



Muhammad Farooq MPhil (Food Technology) Gold Medalist
PhD in Progress Food Safety and Nutrition
Northwest A& F University China

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PROFILE

To enhance my knowledge and capabilities by working in a dynamic organization that prides itself in giving Substantial responsibility to a new talent where the efficient and hardworking People and where talent is considered as a competitive edge over competitors.

Academic Qualifications

Sindh Agriculture University Tandojam in 2016

M.Phil. Food Science &Technology 2014-2016

Sindh Agriculture University Tandojam in 2013

B.Sc. (Honors), Food Science &Technology 2009 -2013

Sardheri Public High School & College Shahjahan Abad

Sardheri F. Sc, Pre-Medical 2006 – 2008

Professional Experience:

- Two year of Research experience as a research associate during my MPhil Study in Sindh Agriculture University Tandojam Sindh in the year 2014 to February 2016.
- One-year Production Manager in Zeal Food and Beverages, Amandara Swat
- Six Month Teaching Experience in Institute of Food Science and Technology, Sindh Agriculture University, Tandojam from February 2016 to August 2016.
- One-year Teaching Experience in Institute of Food Science and Technology, Sindh Agriculture University, Tandojam. Under National Internship program (NIP) from August 2016 to September 2017
- one year Visiting lecture in Jiangsu University China (2017 October to 2018 August with the Supervision of Professor Ma Yongkun Undergraduate Students Teacher

- Four Months Internship Determination of Different Food Nutrients” At Nuclear Institute for Food & Agriculture Peshawar. (NIFA). Preparation of different fruit pulp preserve Orange, Peach, Guava, Strawberry, and orange squash

Professional Trainings

- 1-day workshop on Plagiarism, Paraphrasing
- 1-day workshop on “How to write a Research Paper”? School of Food Science and Biological Engineering in China.

Workshops & Trainings:

- Participated workshop on ‘MANGO’ conducted from 06th June 2012
- 4 days training organized by I.F.S.T, Tando Jam for Bakery Products
- 3 days training organized by I.F.S.T, Tando Jam for the Preservation Methods
- 3 days training organized by I.F.S.T, Tando Jam for Making Milk Products
- Two-month teaching experience Govt Higher Secondary Manga Mardan
- Three-month experience in Liaqat Model School Manga Mardan
- One-day mushroom cultivation training Nuclear Institute of Food & Agriculture (NIFA) Peshawar
- Attend three days’ mango Festival at Mir Pur Khas Sindh Pakistan

Conferences and Symposiums:

- Volunteer at World Food Day-2016 at Sindh Agriculture University Tandojam.
- Volunteer at World Food Day 2016 Volunteer at 6th International Conference on Food Safety 2016.
- Volunteer at Scholarship Guidelines Society.
- All Pakistan Food Science Conference”. Organized by National Institute of Food Science and Technology, Sindh Agriculture University Tandojam 19th April 2016.
- International Conference on the Macro, Micro and Nanoscales of Lipids for Heather Future, Jiangsu University School of Food Science & Biological Engineering in China 10-11-2017.
- International Conference on the Emerging Sensing Techniques for Nondestructive Quality Evaluation of Horticultural & Food Products Jiangsu University School of Food Science & Biological Engineering in China 30-October -2017.
- International Conference on UK China Food Detection Forum Reassurance Through Non Invasive Remote Sensing Technology University School of Food Science & Biological Engineering in China 25-11-2017.
- International Conference Automating Agriculture in School of Food Science & Biological Engineering in China 27-11-2017.
- International Conference the Food Revolutions, Past Present and Future. School of Food Science & Biological Engineering in China 29-11-2017.
- International Conference Food Active Ingredients, Function & Sensory Analysis for Food in School of Food Science & Biological Engineering in China 04-12-2017.

- International Conference of Developing Advanced Biomaterials for Cellular Medicine & Food Safety School of Food Science & Biological Engineering in China 21-03-2018.
- Participated Conference the Stability of Dietary Polyphenol. School of Food Science & Biological Engineering in China 04-04-2018.
- Sensory Methodology Past, Present and Future, Dr: Maurice O Sullivan University College Cork in BTBU China, 17-03-2019.

