

## **DR. MUHAMMAD AAMIR**

National Institute of Food Science & Technology, Faculty of Food, Nutrition & Home  
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### **Education**

- Doctor of Philosophy, 2017                      Kasetsart University, Bangkok, Thailand  
Food Science
- Master of Business Administration, 2009    Allama Iqbal Open University, Islamabad,  
Marketing    Pakistan
- Master of Science (Hons), 2006              University of Agriculture Faisalabad, Pakistan  
Food Technology
- Bachelor of Science (Hons), 2004          University of Agriculture Faisalabad, Pakistan  
Agriculture/Food Technology

### **Professional Experience**

- Assistant professor 2024 to date
- Lecturer, 2007 to 2024  
National Institute of Food Science and Technology, University of Agriculture Faisalabad,  
Pakistan
- Assistant Professor (IPFP), March 2018-March 2019  
Institute of Agricultural Sciences, University of the Punjab, Lahore, Pakistan
- Assistant Superintendent, March 2018-March 2019  
Boys Hostel No. 1, University of the Punjab, Lahore, Pakistan
- Research Assistant, 2014-2017  
Department of Food Science and Technology, Kasetsart University, Thailand
- Research Assistant, 2011-2013  
School of Food Science, Washington State University, Pullman, USA
- Sales Promotion Executive, 2005-2007  
Shell Pakistan Limited, Pakistan

### **Teaching and Student Advising**

- HND-302. Macronutrients in Human Nutrition
- HND-401. Micronutrients in Human Nutrition
- FST-401. Sugar Technology
- HND-506. Nutrition in Emergencies
- HND-507. Nutritional Immunology
- HND-508. Nutrition Through Social Protection
- HND-509. Food Service Management
- FST-515. Food and Drug Laws
- FST-615. Food Plant Layout
- FST-712. Advances in Food Microbiology

- FST-707. Baking Science and Technology
- FST-402. Meat Technology
- FST-404. Technology of Fats & Oils
- FST 718. Advanced Food Packaging
- FSQM-705. Food Laws and Regulations
- FSM-701. Food Service Operations
- FST-702. Food Additives
- FST-302. Food Chemistry
- FST-613. Community Nutrition and Dietetics
- DCN-701. Macronutrients in Human Nutrition
- FST 717. Post-Harvest Management
- FST 321. Research Projects and Scientific Writing
- FST 214. Food Plant Layout
- 01052543. Nutrition in Food Science
- 01052111. Introductory Food Science and Technology
- 01052212. Food and Nutrition
- 01052213. Food Engineering
- FST 720. Food Toxicology
- FT 301. Introduction to Food Science
- 01052544. Nutrition in Food Processing
- FT 302. Food Processing & Preservation
- FST 201. Introduction to Food Science & Technology
- FST 202. Food Processing & Preservation
- AE 401. Principles of Agricultural & Resource Economics
- MAB 402. Introduction to Agri. Business & WTO
- FS 510. Dairy Science and Functional Foods
- MAB 502. International Marketing
- **Student Advising.** University of Agriculture Faisalabad and University of the Punjab, Lahore. Major advisor for 5 PhD, 50 MPhil students and committee member for 25 students in Food Science & Technology, Dairy Science and Human Nutrition and Dietetics. Undergraduate advisor for 100 Food Science and Technology students.

### Key Skills

- **Laboratory Experience:** My graduate courses and research experience have provided me excellence in various laboratory techniques including ohmic heating, microwave heating, infrared heating, HPLC, spectrophotometry, texture analyzing, color analyzing, viscometry, chemical analysis of foods, as well as scanning electron microscopy techniques.
- Writing up lab reports, research and review papers have developed my **attention to detail**.
- Excellent **communication skills** developed in the world class universities through negotiating and collaborating with my team and then presenting to the advisor, and different conferences.

### Publications

1. Abbas, R., **M. Aamir**, F. Saeed, A. Shankar, J. Kaur, R. Nadeem, A.S. Chauhan, A. Imran, M. Afzaal and A.B. Kinki. 2025. Development and nutritional evaluation of pomegranate peel enriched bars. PloS one. 20:p.e0315830. (IF=2.9)
2. **Aamir, M.**, A. Abid, I. Azam, A. Ikram, F. Saeed, M. Afzaal, H. Ateeq, N. Akram, S. Hussain and M.R. Khan. 2024. Characterization of carbonated beverage fortified with chamomile herbal extract. Food Sci. Nutr. 12(6):4353–4361. (IF=3.55)
3. Afzaal, M., F. Saeed, H Ateeq, M.N. Akhtar, A. Imran, A. Ahmed, **M. Aamir**, F. Islam, I. Yasmin, Y.A. Shah and M. Hussain. 2023. Probiotics encapsulated

