



FARWA TARIQ

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Education

UNIVERSITY OF AGRICULTURE FAISALABAD

Ph.D. Human Nutrition and Dietetics

2018 to Present
(Thesis submitted)

UNIVERSITY OF AGRICULTURE FAISALABAD

M.Sc. (Hons.) Human Nutrition and Dietetics

Faisalabad, Pakistan
2016- 2018

UNIVERSITY OF AGRICULTURE FAISALABAD

B.Sc. (Hons.) Human Nutrition and Dietetics

Faisalabad, Pakistan
2012- 2016

Experience

LECTURER

University of Agriculture, Faisalabad

Constituent College Toba Tek Singh, Toba Tek Singh, Punjab, Pakistan

September 18, 2023 to Present

LECTURER

Department of Human Nutrition and Dietetics

Mirpur University of Science and Technology (MUST), Mirpur, Azad Jammu & Kashmir

November 2022 to September 15, 2023

RESEARCH ASSOCIATE

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

December 2018 to September 2020

Outreach Activities

NUTRITION PROGRAM AND BALANCE DIET AWARENESS CAMPAIGN

Toba Tek Singh, Pakistan

The objective of this activity was information dissemination about balanced diet and assessment of the nutritional status of the community. This activity was conducted at Schools and Colleges of Toba Tek Singh from October 10, 2023, to the present.

Research and Review Articles

- **Tariq, F.**, M.U. Islam, T. Tariq, M. Ashraf, A. Sameen, H. Jan, S. Munir, M.T. Mohyuddin, and S.M. Hassan. 2024. Probing hepatoprotective potential of camel milk on sodium arsenite induced liver damage in Sprague Dawley rats. *Pakistan Journal of Agricultural Sciences*. 61(4): 1036-1044.
- Jan, H., A. Sameen, M. Khan, S. Ashraf, N. Younis, **F. Tariq** and T. Tariq. 2024. Development and quality evaluation of cheese spread enriched with branched chain amino acids. *Pakistan Journal of Scientific and Industrial Research*. **(Paper accepted)**.
- **Tariq, F.**, A. Sameen, A. Sahar and M.N. Faisal. 2024. Insights into the physicochemical and phytochemical profiling of *Fagonia indica*. *Journal of Population Therapeutics and Clinical Pharmacology*. 31(5): 1360-1366.
- Ashraf, S., H. Jan, H. Iftikhar, N. Younis, Z. Faisal, M. Mutahir, S. Aziz and **F. Tariq**. 2024. Investigating the Potential of Chicken Meat Oat Flour Noodles as a Wholesome Food Option for Growing Children. *Riphah Journal of Allied Health Sciences*. 3(1).
- Manzoor, S., A. Rakha, A.B. Altemimi, T. Tariq, S. Munir, **F. Tariq**, A. Sameen, G. Abdi and R.M. Aadil. 2024. Astounding the anxiolytic and eudemonic potential of certain fruits. *Journal of Agriculture and Food Research*. 101302.
- Tanveer, F., A. Sameen, T. Tariq, **F. Tariq** and S. Munir. 2023. Investigating The Therapeutic Potential of Cabbage and Fenugreek Seeds in Gastric Ulcer Induced in Rats. *RADS Journal of Food Biosciences*, 2(2): 73-80.

- Manzoor, M.F., T. Tariq, B. Fatima, A. Sahar, **F. Tariq**, S. Khan, M.M.A.N. Ranjha, A. Sameen, X.A. Zeng and S.A. Ibrahim. 2022. An insight into Bisphenol A, food exposure and its adverse effects on health: A review. *Frontiers in Nutrition*. 2654.
- Yasin, H., **F. Tariq**, A. Sameen, N. Ahmad, M.F. Manzoor, M. Yasin, T. Tariq, M.W. Iqbal, B. Ishfaq, S. Mahmood and A. Siddeeg. 2020. Ethanolic extract of okra has a potential gastroprotective effect on acute gastric lesions in Sprague Dawley rats. *Food Science & Nutrition*.

Book Chapters

- Itrat, N., A. Nazir, R. Saroosh, J. Shabbir, A. Ali, M.A. Rahim, H. Iftikhar and **F. Tariq**, 2024. Extrusion Processing: Enhancing Micronutrient Content in Snacks. In *Fortified Foods*. New York, NY: Springer US. 169-177.
- Sameen A., **F. Tariq**, U.M. Khan, and T. Tariq 2022. Food Microbial Hazards, Safety and Quality Control: A Strategic Approach. *Handbook of Research on Food Safety Practices in the Restaurant Industry* by S. N. Khairatun. IGI Global. pp. 67-98.
- **Tariq, F.** and A. Sameen. Functional Food Regulations. 2022. *Basics of Functional Foods and Nutraceuticals*. By M. I. Khan and A. Rakha. F Tech Communication, Faisalabad.
- Khan, S., A. Sehar, T. Tariq, A. Sameen and **F. Tariq**. 2022. Essential oils in plants: plant physiology, the chemical composition of the oil, natural variation of the oils (chemotaxonomy, environmental effects, etc.). *Essential Oils: Extraction, Characterization, and Applications*. Academic Press, USA. ISBN-13: 978-0323917407.
- **Tariq, F.**, A. Sameen, T. Tariq and M. Aizad. 2018. Processing, storage, and transportation of milk products. In *Animal Sourced Foods for Developing Economies: Preservation, Nutrition, and Safety* by M. I. Khan and A. Sameen. CRC Press, Taylor and Francis Group. ISBN 9780. 429676512.

Popular/Policy/Commentary Articles

- **Tariq, F.**, Z.U. Rehman, M. Ashraf and R. Saleem. 2024. *ہڈیوں کا بھر بھرا پن (آسٹیوپوراسس): ایک خاموش بیماری*. *Zarai Digest*, University of Agriculture Faisalabad. Page 52-53.

Additional

- **Skills:** Microsoft office word, Powerpoint, Excel
- **Interests:** Leadership, workshops, seminars, cooking, designing, reading, planting trees