CONTACT INFORMATION

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OBJECTIVE

With a dynamic and innovative organization that will utilize my education and experience, while presenting new work challenges and continuous learning opportunities.

EDUCATION

Doctorate in Food Technology (Sep. 2014 – Dec-2019) **University of Agriculture**, Faisalabad, Pakistan

- **Research Project**: Development and Optimization of Ultraviolet Treatment and its Effects on Safety & Quality Aspects of Milk
- Supervisor: Dr. Muhammad Atif Randhawa
- Courses: Food Safety System, Food Quality Assurance, Analytical techniques, Food Engineering, Food Auditing
- Focus area: Food Safety

M.Sc in Food Safety & Quality Mgt. (Sep. 2010 - Oct. 2012) University of Greenwich, London, United Kingdom

- **Research Project**: An overview of National Food Control System (NFCS) of Pakistan and UK regarding dairy.
- Supervisor: Dr. Richard Fuchs
- Courses: Food Safety, Food Microbiology, Research Methods, Food Product & Process Development
- Focus area: Food Safety

B.Sc (Hons.) Food Science & Tech. (Sep. 2006 - June. 2010) **University of Agriculture, Faisalabad, Pakistan**

- Courses: Food Safety System, Food Quality Assurance, Analytical techniques, Food Engineering, Food Auditing
- Focus area: Food Science & Technology

CURRENT STATUS

Lecturer

(Sep. 2013 – Conti.)

University of Agriculture, Faisalabad, Pakistan

- Lecturer in National Institute of Food Science & Technology
- Delivering Lecturers to M.Phill and Ph.D Students as well as research activities

PROFESSIONAL EXPERIENCE

1. QA Officer/Food Safety Auditor (Sep. 2012 – Jul. 2013) **Punjab Beverages PEPSICO**, Faisalabad,

- To Assure the production of safe beverages
- Performing different tests related to quality control of juice and CSD
- Deal with the customer complaints if there is any complaint
- Conducting the food safety audits
- Maintain the product control sheet & Documentation
- HACCP implementation

2. Team Leader, (Food Safety Officer) (Mar. 2011 – Mar. 2012) **SME (United Kingdom)**

- To Assure the production of safe food
- Daily stock checking of the restaurant
- Deal with the customer complaints if there is any complaint
- Maintain the product control sheet & Documentation
- HACCP implementation

3. Trainee/Intern

(Mar. 2010 - May. 2010)

Nestle Pakistan

- To Control the bacterial issue present in Infant formula during production
- Maintain the production flow
- Taking samples at different time intervals

ACADEMIC PROJECTS

- Designing and implementation of HACCP on bread processing plant to assess its effectiveness on safety and quality aspects of processed bread (Completed)
- Designing and implementation of HACCP on reverse osmosis water plant to assess its effectiveness on safety and quality aspects of processed water (Completed)
- Designing and implementation of HACCP on pasteurized milk processing plant to assess its effectiveness on safety and quality aspects of pasteurized milk (Completed)
- Safety assessment of rock salt and sea salt regarding persistence of heavy metals through AAS (Completed)

- Effects of different packaging materials on safety and quality parameters of raw, pasteurized and ultrasonicated milk (Completed)
- Comparative analysis of desi chicken meat and broiler meat for heavy metals persistence and their fate during cooking (Completed)
- Effect of different cooking methods on heavy metals persistence in sheep meat and goatmeat (**Completed**)
- Preparation of naturally fortified cupcakes with special reference to vitamin C and zinc (**Completed**)
- Development and characterization of cookies enriched with lemon pomace and chia seeds (**Completed**)
- Safety and quality assessment of high intensity ultrasound processed meat slices in various packaging environments (Completed)
- Process optimization of frozen French fries for its safety and quality parameters (**Completed**)
- Fortification of noodles with calcium by using eggshell powder (Completed)
- Assessment of food safety management culture in different restaurants of Faisalabad (**Completed**)
- An investigation regarding public knowledge of food allergens and perceptions related inspection reports (**Completed**)
- Exploring the effect of calcium-fortified water in alleviating hypo calcemia in women of reproductive age (**Completed**)
- Effect of zinc fortified water on atopic dermatitis in adult patients (**Completed**)
- Development of composite flour bread and evaluating its therapeutic effects for metabolic syndrome patients (**Completed**)
- Exploring the effect of chia seeds in alleviating the type II Diabetes in obese patient. (**Completed**)