- gastroprotective cross-linked microgels: Enhanced viability under stressed conditions with dried apple carrier. *Food Sci. Nutr.* 11(2):817-827. (IF=3.55)
4. Tahir, H., **M. Aamir**, A. Ahmed, M. Afzaal, F. Saeed, A. Asghar, M. Aziz, M. Shahid, H. Ateeq, F. Islam and A. Rasheed. 2023. Nutritional and functional characterization of date pulp-fortified cookies. *Cogent Food Agric.* 9(2):2272486. (IF= 2.31)
  5. **Aamir, M.**, A. Arshad, M. Afzaal, A. Rakha, N. Jalel Mahsen Oda, M. Nadeem, F. Saeed, A. Ahmed, A. Imran, H. Ateeq and R. Farooq. 2023. Physicochemical and sensory profile of spiced yogurt as affected by ginger supplementation. *Int. J. Food Prop.* 26(2):2732-2741. (IF=3.1)
  6. Alvi, T., M.K.I. Khan, A.A. Maan, M. Rizwan, **M. Aamir**, F. Saeed, H. Ateeq, M.Q. Raza, M. Afzaal and M.A. Shah. 2023. Microwave–vacuum extraction cum drying of tomato slices: Optimization and functional characterization. *Food Sci. Nutr.* 11(7):4263-4274. (IF=3.55)
  7. Bashir, M., **M. Aamir**, M. Afzaal, F. Saeed, A. Asghar, A. Ahmed, M. Aziz, H. Ateeq, Y.A. Shah, M.R. Khan and R. Busquets. 2023. Enrichment of apricot probiotic drink with sea buckthorn as a prebiotic and antioxidant source. *Int. J. Food Prop.* 26(1):1351-1363. (IF=3.1)
  8. **Aamir, M.**, Afzaal, M., Saeed, F., Afzal, A., Shah, Y.A., Tariw, I., Usman, I., Nouman, M., & Nayik, G.A. (2023). Effect of synergism of sonication and microwave on fermentation and emulsification processes. In *Ultrasound and Microwave for Food Processing* (pp. 497-535). Academic Press.
  9. **Aamir, M.**, Afzaal, M., Saeed, F., Usman, I., & Ashfaq, I. (2023). Innovative Processing Technologies. In *Apples* (pp. 217-243). CRC Press.
  10. **Aamir, M.**, Saleem, A., Rakha, A., Nadeem, M., Ateeq, H., Saeed, F., Aasma, A., Shah, Y., Afzaal, M., Javed, A., Tufail, T., & Qamar, A. (2022). Functional utilization of mango waste for improving the nutritional and sensorial properties of multigrain cookies. *Journal of Food Processing and Preservation.* 2022: e17173. <https://doi.org/10.1111/jfpp.17173> (IF= 2.00).
  11. **Aamir, M.**, Saeed, F., Afzaal, M., Ahmad, A., Hussain, M., Ateeq, H., & Al Jbawi, E. (2022). Thermal kinetics of physical and sensory changes in baby carrot under pasteurization conditions. *Cogent Food & Agriculture.* 8(1): 2114641. <https://doi.org/10.1080/23311932.2022.2114641> (IF= 2.31).
  12. Saeed, F., Afzaal, M., Ahmad, A., **Aamir, M.**, Aziz, M., Aslam, S., Ateeq, H., & Hussain, M. 2022. Enhanced viability of microencapsulated lyophilized probiotics under in vitro simulated gastrointestinal conditions. *Journal of Food Processing and Preservation.* 46(5): e16543. (IF= 2.00).
  13. **Aamir, M.**, Afzaal, M., Saeed, F., Yasmin, I., & Nouman, M. (2022). The effect of innovative processing technologies on probiotics stability. In *Advances in Dairy Microbial Products* (pp. 287-294). Woodhead Publishing.
  14. Tariq, U., Butt, M.S., & Aamir, M. (2022). Asian functional foods. *Basics of functional foods & Nutraceuticals.* F Tech Communication, Faisalabad, Punjab, Pakistan. ISBN. 978-969-23107-1-0.
  15. Afzaal, M., Saeed, F., Rasheed, R., Hussain, **M.**, **Aamir, M.**, Hussain, S., Mohamed, A. A., Alamri, M. S., & Anjum, F. M. (2021). Nutritional, biological, and therapeutic properties of black garlic: a critical review. *International Journal of*

