

Department of Food Technology,
PMAS-Arid Agriculture
University Rawalpindi, 46300,
Punjab , Pakistan

Phone +92-334-5628182
E-mail: asifahmad_1@yahoo.com
asifahmad@uaar.edu.pk
<https://sites.google.com/a/uaar.edu.pk/asif/>

Dr. ASIF AHMAD

Career Summary

Excellent academic records and experience in teaching various courses in Food sciences, Nutrition and related fields. Have outstanding experience of assisting seniors, professors and mentoring students. Having demonstrated research experience backed with dissertation. I am also skilled in teaching students with practical examples and have greater abilities to prepare syllabus, deliver lecture, making presentations, scientific publications and hold group conversation on related-topic with students and peers.

Professional experience

Professor (Food Technology)

Dec 10, 2015 – To date

PMAS_ Arid Agriculture University Rawalpindi, Pakistan

- Prepared and delivered lectures in the field of Food Technology at under graduate and post graduate level.
- Supervised the research activities of undergraduate and postgraduate students, and assisted in thesis write up at post graduate level.
- Serving as member in curriculum committees in Nutrition and Food Sciences.
- Planned course syllabus to inform students of material assignments and course requirements
- Researched new techniques and strategies in field of Food sciences and Nutrition and presented findings to other researchers and academicians
- Reviewed Food technology Book, Published by University of Agriculture Faisalabad
- Reviewed Book on Beverage technology purpose to publish by Elsevier Publishers.
- Reviewed curriculum currently in use by the university to determine whether updates were needed
- Served on Editorial board of several international journals in field of Food Science and Nutrition

Adjunct Researcher – Ton Duc Thang University

June 2015 – To date

[Adjunct Researcher Ton Duc Thang University \(Vietnam\)](#)

POSTDOC SCHOLAR (Fulbright Fellow)

March 18, 2014 To March 13, 2015

Worked as Research scholar (postdoc) on Fulbright exchange visitor program at OARDC OHIO – USA. Some work performed in USDA designated labs (Avalied Sabbatical Leave from PMAS-Arid Agriculture University during this period)

Associate Professor

May 28, 2010 – Dec 10, 2015

PMAS_ Arid Agriculture University Rawalpindi, Pakistan

- Prepared and delivered lectures in the field of Food Technology at under graduate and post graduate level.
 - Supervised the research activities of undergraduate and postgraduate students, and assisted in thesis write up at post graduate level.
 - Serving as member of supervisory committee of post graduate students for research and thesis in various disciplines.
 - Managed resources of labs
 - Involved in preparation of departmental budgets
 - Prepared, administer and grade examinations, laboratory assignments and reports
 - Prepared and reviewed tests in discipline of Food science& Technology for national testing services (NTS) Pakistan.
-

Assistant Professor

December 2005–May 2010 PMAS_ Arid Agriculture University Rawalpindi, Pakistan

- Prepared and delivered lectures in the field of Food Technology at under graduate and post graduate level.
 - Supervised the research activities of undergraduate and postgraduate students, and assisted in thesis write up at post graduate level.
 - Serving as member of supervisory committee of post graduate students for research and thesis in various disciplines.
 - Worked on sophisticated analytical equipments like HPLC, Atomic absorption spectrophotometer, Fourier Transform infra red spectrophotometer (FTIR).
 - As member of board of studies, developed new coursework for both undergraduate and post graduate classes.
 - Prepared, administer and grade examinations, laboratory assignments and reports
 - As laboratory in-charge, maintenance and up gradation of laboratories.
 - Managed the resources at various laboratories of Food Technology department.
 - Suggested and worked for new food product development by utilizing local resources.
 - Managed and supervised activities in labs and Food processing unit.
 - Involved in preparation of departmental budget for running various activities of department.
-

Lecturer

1998–2005

University of Arid Agriculture Rawalpindi, Pakistan

- Teaching of different courses in the field of Food Technology at under graduate and post graduate level.
- To supervise the research activities of undergraduate and postgraduate students, and also to assist in thesis write up at post graduate level.
- Serving as member of supervisory committee of post graduate students in various disciplines.
- As member of board of studies, development of new coursework for both undergraduate and post graduate classes.
- Prepared, administer and grade examinations, laboratory assignments and reports
- As lab in-charge, maintenance and up gradation of lab.

- As Hostel Superintendent deals with all management affairs of hostel and boarder students.
- Assist in establishment and working of Food processing research and training lab in university.
- Implemented short training courses for local community for speeding profitability and poverty alleviation.