Four Month Internship at Nuclear Institute of Food and Agriculture Tarnab Peshawar

Experience in squash, Juices James, Salt iodine, Mushroom, Protein, and Ash & Minerals Preparation of different fruit, Preparation of fruit Pulp, Preparation of Peach Jam, Preparation of Jujube jam, Preparation of plum Jam, Preparation of Squash. Mango, peach and Guava squashes Water Testing, Determination of Moisture in Jam, Determination of moisture content Determination of Ash content, Determination of TSS Brix, Determination of Titratable acidity, Determination of Vitamin C content, Determination of pH.

Honors and Awards:

- Awarded Laptop from Prime Ministers Laptop Scheme in M.Phil. Food Sciences and Technology 2015 for Securing Highest Position Institute Food Sciences and Technology. Sindh Agriculture University, Tandojam.
- Win the Chinese Government Scholarship for PhD Study
- Selected for Egypt World youth forum in the year of 2019, 10 December

M.Phil. Research Topic:

- Study on the physico –chemical and sensorial qualities of value added banana products.

Supervisor: Professor Dr Saghir Ahmad Sheikh

B.Sc. Research Topic:

- Determination of Different Food Nutrients at Nuclear Institute for Food & Agriculture Peshawar (NIFA).

Supervisor: Professor Dr Aijaz Hussain Soomro

Publication:

2021

Ifitikhar Alam, Atta Ullah Jan, Mohammed Fawzi Farahat, and **Muhammad Farooq***, Salat the Islamic prayer, acts as a light physical activity that improves immune signatures and Metabolic health in older individuals: a randomized crossover study **Submitted Pakistan Agri Res**

Ifitikhar Alam*, Atta Ullah Jan, Muhammad Ali, **Muhammad Farooq*** Defining Research Priorities in Nutrition in a Resource Limited Setting – a Delphi Study in Pakistan: **Submitted Journal of Innovative Sciences**

Muhammad Farooq, M. Javed Iqbal, Rizwan Shukat, Moale Cristina Naila Ilyas, Iftikhar Ahmed Solangi¹Wang Yunyang*Drying of onion paste to develop powders by foam-mat drying process using soy protein as foaming agent **Carpathian Journal of Food Science and Technology** **SCI Submitted**

Umera Siddique, Maria Aslam, Wajeelha Nusrat, Moen Ud Din, **Muhammad Farooq** employing plant-based coagulants for water treatment: A cost effective approach **Submitted PJAR HEC**

Muhammad Farooq, Elham Azadfar, Zohre Bahrami, Mahniya Sharifi, Iftikhar, A. Shakoor, Naila Ilyas, and Wang Yunyang*Optimization the process of extract mountain watermelon skin sap on the method of response surface and investigation its ant Antioxidant effect on the stability of soybean oil Submitted **Carpathian Journal of Food Science and Technology** **SCI Submitted**

M. Javed Iqbal, Rizwan Shukat, **Muhammad Farooq**, Iftikhar Ahmed Solangi, Naila Ilyas, Faraz Ahmed A. Shakoor, drying of onion paste to develop powders by foam-mat drying Process using egg albumin as foaming agent.**Accepted PJAR HEC**

Muhammad Farooq, M. Javed Iqbal, Rizwan Shukat, Elham Azadfar Ibrar Ahmad, Qayyum Shehzad, Iftikhar Ahmed Solangi, Abdul Saboor, Kaleem Kakar, Shoaib Khan, Wang Yunyang, Development of onion powder by using egg albumin as a foaming agent by foam-mat drying process **Accepted Journal of Innovative Sciences** **HEC**

Muhammad Farooq, Elham Azadfar, Zohre Bahrami, Maryam Sabetghadam, Wang Yuny Ng, The Feasibility of Producing Dried Cactus Prickly Pears (CPP) via Osmopriming Studying Antioxidant Activity and Free Radical Scavenging Power of Methanol, **PJAR HEC Accepted**

Muhammad Farooq, Elham Azadfar, Zohre Baharmi, Mahniya Sharifi, Rahila Afzal Abdul Shakoor, Iftikhar Ahmed, Muhammad Noman Khan, Memona Siddique, Naila Ilyas, Muhammad Bakhtiar, Mohamedelafatieh Ismail, Wang Yunyang, Optimization of Drying Process of Rambutan by Combined Method of Osmosis- Ultrasound and Complementary Drying of Hot Air **PJAR HEC Accepted**