- Food Properties 24(1): 1387-1402.  
<https://doi.org/10.1080/10942912.2021.1967386>. (IF=3.1)
16. Muhammad Afzaal, Farhan Saeed, Rizwan Rasheed, Muzzamal Hussain, **Muhammad Aamir**, Shahzad Hussain, Abdellatif A. Mohamed, Mohamed S. Alamri & Faqir M. Anjum (2021). Nutritional, biological, and therapeutic properties of black garlic: a critical review. *International Journal of Food Properties*. 8:1387-1402 (IF=3.1)
  17. Muhammad Afzaal, Farhan Saeed, **Muhammad Aamir**, Ifrah Usman, Iqra Ashfaq, Ali Ikram, Muzzamal Hussain, Faqir Muhammad Anjum, Muhammad Waleed & Hafiz Suleria (2021). Encapsulating properties of legume proteins: recent updates & perspectives. *International Journal of Food Properties*. Volume 24(1):1603-1614 (IF=3.1)
  18. Farhan Saeed, Muhammad Afzaal, Aftab Ahmad, **Muhammad Aamir**, Mahwash Aziz, Sumera Aslam, Huda Ateeq & Muzzamal Hussain (2021). Enhanced viability of microencapsulated lyophilized probiotics under in vitro simulated gastrointestinal conditions. *Journal of Food Processing and Preservation*. 46(1):1-11 (**Impact factor 2.00**).
  19. **Muhammad Aamir** and Muhammad Afzaal (2021). The effect of innovative processing technologies on probiotics stability (Published as book chapter in Elsevier).
  20. **Muhammad Aamir** and Muhammad Afzaal (2021). Quality of fresh-cut products as effected by harvest and postharvest operations (Published as book chapter in Elsevier).
  21. **Muhammad Aamir**, Weerachet Jittanit (2019). Extraction efficiency and nutritional quality of Gac aril oil extracted by solvent method with ohmic heating in comparison with conventional methods. *Applied Engineering in Agriculture*. Volume 35(4), Pages, 509-520 (**Impact factor 0.8**).
  22. **Muhammad Aamir**, Weerachet Jittanit (2017). Ohmic heating treatment for Gac aril oil extraction: Effects on extraction efficiency, physical properties and some bioactive compounds. *Innovative Food Science and Emerging Technologies*. Volume 41:224-234 (**Impact factor 6.3**).
  23. **Muhammad Aamir**, Waraporn Boonsupthip (2017). Effect of microwave drying on quality kinetics of okra. *Journal of Food Science and Technology*. 54(5):1239-1247 (**Impact factor 2.6**).
  24. Tayyaba Sami Ullah, Farhan Saeed, Nighat Bhatti, Muhammad Umair Arshad, Faqir Muhammad Anjum, Muhammad Afzaal, Azmat Ullah and **Muhammad Aamir** (2016). Assessment of therapeutic potential of pearl millet iron fortified cookies through animal modeling. *Asian Journal of Chemistry*. Volume 28(11):2545-2548 (**Impact factor 0.158**).
  25. Muhammad Nadeem Akhtar, Muhammad Afzaal, Farhan Saeed, Adeela Yasmeen, Muhammad Tahir Nadeem, Muhammad Sajid Arshad, Muhammad Faiq, Muhammad Rafiullah Khan, and **Muhammad Aamir** (2016). The effect of partially defatted sesame meal supplementation on chemical, rheological and sensory attributes of bread. *Asian Journal of Chemistry*. 28(7):1545-1550 (**Impact factor 0.158**).