- Effect of *Moringa oleifera* seed powder on safety and quality parameters of drinking water and making it commercially available. (**Completed**)
- Application of MAS in combination with different packaging to enhance the safety and quality parameters of grapes (**Completed**)
- Utilization of cow pea and kidney bean for the treatment of water (**Completed**)
- Effect of perforated packaging in combination with modified atmosphere storage on shelf life and quality attributes of poultry meat (**Completed**)
- Quantification of acrylamide in chicken nuggets from Faisalabad local market. (**Completed**)
- An overview of National Food Control System (NFCS) of Pakistan and UK regarding dairy (**Completed**)
- Effect of *Juglan regia* on patients having metabolic syndrome: a control feeding trial (**Completed**)
- Bio-assessment of anthocyanin fortified chapatti on primary open angle glaucoma patients (Completed)
- Evaluating the impact of UV light on microbial safety status of fresh peach juice (Completed)
- Exploring the effect of UV light on Vitamin A, C and E in fresh peach juice (**Completed**)
- Comparative analysis of Ultraviolet treatment and heat treatment on fatty acids profile of milk (**Completed**)
- Assessment of Aflatoxin M1 and Oxytocin in milk from different collection centers and dairies of Sahiwal (Completed)
- Effect of Ohmic heating in combination with modified atmospheric storage on shelf life stability of fish fillet (Completed)

- Hepatoprotective effect of black cardamom seeds against elevated liver enzymes (Completed)
- Comparative analysis of Ultraviolet treatment and heat treatment on fatty acids profile of milk (Completed)
- Comparative analysis of different storage treatments on quality and safety attributes of different varieties of apple available in Multan (Completed)

INTERNATIONAL PROJECTS

- Community Awareness Campaign on Pesticide Risk and Safer Food with CABI UK (In Progress)
- Food Safety Knowledge, Attitudes and practices of Rural and Urban Consumers in Pakistan with **CABI UK (Completed)**
- Nutrition Awareness of School Going Children and Review of Nutrition & Food Safety Curricula Practiced at Higher Education Institutes of Pakistan with GAIN (Completed)
- PGD in Food Safety & Controls in UAF with collaboration of UNIDO Pakistan (Completed)

Abstracts Published

- Use of Nanosensors in Sustainable Food Supply (Nutrition and Public Health for Developing Economies; Strategies & Sustainable Solutions November 7-8, 2022)
- Biofortifications of crops: an emerging approach for food Security (Nutrition and Public Health for Developing Economies; Strategies & Sustainable Solutions November 7-8, 2022)
- Development and quality assessment of multigrain cookies supplemented with Terminalia arjuna bark powder (Nutrition and Public Health for Developing Economies; Strategies & Sustainable Solutions November 7-8, 2022)

- Eat right when money is tight (Nutrition and Public Health for Developing Economies; Strategies & Sustainable Solutions November 7-8, 2022)
- Integrating depression care within Non-Communicable Diseases (NCDs) provision (Nutrition and Public Health for Developing Economies; Strategies & Sustainable Solutions November 7-8, 2022)
- Cell-Based Biosensor as an Emerging Food Safety and Quality
 Control Tool in Sustainable Food Supply Chain (Nutrition and
 Public Health for Developing Economies; Strategies &
 Sustainable Solutions November 7-8, 2022)
- Vitamin D fortification: A perspective to strengthen immunity during post covid time (Nutrition and Public Health for Developing Economies; Strategies & Sustainable Solutions November 7-8, 2022)
- Sustainable food supply chain and food waste management (Nutrition and Public Health for Developing Economies;
 Strategies & Sustainable Solutions November 7-8, 2022)
- Food security goal and public distribution system (Nutrition and Public Health for Developing Economies; Strategies & Sustainable Solutions November 7-8, 2022)
- Biofertilizer from biomass: A Methodology for Sustainable Management of Food Waste (Nutrition and Public Health for Developing Economies; Strategies & Sustainable Solutions November 7-8, 2022)
- Fortification of food blends with Bambara groundnut; An underutilized crop to combat food insecurity locally and globally (Nutrition and Public Health for Developing Economies; Strategies & Sustainable Solutions November 7-8, 2022)

- Biodegradable packaging as a step towards sustainable food chain (Nutrition and Public Health for Developing Economies;
 Strategies & Sustainable Solutions November 7-8, 2022)
- Citrus peel as value added product (30th All Pakistan Food Science conference & Food and Nutrition Expo-2019)
- Development of flour from banana peel as value added product (30th All Pakistan Food Science conference & Food and Nutrition Expo-2019)
- A novel non-thermal technology of cold plasma for food processing (30th All Pakistan Food Science conference & Food and Nutrition Expo-2019)
- Ginger candy: an effective anti-carcinogenic value-added product (30th All Pakistan Food Science conference & Food and Nutrition Expo-2019)
- Aloe vera gel; a potential health improver (30th All Pakistan
 Food Science conference & Food and Nutrition Expo-2019)
- Nutritional aspects of water caltrop (30th All Pakistan Food Science conference & Food and Nutrition Expo-2019)
- Value addition of meat using high intensity ultrasonic processing (30th All Pakistan Food Science conference & Food and Nutrition Expo-2019)
- Value added plant-based meat analogues: an opportunity to grasp (30th All Pakistan Food Science conference & Food and Nutrition Expo-2019)
- Supermarkets and safety assurance of animal origin foods (International Conference on Foods of Animal Origin, 2017)
- Safety assessment of fermented dairy products (International Conference on Foods of Animal Origin, 2017)
- Consumption of Fish, its benefits and hazards (International Conference on Foods of Animal Origin, 2017)

