



## Hira Iftikhar

Lecturer  
(Food and Nutrition)

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Home Sciences, University of Agriculture, Faisalabad,  
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***PKNC Co-Chair (Product Development and Value Addition)/Master Trainer PKNC***

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### POSITION

- Co-Chair (Product Development and Value Addition), KOICA-PKNC project (**Pak-Korea Nutrition Centre (PKNC) to Improve Child and Community Nutrition (University of Agriculture, Faisalabad)**)
- Master Trainer School Adviser Group - PKNC project
- Lecturer (Food and Nutrition) 2014-till date, Institute of Home Sciences, Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad, Pakistan (Profile link: <https://web.uaf.edu.pk/FacultyProfile/Profile/415>)
  - Secretary Board of Studies (BOS), Institute of Home Sciences, UAF.
  - Tutor: TGM Group-315, UAF
  - Chapter Head: Pakistan Nutrition and Dietetics Society (PNDS) Faisalabad Chapter
  - Focal Person Quality Enhancement Center (QEC), Institute of Home Sciences, UAF
  - Secretary QEC, Faculty of Food, Nutrition and Home Sciences, UAF
  - Incharge Faisalabad Chapter, Pakistan Nutrition and Dietetics Society (PNDS) Faisalabad Chapter
  - Focal Person (Female), Faculty of Food, Nutrition and Home Sciences, UAF Sports Gala 2022-23
  - Life time member Pakistan Nutrition and Dietetics Society (PNDS)
- **Post Graduate Students Supervised: 115+**

### EDUCATIONS

- Ph.D Scholar Human Nutrition and Dietetics (Expected Thesis Defense June 2025) : NIFSAT, University of Agriculture, Faisalabad, Pakistan
- Postgraduate Diploma Course (PGDC) Food Safety and Controls : NIFSAT, University of Agriculture, Faisalabad, Pakistan
- M.Sc (Hons.) Home Economics (Food and Nutrition) : IHS, University of Agriculture, Faisalabad, Pakistan
- Epidemiology: The Basic Science of Public Health. The University of North Carolina at Chapel Hill, NC, United States. By Coursera, Verification link: [coursera.org/verify/9SMVC5KCVA6L](https://coursera.org/verify/9SMVC5KCVA6L)
- B.Sc. (Hons.) Home Economics (Food and Nutrition) : IHS, University of Agriculture, Faisalabad, Pakistan

### EXPERINCES & AFFILIATIONS

- Lecturer (Food and Nutrition) : 2014.01~Current University of Agriculture, Faisalabad, Pakistan
- Incharge Food Service and Sensory Evaluation Lab : Institute of Home Sciences, University of Agriculture, Faisalabad, Pakistan
- Organizer Outreach Program : Nutritional Status and Cognitive development (through WISC-R Test) of School Going Children Before and after Provision of Micronutrient Fortified Snacks.: Feb-May, 2022
- Chair Community Nutrition Education (CNE), Pakistan Nutrition and Dietetics Society (PNDS) Faisalabad Chapter (2017-2021)
- Chapter Head, Pakistan Nutrition and Dietetics Society (PNDS) Faisalabad Chapter
- 26<sup>th</sup> Master Trainer Faculty Professional Development Program (MT-FPDP) 16<sup>th</sup> Nov.2015- 15<sup>th</sup> Jan.2016, organized by Learning Innovation Division, HEC, Islamabad, Pakistan

