Dr. Muhammad Farhan Jahangir Chughtai

Additional Director/Assistant Professor Institute of Food Science & Technology Khwaja Fareed University of Engineering & Information Technology Abu Dhabi Road Rahim Yar Khan CNIC-31303-0534673-9 2 +92-334-8834707 E-mail: m.farhan.chughtai@hotmail.com farhan.chughtai@kfueit.edu.pk

Professional Skills Summary

- Dedicated to mentoring students and junior researchers, delivering high-impact lectures, and developing curriculum that bridges scientific research with practical applications in nutrition science and food technology.
- Skilled in fostering collaborations across academia, industry, accreditation councils and public health sectors to implement evidence-based nutrition programs, optimize food safety strategies, and drive innovative research in sustainable food systems.
- Committed to advancing the field through peer-reviewed publications, academic leadership, and contributions to institutional development, ensuring excellence in food science education and research.

Domain of Interest

- Food & Nutrition, Human Nutrition & Dietetics, Clinical Nutrition, Food Safety and Quality Systems, Halal Food Management, Food Services Management
- Food Science & Technology, Cereal Science, Milling and Baking science
- Food analysis: Instrumental techniques like chromatography (GC, GC-MS, HPLC), spectroscopy (FTIR, Atomic absorption), Spectrophotometer, Freeze dryer, Flame photometer, UV-VIS-NIR, Zeta Sizer, Nano particles fabrication.

Languages: Urdu: native speaker; English: Fluent speakerOther Skills: Computer literate: Windows applications; Statistics tools; Microsoft Office.Personal: Travelling, International affairs, meeting friends, Squash, Cricket

EDUCATION

Degree Name	Duration	Div/%/GPA	Board/ University/Institute
PhD Food Technology	2013-2017	75%	National Institute of Food Science & Technology, University of Agriculture- Faisalabad
Visiting Research Scholar	26-08-2016 to 22- 03-2017	Successfully completed	Agricultural & Biological Engineering department, Purdue University, West Lafayette, IN, USA.
M.Sc. Hons. Food Technology	2011-2013	3.48/4.00	National Institute of Food Science & Technology , University of Agriculture- Faisalabad
B.Sc. Hons. Food Science & Technology	2007-2011	3.67/4.00	National Institute of Food Science & Technology, University of Agriculture- Faisalabad
F.Sc. Pre- Medical (HSSC)	2004-2007	81.45% (896/1100)	Govt. Khwaja Fareed College, Rahim Yar Khan.
Matriculation (SSC)	2002-2004	85.05% (723/850)	Govt. Colony High School, Rahim Yar Khan

WORK EXPERIENCE

Post/ Designation Duration		Organization	
Additional Director / Assistant Professor	20-05-2022 To date	The Institute Food Science & Technology Department, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan (KFUEIT-RYK)	
Head of of Department / Assistant Professor	09-04-2018 to 19-05-2022	Department Food Science & Technology Department, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan (KFUEIT- RYK)	
Assistant Professor	15-01-2018 to 05-04-2018	Department of Nutritional Sciences, NUR International University, Fatima Memorial Hospital and Educational System, Lahore	
Senior Lecturer 23-10-2017 to 14-01-2018		Department of Nutritional Sciences, NUR International University, Fatima Memorial Hospital and Educational System, Lahore	
Research Associate 2012-2014		HEC funded research project entitled "Functional exploration of Millet & Sorghum: An advancement towards Food security" at NIFSAT, UAF	
General Secretary, 2009-2010		Society of Food Scientists , National Institute of Food Science & Technology, University of Agriculture, Faisalabad, Pakistan	
Intern 2011		Food Research and Product Development Institute, National Agriculture Research Center (NARC), Islamabad.	

