

SYEDA MAHVISH ZAHRA

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Mailing & Permanent Address: Sector I8/2, Islamabad, Pakistan
Domiciled: Azad Jammu & Kashmir

Summary: PhD Food Science and Technology (**Specialty: Clinical Nutrition/Fortification**), **Nutrition Cure Plan and Medical Nutrition Intervention/Therapy Expert** (2012-Cont.), **Research Associate** (2013 to 2017), **40 National and International Publications** (Abstracts in Conferences, Review Papers, Research Articles), **International and National Scholarships Winner** throughout Academic Period, **Adaptive** Team player, **Presented to 500*** Audiences, **Expert** in Advanced Human Nutrition and Food Analysis Equipments, Graphics and Biostatistics Analysis **Softwares**



Education:

- ✓ **Institute of Food Science and Nutrition, University of Sargodha, Pakistan. 2020**
Degree: **Ph. D., Food Science and Technology (Specialization: Clinical Nutrition)**
Cumulative Grade Point Average: **3.36/4**
Research & Thesis Title: Efficacy Studies of Iron Fortified Fruit Bar in Anemic University Girls
Research work: i) Development, characterization and evaluation of Iron fortified fruit bars, 60 days storage study regarding proximate composition, elemental analyses especially Fe, Physical analyses, Microbiological analyses, *Invitro*-starch and protein digestibility determination, total phenolic contents determination, Determination of Antioxidant activity through DPPH and selection of final natural treatment through organoleptic evaluation to run in ii) 3 months efficacy study in comparison to placebo and synthetic iron fortified fruit bars to combat anemia in university girls of reproductive age practicing clinical nutrition i.e. through demographics, anthropometrics, vital signs, body composition, clinical signs and symptoms, biochemical blood tests (complete blood picture, anemia identification tests, and intervention biosafety tests) and food frequency questionnaire to determine correlation of anemia and food intake through nutritional health status assessment.
iii) Statistical analyses through Minitab and SPSS using different tests and tools, for all data obtained to elaborate results and finalizing conclusion.
Courses included: Advanced Food Technology, Nutritional Biochemistry, Design and Analysis of Experiments etc.
Special Project: Blood Groups based Nutritional Health Status of School Going Children and also of CMH Hospitalized Pregnant Females in Sargodha, at CMH Sargodha-Pakistan, for 4 weeks from March 16, 2015 to April 16, 2015.
Curricular Responsibilities: Guiding fellow and junior PhD, MPhil and BSc (Hons). Food science, nutrition and technology students to plan and pursue practical research and thesis, as well as research paper & review paper writing, delivering lectures to students as an assistant to professors, organizing and leading institutional and out-reach food nutrition and technology workshops, seminars, conferences and food expos.
- ✓ **Allama Iqbal Open University, Islamabad, Pakistan. 2016**
Degree: **Postgraduate Diploma in Nutrition and Dietetics**
Workshops: Hospital dietetics, meal planning, patient dietary counseling, clinical nutrition, human nutrition, food services and management.
Courses included: An Introduction to Human Nutrition-7501, Applied Human Nutrition-7502, Basics of Food Science-7511, Health Promotion-886, Nutritional Epidemiology-7505, Design of Nutritional Epidemiological Studies-7506, Food Studies-859, Institutional Management-865, Sociology of Food and Nutrition-866.
Special Project: Lab based practical.
- ✓ **Institute of Food Science and Nutrition, University of Sargodha, Pakistan. 2012**
Degree: **MS, Food Science and Technology**
Cumulative Grade Point Average: **3.95/4**
Research & Thesis Title: Studies on Development, Characterization, and Evaluation of Nutri-Bar for Internally Displaced People IDPs in Humanitarian Emergencies.
Courses included: Food Quality Assurance Management, Food Additives, Food Industrial Waste Management, Baking Science & Technology, Advanced Food Packaging, Chromatographic Techniques, Design and Analysis of Experiments and Human Resource Management etc.
Special Project: Blood Group, Health & Diet.
- ✓ **Institute of Food Science and Nutrition, University of Sargodha, Pakistan. 2010**
Degree: **BS, Food Science and Technology**
Cumulative Grade Point Average: **3.36/4**

Courses included: Food & Nutrition, Introduction to Food Science and Technology, Food Biotechnology, Confectionary and Snack Foods Technology, Food processing and Preservation, Fundamentals of Biochemistry and Business Management etc.

Special Project: Dose optimization of **inoculums** on the physicochemical and sensory characteristics of yoghurt prepared by indigenous ***Lactobacillus bulgaricus*** (followed by isolation, purification and identification of single strain of *Lactobacillus* from locally available yoghurt).

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| ✓ Al-Suffah Girls College, Sargodha, Pakistan.
Certificate: Higher Secondary School Certificate | 2006
1 st Division |
| ✓ St. Doris Girls High School Sargodha, Pakistan.
Certificate: Secondary School Certificate | 2004
1 st Division |



Experience:

- ✓ **Department of Environmental Design, Health and Nutritional Sciences, Allama Iqbal Open University, Islamabad, Pakistan**
Lecturer (08 March, 2021 to Continue)
 - Women empowerment through Nutrition Education
 - Camp on Nutritional Health Status Awareness and Assessment
 - Lectures in Maternal and Child Health, Nutrition Education, Nutrition for Fitness
 - Developmental Research Projects in discipline of Nutraceutical Foods and Health Status Improvement in Community
 - Taught 150 students of MS Community Health and Nutrition, Supervising 2 MS Thesis Students
- ✓ **Marham.Pk and Detox.Pk**
Online Nutrition Consultant (2018 to cont.....)