26. Saba Nasir, Farah Ather, Zahoor Uddin, Afrasiab Khan Tareen, Muhammad Faiq, Muhammad Rafiullah Khan, Adeela Yasmeen, Muhammad Afzaal, Muhammad Tahir Nadeem, Muhammad Zia Shahid, and **Muhammad Aamir** (2015). Functional lactic beverage supplemented with commercial lactic acid bacteria. *Asian Journal of Chemistry*. 28(1):43-46 (**Impact factor 0.158**).
27. Muhammad Afzaal, **Muhammad Aamir** and Tahir Zahoor. (August 2015). Studies on the stability of encapsulated lactic acid bacteria (probiotic bacteria) in yoghurt. Lambert Academic Publishing (LAP), Heinrich-Böcking-Str. 6-8, 66121, Saarbrücken, Germany.
28. **Muhammad Aamir**, Mahmoudreza Ovissipour, Barbara Rasco, Juming Tang, Shyam Sablani (2014). Seasonality of thermal kinetics of color changes in whole spinach (*Spinacea oleracea*) leaves under pasteurization conditions. *International Journal of Food Properties*. 17:2012-2024 (**Impact factor 3.1**).
29. **Muhammad Aamir**, Mahmoudreza Ovissipour, Shyam Sablani, and Barbara Rasco (2013). Predicting the quality of pasteurized vegetables using kinetic models: A review. *International Journal of Food Science*. 2013:1-29 (**Impact factor 2.7**).
30. **Muhammad Aamir**, Muhammad Umair Arshad and Salman Ahmad. (January 2011). Amino acid production by utilizing indigenous substrates. Lambert Academic Publishing (LAP), Heinrich-Böcking-Str. 6-8, 66121, Saarbrücken, Germany.
31. **Muhammad Aamir**, Tahir Zahoor, Tahir Munir Butt, Shahbaz Talib Sahi and Muhammad Atiq (2010). Microbial production of L-Isoleucine from different substrates using locally isolated bacteria. *International Journal of Agriculture & Biology*. 12(5):668-672 (**Impact factor 0.232**).

**Total impact factor= 55.876**

## Research Projects

- Principal Investigator of the research project entitled **“Smart Meal for Children: Advancing Child Nutrition Through Technology”**. Accepted as PKNC research project.
- Principal Investigator of the research project entitled **“Development of innovative products and shelf-life extension of blackberry fruit (*Rubus fruticosus*) from indigenous cultivars with special reference to commercialization”**. (Submitted to Punjab Agricultural Research Board, Lahore, Pakistan)
- Co-Principal Investigator of the research project entitled **“Gut microbiota mining in Pakistan and its utilization in health and disease-an approach towards developing novel probiotics”**. China-Pakistan collaborative project.
- Co-Principal Investigator of the research project entitled **“Bifidobacterium longum CCFM1029 alleviates atopic dermatitis (eczema)-clinical evaluation (infants)”**. China-Pakistan collaborative project.
- Principal Investigator of the research project entitled **“Glucose-lysine non-enzymatic browning as time temperature indicator for monitoring drying process and quality of okra”**. 0.5 Million Rupees. Higher Education Commission, Islamabad, Pakistan.

- Principal Investigator of the research project entitled **“Fructose-glycine non-enzymatic browning as time temperature indicator for monitoring drying process of pumpkin seeds”**. **0.5 Million Rupees**. University of the Punjab, Lahore, Pakistan.
- Research Associate in the research project entitled **“The study of method for processing glycerol to be powder product for using as an additive in animal feed”** from July 2017 to October 2017, Department of Food Science and Technology, Faculty of Agro-Industry, Kasetsart University, Bangkok, Thailand.
- Research Associate in the research project entitled **“Effect of microwave drying on quality kinetics of different vegetables”** from March 2015 to March 2016, Department of Food Science and Technology, Faculty of Agro-Industry, Kasetsart University, Bangkok, Thailand.
- Research Associate in the research project entitled **“Thermal kinetics of physical and chemical parameters of different vegetables under pasteurization conditions”** from March 2011 to January 2013, School of Food Science, Washington State University, Pullman, USA.

### **Conferences/Workshops**

1. “Reducing the consumption of ultra-processed foods and sugary drinks” on 26<sup>th</sup> Feb-3<sup>rd</sup> March 2024 in collaboration with Pakistan National Heart Association (PANAHA), NIFSAT, UAF.
2. As a committee member at “PKNC Food and Nutrition Festival, 2024” on 6-7 March 2024 at NIFSAT, UAF.
3. “Turn your ideas into a successful business” in collaboration to National Incubation Center FSD on 24<sup>th</sup> July 2024 at UAF.
4. “Right to foods for a better life and a better future” on 16<sup>th</sup> October at NIFSAT
5. “Contribution of vegetable oils towards sustainable development goals” on 15-16 March 2022 at NIFSAT, UAF.
6. “Nutrition and public health for developing economics strategies and sustainable solutions” on 7-8 November 2022 at NIFSAT, UAF.
7. “Food and nutrition security under the impact of the climate crisis” in connection to World Food Day on 14<sup>th</sup> October 2022 at UAF.
8. Pak-Indonesia Food & Nutrition Festival and International Conference. 12-13 February 2020, National Institute of Food Science and Technology, University of Agriculture Faisalabad.
9. Dissemination Workshop on Composite Flour Technology. 30<sup>th</sup> January 2020. National Institute of Food Science and Technology, University of Agriculture Faisalabad.
10. 30<sup>th</sup> All Pakistan Food Science Conference and Food and Nutrition Expo-2019. 10-11 December 2019. University of Lahore.
11. 8th Invention to Innovation Summit. 02-03 April 2019, University of the Punjab, Lahore, Pakistan.
12. Handling and Processing High-Value Tropical Products for Improved Quality and Income Generation. 15-19 August 2016, Kasetsart University, Bangkok, Thailand.
13. Innovative Post-Harvest Technology for Food and Nutrition Security. 25-29 April 2016, Kasetsart University, Bangkok, Thailand.
14. Roles of Underutilized Tropical Plants Sources in Alleviating Hidden Hunger. 2-6 November 2015, Kasetsart University, Bangkok, Thailand.