Muhammad Farooq, Allah Rakha, Jawad Ul Hassan, Rahila Fazal, Muhammad Saleem, Iftikhar Ahmed Solangi, Naila Ilyas, Physicochemical &nutritional Characterization of Mushroom powder enriched muffins. **Accepted Journal of Innovative Sciences** **HEC**

2020

Hanyue Xue, MinYu, Kunyi He, Yingnan Liu, Yunyan Cao, Yuhang Shui, Jing Li, **Muhammad Farooq** Li Wang, A Novel Colorimetric and Fluor metric Probe for Bio Thiols Based on MnO₂ NFs Rhodamine B System, **Impact Factor:5.9** **doi.org/10.1016/j.aca.2020.06.039**

2019

Muhammad Bakhtiar **Muhammad Farooq***,Pasdar Hussain, Rafiq Ahmed, Hanyue Xue, Qinzhi Wang, Shoaib Khan, Iltaf Khan, Memoona Siddique, Naila Ilyas, Response of Fodder Millet (*Pennisetum Americanum*. L) To Different Levels of Nitrogen and Phosphorus **European Academic Research. Issue, 11. Feb 2019**

Muhammad Farooq¹, MuriumSultan, Hanyue Xue¹, Mohamedelfatieh abdelkhalig. Role of Dietetics in Modern Science DOI: 10.31080/ASNH.2019.03.0367

Muhammad Farooq MuriumSultan, Misbah, Zakria, Iftikhar Ahmed Solangi, Gulsaya Nurzhassarova Study of Diet plant and different Disease DOI: 10.31080/ASNH.2019.03.0554

Muhammad Farooq, Saghir Ahemd Sheikh, Tanveer Fatima Miano, Noor –UN-Nisa Memon Physico- Chemical characteristics of value added banana products. **J Agric. Res., 2018, Vol. 56(4):265-269 HEC Journal**

Muhammad Farooq*, Muhammad Bakhtiar William Tchabo, Wu Meng, Aman Ullah, Abdul Saboor, Naila Ilyas, Nazira Fatima and Shengmei Ma, Effect of mulch type, size and Nitrogen levels on wheat production. DOI: <https://doi.org/10.25218/ajfia.2018.01.001.03>

Muhammad Farooq*, Memoona Siddique, Ateeq –Ur-Rehman, Moses Kwaku Golly, Bakhshah Zib, Ismail Khan, Shoaib Khan, Iltaf Khan, Muhammad Bakhtiar, Naila Ilyas Effectiveness of Systemic and Contact fungicides against *Alternaria citri* the causal organism of Citrus Brown Spot disease in Citrus mangroves of Pakistan. **Research Integrity Journal. DOI: 10.31248/JASP2018.080**

Moses Kwaku Golly, Olivia Na Ayorkor Totten, Emmanuel Kwaw, Benedicta Princess Dotse, Afia. Sakyiwaa Amponsah & **Muhammad Farooq**, Optimization of Turkey Berry (*Solanum torvum*) Powder Spice Blend by Means of D-optimal Design. DOI: [10.25218/ijfst.2018.01.001.02](https://doi.org/10.25218/ijfst.2018.01.001.02)

William Tchabo, Yongkun Ma, Giscard Kuate Kaptso, Emmanuel Kwaw, Rosine Wafo Cheno, Meng Wu, Richard Osae, Shengmei Ma and **Muhammad Farooq**, Carrier Effects on the Chemical and Physical Properties of Freeze-Dried Encapsulated Mulberry Leaf Extract Powder Carrier Effect on the Chemical and Physical Properties of Freeze-Dried Encapsulated Mulberry Leaf Extract Powder(SCI). **Impact Factor: 1.3, https://DOI:10.17344/acsi.2018.4420. 8**