Trainee Officer

1997–1998 Habib Sugar Mills Nawabshah, Pakistan

- Gained knowledge of sugar production and processing operation.
- Run a biological laboratory independently that deals with biological control of insects/pests of sugar cane.

Summary of qualifications

2004–2009 University of Agriculture Faisalabad, Pakistan
PhD Food Technology. **CGPA 3.83 / 4.00**

1995-1997 University of Agriculture Faisalabad, Pakistan
M.Sc (Hons) Food Technology. **CGPA 3.93 / 4.00**

1990-1995 University of Agriculture Faisalabad, Pakistan
B.Sc (Hons) Agriculture Major Food Technology. **CGPA 3.64 / 4.00.**

1988-1990 F.Sc (Pre-Medical) **Ist Division**

1988 Matric **Ist Division**

Computer Skills

- DOS, Word Perfect, Windows98, MS-Word, MS-Excel, Power Point, Ms-Access , Turbo C.
- MStatc, Minitab, SPSS, R- Studio, iNZight, Statistix8.1 (Statistical Software).
- Six month Certificate course in Oracle database management (Developer Track) from Barani Institut of Information Technology, Pakistan organized by PITB. Courses covered were Fundamentals of computers, Networking Essentials, Visual Basic, Oracle Developer (SQL/PL-SQL, Forms 4.5, and Repo 2.1. Also completed a project Titled as “Retail store Management System.”
- Endnote X5 , Mendeley - Citation and referencing software

Data Science Projects

https://asifahmad.shinyapps.io/Coursera_Project/

<https://asifahmad.shinyapps.io/Pres7/>

Online Courses and Certifications

- | | |
|--|--|
| ➤ Fundamentals of Human Nutrition | ➤ Statistical Inference |
| ➤ Critical Thinking in Global Challenges | ➤ Regression Models |
| ➤ The Data Scientist's Toolbox | ➤ Histology |
| ➤ R Programming | ➤ The Science of Nutrition |
| ➤ Getting and Cleaning Data | ➤ Nutrition and Well being |
| ➤ Exploratory Data Analysis | ➤ Liver disease: Looking after your liver |
| ➤ Reproducible Research | ➤ Heart Health: A Beginner's Guide to Cardiovascular Disease |

Trainings/ Workshops/ Conferences

- Attended 13th Annual Fulbright & Humphrey Alumni Conference at the Higher Education Commission of Pakistan (HEC) Islamabad from 2 – 4 December 2016. Theme of the conference was “Agents of Change”.
- Attended World Food Day 2016 at PMAS-AAUR, 20 October 2016. Delivered a lecture on “Importance of World Food Day”.
- Attended 12th Annual Fulbright & Humphrey Alumni Conference at the National University of Sciences & Technology (NUST) Islamabad from 4 – 6 December 2015. Theme of the conference was Innovation for Development – Towards a Sustainable Future. Paper presented “Transformation of Agriculture in Pakistan”.
- Attended Joint meeting of the Soft Wheat Quality Laboratory Research Review and Soft Wheat Quality Council held at Indiana polis, OHIO –USA . March 3-4, 2015. Presented Research on Wheat in Pakistan and Non- chemical extraction of dietary fiber.
- Attended Seminars on Climate Change and the Plight of the Oceans - Fulbright Enrichment Seminar held at St. Petersburg and the Tampa Bay area, Florida –USA. November 5, 2014 to November 9, 2014.
- Attended IFT Annual Conference at NewOrleans- Louisiana, **USA June 21–24, 2014.**
- Attended 2nd International Conference on “Future Perspectives of Food Processing Industries in Pakistan and 2nd Food and Nutrition Expo – 11-12 December, 2012 at GC University, Faisalabad, Pakistan. Paper presented “Medicinal and Nutritive Attributes of Linseed by Asif Ahmad, Mehmood Tahir, KHAN AS, Wakeel Ahmad”
- Attended International 3rd International conference of Botany held at Quaid-e-Azam University Islamabad – September 1-3, 2012. Paper presented “chemical composition and sensory evaluation of tea (*camellia sinensis*) commercialized in pakistan by Asif Ahmad, Muhammad Adnan, Imran Hayat”
- National conference on Agriculture and Food security issues in global environmental prospective. Held at The university of Poonch Rawalakot on 11-13 July 2012.
- Attended International Bio-energy conference held at PMAS-Arid Agriculture University Rawalpindi – April 18-20, 2012. Paper presented “Prospects of Dairy Waste for production of ethanol by Farzana Siddique, Asif Ahmad, Muhammad Gulfraz”

