

Dr. Muhammad Sohail

Ph.D. Food Technology

FSSC 22000, Halal Lead Auditor

Res: P-29, Street # 3, Hamza Block, Muslim Town 1,

Faisalabad, Pakistan

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OBJECTIVE

Experienced, motivated and responsible professional in the area of Food Science and Food Safety. Experience in the development of innovative food products, analysis of finished products, research & development, food laws, regulatory framework, scientific writing and data analysis. Seeking a position to apply my research, analytical, project management and problem-solving skills to design self-sustainable and commercially beneficial research projects in the field of food science, nutrition, food safety and quality management.

EDUCATION

Ph.D. Food Technology (3.85/4.00 CGPA)

2017

National Institute of Food Science and Technology,
University of Agriculture, Faisalabad,
Pakistan.

M.Sc. (Hons) Food Technology (3.90/4.00; 83.60%)

2013

National Institute of Food Science and Technology,
University of Agriculture, Faisalabad,
Pakistan.

B.Sc. (Hons) Food Science and Technology (3.88/4.00; 81.07%)

2011

National Institute of Food Science and Technology,
University of Agriculture, Faisalabad,
Pakistan.

F.Sc. (Pre-medical) (821/1100)

2007

Govt M.D College. Toba Tek Singh.

Matric (Science) (652/850)

2005

Govt. Islamia Secondary School. Toba Tek Singh

EMPLOYMENT & EXPERIENCE

- **Assistant Professor (BPS-19)**
National Institute of Food Science & Technology, UAF
23-08-2024 – Till Date
- **Food Safety Officer/ R&D Officer (BPS-17)**
Research and Development Section
Punjab Food Authority
31-05-2021 – 22-08-2024 (3 years, 2 months)
- **Deputy Director Operations (Additional Charge) (BPS-18)**
Punjab Food Authority
Nov-2017 to 30-05-2021 (3 Years, 5 Months)
- **Food Safety Officer (BPS-17)**
Punjab Food Authority
Oct-2016 to Nov-2017 (1 Year, 1 Month)
- **Teaching Assistant**
National Institute of Food Science and Technology
2016 (6 Months)
- **Internee**
Nestle Kabirwala Factory Pakistan Ltd.
March, 2011- June 2011 (4 Months)

SKILLS

- **Languages** - Excellent speaking and writing **English**, Urdu and Punjabi
- **Computer Skills** – Microsoft Windows, UBUNTU, Microsoft Office (All Versions), Statistix 8.1, Inpage Urdu, Internet, Troubleshooting in Computer Software and Hardware, Corel Draw, Adobe Photoshop.
- **Food Inspections and Auditing** – 6 years of working experience as Food Safety Officer, Food Safety Audits, Food Safety Inspections, FSSC 22000 lead auditor, Halal Food lead auditor
- **Product Development Projects**
 - Development of high-protein nut bars
 - Development of soymilk recipe and process optimization
 - Development of oat milk recipe and process flow lines
 - Development of licorice based ready-to-drink beverage

STRENGTHS

- Highly motivating, creative, innovative and focused mind
- Flexibility in adapting to a wide variety of work place requirements
- Good problem solver and planner
- Excellent scientific and general writing skills

**RESEARCH
PROJECTS
COMPLETED
(Institutional
Funding – PFA)**

- Development of on-spot testing kit for the detection of adulteration in milk
- Development of on-spot testing kit for the detection of spices adulteration

**Patents Under
Progress (05)**

1. Process for detection of adulterants in milk using strip-based testing kit method
2. Process for detection of detergent adulteration in milk using strip-based testing kit method
3. Process for detection of urea adulteration in milk using strip-based testing kit method
4. Process for detection of starch adulteration in milk using strip-based testing kit method
5. Process for detection of salt adulteration in milk using strip-based testing kit method

**RESEARCH
Publications**

Published (09)