Emmanuel Kwaw, WilliamTchabo, Yongkun Ma, MauriceTibiruApaliya, Augustina SackleSacke, Benjamin Kuma Mintah, **Muhammad Farooq**, Shengmei Ma, Effect of storage on quality attributes of lactic-acid- fermented Mulberry juice subjected to combine Pulsed light & ultrasonic pasteurization treatment. **Journal of Food Measurement and Characterization (SCI). Impact Factor: 1.64**

Tchabo W. - Ma, Y. - Kaptso K. - Kwaw, E. -Cheno W. R. - Xiao, L. - Osae R. - Wu, Meng **Muhammad Farooq**, Process Analysis of mulberry (*Morus Alba*) leaf extract encapsulation: Effect of spray drying Process Analysis of mulberry (*Morus Alba*) leaf extract encapsulation: Effects of spray drying Conditions Bioactive encapsulated powder quality. Food and Bioprocess Technology, 2018, [https://DOI: 10.1007/s11947-018-2194-2](https://doi.org/10.1007/s11947-018-2194-2) **SCI Impact Factor (3.35)**

Moses Kwaku Golly'Haile Ma'Duan Yuqing'Ping Wu'Mokhtar Dabbou'Frederick Sarpong **Muhammad Farooq** Enzymolysis of walnut (*Juglans regia*L.) meal protein: Ultra

sonication-assisted alkaline pretreatment impact on kinetics and thermodynamics: (SCI).
Impact Factor: 1.6

Muhammad Farooq Shoaib Khan, Shabir Ahmed' Naila Ilyas, Abdul Saboor, Muhammad Bakhtiar Nabeela Ilyas, Ali Yar Khan, Comparative study of banana figs prepared from two different varieties. DOI: [10.5281/zenodo.1242726](https://doi.org/10.5281/zenodo.1242726)

Karam Elahi, Atta Hussain **Muhammad Farooq***, Shah Karam Elahi, Hafiz Muhamad Fayyaz Muhammad Saleem Rahila Fazal, Shabir Ahmed Umair Khatri Umair Khatri, Comparative Study on qualitative and Sensory characteristics of fresh and marine water fish meat **European Academic Research. Issue 5, Aug 2018**

Muhammad Farooq Muhammad Junaid Talha, Naila Ilyas, Shoaib Khan, Muhammad Noman Khan, Dawood, Muhammad Bakhtiar, Iltaf Khan Parboiling Influence on Physico-chemical Characteristics of Kernel Basmati Rice. **European Academic Research. Issue 3, June 2018**

Muhammad Bakhtiar **Muhammad Farooq***, Shabir Ahmed' Naila Ilyas, Iltaf Khan, Abdul Saboor, Iftikhar Ahmed Solangi, Ali Yar Khan, Shoaib Khan, Imran Khan. Influence of Sulfur and Boron on the growth and yield of Broccoli. DOI: [10.5281/zenodo.1238781](https://doi.org/10.5281/zenodo.1238781)

Muhammad Farooq* Memoona Siddique* Ateeq –Ur-Rehman, Iltaf Khan, Abdul Saboor, Shoaib Khan, Muhammad Noman Khan, Abdul Qayum, Naila Ilyas, Nabeela Ilyas, Muhammad Bakhtiar' Antifungal activity of plant extracts and Silver nano Particles against Citrus brown spot pathogen (*Alternaria citri*. DOI: [10.5281/zenodo.1306348](https://doi.org/10.5281/zenodo.1306348)

Muhammad Farooq* Kaleem Kakar, Moses Kwaku Golly. Naila Ilyas, Bakhshah Zib, Ismail Khan, Shoaib Khan, Iltaf Khan, Abdul Saboor, Muhammad Bakhtiar, Comparative effect of potting media on sprouting and Seedling growth of grape cuttings. DOI: [10.5281/zenodo.1215842](https://doi.org/10.5281/zenodo.1215842)

Iltaf Khan, Shah Rukh, Shoaib Khan, **Muhammad Farooq**, Naveed Alam' Sher Mohammad, Saeed Zaman, Muhammad Abdur Rahman, Abdul Qayum Asif Ali Khan, Effect of various plant growth regulators and light intensity (Complete and diffused light) on the callus Proliferation of the carraluma plant. **European Academic Research. Issue 5, 8. Nov 2018. Corresponding Author**