• Maintain fitness	• Malnutrition of micro & macro-nutrients
• Diabetes, Renal Problems, Hypertension & Obesity	• Cancer
	• Female Health
- ✓ **Nutrition Clinic, CAM Studio, Islamabad**
Clinical Nutritionist and Blood Group Diet Practitioner (November, 2019 to cont.....)
- ✓ **The Nutrition Times**
Manager Director & Co-founder (September, 2018 to cont.....)
 - Free online Nutritional Guidelines and Dietary Consultancy in backdrop of COVID-19 Outbreak, **Joint venture of The Nutrition Times and National Alliance for Safe Food**
 - Urban, peri-urban and rural out-reach nutrition health status assessment activities, training and dietary consultancy for all genders of all age groups
 - Publication of nutrition literature
 - Clinical nutrition setups start-up guidance
 - Empowering females nutrition education programs
 - Conducting, monitoring and evaluation of Nutrition Health Research Projects
- ✓ **Nutrition Health Research Project Pakistan**
Clinical nutrition R&D Supervisor Sargodha Chapter (June, 2016 to cont.....)
Research based Nutraceutical Products Innovation
- ✓ **Al-Shifa Nutrition and Health Care System, Sargodha**
Consultant Clinical Nutritionist and Blood Group Diet Practitioner (22 July, 2016 to 25 July, 2017)
- ✓ **Bilal Medi Care-Nutrition Care System, Sargodha**
Consultant Clinical Nutritionist and Blood Group Diet Practitioner (05 June, 2016 to 27 March, 2019)
- ✓ **Nutrition Consultancy Volunteered**
Developed Blood Group based Diet Plans under supervision of Dr Sarfraz Hussain, on-call and face to face, mainly University Teachers, Rural Students, Villagers (Geriatrics and Adults) (05 April, 2012-12 June, 2016)
- ✓ **Institute of Food Science and Nutrition, University of Sargodha, Sargodha-Pakistan**
Research Associate (15 July, 2013 to 24 April, 2015 (paid) and from 25 April, 2015 to 26 October 2017 (Volunteer))
PAK-USAID jointly funded project entitled "The Establishment of Fruits and Vegetables Processing Centre at Institute of Food Science and Nutrition, University of Sargodha"
(Project is among top ten projects selected for funding among 268 total projects submitted during 2013 under Pak-US, S & T Cooperation program in the country)
 - Outreach trainings to females, farmers, industrialists, villagers
 - Food product development

- Women empowerment through food technology transfer
- Free distribution of written material regarding development of food products from fruit and vegetables at home and industrial level
- Public nutrition care education

✓ **Nurpur Foods, Noon Pakistan Limited, Plant site Sargodha Road, Bhalwal, District Sargodha, Pakistan. Internee (02-02-2010 to 31-03-2010)**

Procurement, Production, Quality Assurance and R&D Departments

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|-----------------|-----------------------|-------------|
| • Reception lab | • Quality control lab | • Micro lab |
| | • UHT LAB | • R&D lab |



Training Courses and Internships Completed:

- ✓ **Successfully accomplished Halal Lead Auditor Course, examined by Global Halal Services (Pakistan), 08-12, June, 2020.**
- ✓ **Successfully completed Specialized Training on Halal Food Management System during COVID-19 Pandemic, by Global Halal Services (Pakistan), on 13-14, May, 2020.**
 - **Shariah Guidelines of PS 3733**
 - **Modern Techniques of Slaughtering and Halal Standard**
 - **Halal Gelatin in light of Shariah Guidelines**
 - **Critical Ingredients in the importance of Halal Food Standards**
- ✓ **Successfully completed 2 Days Specialized Training on Risk Assessment & Technicalities of Critical Ingredients, by Global Halal Services (Pakistan) on 06-07, May, 2020**
- ✓ **Successfully attended multidisciplinary lectures in São Paulo School of Advanced Sciences on Reverse Engineering of Processed Food, in special regards of Nutritional impacts held at the Faculty of Food Engineering FEAUNICAMP, Brazil, South America, September 25th to October 4th, 2017.**
- ✓ **Successfully Completed 3 days training on Research Methodologies under SUN Academia & Research Network Pakistan and Nutrition International at University of Veterinary and Animal Sciences, Lahore, Pakistan, August 28-30, 2017.**
- ✓ **Successfully Completed 3 months Internship under the PepsiCo Food Safety Internship Program-2016.**
- ✓ **Successfully Completed 43rd Postgraduate Training Course on Nuclear and other advanced techniques in Agricultural & biological Research at Nuclear Institute for Agriculture and Biology (NIAB), Faisalabad, Pakistan, November 2-13, 2015.**



Publications (National & International)

- ✓ **Editing book** on Synergism of Sonication and Microwave for Food Processing, Preservation and Extraction. 2021. **Elsevier.**
- ✓ **Published 2 chapters in a book** edited by Thangadurai et al. 2021. **CRC Press Taylor & Francis Group:**
Chapter 5 - Metabolomics and Potential Nutrition-Specific Markers for Nutritional Safety, Quality and Health Status. Inamul Hasan Madar, **Syeda Mahvish Zahra**, Khanita Suman Chinnanai, Mahamuda Begum, Ghazala Sultan, Umar Farooq Alahmad, Iftikhar Aslam Tayubi
Chapter 8 - Customized Nutritional Practices and Dietary Recommendations through Integrative High-Throughput Omics Approaches. Inamul Hasan Madar, Khanita Suman Chinnanai, Ghazala Sultan, Pravitha Kasu Sivanandan, Bandana Pahi, Mahamuda Begum, **Syeda Mahvish Zahra**, Iftikhar Aslam Tayubi.
- ✓ **Published a book Chapter:** Physiological activities of bioactive peptides against diabetes and obesity. Inamul Hasan Madar, **Syeda Mahvish Zahra**, Khanitha Suman Chinnanai, Umar Farooq Alahmad, Rabia Noreen, Mahamuda Begum, Ghazala Sultan, Iftikhar Asalam Tayubi. 2021.
- ✓ **Nutritional and Health Potential of Probiotics: A Review.** 2021. (under process). **MDPI Applied Sciences.**
- ✓ **Nanomaterials in Food Industry: Biocompatibility & Functionalization. Review Paper.** 2021. Under Process. **Frontiers in Nutrition.**
- ✓ **Aqsa Irfan, Shujaat Hussain, Syeda Mahvish Zahra, Aqsa, Kiran Ashraf, Muhammad Tariq Saeed, Shabbir Ahmad.** 2020. Effect of Compositional *allicin* in garlic bread supplementary diet on patients of stage 1 and 2 hypertension. International Journal of Biosciences. 17(6):124-138. (Research Paper).
- ✓ **Syeda Mahvish Zahra, Sarfraz Hussain, Shahid Mahmood, Tusneem Kausar, Ghulam Mueen Ud Din, Tabussam Tufail, Nagina Altaf, Muhammad Yousaf Quddoos, Ayesha Rafique, Muhammad Zia Shahid.** 2020. Shelf stable iron fortified fruit bar's development, proximate estimation and organoleptic characterization. International Journal of Biosciences. 16(4):111-135. (Research Paper).
- ✓ **Maria Batool, Samina Kauser, Hafiz Rehan Nadeem, Rashida Perveen, Shafeeqa Irfan, Ayesha Siddiq, Bakhtawar Shafique, Syeda Mahvish Zahra, Muhammad Waseem, Waseem Khalid, Muhammad Modassar Ali Nawaz Ranjha.** 2020. A Critical Review on Alpha Tocopherol: Sources, RDA

and Health Benefits. Journal of Applied Pharmacy by Consortium Canada. 12: 19-42. (Review Article).