Successfully completed Accreditation Process

Sr. No.	Degree Program	Accreditation Council	Category
1	BS Food Science and Technology	NAEAC, HEC, ISB	Х3
2	BS Human Nutrition and Dietetics	NAEAC, HEC, ISB	Х3
3	MS Food Technology	Higher education Commission, Islamabad	NOC granted
4	MS Human Nutrition and Dietetics	Higher education Commission, Islamabad	NOC granted
5	PhD Food Lechnology		NOC granted

Successfully convene and signed MOUs

Sr. No.	IFST-KFUEIT Signed MoU with		
1	Jallundhar Foods Ltd, Rahim Yar Khan		
2	FANCA International, Pakistan-USA		
3	JK Dairies, Rahim Yar Khan		
4	District Health Authority, RYK		
5	Bite Bread, Rahim Yar Khan		
6	University of Home Economics, Lahore		
7	Women University, Swabi, KPK		

ADMINISTRATIVE SERVICES

- Additional Director, Institute of Food Science & Technology, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan (20-05-2022 To Date).
- **Manager**, Business Incubation Center, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan (10-07-2024 To Date).
- Head of Department, Food Science & Technology, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan (07-05-2018 To 19-05-2022).
- **Coordinator,** Student Facilitation Service Center (SFSC), Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan
- **Member**, Business Incubation Center, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan
- **Convener**, Board of Studies, Food Science and Technology, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan.
- **Convener,** SAR committee, Department of Food Science and Technology, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan.
- Organized One day seminar on "Food Safety; Current Trends in Pakistan" in Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan (May 17, 2018).
- Member, Graduate Program Committee, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan (May 20, 2018 To date).
- **Convener,** Departmental Graduate Committee, Department of Food Science and Technology, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan.
- Member, Admission Committee, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan (August 10, 2018 To date).
- Member, Building Management Committee, Civil Engineering Building, Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan (June 25, 2018 To date).
- Member Organizing Committee, in one day seminar on "Nutrition Awareness With Special Reference To Food Safety" organized by department of Clinical Nutrition, NUR International University, Lahore in collaboration with NUR-FMS School of Nutrition. (March 27, 2018)
- Member, Organizing committee, 28th and 29th ALL PAKISTAN FOOD SCIENCE CONFERENCES titled "CPEC AND FUTURE PROSPECTS OF FOOD INDUSTRY IN PAKISTAN". Organized by Pakistan Society of Food Scientists and Technologists at the National Institute of Food Science and Technology, University of Agriculture, Faisalabad Pakistan (September 24, 2018).
- Member, Board of Studies, Department of Clinical Nutrition, NUR International University, Lahore. (2017-18)
- Member Organizing Committee and Presenter of Two days' international conference on "Nutritional Therapies against Lifestyle related Disorders" held on May 29-30th May, 2014 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad, Pakistan.
- **Member** of The Society of Food Scientist from 2007 to 2017 as Student of National Institute of Food Science & Technology, University of Agriculture, Faisalabad, Pakistan.
- Member Pakistan society of Food science & technologists since 2007 to date.

• Member Organizing Committee and Presenter in "Three days Food Festival and International Symposium on Technological and Nutritional Aspects of Value-Added Dairy Products". 12-14 November, 2014.

	All	Since 2020		
Citations	1190	1102		
h-index	17	17		
i10-index	29	2		
Total lung a st fa stary 440				