- Attended Training workshop on IFS-6 held at Lahore 21-24 May, 2012
- Presented paper entitled “Antimicrobial activity, phytochemical profile and trace minerals of black mulberry (*Morus nigra* L.) fresh juice” in International Workshop on Medicinal Plants: Conservation & Sustainable Use held at Quaid-i-Azam University Islamabad on 8-10 December 2011.
- All Pakistan Food science conference held at NIFSAT , UAF on 14 Nov 2011.
- Workshop on "olive cultivation- profitable business" PMAS-AAUR on 28 July 2011.
- Attended research workshop on "Citation and referencing in Research using Endnote X5" held at PMAS_Arid agriculture University Rawalpindi. August 25, 2011.
- Attended international workshop on "Climate Change and Sustainability of Agro-Environment: Challenges & Interventions" held at PMAS_Arid agriculture University Rawalpindi. June 3-4, 2010
- Attended national training course on the Food safety management system ISO 22000: 2005 for auditors / Lead auditors held at Lahore. May 10-13, 2010.
- International workshop on Modern Techniques in Molecular Biology.
- Attended workshop on Dynamic learning Skills at Learning Innovation Division HEC, Islamabad from December 14-17, 2009.
- Attended International conference on human nutrition, held at Faisalabad from 22 -25 February, 2010.
- Industrial training in Yummy milk Products Lahore, Pakistan.
- Industrial training in Crescent sugar Mills Faisalabad, Pakistan.

Professional memberships

- Member of IFT
- Member of Pakistan Society of Food Scientists and Technologists.
- Pakistan Botanical Society
- Senior Member of Asia-Pacific Chemical, Biological & Environmental Engineering Society (APCBES)
- Member of The European Federation of Food Science & Technology (EFFoST)
- Member of The International Society for Environmental Information Sciences (ISEIS)
- Member of the International Association of Engineers (IAENG)

Journal Reviewer/Member Editorial board

- [Member Editorial board Journal of plant biology and & soil health.](#)
- [Member Editorial Board Journal of Plant Health and Technology](#)
- [Member Editorial Board EC Nutrition \(UK\)](#)
- [Member Editorial Board International Journal of Food Science and Nutrition.](#)
- [Member Editorial Board Open Agriculture Journal in Food Science \(OAJF\)](#)
- [Member Editorial Board Food Science & Nutrition Technology \(FSNT\)](#)
- [Member Editorial Board \(Editor\) SciFed Journal of Herbal Medicine](#)
- [Member Editorial Board Future Research in Food Processing and Technology](#)
- [Member Editorial Board Enliven Archive](#)
- [Member Editorial Board Chronicle Journal of Food and Nutrition](#)
- [Member Editorial Board \(Editor\) SciFed Journal of Herbal Medicine](#)
- [Member Editorial Board Future Research in Food Processing and Technology](#)
- [Member Editorial Board IJOABS.](#)

- Reviewer of International Journal of Food Science and Technology (UK).
- Reviewer for African Journal of Food Science and Technology.
- Reviewer for Pakistan Journal of Agricultural Sciences.
- Reviewer for Journal of Chemical Society of Pakistan.
- Reviewer for Journal of Agricultural research.
- Reviewer of Critical Reviews in Food Science and Nutrition.
- Reviewer of Chinese Journal of Natural Medicines.
- Reviewer of International Journal of Food Properties.
- Reviewer Science Research Association (SCIREA)

Distinctions

- Win Indigenous PhD scholarship from Higher education commission (HEC), Pakistan.
- Win University merit scholarship from University of Agriculture, Faisalabad, Pakistan.
- Win Fulbright fellowship for postdoc in USA
- HEC Approved supervisor to conduct PhD Research at University level.
- Win Research productivity award 2012
- Win Research productivity award 2014

Thesis

- Extraction, Characterization and Utilization of β -glucan. (PhD Thesis)
- Chemical Preservation of Tomato Concentrate Prepared by Cold Break Method. (MSc Thesis).
-

Ph.D Thesis supervision (Principal Supervisor)