- **Muhammad Sohail**, Allah Rakha, Masood Sadiq Butt and Muhammad Asghar. 2017. Investigating the antioxidant potential of licorice extracts obtained through different extraction modes. Journal of Food Biochemistry. **(Impact factor: 3.5)**
- Tahreem Israr, Allah Rakha, Summer Rashid, Aamir Shehzad, Waqas Ahmed and **Muhammad Sohail**. 2016. Effect of Basil Seed Gum on Physico-Chemical and Rheological Properties of Bread. Journal of Food Processing and Preservation. **(Impact factor: 2.6)**
- Yun Li, Faizan A. Sadiq, Li Fu, Hui Zhu, Minghua Zhong and **Muhammad Sohail**. 2016. Identification of Angiotensin I-Converting Enzyme Inhibitory Peptides Derived from Enzymatic Hydrolysates of Razor Clam Sinonovacula constricta. Marine drugs. 14, 110. **(Impact Factor 6.08)**
- Tehreem Israr, Allah Rakha, **Muhammad Sohail** and Aamir Shehzad. 2016. Salt reduction in baked products: strategies and constraints. Trends in Food Science & Technology. **(Impact Factor 15.1)**
- **Muhammad Sohail**, Allah Rakha, Masood Sadiq Butt, Muhammad Jawad Iqbal and Summer Rashid. 2016. Rice bran nutraceuticals: a comprehensive review. Critical Reviews in Food Science & Nutrition. **(Impact factor: 7.3)**
- Summer Rashid, Allah Rakha, Faqir M Anjum, Waqas Ahmad & **Muhammad Sohail**. 2015. Effect of extrusion cooking on dietary fiber content of bran extrudates. International Journal of Food Science and Technology. **(Impact facto: 3.3)**
- Muhammad Bilal Younas, Allah Rakha, **Muhammad Sohail**, Summer Rashid and Hassam Ishtiaq. 2015. Physicochemical and sensory

assessment of apple pomace enriched muffins. PAK. J. FOOD SCI., 25(4), 2015: 224-234.

- Muhammad Arsalan Mahmood, Allah Rakha and **Muhammad Sohail**. 2015. Comparative study of composite bread prepared from germinated and ungerminated soya bean (*Glycine max*) flour. PAK. J. FOOD SCI., 25(1), 2015: 51-57
- Abdul Aziz, Muhammad Yasin, Muhammad Atif Randhawa, Adeela Yasmin, Muhammad Ahmar Jahangir and **Muhammad Sohail**. 2013. Nutritional and antioxidant profile of some selected Pakistani potato cultivars. PAK. J. FOOD SCI., 23(2), 2013: 87-93.

Book Chapters (02)

- Iahisham-Ul-Haq, Sipper Khan, **Muhammad Sohail**, Muhammad Jawad Iqbal and Kanza Aziz Awan. 2022. Tea Tree Essential Oil. In: Essential Oils: Extraction, Characterization, and Applications. Elsevier Inc
- Anam Hameed, Allah Rakha, Mian Kamran Sharif, **Muhammad Sohail**. 2020. Clinical Assessment of Micronutrient Deficiencies. Assessment of Nutritional Status: A Household Guide. F-Tech Communications, Faisalabad.

Professional Trainings/ Courses

- **03 Days** training course on “Confidence building and assertiveness skills. Pakistan Manpower Institute, Islamabad.
- **05 Days** short course on “capacity building of drawing and disbursing officers (DDOs) of Punjab Government. **Feb 2019**. MPDD, Lahore
- **5 Days Halal Lead Auditor** Training Course. **March 2016**. University of Agriculture, Faisalabad
- **5 Days ISO/FSSC 22000** – Food Safety Management Systems Auditor/Lead Auditor Training Course. **Dec 2017**

Articles Published in Newspapers (01)

- Dr. Allah Rakha and **Muhammad Sohail**. Whole wheat: Health g[r]ains. The Express Tribune. Published on 10-Aug-2014

ABSTRACTS (International)

(Published = 01)

- **Muhammad Sohail**, Allah Rakha and Masood Sadiq Butt. Antioxidant potential, physicochemical and sensory attributes of rice bran extract supplemented pizza base. J Nutr Food Sci 2016, 6:4 (Suppl). 2nd International Conference on Nutraceuticals and Nutrition Supplements. **July 18-19, 2016 Bangkok, Thailand**