

# CURRICULUM VITAE

## PERSONAL INFORMATION

**Name:** Kinza Javed Iqbal  
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**Cell:** +923061316132  
**Designation:** Lecturer UAF, NIFSAT  
**Citizenship:** Pakistani  
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## CARRIER OBJECTIVES:

- To uplift the research work concerned by utilizing modern scientific and engineering principles to analyze the analytical, biochemical, physical, nutritional, and toxicological aspects of food and food ingredients that will aid in the preservation and distribution of food, and help ensure its quality and safety
- To secure a challenging position at a prestigious organization where I can apply my knowledge and skills to provide value to the organization and contribute to the achievement of organizational goals and to promote good corporate governance practices as part of my responsibilities.

## ACADEMIC QUALIFICATION

Year	College/ University	Degree	Marks/ CGPA
2021-continued	University of Agriculture, Faisalabad	Ph.D. Human Nutrition and Dietetics	3.87/4.00
2019-2021	University of Agriculture, Faisalabad	M.Sc. (Hons.) Human Nutrition and Dietetics	3.91/4.00
2015-2019	University of Agriculture, Faisalabad	BS. (Hons.) Human Nutrition and Dietetics	2.93/4.00
2013-2015	Punjab College for Women, Faisalabad	F.Sc. Pre-Medical	704/1100 (64%)
2011-2013	Chenab School System, Faisalabad	Matriculation	835/1050 (79.5%)

## PROFESSIONAL EXPERIENCE

<b>Lecturer</b>	HND-NIFSAT, University of Agriculture, Faisalabad <b>12-09-23 – till Present</b> 1 year and 6 months
<b>Teaching Assistantship</b>	University of Agriculture, Faisalabad <b>12-09-2022 to 12-01-2023</b>
<b>Clinical Internship</b>	Department of Nutrition, Faisalabad Institute of Cardiology, Faisalabad <b>15-01-2019 to 31-03-2019</b>
<b>Clinical Internship</b>	Department of Nutrition, WAPDA and Chiniot Hospital, Faisalabad <b>10-06-2018 to 10-08-2018</b>
<b>Job Experience</b>	Worked in Digital Conversions Media administration department as junior administrator from <b>26th March, 2017 to 10th February 2021</b>

## PUBLICATIONS

<b>Research Article</b>	<ul style="list-style-type: none"><li>• Development and Characterization of Oats and Banana Powder Muffins against Hypertension</li></ul>
<b>Review Article</b>	<ul style="list-style-type: none"><li>• Sustainable Packaging Strategies and Temperature Influence on the Shelf Stability of Chicken Barfi</li><li>• Valorization of Pomegranate and Banana By-products into Value-added Products: Influence on Physicochemical, Rheological, and Consumer Attributes</li><li>• Delving Into the Therapeutic Potential of Ficus Carica and Its Impact on Promoting Health: A Review (RADS Journal of Food Biosciences)</li></ul>
<b>Book Chapter</b>	<ul style="list-style-type: none"><li>• Novel Nano-biosensors for the Detection of Organophosphate Residues in Food Commodities (Unique Scientific Publishers)</li><li>• Immune Boosters to Combat Zoonotic Viral Diseases (Unique Scientific Publishers)</li><li>• Synergy of Exercise and Pharmacotherapy in Chronic Pain Management</li><li>• The Role of Herbal Medicine/Plant-based Medicine for the Prevention of Cardiovascular Diseases</li></ul>

## Abstracts

- Food waste reduction: A key strategy for sustainable development and climate mitigation (**2<sup>nd</sup> National PKNC Conference-2024**)
- Non-communicable diseases and diabetes: A growing public health challenge (**2<sup>nd</sup> National PKNC Conference-2024**)
- Advancing maternal and child health through improved nutrition (**2<sup>nd</sup> National PKNC Conference-2024**)
- Functional foods: A pathway to sustainable nutrition and public health (**2<sup>nd</sup> National PKNC Conference-2024**)
- Prenatal stress, nutritional deficiencies and cognitive development: Pathways to early intervention (**2<sup>nd</sup> National PKNC Conference-2024**)
- Integrating food security and sustainable development goals: Challenges and solution for a resilient future (**2<sup>nd</sup> National PKNC Conference-2024**)
- Role of gut microbiota in developing child malnutrition (**1<sup>st</sup> International PKNC Conference-2022**)
- Nutrition Education and World Wide Web (**1<sup>st</sup> International PKNC Conference-2022**)
- Use of Nano-sensors in Sustainable Food Supply (**1<sup>st</sup> International PKNC Conference-2022**)
- First 1000 Days: An Opportunity for Lifelong Health (**1<sup>st</sup> International PKNC Conference-2022**)
- Grape Pomace: From Waste to Value Addition (**1<sup>st</sup> International PKNC Conference-2022**)
- Maternal Anemia: Room for Improvement Addition (**1<sup>st</sup> International PKNC Conference-2022**)
- Impact of Delivery Mode: An Opportunity for Flourishing Gut Microbiota (**1<sup>st</sup> International PKNC Conference-2022**)

## PARTICIPATION IN CONFERENCES

November, 2022	Participated in One Day Training Workshop on <b>Soy Products: Opportunities and Challenges</b>
November, 2022	Participated in <b>Recipe Development Competition</b> at 1 <sup>st</sup> International PKNC Conference
November, 2022	Participated in 1 <sup>st</sup> International PKNC Conference on <b>Nutrition and Public Health for Developing Economies; Strategies and Sustainable Solutions</b>
March 2022	International Conference on <b>Contribution of Vegetable Oil Towards Sustainable Development Goals</b>
November, 2021	International Seminar on <b>Sustainable Vegetable Oils: Opportunities for Increased Healthy Food and Two-Way Trade</b>
August, 2021	International Seminar on <b>Palm Oil Trade, Applications and Diet</b>

March, 2021	Participated in <b>“19<sup>th</sup> International Conference on Statistical Sciences”</b>
March, 2019	Participated in workshop <b>“Exercise Strategies for Weight Reduction Fitness”</b>
February, 2019	Certificate of Membership of <b>Students Nutritionist Club Pakistan</b>
August, 2018	Attended a <b>“One Day Workshop on CV Making, Cover Letter and Interviews</b>
August, 2018	Certificate of Appreciation for valuable community nutrition services in <b>“Nutritional Assessment and Awareness Camp”</b>
August, 2018	Certificate of Appreciation for best performance in <b>“Product Development Competition”</b>
January, 2018	Participated in <b>National Nutritionist Meet</b>
April, 2016	Participated in <b>26<sup>th</sup> All Pakistan Food Science Conference</b>

**SKILLS:**

- Good communication skills
- Fluent in English and Urdu
- Knowledge of MS Word, Power point and Excel

**REFERENCES**

Reference will be provided on demand.