- ✓ Shafeeqa Irfan, Muhammad Awais Khan, Hafiz Rehan Nadeem, Muhammad Modassar Ali Nawaz Ranjha, Bakhtawar Shafique, Ushna Khalid, **Syeda Mahvish Zahra**, Nanozymes: New Facets in Food Science and Technology. International Tokyo Conference on Innovative Studies of Contemporary Sciences, Tokyo Summit, on 17-20, August, 2020. (Abstract published in Conference Proceedings).
- ✓ Ayesha Rafique, Sarfraz Hussain, Shahid Mahmood, Tusneem Kausar, Ghulam Mueen-ud-Din, **Syeda Mahvish Zahra**, Sadia Munir, Muhammad Yousaf Quddoos, Muhammad Zia Shahid, Tabussam Tufail. 2020. Estimating the microbial attributes and proximal composition of zn-aided bar. International Journal of Biosciences. 16(4): 159-173. (Research Paper).
- ✓ Saddam Mustafa, Sundas Hina, Shahid Mahmood, Ghulam Mueen-ud-Din, Muhammad Qamrosh Alam, Fahad Faisal, Muhammad Yousaf Quddoos, **Syeda Mahvish Zahra**, Sanam Mumtaz. 2020. Exploring phytochemical potential of nature's bliss Thymus vulgaris L. Mini review. International Journal of Botany Studies. 5(3): 493-496. (Review Article).
- ✓ Muhammad Yousaf Quddoos, Shahid Mahmood, Tusneem Kausar, Ghulam Mueen-ud-Din, Zubia, **Syeda Mahvish Zahra**, Ayesha Rafique, Muhammad Zia Shahid, Tabussam Tufail. 2020. Chemical composition and microbial evaluation of egg shell powder and bones extract powder fortified cookies as a source of Ca boom. International Journal of Biosciences. 16(4): 56-62. (Research Paper).
- ✓ **Syeda Mahvish Zahra**, Muhammad Zubair Khalid, Israr Ahmad, Muhammad Aqib Sharif, Hafsa Liaquat and Muhammad Modassar Ali Nawaz Ranjha. 2020. Favorite yet a Carcinogenic and Neuro-Reactive Monomer "Acrylamide": Formation in Food, Consumption and Health Impacts. Academic Journal of Polymer Science. 4(1): 00123-00124. (Mini Review).
- ✓ Wajiha Saeed, Saddam Mustafa, Sundas Hina, Shahid Mahmood, Tusneem Kausar, Ghulam Mueen-ud-Din, Ayesha Rafique, **Syeda Mahvish Zahra**, Muhammad Yousaf Quddoos, Muhammad Umair Khalid, Nagina Altaf and Fahad Faisal. 2020. Relationship between Different Food Groups and Physical Activity in Zinc Deficient People. International Journal of Advanced Biological Research. 10(4): 222-226. (Research Paper).
- ✓ Modassar Ali Nawaz Ranjha, Muhammad Qamrosh, Shahid Mahmood, **Syeda Mahvish Zahra**, Shafeeqa Irfan, Bakhtawar Shafique, Faiqa Chaudhary, Ayesha Rafique, Muhammad Yousaf Quddoos, Ghulam Mueen ud Din. 2020. Acrodermatitis Enteropathica: A Zinc Related Skin Manifestation. International Journal of Biotechnology and Allied Fields. 8(6): 292-301. (Review Article).
- ✓ Wajiha Saeed, Shahid Mahmood, **Syeda Mahvish Zahra**, Muhammad Yousaf Quddoos, Ayesha Rafique, Muhammad Azhar Iqbal and Adnan Akram. 2019. Ruling out of Zinc Paucity in Different Parameters: Physical Activity, Life Stages, Family Systems, Socio-economic Status and Blood Groups of Volunteers. Acta Scientific Nutritional Health. 3(7), 02 – 06. (Research Paper).
- ✓ Wajiha Saeed, Shahid Mahmood, Muhammad Qamrosh Alam, Saqib Rehman, **Syeda Mahvish Zahra**, Muhammad Yousaf Quddoos, Ayesha Rafique, Shafeeqa Irfan, Fatima Siddique and Ulfat Khadija. 2019. Zinc Paucity and its Consequences: A Review. Acta Scientific Nutritional Health. 3(6), 67 – 73. (Review Article).
- ✓ Shafeeqa Irfan, Muhammad Modassar Ali Nawaz Ranjha, Shahid Mahmood, Ghulam Mueen-ud-Din, Saqib Rehman, Wajiha Saeed, Muhammad Qamrosh Alam, **Syeda Mahvish Zahra**, Muhammad Yousaf Quddoos, Iqra Ramzan, Ayesha Rafique and Abdullah bin Masood. 2019. A Critical Review on Pharmaceutical and Medicinal Importance of Ginger. Acta Scientific Nutritional Health. 3(1), 78 – 82. (Review Article).
- ✓ Shahid Mahmood, Ghulam Mueen-Ud-Din, Farah Naz Akbar, Yousaf Quddoos, **Syeda Mahvish Zahra**, Wajiha Saeed and Tayyaba Sami Ullah. 2018. Physical Inactivity and Junk Food Consumption Consequent Obesity among University Girls: A Cross Sectional Study Unveils the Mayhem. World Academy of Science, Engineering and Technology International Journal of Medical and Health Sciences. 12(11). ICNSOT 2018: International Conference on Nutrition Science and Obesity Treatment at Istanbul, Turkey on November 19-20, 2018. (Abstract published in conference proceedings).
- ✓ Muhammad Modassar Ali Nawaz Ranjha, Tariq Saeed, Sarfraz Hussain, Shahid Mahmood, Muhammad Nadeem, **Syeda Mahvish Zahra**, Shafeeqa Irfan, Muhammad Yousaf Quddoos, Wajiha Saeed, Muhammad Qamrosh Alam, Iqra Ramzan, Abdullah bin Masood and Rida Asif. 2018. Socio-demographics: Impacts on nutritional health status of cirrhotic patients. 28th WORLD NUTRITION CONGRESS 2018 Sydney, Australia, Themed: Promulgating Improved Innovations in Nutrition. Hosted by Conference Series llc LTD 47 Churchfield road, London W3 6AY, November 12th – 13th, 2018.
- ✓ Ali, M. M., **Zahra, S. M.**, and Alam, M. Q. 2018. Role of Horticulture in Human Nutrition. Agri Info Bank. (Short Communication Article) Available online: <http://agringobank.com.pk/role-of-horticulture-in-human-nutrition/>
- ✓ Tariq Saeed, Sarfraz Hussain, Shahid Mahmood, Muhammad Yousaf Quddoos, **Syeda Mahvish Zahra**, Ahmad Yar and Mehvish Zaidi. 2018. Review: Cirrhosis of Liver. International Journal of Scientific Innovations.1 (9), 60-66. (Review Article).