**ARTICLES PUBLISHED LIST**

Sr.#	Article Title	Journal	Authors	Categ ory	Impact Factor	Year
1.	Development and Characterisation of Fig ( <i>Ficus carica</i> ) Leaves Tea with Special Reference to Hypoglycemic Effect	PAKISTAN JOURNAL OF SCIENTIFIC AND INDUSTRIAL RESEARCH SERIES B: BIOLOGICAL SCIENCES	Maham Gillani, Hira Iftikhar, Imran Pasha and Asma Lodhi		0.19	2018
2.	Effect of Green Tea on Testosterone and Estradiol hormones in Albino Rats	BIOSCIENCE RESEARCH	Tahreem Nisar, Hira Iftikhar,Sameen Azhar, Aiman Ijaz, Aniqa Amjad,Hamna, Ahmad,Iram Akhter, Sarah Ishaq, Ammar Zia and Danish Faraz	Y	0.73	2021
3.	Effects of eggshell powder supplementation on nutritional and sensory attributes of biscuits	Czech Journal of Food Sciences	Shahnila, Sana Arif, Imran Pasha , Hira Iftikhar, Fakiha Mehak, Razia Sultana		1.27	2022
4.	Potential of plant growth promoting rhizobacteria to mitigate chromium contamination	<u>Environmental Technology &amp; Innovation</u>	Mr Zain Mushtaq, Mehwish Liaquat; Anum Nazir; Rabia Liaquat; Hira Iftikhar; waheed anwar; Nizwa Itrat	W	7.75	2022
5.	Molecular Based Detection and Antibiotic Sensitivity Profiling of <i>Listeria monocytogenes</i> Isolated from Different Meat Sources	Tobacco Regulatory Science	Fawad Shabir Memon, Hira Iftikhar, Dr. Amina Mehmood, Maria Abdul Salam, Muhammad Amir, Nosheen Bashir, Noreen Bashir, Maria Aziz, Muhammad Mudassar	W	1.5	2022
6.	Assessment of dietary intake and nutritional status of children (under 5 years) in district Faisalabad		Adrees, S., Javed, A., Noor Ul Sahar, H., Iftikhar, H., Shukat, R., Riaz, R. and Rahim, M. (2023). Assessment of dietary intake and nutritional status of children (under 5 years) in district Faisalabad. Eur. Chem. Bull, [online] 2023(10), pp.14116–14144. doi:https://doi.org/10.48047/ecb/2023.12.10.1003.	Y	3.71	2023
7.	The Effect of Iron and Zinc Fortified Chickpea Energy Bars on Working Memory of Pre-	Journal of Population Therapeutics and Clinical Pharmacology	Hira Iftikhar, Maheen Fatima, Beenish Israr, Alvina Haseeb, Imran Pasha, Hafiz Bilal Murtaza	Y	-	2023

	Adolescents					
8.	Sensory Appeal and Anxiety Reduction: A Study on Ashwagandha, Sweet Basil, and Cinnamon Tea Blends	Journal of Health and Rehabilitation Research	Areeba Shahid, Hira Iftikhar, Zarish Israr, Misbah Zikria, Arshia Mubeen Rana, Hafiz Bilal Murtaza	Y	-	2023
9.	Comparative Study of Dietary Habits Between Government and Private School Going Children and Methodologies to enhance Nutritional Care, Parental Counselling, and educational interventions.	International Journal of Social and Entrepreneurship	Meh Batool, Hira Iftikhar, Nahel Noor, Alvina Haseeb	Y	-	2023
10.	Comparative Efficacy of Mature Coconut Water and Peppermint Water in Managing Gestational Hypertension: A Quasi-Experimental Study in Faisalabad District	Journal of Health and Rehabilitation Research ISSN: 2791-156X	Ayesha Kanwal <sup>1</sup> , Hira Iftikhar <sup>2*</sup> , Sana Iqbal <sup>1</sup> , Nahel Noor <sup>1</sup> , Ayesha Mustafa <sup>1</sup> , Sana Aslam <sup>1</sup> , Hafiz Bilal Murtaza <sup>3</sup> <sup>1</sup> University of Agriculture Faisalabad, Pakistan. <sup>2</sup> Lecturer, University of Agriculture Faisalabad, Pakistan. <sup>3</sup> Ph.D. Scholar (Statistics), University of Agriculture Faisalabad, Pakistan. *Corresponding Author: Hira Iftikhar, Lecturer; Email: <a href="mailto:hira.iftikhar@uaf.edu.pk">hira.iftikhar@uaf.edu.pk</a> Kanwal A., et al. (2024). 4(1): DOI: <a href="https://doi.org/10.61919/jhrr.v4i1.708">https://doi.org/10.61919/jhrr.v4i1.708</a>	Y	-	2024
11.	Investigating the Influence of Spinach Sauce in Modulating Serum Calcium in Osteoporotic Females	Journal of Health and Rehabilitation Research ISSN: 2791-156X	Mehbatool <sup>1</sup> , Hira Iftikhar <sup>2*</sup> , Anjum Raza <sup>3</sup> , Laiba <sup>4</sup> , Rida <sup>4</sup> , Zunaib <sup>4</sup> , Ali Ahsan <sup>4</sup> , Hafiz Bilal Murtaza <sup>5</sup> <sup>1</sup> MSc. (Hons) in Food and Nutrition, University of Agriculture, Faisalabad, Pakistan. <sup>2</sup> Lecturer, University of Agriculture, Faisalabad, Pakistan. <sup>3</sup> PhD Scholar (Biochemistry), Riphah International University, Faisalabad, Pakistan. <sup>4</sup> Student, University of Agriculture, Faisalabad, Pakistan. <sup>5</sup> Ph.D. Scholar (Statistics), University of Agriculture, Faisalabad, Pakistan.	Y	-	2024