- Malpractices in poultry industry leading to health risks
 (International Conference on Foods of Animal Origin, 2017)
- Impact of Cinnamon on type 2 diabetes mellitus (National conference 2016)
- Soybean as a functional dietary ingredient and its novel implications (National Conference 2016)
- Sustainable Performance; Significance in dairy supply chain of developing countries (International Conference 2015)
- HACCP; Connotation and hindrances in dairy sectors of developing countries (International Conference 2015)
- Provoking approaches to mitigate malnutrition (**International Conference 2015**)
- High Pressure Processing; A potential technique for value added dairy products (International conference Oct-2014)
- Inulin type Fructan as an immune-modulator (International Conference 2014)
- NFCS; Solution for emerging food safety issues (**International Conference 2014**)

Research Papers Published

- A recent glance on the valorisation of cheese whey for industrial prerogative: high-value-added products development and integrated reutilising strategies (International Journal of Food Science and Technology, 2022, Impact factor: 3.75)
- Fate of cymoxanil, difenconazole and acetamiprid residues on grape varieties during modified atmospheric storage (International Journal of Environmental Analytical Chemistry, 2021, Impact factor: 2.86)
- Ameliorative mechanisms of Turmeric-extracted curcumin on arsenic (As) induced biochemical alterations, oxidative damage and impaired organ functions in rats (Environmental Science and Pollution Research, 2021, Impact Factor: 4.223)
- Structural and functional properties of milk proteins as affected by heating, high pressure, Gamma and ultraviolet irradiation: A

review (International Journal of Food Properties, 2021, Impact Factor: 1.808)

- Exploring the effect of cinnamon essential oil to enhance the stability and safety of fresh apples (Journal of Food Processing and Preservation, 2020, Impact factor: 1.310)
- Cryoprotective effect of egg white proteins and xylooligosaccharides mixture on oxidative and structural changes in myofibrillar proteins of Culter alburnus during frozen storage (International Journal of Biological Macromolecules, 2020, Impact factor: 4.784)
- Exploring the Effect of UV Treatment on Fatty Acid Profile of Buffalo Milk (Pakistan Journal of Agricultural Sciences, 2019, Impact factor: 0.618)
- Effect of Juglan Regia on Patients Having Metabolic Syndrome: A Controlled Feeding Trial (**Journal of Pharmaceutics and Therapeutics**)
- Post-harvest Shelf-Life Extension and Nutritional Profile of Thompson Seedless Table Grapes Under Calcium Chloride and Modified Atmospheric Storage (Journal of Food Processing & Technology, 2017, Impact factor: 2.53)
- Effect of Different Concentrations of Carbon Dioxide on Physicochemical Traits of Grapes During Storage (Curr Trends Nutraceutical, 2017, Impact Factor: 2.0)

Book Chapters Published

- Food and Non-Food Applications of berries' by-products In: Berry Bioactive Compound By-Products, **2023**, (**Published by Elsevier**)
- Chemistry and Functionality of Processed Figs In: Fig (Ficus carica) Production, Processing and Properties, **2023**, (**Published by Springer**)
- Food Safety & Quality Assurance in Handbook of Food Science & Technology, published in Endowment Fund Secretariat of University of Agriculture, Faisalabad, 2017 (Published)
- Food Auditing & Inspections Handbook. (In Progress)
- Food Safety & Quality Control Systems Handbook (In Progress)

Students Supervised

Students Supervised: 70

Students under Supervision: 30

Skills

Applications & Abilities

- Microsoft Office Word, Power Point, Excel, Outlook.
- Proficient in English IELTS 7.5 bands
- Proposal Writing
- Working Paper write up at government level
- Professional Food Safety Trainer

CERTIFICATIONS

- Training on seminar on food safety inspection technology and safety management for belt and road countries.
- Certified Food Safety Specialist
- Conducting 4 days training on Certified Food Safety Specialist course
- HACCP implementation on different process lines
- E-Learning course on "Risk Assessment of Foodborne
 Pathogens" organized by Asian Productivity Organization
- Water treatment plant commissioning and testing
- Training on reference management skills

Advisory Roles

- Degree Advisor for M.Sc. (Hons.) Food Safety & Quality
 Management
- Advisor for PGD Food Safety & Controls
- In-charge of Nutraceutical Lab
- In-charge HPLC (Operations & Maintenance)
- Member ISO 17025 Accreditation Committee
- Member seminar committee of NIFSAT for graduate students
- Co-tutor Sher Khan Shaheed-III

- In-charge Food Analysis Lab
- Organizer of different conferences at national and international level
- Trainer for different Food Safety courses.

Courses Taught

- Food Safety & Toxicology
- Food Safety & Quality Control Systems
- Food Auditing & Inspection
- Food Safety & Quality
- Food Processing & Preservation
- Food Analysis
- Food Traceability & Authenticity
- Foods of Animal Origin
- Dietetics-III

Extra-curricular Activities

- Reading Books
- Playing Basketball
- Member. Quiz Club Pakistan
- Visiting New Places
- Playing Games

References

Will be provided on request.