- ✓ Sarfraz Hussain, Salim-ur-Rehman, Qaisar Raza, Itrat Fatima, **Syeda Mahvish Zahra**, Farhat Rashid, and Ayesha Rafique. 2017. Optimization of Sensory Properties of Chemically Preserved Mushrooms through Response Surface Methodology. International Journal of Scientific Innovations. (Research Paper).
- ✓ Muhammad Yousaf Quddoos, Umer Farooq, Sarfraz Hussain, Shahid Mahmood, **Syeda Mahvish Zahra**, Muhammad Nadeem, Saqib Jabbar, Wajiha Saeed, and Muhammad Modassar Ali. 2017. Optimizing the Invitro Synbiotic Relationship of Probiotic (Acid Resistant Strain of *Lactobacillus Acidophilus*) and Prebiotics (Galacto-Oligosaccharide and Maltodextrin). International Journal of Scientific Innovations. (Research Paper).
- ✓ Zubia, Muhammad Nadeem, Ghulam Mueen-ud-din, Shahid Mahmood, **Syeda Mahvish Zahra**, Muhammad Yousaf Quddoos, Nagina Altaf and Sundus Hina. 2017. Impacts of Blending of Fruit Pulp on Sensory Quality of Ready to Drink Beverage. JIB-Research, 1(1), 143-147. (Research Paper).
- ✓ Sarfraz Hussain, Qaisar Raza, Itrat Fatima, **Syeda Mahvish Zahra** and Farhat Rashid. 2017. Obesity is an eating disorder causing many diseases. Nutrition and Food Toxicology, 1(4), 154-159 ISSN: 2573-4946. (Review Article).
- ✓ Sarfraz Hussain, Qaisar Raza, **Syeda Mahvish Zahra**, Itrat Fatima and Farhat Rashid. 2017. Effect of Blood Group Diet on infertility in ABO Blood Groups. Research & Reviews: Journal of Food and Dairy Technology. P ISSN: 2347-2359. (Short Communication).
- ✓ **Syeda Mahvish Zahra**, Sarfraz Hussain, Muhammad Nadeem, Shahid Mahmood, Ayesha Rafique, Imran Pasha, Shan e Zahra, Wajiha Saeed, Ammara Afzal, Faiqa Afzal, Muhammad Yousaf Quddoos, Faiqa Chaudhry, Farah Naz, Nagina Altaf and Sonia Afzal. 2017. Apricot: Nature's Bliss to combat malnutrition. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences (Food and Nutrition), Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad, Sponsored by USDA, Scaling up Nutrition, Pakistan 2025, Micronutrient Initiative, University of Reading (UK), Chung National University (Korea) and PNDS (Abstract published in Conference Proceedings; Pp74).
- ✓ Ayesha Rafique, Sarfraz Hussain, Muhammad Nadeem, Shahid Mahmood, Wajiha Saeed, **Syeda Mahvish Zahra**, Ammara Afzal, Faiqa Afzal, Shan e Zahra, Faiqa Chaudhary, Sonia Afzal and Muhammad Yousaf Quddoos. 2017. Mung beans (*Vigna radiata*) and sesame based nutraceutical bar: combating malnutrition. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences (Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings; Pp 38-39)
- ✓ Waqar Iqbal, Shahid Mahmood, Wajiha Saeed, Ayesha Rafique, Ahmed Hussain, Farhat Rashid and **Syeda Mahvish Zahra**. 2017. Determining prevalence of zinc deficiency: Approach to focus malnutrition measurement tools. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences (Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings; Pp17).
- ✓ Faiqa Afzal, Ghulam Moeenud Din, Shahid Mahmood, Sarfraz Hussain, **Syeda Mahvish Zahra**, Ammara Afzal, Ayesha Rafique and Amara Rehman. 2017. Egg shell powder: An aid to combat hypocalcemia. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences (Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings).
- ✓ Ammara Afzal, Ghulam Moeen ud din, Shahid Mahmood, Mubasshir Sohail, Sarfraz Hussain, Faiqa Afzal, Shan e Zehra, Ayesha Rafique and **Syeda Mahvish Zahra**. 2017. Calcium fortified indigenous therapeutic food for hypocalcemic children. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Oral Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences (Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings; Pp40).
- ✓ Shan e Zahra, Imran Pasha, Muhammad Sajid Manzoor, **Syeda Mahvish Zahra** and Ayesha Rafique. 2017. Malnutrition's global scenario and animal based foods to combat it. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences (Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings; Pp83-84).
- ✓ Muhammad Yousaf Quddoos, Shahid Mahmood, Tusneem Kausar, **Syeda Mahvish Zahra**, Amara Rehman, Ayesha Rafique, Nagina Altaf, Faiqa Afzal, Farah Naz, Sonia Afzal and Afzia Noreen. 2017. Efficacy studies of chicken bone calcium fortified cookies in Hypocalcemic adolescent boys. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences (Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings).

