

CURRICULUM VITAE

PERSONAL INFORMATION

Name: Maryam Jalal

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Citizenship: Pakistani






Date of Birth: 30/05/1997

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Designation: Lecturer

Experiences

-  **Lecturer HND at NIFSAT, UAF (13-09-23 to present)**
-  **Research Assistant in Pak Korea Nutrition Center (12-12-22 – 12-09-23)**
-  **Served as a teaching assistant in NIFSAT, UAF from 12-09-22 to 12-01-23**
-  **Successfully completed an international internship in HALAL PRODUCTS RESEARCH INSTITUTE, UNIVERSITY PUTRA MALAYSIA from July 20, 2017 to August 31, 2017**
-  **Successfully completed a national internship in FAISALABAD INSTITUTE OF CARDIOLOGY in the field of human nutrition & dietetics from 15 Jan, 2019 to March 31, 2019**

EDUCATION

Degree	CGPA/Marks	Year
P.h.D Human Nutrition and Dietetics (University of Agriculture, Faisalabad)	3.86/4	Thesis Submitted
M.Sc. (Hons.) Human Nutrition and Dietetics (University of Agriculture, Faisalabad)	3.73/4	2019-2021
B.Sc. (Hons.) Human Nutrition and Dietetics (University of Agriculture, Faisalabad)	3.26/4	2015-2019
F.Sc. BISE (Faisalabad) Punjab, Pakistan	717/1100	2013-2015
Matriculation BISE (Faisalabad) Punjab, Pakistan	837/1050	2011-2013

Major subject

Human Nutrition and Dietetics

Carrier Objectives:

- To uplift the research work concerned with the analytical, biochemical, physical, nutritional, and toxicological aspects of food and food ingredients by the application of modern scientific and engineering principles to the preservation and distribution of food by joining a dynamic team in well-known university

- To work for betterment of maternal and child nutrition
- To achieve a challenging position in a prestigious organization where I can use my skills and knowledge to create value for the organization and contribute towards achieving organizational goals and create corporate governance in the organization
- To uplift the food technology department by generating the new safe food products and innovations and by ensuring the strict food safety hygiene standards

ORAL PRESENTATION

Conference	Title
2 nd PKNC Conference on Food Nutrition and Public Health	Role of Polyphenols in Mitigating the consequences of Hypertension
1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions	Grape Pomace: From waste to value addition

Publications

Review article

- 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. **(Impact Factor 8.2)**
- Kanwal, S., Saleem, S.R., Shahzadi, N., Iqbal, N., Javed, K., Jalal, M., Naz, N. and Aslam, H., 2025. Development and Characterization of Oats and Banana Powder Muffins against Hypertension. Journal of Pharma and Biomedics. 3:271-279.
- Khursheed, S., Akhtar, M., Saeed, S.M.A., Fazal, A., Rehman, F., Bashir, Z., Khanam, U., Hani, U., Mustafa, H.M., Haris, M. and Iqbal, K.J., 2025. Valorization of Pomegranate and Banana By-products into Value-added Products: Influence on Physicochemical, Rheological, and Consumer Attributes. Indus Journal of Bioscience Research. 3:427-440. **(Impact factor 1.2)**
- Iqbal, K.J., M. Jalal, and S. Ishtiaq. 2023. Delving Into the Therapeutic Potential of Ficus Carica and Its Impact on Promoting Health: A Review. RADS Journal of Food Biosciences. 2:50-55.

Zarai digest article

- Masood Sadiq Butt and Maryam Jalal, 2023. Wheat and corn mix flour. Zarai digest. 32-34
- Maryam Jalal, 2022. Inauguration ceremony of Pak-Korea nutrition center. Zarai digest. 24-25.
- Aysha Sameen, Farwa Tariq and Maryam Jalal, 2021. Breast cancer: symptoms, reasons, prevention and treatment. Zarai digest. 54-55.

Abstracts

Title	Conference
2 nd PKNC Conference on Food Nutrition and Public Health	Role of Polyphenols in Mitigating the consequences of Hypertension
Nanotechnology: A novel tool to attain food and nutritional security	1 st international conference and expo on “Recent trends in clinical nutrition & food sciences”

Use of nanosensors in sustainable food supply	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions
First 1000 days: an opportunity for lifelong health	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions
Grape Pomace: From waste to value addition	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions
Role of gut microbiota in developing child malnutrition	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions
Multiple micronutrient powder: A gateway to opportunities	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions
Breastfeeding: A protective public health strategy for maternal and child health	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions
Combating malnutrition in aftermaths of flood: A multisectoral approach	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions
Diabetes and hypertension: Globally emerging epidemics of 21 st century	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions
Nutrition education: A key intervention to overcome malnutrition	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions
Climate changes: A key factor impacting the food security and nutrition in Pakistan	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions
Maternal Anemia: room for improvement	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions
Impact of delivery mode: An opportunity for flourishing gut microbiota	1 st International PKNC conference: Nutrition and Public health for Developing Economies; Strategies & Sustainable Solutions

Participation in Conferences

- ❖ Certificate of Participation in **Nutrition Mela and Product Development Competition (Feb 22-23, 2018)**
- ❖ Certificate of Participation in **National Nutritionist Meet (January 27, 2018)**
- ❖ Certificate of Membership of **Students Nutritionist Club Pakistan (Feb 2018- Feb 2019)**
- ❖ Certificate of Participation in workshop “ **Exercise Strategies for Weight Reduction Fitness on 14th March 2019**”
- ❖ Certificate of Participation in “**19th International Conference on Statistical Sciences**” (March 17-19, 2021)
- ❖ Certificate of Participation in “**Two Days Workshop on Computational Modeling and Information Theory for all kinds of Sciences**”
- ❖ Certificate of Appreciation in “ **International Seminar on Palm Oil Trade, Applications and Diet**” (August 10, 2021)
- ❖ International seminar on sustainable vegetable oils: opportunities for increased healthy food and two way trade 26 Nov 2021
- ❖ Seminar on Nutritional entrepreneurship 23 Nov 2021
- ❖ International conference on contribution of vegetable oils towards sustainable development goals 15-16 March 2022
- ❖ One day training workshop on Soy products: Opportunities and Challenges, November 23, 2022
- ❖ Recipe development competition for practicing dietitians, 7 November, 2022

Languages:

- English (fluent)
- Urdu
- Punjabi

IT Skills:

- MS Office complete
- Microsoft Windows Operating system
- Content Writing

Interests:

- Travelling
- Hiking
- Book reading

Skills:

- Communication skills

- Laboratory work
- Collect and organize samples and data
- Organize community meetings
- Organize nutrition Camps
- Events Organization

Reference:

Reference will be provided on demand.