PUBLICATIONS

Total Impact factor: 110

Cited by

- Rahaman, A., S. Ahsan, A. Kumari, A. Khaliq, T. Mehmood, M.F.J. Chughtai, M.A. Farooq, I. Khalifa, M. Wali, X.A Zeng. 2025. Application of Plant-Based Proteins in the Development of Fish and Meat Analogues Products. Journal of Textural Studies. 56: e70025. (Impact Factor 2.8)
- Siddiqa, A., Khaliq, A., Mehmood, T., Chughtai, M.F.J., Sanchez-Migallon, A.M., Ahsan, S., Sabir, A. and Mohamed Ahmed, I.A. 2025. Phytochemical profiling of Tagetes erecta L. flowers at various blooming stages through optimized extraction of bioactive compounds for the development of functional juice. *Frontiers in Sustainable Food Systems*, 9, p.1474848. (Impact Factor 3.7)
- Saeed, K., Chughtai, M.F.J., Ahsan, S., Mehmood, T., Khalid, M. Z., Khaliq, A., Mukonzo, E. L. (2025). Hepatoprotective Effect of a *Kalanchoe pinnata*–Based Beverage Against Carbon Tetrachloride– and Gentamicin-Induced Hepatotoxicity in Wistar Rats. *Journal of the American Nutrition Association*, 1–17 (Imact Factor 3.4)
- Chughtai, M.F.J., Pasha, I., Ahsan, S., Mehmood, T., Khalid, M.Z., Farooq, M.A., Liaqat, A., Khaliq, A., Tanweer, S., Ungureanu-Iuga, M. and Cotovanu, I., 2024. Metabolic syndrome extenuation in rat model by feeding Stevia rebaudiana Bertoni cookies. *Cogent Food & Agriculture*, 10(1), p.2305513. (Imact Factor 1.7)
- Saeed, K., M.F.J. Chughtai, A. Khaliq, A. Liaqat, T. Mehmood, M.Z. Khalid & E.L. Kasongo. 2024. Impact of extraction techniques and process optimization on antioxidant and antibacterial potential of Kalanchoe pinnata leaf extract. International Journal of Food Properties, 27(1), 909-926. (Imact Factor 3.1)
- Ahsan, S., Liaqat, A., Khaliq, A., Iqbal, R., Chughtai, M. F. J., Mehmood, T., & Sameed, N. (2023). Current Trends and Prospects of Transforming Animal Waste into Food. In Climate Changes Mitigation and Sustainable Bioenergy Harvest Through Animal Waste: Sustainable Environmental Implications of Animal Waste (pp. 469-503). Cham: Springer Nature Switzerland. (Book Chapter)
- Liaqat, A., Ahsan, S., Iqbal, R., Chughtai, M.F.J. and Khaliq, A., 2023. Pathogenic Microbes in the Food Systems. In *Food Microbial and Molecular Biology* (pp. 287-309). Apple Academic Press. (Book Chapter)
- Ahsan, S., Liaqat, A., Chughai, M.F.J., Khaliq, A., Mehmood, T., Siddiqa, A., Ali, A., Saeed, K., Fayyaz, S., Sameed, N. and Junaid-ur-Rehman, S., 2023. Post-Harvest Losses of Cereals. In *Cereal Grains* (pp. 103-122). CRC Press. (Book Chapter)
- Manzoor, M. S., I. Pasha, S. Younas, M. Zhu, R. Hussain, U. Arqam, N. Younis, and M.F.J. Chughtai. "Phenolic acid profile of oat cultivars, and their suppressive effect on intracellular reactive oxygen species." International Food Research Journal 30, no. 1 (2023). (Imact Factor: 0.7)
- 10. AFTAB, Rashna, Samreen AHSAN, Atif LIAQAT, Muhammad SAFDAR, M.F.J. CHUGHTAI, Muhammad NADEEM, Muhammad Adil FAROOQ, Tariq MEHMOOD, and Adnan KHALIQ.

"Green-synthesized selenium nanoparticles using garlic extract and their application for rapid detection of salicylic acid in milk." Food Science and Technology 43 (2023).

