



Muhammad Farooq MPhil (Food Technology) Gold Medalist
PhD Food Science and Safety Nutrition Completion Degree time December 2022
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 Pakistan Feb2016 to Feb 2017
- 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
- One year teaching experience in Excellence Public School and College Manga

Professional Trainings:

- One day training Effective internal Auditor for Food Safety Standard Organized by Pak Pure Line. 11/5/2021 with Certificate

- 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
- Six-month English language I.T Institute in Mardan.
- One year teaching in Excellence Public High School

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

1st Author Publication:

Muhammad Farooq, Elham Azadfar, Monica Trif, Ramezan Jabaleh, Alexandru Rusu, Naila Ilyas and Yuniyang Wang, The feasibility of producing dried cactus prickly pears (CPP) via osmopriming: studying antioxidant activity and free radical scavenging power of methanol, **Submitted Horticulturae MDPI Impact Factor 2.3**

Muhammad Farooq, M. Javed Iqbal, Monica Trif, Alexandru Rusu, Sneha Punia Bangar, Naila Ilyas and Wang Yuniyang, Influence of different parameters on foam-mat drying Quality of onion (*Allium cepa*) fresh paste. **Submitted Horticulturae MDPI Impact Factor 2.3**

Muhammad Farooq, Rabia Anwar, Rizwan Shukat, Syed Qamar Abbas, Naila Ilyas, Wang Yuniyang, Ecofriendly utilization of by products from banana peel in food production and Other industrial applications. A review. **Carpathian Journal of Food Science Technology SCI Published: <https://doi.org/10.34302/crpjfst/2021.13.4.12>**

Muhammad Farooq, Elham Azadfar, Monica Trif, Ramezan Jabaleh Alexandru Rusu, Zohre Bahrami, Mahniya, Sharifi, Sneha Punia Bangar Naila Ilyas, Bianca Eugenia Ștefănescu and Wang Yuniyang Soybean Oil Enriched with Antioxidants Extracted from Watermelon (*Citrullus colocynthis*) Skin Sap and Coated in Hydrogel Beads via Ionotropic

Gelation, **Journal Coatings**. <https://dx.doi.org/DOI.10.3390/coatings11111370> **Impact Factor 2.9 MDPI**

Muhammad Farooq, Elham Azadfar, Alexandru Rusu, Monica Trif, Mahmoud Kohne Poushi, and Wang Yunyang: Improving the shelf life of fresh peeled almond kernels by edible coating with mastic gum, DOI:<http://doi.org/103390/coatings11060618> **MDPI 2.9 Impact factor**

Muhammad Farooq, M. Javed Iqbal, Rizwan Shukat, Moale Cristina Naila Ilyas, Iftikhar Ahmed Solangi, Wang 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: <https://dx.doi.org/10.34302/crpjfst/2021.13.2.3> **Accepted IF 0.44**

Muhammad Farooq, Allah Rakha, Jawad Ul Hassan, Iftikhar Solangi, A.Shakoor, Muhammad Bakhtiar, Muhammad Noman, Shoaib Khan, Ibrar Ahmed Shabir Ahmed, Yunyang Wang, Physicochemical & nutritional Characterization of Mushroom powder enriched muffins. **Journal of Innovative Sciences: HEC** <https://dx.doi.org/10.17582/journal.jis/2021/7.1.110.120>

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](https://doi.org/10.31248/JASP2018.080)

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 DOI: <http://dx.doi.org/10.17582/journal.jis/2021/7.1.49.55> **Journal of Innovative Sciences HEC**

Muhammad Farooq, Elham Azadfar, Zohre Baharmi, Mahniya Sharifi, Rahila Afzal Abdul Shakoor, Iftikhar Ahmed, Muhammad Noman Khan, Memoona 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 DOI: <http://dx.doi.org/10.17582/journal.pjar/2021/34.1.218.226> **SCOPUS HEC Pakistan Journal Agriculture Research**

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)

Muhammad Farooq, Saghir Ahmed Sheikh, Tanveer Fatima Miano, and Noor-Un-Nisa Memon, to appraise the sensorial quality of value added banana products, **28(2)**, 12851288, 2016. **Science International Lahore. HEC Journal.**

Muhammad Farooq, Imran Khan, Shabir Ahmed, Naila Ilyas, Abdul Saboor, Muhammad Bakhtiar, Shoaib Khan, Iltaf Khan, Nabeela Ilyas, Agronomical efficiency of two Wheat (*Triticum aestivum* L.) Varieties against different level of Nitrogen fertilizer in Subtropical region of Pakistan, **IJOEAR**.DOI: <https://dx.doi.org/10.5281/zenodo.1238788>,

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*), **International Journal of Environmental & Agriculture Research**

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, **International Journal of Environmental & Agriculture Research**

Book Publication:

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**

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**

Co-Author Publication:

Iftikhar Alam*, Sana Shah, **Muhammad Farooq***, Postgraduate Curriculum in Human Nutrition in Pakistan: Evaluation for Three Main Domains in Nutrition by Using the Novel Delphi Technique, **Accepted Journal of Innovative Sciences HEC**

Iftikhar Alam*, Muhammad Ali, **Muhammad Farooq***, Assessment of Healthy Eating and Active Lifestyle on-Campus Environment in a University Setting as Perceived by Students Using the Innovative Photo-Voice Method - A Healthy Eating and Active Lifestyle (HEAL) Study, **Accepted Journal of Innovative Sciences HEC**

Juweria Abid, Hooria Latif, Amir Sohail, Saroosh Fatima, Shakeel Ahmad, Tooba Asif, **Muhammad Farooq***, Study of Prevalence of Eating Disorders in University Going Students of Islamabad/Rawalpindi **Accepted Journal of Innovative Sciences HEC**

Sana Shah, Attaullah Jan, Iftikhar Alam, Imran Khan, Shumaila Bakht, **Muhammad Farooq***, Effect of low glycemic breakfast combined with resistance exercise on metabolic indicators overweight/obese individuals **Accepted Journal of Innovative Sciences HEC**

Juweria Abid, Shakeel Ahmad, Humaira Wasila, Tooba Asif, Moale Cristina, Attaullah Jan, **Muhammad Farooq***, Minerals composition, phenolic compounds and antioxidant activity of fresh and processed milk consumed in Khyber Pakhtunkhwa, Pakistan: **Accepted Journal of Innovative Sciences HEC**

Mohamedelfatieh Ismael, Ali Mokhtar, **Muhammad Farooq**, Xin Lü, Assessing drinking water quality based on physical, chemical and microbial parameters in the Red Sea State, Sudan using a combination of Water Quality Index and Artificial Neural Network Model, **Journal Ground water for sustainable Water development SCI Impact Factor 1.8** <https://doi.org/10.1016/j.gsd.2021.100612>

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:5.97** doi.org/10.1016/j.aca.2020.06.039

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 mean of D- optima Design, **DOI:10.25218/ijfst.2018.01.001.02**

William Tchabo, Yongkun Ma, Giscard Kuete 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:1.4**. [https://DOI:10.17344/acsi.2018.4420](https://doi.org/10.17344/acsi.2018.4420). **8**

Emmanuel Kwaw, William Tchabo, Yongkun Ma, Maurice Tibiru Apaliya, Augustina Sackale Sackale, 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: 2.4**

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 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

Tanveer F Miano, Atiq U R Baloch Mahmooda Buriro, Asma MianoTahseen 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**

M. Javed Iqbal, Rizwan Shukat, **Muhammad Farooq**, Iftikhar Ahmed Solangi, Rahman
Ullah, Naila Ilyas, Faraz Ahmed A. Shakoor , Muhammad Bakhtiar, Drying of onion paste
to develop powder by foam-mat drying Process using egg albumin as foaming agent. DOI:
<http://dx.doi.org/10.17582/journal.pjar/2021/34.2.431.437>PJAR Scopus HEC Journal

MuriumSultan, **Muhammad Farooq**, Hanyue Xue, Mohamedelfatieh abdelkhalig. Role of
Dietetics in Modern Science DOI: **10.31080/ASNH.2019.03.0367**

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

Attaullah Jan Saleem Khan, Iftikhar Alam, **Muhammad Farooq*** Association of dietary intake
with nutritional status of school going children (5-10 years) in district Charsadda.
<https://dx.doi.org/10.17582/journal.jis/2021/7.1.182.189> HEC Journal.

Iftikhar Alam, Atta Ullah Jan, Muhammad Ali, **Muhammad Farooq*** Defining Research
Priorities in Nutrition in a Resource Limited Setting a Delphi Study in Pakistan **J.I.S
HEC**.**<https://dx.doi.org/10.17582/journal.jis/2021/7.1.121.127>**

Junaid Ahmad, Shahzeb Javed, Mehmood Khan, Shadman, **Muhammad Farooq***,
Muhammad Saleem, Rahila Afzal, Muhammad Aasim, Naqeeb Ullah Muhammad Noman
Khan, Dawood, Food Safety Knowledge, Attitude, and Practice of University Students,
KPK Pakistan, 2019: A Cross-Sectional Study. **J.IS HEC**
<https://dx.doi.org/10.17582/journal.jis/2021/7.2.281.287>

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 JunaidTalha, **Muhammad Farooq**, 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 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**

Muhammad Bakhtiar **Muhammad Farooq***, Pashar 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**

Iltaf Khan, Shoaib Khan, **Muhammad Farooq**, Naveed Alam, Sher Mohammad, Saeed Khan, Abdul Qayum, Asif 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. Vol. VI, Issue 8/ November 2018**

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) Editor of Journal: Global Nutritional Health and Food Science Journal
<https://www.stephynpublishers.com/gnhfsj/editorial-board.php>
- 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.