			*Corresponding Author: Hira Iftikhar, Lecturer; Email: <a href="mailto:hira.iftikhar@uaf.edu.pk">hira.iftikhar@uaf.edu.pk</a> Mehbatoool., et al. (2024). 4(2): DOI: <a href="https://doi.org/10.61919/jhrr.v4i2.878">https://doi.org/10.61919/jhrr.v4i2.878</a>			
12.	Transdisciplinary Tactics and Prospects for Medical and Commercial Advancement in Kefir	Journal of Health and Rehabilitation Research ISSN: 2791-156X	Amna Iftikhar <sup>1</sup> , Hira Iftikhar <sup>2*</sup> , Iqra Iftikhar <sup>3</sup> , Mehbatoool <sup>3</sup> , Anjum Raza <sup>4</sup> , Zainab Usman <sup>3</sup> , Hooria Ruqayya Momin <sup>3</sup> , Hafiz Bilal Murtaza <sup>5</sup> 1MSc. (Hons) in Dairy Technology, University of Agriculture, Faisalabad, Pakistan. 2Lecturer, University of Agriculture, Faisalabad, Pakistan. 3MSc. (Hons) in Food and Nutrition, University of Agriculture, Faisalabad, Pakistan. 4PhD Scholar, Biochemistry, Riphah International University, Faisalabad, Pakistan. 5PhD Scholar (Statistics), University of Agriculture, Faisalabad, Pakistan. *Corresponding Author: Hira Iftikhar, Lecturer; Email: <a href="mailto:hira.iftikhar@uaf.edu.pk">hira.iftikhar@uaf.edu.pk</a> Iftikhar A., et al. (2024). 4(2): DOI: <a href="https://doi.org/10.61919/jhrr.v4i2.879">https://doi.org/10.61919/jhrr.v4i2.879</a>	Y	-	2024
13.	The Impact of Iron and Zinc Fortified Snacks on Cognitive Performance in Pre-Adolescents	Pakistan Journal of Agricultural Sciences (PAKJAS)	Iftikhar, H., Israr, B., Butt, M. S., & Pasha, I. (2024). The Impact of Iron and Zinc Fortified Snacks on Cognitive Performance in Pre-Adolescents. <i>Journal of Agricultural Sciences</i> , 61, 1066-1074.	X	0.856	2024
14.	Investigating the Potential of Chicken Meat Oat Flour Noodles as a Wholesome Food Option for Growing Children	Riphah Journal of Allied Health Sciences	Sana Ashraf , Hamza Jan, Hira Iftikhar, Noor Younis, Zargham Faisal, Muhammad Mutahir, Shoaib Aziz, Farwa Tariq	Y	-	2025