- ✓ Faiqa Chaudhry, Farah Naz Akbar, Komal Chaudhry, Umar Farooq, **Syeda Mahvish Zahra** and Ayesha Rafique. 2017. Combating Malnutrition in relation to Diabetes. 1st International Food & Nutrition Conference on Sustainable approaches to combat malnutrition, Poster Presentation, 3-4 April, 2017, Organized by Institute of Home Sciences (Food and Nutrition), University of Agriculture, Faisalabad. (Abstract published in Conference Proceedings; Pp59-60).
- ✓ Muhammad Y. Quddoos, Umer Farooq, Shahid Mahmood, **Syeda M. Zahra**, Bushra Shaheen and Ayesha Rafique. 2016. Hypo-cholesterolemic potential of *Lactobacillus acidophilus*: An in-vitro probe. 2nd International Conference on Malnutrition, Poster Presentation, 7-8 April, 2016, Organized by Institute of Food Science & Nutrition, Bahauddin Zakariya, Multan-Pakistan. ((ICM-2016-49) Abstract Published in Proceedings; Pp76).
- ✓ Sarfraz Hussain, Farhat Rashid, **Syeda Mahvish Zahra**, Muhammad Umar Nasir and Ayesha Rafique. 2015. Blood Group Diet Research is the Key to Get Precise Results to Improve Human Health. Research & Reviews: Journal of Food and Dairy Technology. ISSN: 2321-6204. (Research paper).
- ✓ A. Dawood, S. Hussain, M. Nadeem, S. Jabbar, T.M. Qureshi, M.U. Nasir, **S.M. Zahra** and F. Rashid. 2015. Quality assessment of Doughnut prepared by using small sized potatoes (Diamant). Journal of Environmental & Agricultural Sciences. 4:21-27. (Research paper).
- ✓ U. Shahid S. Hussain, M. Nadeem, S. Jabbar, T. M. Qureshi, M. U. Nasir, **S. M. Zahra**, F. Rashid. 2015. Quality assessment of the mango-mandarin (kinnow) squash during storage. Science letters, 3(2), 115-121. (Research paper).
- ✓ Z. Zahra, S. Hussain, M. Nadeem, S. Jabbar, T. M. Qureshi, M. U. Nasir, **S. M. Zahra**, F. Rashid. 2015. Body mass index and consumption pattern of different food products in thalassemia and healthy children of the Sargodha district of Pakistan. Science letters, 3(2), 1-8. (Research paper).
- ✓ **S. M. Zahra**, M. Nadeem, S. Hussain, T. M. Qureshi, A. Din and F. Rashid. 2014. Development and Evaluation of Nutri-bars for Internally Displaced People (IDPs) in Humanitarian Emergencies. Journal of Agricultural Research, 52(2), 217-227. ISSN # 0368-1157(Y) (Research paper).
- ✓ F. Rashid, T. Kausar, T. M. Qureshi, S. Hussain, M. Nadeem, A. Ainee, and **S. M. Zahra**. 2014. Evaluation of Physico-Chemical and Sensory Properties of Orange Marmalade Supplemented with Aloe Vera Powder. Journal of Agricultural Research, 52(4), 561-568. ISSN # 0368-1157(Y). (Research paper).
- ✓ Sarfraz Hussain, **Syeda Mahvish Zahra**, Muhammad Umar Nasir and Farhat Rashid. 2014. An Ultimate Diet Pyramid based on blood groups. International Conference & Expo 2014, Conference Session, Clinical & Therapeutic Nutrition, Recent Developments in Human Nutrition, 19-20 March, 2014, at PC Hotel Lahore, Organized by Nutritional Association of Pakistan and University of Veterinary & Animal Sciences, Lahore. (Abstract Published in Proceedings; Pp78-79).
- ✓ **Syeda Mahvish Zahra**, Sarfraz Hussain, Muhammad Nadeem, Tahir Mahmood Qureshi, Ayesha Rafique, Nida Mian, and Farhat Rashid. 2014. Preparation of Nutri-bar for Internally Displaced People (IDPs) in Humanitarian Emergencies. International Conference & Expo 2014, Recent Developments in Human Nutrition, 19-20 March, 2014, at PC Hotel Lahore, Organized by Nutritional Association of Pakistan and University of Veterinary & Animal Sciences, Lahore. (Abstract Published in Proceedings; Pp 12-13).
- ✓ Sarfraz Hussain, Muhammad Nadeem, Tahir Mahmood Qureshi, Farhat Rashid, **Syeda Mahvish Zahra** and Muhammad Umar Nasir. 2014. "Blood group diet the key to good health" Paper Presented in International Conference on "Natural Therapies against Lifestyle Related Disorders", May 29-30, 2014. National Institute of Food Science & Technology, University of Agriculture, Faisalabad, Pakistan. Abstract published in proceedings of the conference.



Achievements:

- ✓ **Focal Person Media Engagements and Host in Nutrition and Health, for Allama Iqbal Open University- Web TV Programs for Community. 2021.**
- ✓ **Projects submitted to NRPU-HEC & PSF, and to Internal Grant Allama Iqbal open University, Islamabad-Pakistan. 2021.**
- ✓ **Organized Nutritional Health Status Assessment and Awareness camp, Themed: Body Mass Index (BMI) and My Plate, Focused Sustainable Development Goals (SDGs: 2, 3 and 17), at Centaurus, Islamabad, from Platform of Allama Iqbal Open University. 2021.**
- ✓ **Organized 2 batches of Clinical Nutrition Setups for students and professionals, in collaboration of National Health and Nutrition Forum and Nutrition Times. 2021.**
- ✓ **Delivered Talk on Transforming Food Systems: Healthy Affordable and Balanced Nutrition. In Food Systems Summit Dialogues 2021. Conducted by YPARD Asia and Pacific, BALIYO Nepal and Climate Action Plan. 2021.**
- ✓ **Organized free Webinars entitled "Future Prospects of Nutritional Microbiology & Immunity with Dr Shahana Urooj Kazmi" and "When Traditional Nutrition Meets Modern Genetics with Dr Vimal Karani" through platform of The Nutrition Times, on 6 and 9, August 2020.**