15. Market trend and hygiene design for beverage technology, 25<sup>th</sup> September, 2015, Kasetsart University, Bangkok, Thailand.
16. Engineering approach for optimal cooking/thermal processing, 16<sup>th</sup> September, 2015, Kasetsart University, Bangkok, Thailand.
17. Food ingredient Asia conference, 11-12<sup>th</sup> September, 2015, BITEC Bangna, Bangkok, Thailand.
18. Tips for making your oral presentation easier to understand, 28<sup>th</sup> August, 2015, Kasetsart University, Bangkok, Thailand.
19. From Traditional Foods to Food and Nutritional Security. 3-7 August 2015, Kasetsart University, Bangkok, Thailand.
20. Food based approach to cancer prevention, 24<sup>th</sup> June, 2015, Kasetsart University, Bangkok, Thailand.
21. Study on the antioxidant activity of the vegetables and rice flour bread during cooking, 15<sup>th</sup> June, 2015, Kasetsart University, Bangkok, Thailand.
22. Thermal analysis and calorimetry in food, 22<sup>th</sup> February, 2015, Kasetsart University, Bangkok, Thailand.
23. Kasetsart university conference, 5-7<sup>th</sup> February, 2015, Kasetsart University, Bangkok, Thailand.
24. Food security and youth issues, 22<sup>th</sup> January, 2015, Kasetsart University, Bangkok, Thailand.
25. Sustainable management of insect pests of fruits with special reference to citrus, 1-4<sup>th</sup> September, 2010, University of Agriculture Faisalabad, Pakistan.

#### **Articles/Essays/Reviews**

1. Fast food & obesity. (Published in Urdu Science Magazine Lahore, Punjab, Pakistan, 2008).
2. Fast food is eating you. (Published in Nawae-Waqat (Sunday Magazine) dated 11, Jan 2009).
3. Vitamins or life savers. (Published in Urdu Science Magazine Lahore, Punjab, Pakistan, 2009).
4. Food security is great concern. (Published in Daily Report, dated 25, Nov 09).
5. Fruits, as saving diet. (Published in Nide-ie-Kisan, Nov, 2009).
6. Adulteration and Pakistan food industry. (Published in Nide-ie-Kisan, 2011).
7. Dieting and its effects. (Published in Nide-ie-Kisan, 2011).
8. Balanced diet. (Published in Urdu Science Magazine Lahore, Punjab, Pakistan, 2011).
9. Grading of fruits & vegetables (Published in Daily "DAWN" Lahore, Punjab, Pakistan, 2011).

#### **Computer & other Certificates**

- Certificate in Office Management (Word, Excel, Power point etc) from Skill Development Council Islamabad, Pakistan, 2007).
- Office Management (Word, Excel, Power point etc) from Pakistan College of commerce Faisalabad, Punjab, Pakistan, 2000).
- Basic Hiking Trekking & Mountaineering Training Course, from University of Agriculture, Faisalabad, Punjab, Pakistan, 2001.

- English communication skills training to the library counter service staff, Kasetsart University, Bangkok, Thailand.

### **Academic and Professional Achievements**

- Highest score in TOEFL (IBT) (103/120).
- First position in school in matriculation.
- First position in school in 8<sup>th</sup> class.
- First position in school in 5<sup>th</sup> class.

### **IT**

- Competent user of IT including Microsoft Word, PowerPoint, Excel and Access as well as statistical packages including Minitab, SAS, SPSS, and JMP.

### **Interests**

- I enjoy travel and have independently travelled to six countries, which has widened my world view and shows my flexibility and adaptability.

### **Languages**

- English (Fluent)
- Urdu (Fluent)
- Punjabi (Fluent)

### **References**

1. Dr. Masood Sadiq Butt  
Dean/Professor  
Faculty of Food, Nutrition and Home Sciences  
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Director General/Professor  
National Institute of Food Science & Technology  
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3. Dr. Weerachet Jittanit  
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