S.N O	Name	Year	Status	Title
1	IMRAN HAYAT	2014	COMPLETE	Extraction, characterization and utilization of phaseolus vulgaris protein
2	SUMAIRA KHALID		IN PROCESS	Evaluation of nutraceutical potential of ajwa dates
3	MUHAMMAD KALEEM		IN PROCESS	Extraction and characterization of Nutraceuticals from Carissa opaca
4	Tauseef Azam		IN PROCESS	Evaluation and Remediation of water from Rawalpindi and Islamabad
5	Suhail Ibrahim			Dietary fiber extraction through ultrasonification and its characterization

Ph.D Thesis supervision (Co-Supervisor)

S.NO	Name	Year	Status	Title
1	Mudassir Ali Qazalbash		IN PROCESS	Screening for the selection of probiotics culture from yak milk for fermented milk product
2	Kashif Sarfraz Abbasi	2012	Completed	Influence Of Packaging Materials And Storage Conditions On The Quality Attributes Of Potato (<i>Solanum Tuberosum</i> L.) Tubers

Publications

Impact Factor > 90

1. Mujtaba, A., Masud, T., Ahmad, A., Ahmed, W., Jabbar, S., & Levin, R. E. (2017). Antibacterial activity of chlorogenic acid isolated through resin from apricot (*Prunus Armeniaca* L). Pakistan Journal of Agricultural Research, 30(2), 144-148.
2. Ahmad, A., Irfan, U., Amir, R.M., Abbasi, K.S. 2017. Development of high energy cereal and nut granola bar, International Journal of Agriculture and Biological Sciences, 1(3):13-20
3. Amir, R. M., Kausar, R., Ahmad A., Khan, M. A., Nadeem, M., Faiz, F., Shahzad, A., Imran, A., Azam, M. T., Khan, M. A., & Abubakar, S. 2017. Assessment of pesticide residues in cauliflower and associated health Implication. Sylwan, 161(9): 170-179.
4. Khalid, S., Ahmad, A, Kaleem, M. 2017. Antioxidant activity and phenolic contents of Ajwa date and their effect on lipo-protein profile. Functional Foods in Health and Disease. 7(6); 396-410.
5. Khalid, S., Khalid, N., Khan, R. S., Ahmed, H., & Ahmad, A. 2017. A review on chemistry and pharmacology of Ajwa date fruit and pit. Trends in Food Science & Technology. 63, 60-69. (Accepted on March 12, 2017).
6. Mehmood, T., Ahmad, A., Ahmed, A., & Ahmed, Z. (2017). Optimization of olive oil based O/W nanoemulsions prepared through ultrasonic homogenization: A response surface methodology approach. Food Chemistry, 229, 790-796.
7. Mujtaba, A., Masud, T., Ahmad, A., & Naqvi, S. M. (2016). Effect of Solvents on Extraction Yield, Total Flavonoid, Total Phenolic Contents, DPPH Scavenging Activity and Antibacterial Potential of Three Apricot Cultivars. Transylvanian Review, 24(10), 1662-1676.
8. Abbasi, K. S., Masud, T., Qayyum, A., Ahmad, A., Mehmood, A., Bibi, Y., & Sher, A. (2016). Photo-induced changes in quality attributes of potato tubers during storage. Journal of Applied Botany and Food Quality, 89: 332-338. DOI:10.5073/JABFQ.2016.089.043.
9. Sammi, S., Masud, T., Ahmad, A., Naqvi, S. S., Ahmad, A., & Mujtaba, A. 2016. Potassium permanganate effects on postharvest conversation of Turning Tomato (Var. Rio Grande) fruits. Transylvanian Review, 24(8). (Accepted for Publication)
10. Khalid, S; Ahmad,A; Masud,T; Asad, M.J; Sandhu, M. 2016. Nutritional assessment of ajwa date flesh and pits in comparison to local varieties. Journal of Animal and Plant Sciences, Volume: 26(4). 1072-1080.
11. Abbasi, K.S; Masud, T., Qayyum, A, Khan, S.U, Ahmad, A., Mehmood, A, Farid, A and, Matthew