- ✓ **Organized and hosted 2 days International Nutrition Conference, INCON2K20, First ever Online Conference of nutrition hosted in Pakistan, Themed: “Sparkling Talented Food and Nutrition Community Internationally” on 22-23, July 2020.** (Guest Speakers were from UK, USA, Russia, China, Turkey, Indonesia, Malaysia, Morocco, Dubai-UAE, Sri-Lanka, India, Uganda, Nigeria, Pakistan).
- ✓ **Delivered live lecture on Food Biodiversity, immune system weakness & COVID-19, in Online session organized by IRP Network in collaboration with University of Sialkot and Riphah University-Pakistan on 8, July 2020.**
- ✓ **Conducted One Day Live Coaching Course “Nutrition during Sports Training and Main Day” for Nutritionists Organized Online by The Nutrition Times in collaboration with Dietitians/ Nutritionists in Clinical Practice, Young Dietitians at Sports e-Library, Sargodha-Pakistan, on 2, July 2020.**
- ✓ **Conducted Online Coaching Course “Nutrition in Athletes Performance: Archery” for DSOs/ TSQs/ Division Coaches and Sports Persons Organized by Sports Department Sargodha, Punjab Archery Association and Sports Board Punjab at Sports e-Library, Sargodha-Pakistan, on Olympic Day, 23, June 2020.**
- ✓ **Conducted Workshop on Essentials of Nutrition in Sports and Fitness, and Discussed “Optimizing Nutrition in Athlete’s Performance”, in Collaboration with Institute of Professional Skills Development, HAND Pakistan & The Nutrition Times at Sports e-Library, Sargodha-Pakistan on 22, February 2020.**
- ✓ **Invited Guest Speaker Lecture entitled “Supplementation in Sports Nutrition: A pro-approach”, in Seminar about Sports Nutrition & Supplementation organized by Society of Health and Nutritional Awareness at University of Lahore, New Campus, Lahore-Pakistan on 3, March 2020.**
- ✓ **Organized free “3-days Nutritional Health Status Assessment and Awareness Camp” in collaboration with The Nutrition Times, NHRP Nutrition and Health Research Project Pakistan, at Vostro World, Sargodha- Pakistan, 27-29, December 2019.**
- ✓ **Poster presentation and product endorsement “Successful Quest: A Solution for Non-communicable Disease Anemia (Minta-fruitten Iron-o-Bars)” in “(DICE-AFS) Distinguished, Innovation, Collaboration and Entrepreneurship, Agriculture and Food Science Event 2019” on Innovation Competition and Industrial Expo at Muhammad Nawaz Shareef University of Agriculture, Multan-Pakistan, 9th and 10th October, 2019.**
- ✓ **Oral presentation on “Exploring Potential of Quantum Magnetic Resonance Analyzer as Preliminary Tool to Diagnose Iron Deficiency” in “6th Medical Conference”, at Rashid Latif Medical College & Arif Memorial Teaching Hospital, Lahore-Pakistan, 20th and 21st March, 2019.**
- ✓ **Oral presentation on “Comparison Of Synthetic And Natural Fe Fortified Fruit Bars: Improving Anemia In Females” at International Food and Nutrition Research Conference & Food Expo “Emerging Challenges in Food Science and Nutrition Research”, at Institute of Food Science and Nutrition, University of Sargodha, Sargodha- Pakistan, February 26 – 27th, 2019.**
- ✓ **Organized International Food and Nutrition Research Conference & Food Expo “Emerging Challenges in Food Science and Nutrition Research”, also Provided Nutritional Health Status Assessment and Dietary Consultancy Services, at Institute of Food Science and Nutrition, University of Sargodha, Sargodha- Pakistan, February 26 – 27th, 2019.**
- ✓ **Oral presentation on “Fortified Fruit Bars: Shelf-life Stable Green Solution” at An International Conference on Food Agricultural Sciences and Technologies (IC-FAST), Organized by Group of Researchers and Intellectuals of Pakistan (GRIP) and University of the Punjab Lahore, Expo Center, Lahore- Pakistan, January 15th – 17th, 2019.**
- ✓ **Won 1st Position, cash prize and certificate as Team Leader (Clinical Nutritionists) for presenting case study entitled “Nutritional Health Status Assessment of an Anemic Female and Nutritional Therapy: A Case Study at NCS-BMC Sargodha, in All Pakistan Case Study and innovative idea competition, held by Society of Health and nutritional awareness at university of Lahore, Lahore-Pakistan, December 4, 2018**
- ✓ **Organized an Awareness Camp and Seminar “Iron Deficiency Anemia and Nutrition”, at University of Sargodha, Sargodha- Pakistan, November 26, 2018.**
- ✓ **Invited guest speaker oral presentation on “NFe Fortified Bars: An Explicit Intervention to Sway Anemia in Females” at All Pakistan Nutritionists Convention, Aiwan-e-Iqbal, Lahore- Pakistan, Nov 14 2018.**
- ✓ **Video-link presentation entitled “Natural Fe Fortified Bars: Promulgating an explicit intervention to combat anemia in adult females” at 28th WORLD NUTRITION CONGRESS 2018 Sydney, Australia, Themed: Promulgating Improved Innovations in Nutrition. Hosted by Conference Series Ilc LTD 47 Churchfield road, London W3 6AY, November 12th – 13th, 2018.**
- ✓ **Invited speaker presentation entitled “Iron Fortified Fruit Bars: A Novel Intervention to Combat Anemia in Childbearing Aged Group Females” at International Conference on Nutritional Science and Food Technology 2018, organized by Scholarena Conferences at Hilton Rome Airport Hotel Rome, Italy, July 2nd–3rd, 2018.**