Muhammad Farooq*, Imran Khan, Shabir Ahmed, Naila Ilyas, Abdul Saboor, Muhammad Bakhtiar, Shoaib Khan, Iltaf Khan, Iftikhar Solangi, Ali Yar Khan, Agronomical efficiency of two Wheat (*Triticum aestivum* L.) Varieties against different level of Nitrogen Fertilizer in Subtropical region of Pakistan varieties. DOI: [10.5281/zenodo.1238788](https://doi.org/10.5281/zenodo.1238788)

2017

Tanveer F Miano, Atiq U R Baloch Mahmooda Buriro, Asma Miano Tahseen F Miano, and **Muhammad Farooq**, Vegetative growth and flowering behavior of cockscomb (*Celosia cristata* L.) in response to sowing dates. **Journal of Horticulture. 2017, 4:2. SCI IF: 0.96.**

Muhammad Bakhtiar, Muhammad Zahir Afridi, Fazal Munsif Inayat Ur Rahman Arshad Sohail, Rehman, Saliman, Adil, Muhammad Rabnawaz Khan, Muhammad Noman Khan, and **Muhammad Farooq**. Dry matter Partitioning and grain yield of wheat as affected by sources, methods and timing of nitrogen Application. **Journal of Pure Applied Biology**. 6(4): 1198-1215. **HEC Journal**

2016

Muhammad Farooq*, Saghir Ahmed Sheikh, Tanveer Fatima Miano, and Noor-Un-Nisa Memon, to appraise the sensorial quality of value added banana products, **Science International Lahore**. 28(2), 1285-1288, 2016. **HEC Journal**.

Books Publication

Iftikhar Ahmed, **Muhammad Farooq**, Asad Ullah Marri, Production of wheat bread supplemented with rice and sorghum flour for their quality characteristics and sensorial analysis **Book Publish LAMBERT ACADEMIC PUBLISHING ISBN: 978-620-303032-3-0- Jan-19-2021**

Muhammad Farooq, Saghir Ahmed Sheikh, Sehrish Khan, Comparative study of banana figs prepared from two Different varieties Book **Publish LAMBERT ACADEMIC PUBLISHING ISBN-978-613-9-91772-3**

Muhammad Farooq, Saghir Ahmad Sheikh, Aasia Panhwar. Study on the physico-chemical and sensorial Quality of value added banana products. **Publish LAMBERT ACADEMIC PUBLISHING. 21-March-2019 ISBN 978-613-9-45498-3**

International Seminar on Webinar

- Developing Strong Academia Industry linkage in Pakistan: A Way Forward to Economic development Date: 11-01-2021
- Webinar series Value chain of milk and milk products in India 05-Dec-2020
- Halal Standard lecture from Muhammad Awais Khan Chairman of NAFSF 9-01-2021
- Food Safety & Quality challenges for Dairy Products 14-01-2021. SMEDA Webinar

Specialties:

Knowledge on Food Safety Management System 22000
Knowledge on Food Safety
Knowledge on Halal Standard
Strong Communication and Leadership Skills
Man Management Skills
Team Management Skills
Consumer Complaint Handling
Lab Testing

Computer and Technical Skills:

MS Office for the office management
Internet surfing and working with internet search engines
Some graphics design software, like picture, video & audio editing

Major Subjects Studied:

Food Science and Technology, Food Safety, Principle of Food Processing, Unit Operation Processing, Principle of Food Preservation, Food Processing & Engineering, Fruit & Vegetable, Processing, Food Freezing & Dehydration, Food Packaging, Dairy Science, Dairy Technology Baking Science and Technology. Food Safety and Management

Editorial Board Member:

- 1) International Journal of Environmental & Agriculture Research Reviewer
- 2) Advance in Nutrition and Food Science <https://www.kosmospublishers.com/reviewer-board-advances-in-nutrition-and-food-science>
- 3) Acta Scientific Nutritional Health. Journal.
<https://www.ijrdo.org/index.php/ar/about/editorialTeam>

Personal:

Date of birth: 03 February 1990

Nationality: Pakistan

CNIC: 16101 3833326-9

Languages:

English – Excellent, Urdu – Excellent, Pashto – Mother tongue Dari/Persian – Little bit Chinese

Knowledge Chinese Little.