- A.J., 2016. Transition in tuber quality attributes of potato (*Solanum tuberosum* L.) under different packaging systems during storage. *Journal of Applied Botany and Food Quality* 89, 142 - 149.
12. Kaleem, M., Ahmad, A., Khalid, S., and Azam, M. T. 2016. HPLC condition optimization for identification of flavonoids from *Carissa opaca*. *Sci.Int.(Lahore)*,28(1),343-348.
 13. Ahmad A., Kaleem M, Ahmed Z, and Shafiq, H. 2015. Therapeutic potential of flavonoids and their mechanism of action against microbial and viral infections—A review. *Food Research International*. 77(2):221-235. (accepted June 23, 2015). doi:10.1016/j.foodres.2015.06.021.
 14. Imran, M., Ahmad, M., Naeem, M., Saeed, S., Nasir, M. F., Ahmad, A., Nasir, M., & Aslam, U. A. 2015. Effect of fresh pollen pellets and pollen balls coated with and without beeswax on the life history parameter of bumblebee. *Journal of Biodeveristy and Environmental Sciences*, 6(5), 144-153.
 15. Hayat I, **Ahmad A**, Ahmed A, Khalil S and Gulfraz M. 2014. Exploring the potential of red kidney beans (*phaseolus vulgaris* l.) To develop protein based product for food applications. *The Journal of Animal & Plant Sciences*, 24(3): 860-868. **ISSN: 1018-7081**
 16. Ahmed A, Khalid N, **Ahmad A**, Abbasi N A, Latif M S Z and Randhawa M A. 2014. Phytochemicals and biofunctional properties of buckwheat: A review . *The Journal of Agricultural Science*, 152, pp 349-369. doi:10.1017/S0021859613000166.
 17. Ahmed A, **Ahmad A**, Khalid N, Shandhu MA, Rhandhawa MA, Suleria HAR. 2014. A question mark on Iron deficiency in 185 million people of Pakistan: Its outcomes and Prevention. *Critical Reviews in Food science and Nutrition*. 54:1617-1635.
 18. Abassi EA, Khalid N, Zbakh H and **Ahmad A**. 2014. Physicochemical characteristics, nutritional properties and health benefits of argan oil: A review. *Critical Reviews in Food Science and Nutrition*. 54:1401-1414. DOI: 10.1080/10408398.2011.638424.
 19. **Ahmad A**, Hayat I, Arif S, Masud, T, Khalid N, Ahmed A. 2014. Mechanisms involved in the therapeutic effects of soybean (glycine max). *International Journal of Food Properties*. 17(6):1332-1354.
 20. Anjum N, Maqsood S, Masud T, **Ahmad A** and Momin A. 2014. *Lactobacillus acidophilus*: Characterization of the Species and Application in Food Production. *Critical Reviews in Food science and Nutrition*. 54:1241-1254.
 21. Tasneem M, Siddique F, **Ahmad A**, Farooq U. 2014. Stabilizers: Indispensable substances in dairy products of high rheology. *Critical Reviews in Food science and Nutrition*. 54:869-879.
 22. Shafiq H, Ahmad A, Masud T, Kaleem M. 2014. Cardio-protective and anti-cancer therapeutic potential of *Nigella sativa*. *Iranian Journal of Basic Medical Sciences*. 17(12):967-979.
 23. Khalid N, **Ahmad A**, Khalid S, Ahmed A, Irfan M. 2014. Mineral composition and health functionality of Zamzam water: A review. *International Journal of Food Properties*. 17(3):661-677.
 24. Khalid N, Ahmed A, Bhatti MS, Randhawa MA, **Ahmad A** and Rabab Rafaqat. 2014. A question mark on zinc deficiency in 185 million people in pakistan- possible wayout. *Critical Reviews in*