- ✓ Participated in Oral Presentation Competition in 28th and 29th All Pakistan Food Science Conference themed: CPEC & Future Prospects of Food Industry in Pakistan, at NIFSAT, FFNHS, University of Agriculture, Faisalabad-Pakistan, 24th September 2018.
- ✓ Oral paper presenter, entitled "Egg Shell Powder: A Supernatural Calcium Fortificant To Mitigate Hypocalcemia", in 5th Annual National Conference of Rashid Latif Medical under the theme "Transformation of Allied Health Practices towards Excellence - Multidisciplinary Team Approach" at Rashid Latif Medical Complex, Lahore-Pakistan, 18th April, 2018.
- ✓ Organizer at an Awareness Session on World Food Day, entitled: Nutrition and Adjuvant Approach to Achieve Zero Hunger, organized by Institute of Food Science and Nutrition, University of Sargodha, Sargodha-Pakistan, Oct 16 2018.
- ✓ Organizer at an Awareness Session on Fundamentals of Halal Food, organized by Institute of Food Science and Nutrition, University of Sargodha, Sargodha-Pakistan, April 06 2018.
- ✓ Organizer at A Seminar Regarding World Cancer Day, entitled: Nutrition an Adjuvant Approach to Prevent and Cure the Cancer, organized by Institute of Food Science and Nutrition, University of Sargodha, Sargodha-Pakistan, Feb 08 2018.
- ✓ Poster Presentation in Food and Nutrition Expo-2K17, Recent Developments in Human Nutrition entitled "Efficacy Studies of Iron Fortified Fruit Bar in Anemic University Girls", at Department of Food Science and Nutrition, University of Sargodha, Sargodha-Pakistan, December 20, 2017.
- ✓ Conducted Nutritional health assessment of 500 plus females and males in Food and Nutrition Expo-2K17 at Department of Food Science and Nutrition, University of Sargodha, Sargodha-Pakistan, December 20, 2017.
- ✓ Organized Food and Nutrition Expo-2K17, Product Development Competition & Nutritional Status Assessment at Department of Food Science and Nutrition, University of Sargodha, Sargodha-Pakistan, December 20, 2017.
- ✓ Organized, An Awareness Walk on "World Diabetes Day", at Institute of Food Science and Nutrition, University of Sargodha, Sargodha-Pakistan, November 14, 2017.
- ✓ Selected in top 100 multidisciplinary food researchers around the world and sponsored to Present the poster "NUTRI BAR: AN EFFECTIVE NUTRITIVE SOLUTION FOR VICTIMS OF HUMANITARIAN EMERGENCIES" in São Paulo School of Advanced Sciences on Reverse Engineering of Processed Food, held at the Faculty of Food Engineering FEA-UNICAMP, Brazil, South America, September 25th to October 4th, 2017.
- ✓ Earned 5 Credit Hours, PMDC Recognition Code: CME/DME-156, by delivering presentation entitled "Dietary guidelines for Diabetics" in One day Seminar on World's Diabetes Day 14 November at Mushaf Hospital Pakistan Air Force, November 14, 2016.
- ✓ Earned 2.5 Credit Hours, PMDC Recognition Code: CME/DME-156, by performing group activity related to Anthropometrics and Quantum Magnetic Resonance Analyzer Body Composition of Diabetic patients on World's Diabetes Day 14 November at Mushaf Hospital Pakistan Air Force, November 14, 2016.
- ✓ Sarfraz Hussain. 2015. Preparation of products from fruits and vegetables at Home and Industrial level (Book Published in Urdu). 2nd Edition. Publication Department, University of Sargodha, Sponsored by USAID & Higher education commission, Islamabad-Pakistan. Pp144. (Project Helpers: Syeda Mahvish Zahra, Farhat Rashid and Amjad Abbas(Research Associates))
- ✓ Organized two days International seminar on "Post-Harvest technology and processing of fruits and vegetables" at Institute of Food Science & Nutrition, University of Sargodha, Pakistan, Sponsored by Pak-US Science & Technology Cooperation for development (USAID), November 17th-18th, 2014.
- ✓ Developing Country Sponsorship Award to Participate in The 17th World Congress of Food Science and Technology by International Union of Food Science and Technology(IUFoST) & Canadian Institute of Food Science and Technology(CIFST) at Palais des congres de Montreal, Canada, August 17th-21st, 2014.
- ✓ Poster Presentation in International Conference & Expo 2014, Recent Developments in Human Nutrition entitled "Preparation of Nutri-bar for Internally Displaced People (IDPs) in Humanitarian Emergencies", at PC Hotel Lahore, Organized by Nutritional Association of Pakistan and University of Veterinary & Animal Sciences, Lahore, March 19-20, 2014.
- ✓ Participated as a Team member in "Competition of Innovative Ideas" in DICE in Collaboration with CONNECT & PCST, at University of Gujrat, Pakistan, Organized by British Council, DICE Foundation, PCST, HEC & UOG, "Project Title: An Ultimate Diet Pyramid Based On Blood Groups" Project # 12161, October 1- 2, 2013.
- ✓ Participated in Innovative Ideas to Feed the World competition at FAO Headquarters, Rome, Organized by UN-FAO-WFP, May 21, 2013.
- ✓ PhD Indigenous Scholarship Award (Fully Funded) by HEC, 2013.
- ✓ Laptop awarded on merit basis through Governor of Punjab's Merit based Laptop Distribution Programme held at University of Sargodha, Sargodha, 2012.

- ✓ **Presented Scientific Research Communication** in **1st International Emergency Response Conference 2012** on the Theme of **Pakistan: Emergency Response and Environmental Challenges** at **Beach Luxury Hotel, Karachi**, by **Sindh Social Development Network**, August 28, 2012.
- ✓ Research Article Published in Supplement of Business Recorder, Karachi. Title: **Emergency foods and humanitarian emergencies in Pakistan** on **Honorary** basis, August 28, 2012.
Available at: <http://www.brecorder.com/supplements/88/1231728/>
- ✓ Declared as **the best Intern** at **Nurpur, Noon Pakistan Limited** based on the assessment and got job offer as reward.
- ✓ Awarded with **Merit scholarship of Pakistan Army** in **School, College & University**.



Co-curricular Activities:

