTERNEE) – 01/01/2019 – 01/03/2019

- Got an opportunity for good patient interaction
- Got more command of diet planning
- Organize different health screening camps and events

FAISALABAD INSTITUTE OF CARDIOLOGY (FIC)

DIETITIAN (INTERNEE)

(10/7/2017 to 10/8/2017) (1/7/2019 to 28/9/2019)

- Get command of MNT for cardiovascular diseases
- Health screening camps for the general public
- Diet planning, nutrition counselling and good communication skills

EDUCATION AND TRAINING

01/10/2019 – 25/10/2021

MASTERS IN HUMAN NUTRITION AND DIETETICS University of Agriculture, Faisalabad

Short description

- The main focus of this thesis was to develop a functional product by using agro-waste such as seeds
- Consumer acceptance of the newly developed functional bars was checked by sensory evaluation and nutrition profile by several lab tests such as proximate analysis, texture analysis and nutritional analysis

Supervisor: Prof. Dr Masood Sadiq Butt

Final grade 3.97/4 |

Thesis Development and Nutritional assessment of functional bars prepared from pomegranate-guava seed powder

01/10/2015 – 26/07/2019

BACHELOR IN HUMAN NUTRITION AND DIETETICS University of Agriculture, Faisalabad

Major Subjects

- Human Nutrition and Dietetics, Food Technology, Public and Epidemiology, Consumer Psychology, Physiology.

Final grade 3.94/4

LANGUAGE SKILLS

Mother tongue(s): **URDU**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1		C1	B2

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user

PUBLICATIONS

Review paper and abstracts

1. Munam, H.A., Akhtar, M., Hani, U., **Younas, A.**, Iqbal, K.J., Basharat, K., Fatima, A., Nadeem, M., ul Iman, N., Qureshi, S. and Asghar, A., 2025. Sustainable Packaging Strategies and Temperature Influence on the Shelf Stability of Chicken Barfi. *Indus Journal of Bioscience Research*, 3(10), pp.58-66.
2. Butt, E., A.B. Altemimi, **A. Younas**, M.S. Butt, M. Jalal, M. Bhatti, G. Abdi and R.M. Aadil. 2025. Guava (Psidium guajava): A brief overview of its therapeutic and health potential. *Food Chem. X*. 31:103027 (IF=8.2)
3. Younas, A., Butt, M.S., Hussain, S., Siddiqi, M.U., Bhatti, N. and Syed, A., 2022. Punicic Acid: A Versatile and Promising Nutraceutical with Potential Health Benefits. *RADS Journal of Food Biosciences*, 1(1), pp.37-43.
4. Arshad, S., Rehman, T., Saif, S., Rajoka, M.S.R., Ranjha, M.M.A.N., Hassoun, A., Cropotova, J., Trif, M., **Younas, A.** and Aadil, R.M., 2022. Replacement of refined sugar by natural sweeteners: focus on potential health benefits. *Heliyon*, p.e10711.
5. **Aqsa Younas**, Nizwa Itrat, Aqsa Nazir, Faiza Khalid and Amna. 2019. Potential Of Ascorbic Acid in Formation Of Collagen. 4th International Conference Food and Nutrition Security in Changing Climate, organized by BZU 2019.
6. Amna Afzal, Nizwa Itrat, **Aqsa Younas**, Aqsa Nazir and Faiza Khalid 2019. Corn Oil as Source of Inflammation in Arthritis Patients. 4th International Conference Food and Nutrition Security in Changing Climate, organized by BZU 2019.
7. Faiza Khalid, Nizwa Itrat, Aqsa Nazir, Amna Afzal and **Aqsa Younas** 2019. Performance of Probiotics In Settlement Of Human Gut Movability... 4th International Conference Food And Nutrition Security In Changing Climate, organized by BZU 2019.
8. **Aqsa Younas**, Nizwa Itrat, Aqsa Nazir, Faiza Khalid and Amna Afzal 2019. Enviably Impact Of Omega 3 Fatty Acids In Treating Mood Disorders. 6th National Medical Conference Lahore At Rashid Latif Medical College 2019.

CONFERENCES & SEMINARS

Seminar and training

- 1- 2 Day training on Sustainable Food Systems by GAIN on 29-30 May, 2025.
- 2- World Water Day, 2024
- 3- 3 Day training workshop on ECD (Early Childhood Development) by UNICEF, 2023
- 4- International seminar on palm oil trade, application and diet, UAF, 2021
- 5- Pak-Indonesia Food & Nutrition Festival & International Conference on Palm Oil & its Future Prospectives, UAF, 2020
- 6- International food and nutrition research conference & food expo, University of Sargodha, 2019
- 7- Workshop on scientific writing, UAF, 2018
- 8- 26th All Pakistan Food Science Conference, UAF, 2019

● HONOURS AND AWARDS

Achievements – University of Agriculture, Faisalabad

- Gold Medal in BSc. (Hons.) HND
- University Merit Scholarship in BSc. (Hons.) & MSc. (Hons.) HND
- Merit scholarship of the Punjab Educational Endowment Fund (PEEF) in MSc. (Hons.) HND
- Need-based scholarship of Higher Education Commission (HEC) in BSc. (Hons.) HND
- Laptop award from prime minister scheme

● STUDENTS SUPERVISED

Students supervised

1. Supervised 03 M. Sc (Hons.) HND Students for the award of degree
2. Currently supervising 20 M. Sc (Hons.) Human Nutrition and Dietetics students for the award of degree

● ADMINISTRATIVE WORK

Administrative work

1. Member of the Internship and synopsis scrutiny Committee of the department
2. Advisor of undergraduate students

● NETWORKS & MEMBERSHIPS

29/08/2025 – CURRENT Pakistan

Pakistan Society of Food Science and Technology

● RECOMMENDATIONS

Prof. Dr. Masood Sadiq Butt

Position: Professor/Dean (Ret)
Organization: National Institute of Food Science & Technology
University of Agriculture, Faisalabad

Email drmsbutt@yahoo.com

Dr. Allah Rakha

Position: Associate Professor
Organization: National Institute of Food Science and Technology
University of Agriculture, Faisalabad

Email arrehman_ft@uaf.edu.pk