- Food science and Nutrition. 54(9): 1222-1240.
25. **Ahmad A**, Arshad N, Ahmed Z, Bhatti MS, Zahoor T, Ahmad Z and Afreen A. 2014. Perspective of surface active agents in baking industry: An overview. *Critical Reviews in Food science and Nutrition*. 54: 208-224.
 26. Hayat I, **Ahmad A**, Masud T, Ahmed A and Bashir S. 2014. Nutritional and Health Perspectives of Beans (*Phaseolus vulgaris* L.): An Overview. *Critical Reviews in Food science and Nutrition*. 54: 580-592. DOI:10.1080/10408398.2011.596639.
 27. Shafiq H, Iftikhar F, **Ahmad A**, Kaleem M, and Sair AT. 2014. Effect of crystallization on the water activity of honey. *International Journal of Food and Nutritional Sciences*, 3(3):1:6.
 28. Chatha, Z. A., **Ahmad, A.**, Zahoor, T., & Raza, A. (2013). Comparative Effect of Gamma Irradiation, UV-C and Hot Water on Antioxidant Potential of Mango (*Mangifera indica* L.) Fruit. *Pakistan Journal of Nutrition*, 12(11), 1019-1023.
 29. Chatha, Z. A., **Ahmad, A.**, Zahoor, T., Raza, A., & Kaleem, M. (2013). Effect of Gamma Irradiation, UV-Irradiation and Hot Water Treatment on Fungal Growth and Aflatoxin in Mango Fruits (*Mangifera indica* L.). *Pakistan Journal of Nutrition*, 12(12), 1050-1056.
 30. Akhtar, S., Ahmed, A., **Ahmad, A.**, Ali, Z., Riaz, M., & Ismail, T. (2013). Iron status of the Pakistani population-current issues and strategies. *Asia Pacific journal of clinical nutrition*, 22(3). 340-347. doi: 10.6133/apjcn.2013.22.3.17
 31. Ahmed, Z., Wang, Y., Anjum, N., Ahmad, H., **Ahmad, A.**, & Raza, M. (2013). Characterization of new exopolysaccharides produced by coculturing of *L. kefiranofaciens* with yoghurt strains. *International journal of biological macromolecules*, 59, 377-383.
 32. Ahmed Z, Wang Y, Anjum N, **Ahmad A**, Khan ST. (2013). Characterization of exopolysaccharide produced by *Lactobacillus kefiranofaciens* ZW3 isolated from Tibet kefir- Part II. Food Hydrocolloids. 30: 342-350.
 33. Mehmood, T., **Ahmad, A.**, Ahmed, A., Wakeel, A., Khan, A. S., Baig, H. H., & Rafique, A. (2013). Physico-chemical and sensory evaluation of different vanaspati ghee available in Pakistan. *Innovative Romanian Food Biotechnology*, 12.
 34. Ahmed Z, Wang Y, **Ahmad A**, Khan ST, Nisa M, Ahmad H and Afreen A. 2013. Kefir and Health: A Contemporary Perspective. *Critical Reviews in Food science and Nutrition*. 53(5):422-434. DOI: 10.1080/10408398.2010.540360.
 35. Ahmed A, Anjum M, Ahmad A, Khalid N, Randhawa MA, Ahmad Z, Farid W. 2013. Effects of Hydrocolloids on Partial Baking and Frozen Storage of Wheat Flour Chapatti. *Food science and technology research* . 19 (1), 97 – 103.
 36. Adnan M, **Ahmad A**, Ahmed A, Khalid N, Hayat I, Ahmed I. 2013. Chemical Composition and Sensory Evaluation of Tea (*Camellia Sinensis*) Commercialized In Pakistan. *Pak. J. Bot.*, 45(3):901-907
 37. Dilshad, SMR, Rehman NU, Ahmad N, Iqbal A, Ali MA, **Ahmad A**. 2012. Effect of flax seeds (*Linum usitatissimum*) on uterine and ovarian protein contents, ovarian cholesterol, serum estradiol and onset of puberty in immature female mice. *Int. J. Agric. Biol.*, 14: 781–786.
 38. Yousaf, A. A.; Ahmed, A.; Hameed, T.; **Ahmad, A.**; Randhawa, M.A.; Sabir, M.; Hayat, I.; Khalid, N. 2013. Nutritional and functional evaluation of wheat flour cookies supplemented with gram flour. *International Journal of Food Science and Nutrition*. 64(1): 63-68.