- ✓ Outreach Nutritional Health Status Assessment and Awareness Camps Facilitated:
 - **Organized Nutritional Health Status Assessment and Awareness Camp** on **"Hypercholesterolemia"** in males and females at, **Rural areas of Khushab-Pakistan** in collaboration with **Nutrition and Health Research Project Pakistan** and **Bilal Medi Care-Nutrition Care System**, on **June 8-10, 2018**.
 - **Organized Nutritional Health Status Assessment and Awareness Camp** on **"Hypercholesterolemia"** in males and females at, **Rural areas of Cheniot-Pakistan** in collaboration with **Nutrition and Health Research Project Pakistan** and **Bilal Medi Care-Nutrition Care System**, on **June 2-3, 2018**.
 - **Organized Nutritional Health Status Assessment and Awareness Camp** on **"Diabetes, Calcium Deficiency and Iron Deficiency Screening and Dietary Management"** in male and female students at, **ILM College Bhalwal-Pakistan** in collaboration with **Nutrition and Health Research Project Pakistan**, on **May 8-10, 2018**.
 - **Organized Nutritional Health Status Assessment and Awareness Camp** on **"Childhood Nutrition"** in male and female students and parents at, **Star Institute Bhalwal-Pakistan** in collaboration with **Nutrition and Health Research Project Pakistan**, on **April 20, 2018**.
 - **Organized Nutritional Health Status Assessment and Awareness Camp** on **"Zinc deficiency and Nutritional Care"** in adolescent males at, **Rural areas of Sargodha-Pakistan** in collaboration with **Nutrition and Health Research Project Pakistan** and **District Headquarter Hospital Sargodha-Pakistan**, on **October 11-12, 2017**.
 - **Organized Nutritional Health Status Assessment and Awareness Camp** on **"Hypocalcemia Screening and Nutritional Care"** in adolescent males at, **Rural areas of Sargodha-Pakistan** in collaboration with **Nutrition and Health Research Project Pakistan** and **District Headquarter Hospital Sargodha-Pakistan**, on **September 13-14, 2017**.
 - **Organized Nutritional Health Status Assessment and Awareness Camp** on **"Anemia and Nutritional Care"** in adult females at, **Rural areas of Sargodha-Pakistan** in collaboration with **Nutrition and Health Research Project Pakistan** and **District Headquarter Hospital Sargodha-Pakistan**, on **August 16-18, 2017**.
- ✓ Outreach Trainings Facilitated:
 - **One day fruit & vegetable preservation field training** for women in **Chak No.101 NB, District Sargodha** in collaboration with **Punjab Rural Support Program, District Office** on **16th August, 2014**.
 - **One day fruit & vegetable preservation field training** for women in **Chak No.102 NB, District Sargodha** on **17th August, 2014**.
 - **One day fruit & vegetable preservation field training** for women in **Lalian near Chiniot** on **20th August, 2014**.
 - **One day fruit & vegetable preservation field training** for women in **Chak No.103 SB, District Sargodha** on **23rd August, 2014**.
 - **One day fruit & vegetable preservation field training** for women in **Bhain, Chakwal** on **25th August, 2014**.
 - **One day fruit & vegetable preservation field training** for women in **Jauharabad** on **28th August, 2014**.
- ✓ Workshops Attended:
 - **Personality Development through Quality Mind Set** by **Mr. Asad Abbas Jaffari** in **Department of Business Administration, UOS**, **July 16, 2012 to July 20, 2012**.
 - **Successful Job Interview, Resume Writing & Career Counseling** by **Mr. Asad Abbas Jaffari** in **Department of Business Administration, UOS**, **July 14, 2012 to July 15, 2012**.
 - **Time Management & Stress Management** by **Mr. Asad Abbas Jaffari** in **Department of Business Administration, UOS**, **July 14, 2012 to July 15, 2012**.
 - **Leadership and Management Skills, How to deliver peak performance** by **Mr. Asad Abbas Jaffari** in **Department of Business Administration, UOS**, **July 12, 2012 to July 13, 2012**.

- **Presentation and Confidence Building Skills** by **Mr. Asad Abbas Jaffari** in **Department of Business Administration, UOS**, July 12, 2012 to July 13, 2012.
- ✓ Conferences and Seminars attended:
 - **28th & 29th All Pakistan Food Science Conference “CPEC & Future Prospects of Food Industry in Pakistan”**, Organized by **Pakistan Society of Food Scientists & Technologists (PSFST)** in collaboration with **NIFSAT AND FFNHS, University of Agriculture, Faisalabad- Pakistan**, Sep 24 2018.
 - **One day National Seminar on “Functional Foods: Recent approaches towards human health”** by **Department of home economics and food Sciences, GC Women University, Faisalabad**, December 4, 2014.
 - **One Day Seminar on “Industrial Training Centre for Women, On Fruits & Vegetable Preservation”** at **Sanat-e-zar, Satellite Town, Sargodha**, September 27, 2014. (Under the Project of Pak-US Science & Technology Cooperation for development (USAID))
 - **One Day Seminar on “Women, Peace & Democracy”** Organized by **Taangh Wasaib Organization** at **Prime Castle, Sargodha**, August 28, 2014.
 - **One day National Seminar on “Post Harvest technology: The Key to food Safety & Security”** by **Post Harvest Research Centre, Ayub Agricultural Research Institute, Faisalabad**, April 10, 2014.
 - **One Day Seminar on “Functional Foods and Nutraceuticals Chemistry, Recent Developments and Future Prospects”**, Organized by and at **The Department of Chemistry, University of Sargodha, Sargodha-Pakistan**, March 20, 2013.
 - **1st International Emergency Response Conference 2012 on “Pakistan: Emergency Response & Environmental Challenges”** by **Sindh Social Development Network, Karachi**, August 27-29, 2012.
 - **1st International Conference on “Safe Foods & Human Health”** by **GC University Faisalabad** in collaboration with **PARB & HEC Pakistan**, January 10-11, 2012.
 - **International Conference on “Emerging Issues In Food Safety”** by **NIFSAT, University of Agriculture, Faisalabad, Pakistan**, November 14-16, 2011.
- ✓ Participant in **Urdu & English Declamation** in School and College, **Declamation Mentor** for Schools.
- ✓ Represented **University of Sargodha** in **badminton**.
- ✓ Reviewer for **AJFAND, JFNR, AJFST** and **American Journal of Food and Nutrition**.
- ✓ Editorial Manager **IJSI**.
- ✓ Reviewer **Pakistan Academy of Sciences**



Skills:

- ✓ Food Preservation and Food Product Innovation.
- ✓ Excellent Presentation, Communication and Interpersonal Skills.
 - **Designed and Presented presentations to an audience of 500+.**
- ✓ An **adept** team player.
- ✓ Proficient in **Microsoft Office, SPSS, MiniTab, OriginPro, Mendeley, WHO Anthro, WHO Anthro Plus, NS, Nvivo and Turnitin**, while **R-Programming, SQL, GIS, Machine Learning and Python (learning)**.
- ✓ **TWIN SHIME, ICP, AAS, FTIR, ELISA, HPLC and UV-Visible Spectrophotometry**.



Specialties:

- ✓ **Management** and **Teamwork** learned through working in Professional organization, organizing events and attending workshops.
- ✓ **Hardworking** and **Adaptive** to the organizational ethos.



Membership:

- ✓ Student member of **American Society for Nutrition**, Membership ID **49530**.
- ✓ Member of **School of Nutrition/ The Nutritionists Club**, Membership ID **1503-172**.



Areas of interest:

- | | |
|-------------------------------------|---|
| • Food Science & Technology | • Food biochemistry |
| • Nutrition & Dietetics | • Public Nutrition Education |
| • Nutraceuticals | • Biotechnology |
| • Product Research & Development | • Publication and Dissemination of Research Results to People |
| • Designing Nutrition Interventions | |