

Dr. Allah Rakha

Date of Birth: 05 January, 1983

Associate Professor (Tenured), National Institute of Food Science & Technology, University of Agriculture, Faisalabad.

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Area of Specialization

- Food Science & Nutrition; Nutrition Policy, Nutrition Education and Outreach

Academics

- **Postdoc, France-2018:** April 2018 to May 2019
- **PhD Food Science, 2011:** from Swedish University of Agricultural Sciences Uppsala
Thesis Title: “Characterization of Dietary Fibre in Cereal Grains and Products”
- **M.Sc. (Hons) Food Technology, 2006:** from University of Agriculture Faisalabad (CGPA 4.0/4.0, 87.5%)
Thesis Title: “Nutritional Assessment of High Protein Cookies through Biological Assay”
- **B.Sc. (Hons) Agriculture with Food Technology major, 2004:** from University of Agriculture Faisalabad (CGPA 3.96/4.0, 85.63%)

Professional Experience

- **Associate Professor (Tenured)** 31st August 2019 to-date at National Institute of Food Science and Technology, University of Agriculture Faisalabad
- **Chair: Policy, Advocacy, ad Outreach at Pak-Korea Nutrition Center, PKNC,** University of Agriculture, Faisalabad, September 2022 to-date
- Assistant Professor on TTS 18th July, 2012 to 30 August 2019 at National Institute of Food Science and Technology, University of Agriculture Faisalabad
- Lecturer in Food Science from 25th September, 2006 to 17th July, 2012 at University of Agriculture Faisalabad

Students Under Supervision

PhD Food Technology: Completed:	7	PhD in progress:	5
M.Sc. (Hons) Completed:	100	In progress	18

Academic Distinctions/Awards

- Won the **Marrie-Curie Fellowship** for postdoc at France
- **Silver medalist** in B.Sc. (Hons) and M.Sc. (Hons) from University of Agriculture Faisalabad
- **Guest Editor/Reviewer** of some of the leading Food Science and Nutrition Journals

Study Visits/Fellowships

- **3 Month** visit as exchange scholar at Department of Nutrition, University of California, Davis, **Year 2017**
- **3 Month** research visit at Department of Food and Nutritional Sciences, University of Reading under British Council’s Researcher Links Program. **Year 2014**

Academic Training

- Attended master class in **Nutrition Education at Chungnam National University**, South Korea under Pak-Korea Nutrition Center, May 27-June 26, 2023
- Attended series of **pedagogics workshops at UC-Davis** under Center for Educational Effectiveness
- E-learning course on “Food Safety and Traceability” by Asian Productivity Organization at University of Agriculture Faisalabad from 11-13 December, 2012.
- Attended a master class in Enquiry Based Learning at University of Agriculture, Faisalabad, 1st March 2014.
- Attended numerous training workshops, seminars, symposiums and courses arranged by various global organizations.

Projects and Grants

Completed as PI:	04	In Progress as PI:	03
Completed as Co-PI/Team member	05	In Progress as Co-PI:	01

Key Projects:

- **Principal Investigator of the project** “Development of a Novel Excipient Using Green Banana for Sustainable Production of Nutraceuticals”. 2025. **Higher Education Commission**. 9.18 million PKR (**in progress**)
- **Consultancy Project on** “Setting Priorities and Defining Research Agenda on Food System Transformation” **2025. Global Alliance for Improved Nutrition (GAIN)**.
- **Principal Investigator of the project** “Development of Food Safety and Quality Modules for Oil and Wheat Flour Fortification”. 2025. **Nutrition International**. 1.83 million PKR (**in progress**)
- **Principal Investigator** of the project “Expanding Nutrients in Food Systems-A Baseline Study”. 2024. **IFPRI/GAC Canada**. **4.5 million PKR (completed)**
- **Principal Investigator** of the consultancy project “Mapping the Farm and Market Level Footprint of Zinc Wheat in Pakistan” 2024. **IFPRI/GAC Canada**. **1.5 million PKR (completed)**
- **Principal Investigator** of the project “Local Nutritionists Training”. 2023. **Chungnam National University, Korea**. **250,000 USD (in progress)**
- **Principal Investigator of the project** “Hemp bioactives for food and herbal applications: Tapping the opportunity through green extraction technologies”. 2023. **Higher Education Commission**. 7.66 million PKR (**in progress**)
- **Component Leader/Chair** of Policy, Advocacy, and Outreach at Pak Korea Nutrition Centre, Funded by KOICA and HEC. **4069 million PKR (ongoing)**
- **Co-Team Leader:** “Community Awareness Campaign on Pesticide Risk and Safer Food”. 2023. **Funded by CABI, Completed**
- **Principal Investigator of the project** “Value addition of cereal bran by extrusion for the development of dietary fibre enriched functional foods”. **Higher Education Commission**. 2.484 million PKR (**Completed**)
- **Member of the project** “Nutritional Awareness of School going Children and Review of Nutrition and Food Safety Curricula Practiced at HEC Institutes”. Sponsored by **Global Alliance for Improved Nutrition (GAIN)**, Switzerland. 5.17 million PKR (Completed)
- **Member of the project** “Quality assurance/quality control situation of flour mills in Punjab province with special reference to wheat flour fortification”. Sponsored by **Global Alliance for Improved Nutrition (GAIN)**, Switzerland. 3.8 million PKR (Completed)
- **Member of the project** “Technical Training of Personnel at Fruit Processing Unit Kuchlak”. Sponsored by UNIDO, Amount: PKR. 2.094 million PKR (Completed)
- **Researcher Links grant by British Council to work at Department of Food and Nutritional Sciences**, University of Reading. 1.346 million PKR (Completed)

Expertise

- Cereal Processing, Dietary fibre, Nutrition Advocacy, Dietary Surveys, Food Laws
- Statistical software for data analysis

Collaborations/Linkages

- Strong linkages with wheat and rice milling industry, Development Partners
- Project Collaboration with Prof. Afaf Kamal-el-Din, Chair, Department of Food Science, United Arab Emirates University, Al-Ain, UAE.

Publications:

Journal articles = 50+ <https://scholar.google.com/citations?user=de9AW0gAAAAJ&hl=en>

Books: 02 Book Chapters: 15 Abstracts: 100+

Research Publications

More than 80 Publications in High Impact Journals, details can be accessed from link

below.

Google Scholar: <https://scholar.google.com/citations?user=de9AW0gAAAAJ&hl=en>