39. Shafiq, H, Iftikhar, F., Ahmad, A., Kaleem, M., & Sair, A. T. (2012). Effect of crystallization on the water activity of honey. *International Journal of Food and Nutritional Sciences*. 3(3): 1-6
40. Ahmed A, Malik NA, Randhawa MA, **Ahmad A**, Akhtar S, Ahmed H, Shah SS. 2012. Changes in vegetable oil used for commercial frying: A case study from Rawalpindi. *Journal of the Chemical Society of Pakistan* 34(5): 1079-1083.
41. Arif S, **Ahmad A**, Masud T, Khalid N, Hayat I, Siddique F, Ali Muhammad. 2012. Effect of flour processing on the quality characteristics of a soy based beverage. *International Journal of Food Science and Nutrition*. 63(8):940-946.
42. **Ahmad A**, Munir B, Abrar M, Bashir S, Adnan M, Tabassum T. 2012. Perspective of β -glucan as functional ingredient for food industry. *Journal of Nutrition and Food Sciences*. 2: 133. doi:10.4172/2155-9600.1000133.
43. Waqas, A, Ahmed A, **Ahmad A**, Rhandhawa M. A. Khalid, N. 2012. Heavy metal contamination in vegetables grown in Rawalpindi, *Journal of the Chemical Society of Pakistan*. 34(4):914-919.
44. **Ahmad A**, Anjum FM, Zahoor T, Nawaz H and Dilshad SMR. 2012. Beta glucan: A valuable functional ingredient in foods. *Critical Reviews in Food Science and Nutrition*. 52 (3):201-212.
45. Zafar S, Ahmed A, Ahmad R, Randhawa MA, Gulfraz M, **Ahmad A** and Siddique F. 2012. Chemical residues of some pyrethroid insecticides in eggplant and okra fruits: Effect of processing and chemical solutions. *Journal of the Chemical Society of Pakistan* 34(4): 1169-1175
46. Mehmood T, **Ahmad A**, Ahmed A, Khalid N. 2012. Quality Evaluation and Safety Assessment of Different Cooking Oils Available in Pakistan. *Journal of the Chemical Society of Pakistan* 34(3): 518-525.
47. Siddique F, Tasneem M, **Ahmad A**, Ahmed A, Gulfraz M and Watto FH. 2011. Development and optimization of sweet cream butter from buffaloes at cottage scale. *African Journal of Biotechnology*. 75(10), 17265-17274.
48. Khan AN, Ahmed A, Bhatti MS, Randhawa MA, **Ahmad A** and Yousaf AA. 2011. Effect of Additives on the Shelf Life Extension of Chapatti. *Food Science and Technology Research*. 17(3): 203-208.
49. **Ahmad A**, Anjum FM, Zahoor T, Nawaz H and Ahmed Z. 2010. Extraction and characterization of β -glucan from oat for industrial utilization. *Int. J. Biologic. Macromolec.*, 46(3): 304-309.
50. Malik, M. F., Rashid, M., Iqbal, J., and Ahmad, A. (2010). Resistance determination against thrips of promising onion varieties in the agro-ecosystem of Balochistan, Pakistan. *Punjab University Journal of Zool*, 25(1-2), 1-11.
51. **Ahmad A**, Anjum FM, Zahoor T, Din A and Nawaz H. 2009. Physicochemical and functional properties of barley β -glucan as affected by different extraction procedures. *Int. J. Food Sci. and Tech.*, 44: 181-87.
52. Ahmad M, **Ahmad A**, Chatha ZA and Dilshad SMR. 2009. Studies on preparation of ready to serve mandarin (*Citrus reticulata*) diet drink. *Pak. J. Agric. Sci.*, 45 (4): 470-476.

53. **Ahmad A**, Anjum FM, Zahoor T and Nawaz H. 2009. Extraction of β -glucan from oat and its interaction with glucose and lipoprotein profile. Pak. J. Nutrition. 8 (9): 1486-1492.
54. Gulfraz M, Kasuar R, Arshad G, Mehmood S, Minhas N, Asad MJ, **Ahmad A** and Siddique F. 2009. Isolation and characterization of edible oil from wild olive. African J. Biotech., 8 (16): 3734-3738.
55. **Ahmad A**, Anjum FM, Zahoor T and Nawaz H. 2008. Effect of barley β -glucan on sensory characteristics of bread. Pak. J. Agric. Sci., 45(1): 88-94.
56. Kashif SA, Mahmood H and **Ahmad A**. 2004. Effect of different ethylene absorbents on the storage of banana (*Musa cavendishii* cv. Basrai). Pak. J. Arid. Agric., 7(1): 1-11.
57. Kashif SA, **Ahmad A** and Muhammad A. 2004. Effect of water soluble coatings on the storage of bananas (*Musa cavendishii* cv. Basrai). Pak. J. Arid. Agric., 7(1): 73-82.
58. Jahangir M, Masud T, **Ahmad A**. 2002. Effect of different stabilizers on brix, acidity and ascorbic acid contents of Tomato concentrate. Pak. J. Food Sci., 12(1-2): 45-48.
59. Amin A, Ali M, **Ahmad A** and Hassan M. 2001. Effect of coatings and Polyethylene sheet on the shelf life of mangoes (*Mangifera indica* L.). Pak. J. Arid. Agric., 4(1-2): 7-13.
60. Ali M, Saeed MK, **Ahmad A** and Nasreen A. 2000. Stabilization and preservation of yoghurt drink. Pak. J. Arid. Agric., 3(1-2): 33-37.

Books and Book Chapter

61. **Ahmad Asif** and Ahmed Zaheer. 2011. Tailoring oat for future foods. In: Danielle L. Murphy (Ed.), Oats: Cultivation, Uses and Health Effects. NOVA SCIENCE PUBLISHERS, USA. **(BOOK CHAPTER)**. ISBN-10: 1613242778 ISBN-13: 9781613242773 .
https://www.novapublishers.com/catalog/product_info.php?products_id=19839
62. **Ahmad Asif** and Anjum Faqir Muhammad. 2010. Perspective of β -glucan: Extraction and Utilization. VDM Publishers Germany. ISBN-10: **3639290542** | ISBN-13: **978-3639290547**.
63. Khalid Nauman, **Ahmad Asif** and Ahmed Anwaar. 2012. Micronutrients Deficiencies in 185 Million People of Pakistan: Special Reference to Zinc and Iron. LAP LAMBERT Academic Publishing. ISBN-10: 3847301144 ISBN-13: 978-3847301141
64. **Ahmad Asif**, Ahmed Zaheer. 2016. Nutraceutical Aspects of β -Glucan with Application in Food Products. In: **Alexandru Mihai Grumezescu** (Ed.). Nutraceuticals. Book Series Nanotechnology in Agri. Food Industry. Elsevier Academic Press. USA. 387-425. (Accepted Book Chapter). ISBN 978-0-12-804305-9. <http://www.sciencedirect.com/science/article/pii/B9780128043059000117>
65. **Ahmad Asif** and Muhammad Kaleem. 2016. Diet and bone disease. In: Wenbiao Wu (Ed.) Diets and Disease Causes and Prevention. NOVA SCIENCE PUBLISHERS, USA. ISBN: 978-1-63484-588-5 Weblink:

https://www.novapublishers.com/catalog/product_info.php?products_id=57255&osCsid=8e5f6ad6ce86b6e65d5d0c100f585710

66. **Ahmad Asif**, Khalid Nauman. 2017. Dietary fibers in modern food production: A special perspective with beta-glucans. In: Alexandru Mihai Grumezescu (Ed.). Biopolymers food Designs Volume 20. Book Series: Handbook of Food Bioengineering, Elsevier Academic Press. USA. (Accepted Book Chapter).
67. **Ahmad Asif**, Khalid Sumaira. 2017. Therapeutic aspects of probiotics and prebiotics. In: Alexandru Mihai Grumezescu (Ed.). Diet, microbiome and health" Book Series: Handbook of Food Bioengineering (volume XI). Elsevier Academic Press. USA. (Accepted Book Chapter).
68. Ahmed Zaheer **and Ahmad Asif**. 2017. Biopolymers from bacteria: Production and application. In: Alexandru Mihai Grumezescu (Ed.). "Microbial Production of ingredients" Book Series: Handbook of Food Bioengineering (volume V, Chapter 8). Elsevier Academic Press. USA. (Accepted Book Chapter). <https://www.elsevier.com/books/microbial-production-of-food-ingredients-and-additives/grumezescu/978-0-12-811200-7>
69. **Ahmad Asif**, Kaleem Muhammad. 2017. B-Glucan as food Ingredient. In: Alexandru Mihai Grumezescu (Ed.). Biopolymers for Food Design (Vol 20), Book Series: Handbook of Food Bioengineering (Chapter 11). Elsevier Academic Press. USA. (Accepted Book Chapter). <https://editorial.elsevier.com/app/book?execution=e3s3>
70. Ahmad Asif and Ahmed Zaheer. 2017. Effects of different bioactive compounds on cancer. In: Danik M Martirosyan and Jin-Rong Zhou (Ed.). Functional Foods and Cancer: Bioactive Compounds and Cancer. Volume 4, 1st Edition. Functional Food Center Inc. San Diego, USA. ISBN-13: 978-1975953171. <http://www.functionalfoodcenter.net>

Personal

Name: Dr. Asif Ahmad

Father Name: Muhammad Idris

CNIC# 37101-1683263-1

Office Address:

Department of Food Technology, PMAS-Arid Agriculture University
Rawalpindi, 46300 , Pakistan

Permanent Address: House#7, Darulislam colony, Kamra Road, Near AL-Furqa Mosque , Attock city Pakistan

Mobile: +92-334 5628182

Email: asifahmad1@gmail.com
asifahmad@uaar.edu.pk

linkedin ID : Dr Asif Ahmad

Skype ID : asifahmad_1

Website : <https://asifahmad1.wix.com/foodtechnologist>