- Khaliq, A., Ahsan, S., Chughtai, M.F.J., Liaqat, A., Mehmood, T., Sameed, N., Saeed, K. and Rahman, S.J.U., 2023. Food Hazards and Their Risk Management. In *Food Microbial and Molecular Biology* (pp. 99-130). Apple Academic Press. (Book Chapter)
- 12. Ali, Ayesha, Naveed Ahmad, Atif Liaqat, Muhammad Adil Farooq, Samreen Ahsan, M.F.J. Chughtai, Abdul Rahaman, Kanza Saeed, Syed junaid-ur-Rahman, and Azhari Siddeeg. "Safety and quality assessment of street-vended barbecue chicken samples from Faisalabad, Pakistan." Food Science & Nutrition 11, no. 2 (2023): 930-939. (Impact factor: 3.5)
- Liaqat, Atif, M.F.J. Chughtai, Adnan Khaliq, Umar Farooq, Muhammad Shahbaz, Ayesha Ali, Kanza Saeed et al. "Applications of biosurfactants in dairy industry." In Applications of Next Generation Biosurfactants in the Food Sector, pp. 509-526. Academic Press, 2023.
- Khaliq, A., Chughtai, M.F.J., Mehmood, T., Ahsan, S., Liaqat, A., Nadeem, M., Sameed, N., Saeed, K., Rehman, J.U. and Ali, A., 2021. High-pressure processing; principle, applications, impact, and future prospective. In *Sustainable food processing and engineering challenges* (pp. 75-108). Academic Press. (Book Chapter)
- Junaid-ur-Rahman, S., Chughtai, M.F.J., Khaliq, A., Liaqat, A., Pasha, I., Ahsan, S., Tanweer, S., Saeed, K., Siddiqa, A., Mehmood, T. and Ali, A., 2022. Rice: A potential vehicle for micronutrient fortification. Clinical Phytoscience, 8(1), pp.1-14.
- Abrar, M., Ahsan, S., Nadeem, M., Liaqat, A., Chughtai, M.F.J., Farooq, M.A., Mehmood, T., Khaliq, A. and Siddiqa, A., 2023. Detection and quantification of aflatoxins in spices stored in different food packaging materials. Journal of Stored Products Research, 101, p.102081. (Impact Factor: 2.7)
- Liaqat, A., Ahsan, S., Fayyaz, M.S., Ali, A., Ashfaq, S.A., Khan, S., Khan, M.A., Mehmood, T., Khaliq, A., Chughtai, M.F.J. and Asgari, S., 2023. Cinnamon essential oil. In Essential Oils (pp. 377-390). Academic Press.
- Saeed, K., Pasha, I., Jahangir Chughtai, M.F., Ali, Z., Bukhari, H. and Zuhair, M., 2022. Application of essential oils in food industry: challenges and innovation. Journal of Essential Oil Research, pp.1-14. (Impact Factor 1.963) 2.2
- Khan, I.M., Niazi, S., Yue, L., Zhang, Y., Pasha, I., Khan, M.K.I., Akhtar, W., Mohsin, A., Chughati, M.F. and Wang, Z., 2022. Research update of emergent gold nanoclusters: A reinforced approach towards evolution, synthesis mechanism and application. Talanta, p.123228. (Impact Factor 5.6)
- Chughtai, M.F.J., Khaliq, A., Zahoor, T., Mehmood, T., Ahsan, S., Liaqat, A., Nadeem, M., Tahir, A.B., Sameed, N. and Aziz, S., 2022. Plant Protein Based Beverages. In Plant Protein Foods (pp. 251-270). Springer, Cham. (Book Chapter)
- Chughtai, M.F.J., Khaliq, A., Zahoor, T., Ahsan, S., Liaqat, A., Nadeem, M., Mehmood, T., Tahir, A.B., Saeed, K. and Junaid-ur-Rehman, S., 2022. Meat Replacers and Meal Plans Based on Plant Protein Isolates for Human Consumption. In Plant Protein Foods (pp. 439-465). Springer, Cham. (Book Chapter)
- Rebezov, M., Farhan Jahangir Chughtai, M., Mehmood, T., Khaliq, A., Tanweer, S., Semenova, A., Khayrullin, M., Dydykin, A., Burlankov, S., Thiruvengadam, M. and Shariati, M.A., 2021. Novel Techniques for Microbiological Safety in Meat and Fish Industries. Applied Sciences, 12(1), p.319. (Impact Factor 2.5)
- Liaqat, A., M.F.J. Chughtai, A. Khaliq, T. Mehmood, S. Ahsan, K. Saeed, S.J. Rahman, N. Sameed, et al. (2021). Drugs Resistance Against Viral Diseases. Biochemistry of Drug Resistance. Springer, Cham. <u>https://doi.org/10.1007/978-3-030-76320-6_3</u> (Book Chapter)

- Chughtai, M.F.J., Farooq, M.A., Ashfaq, S.A., Khan, S., Khaliq, A., Antipov, S., Rebezov, M., Khayrullin, M., Vorobeva, A., Nelyubina, E. and Thiruvengadam, M., 2021, November. Role of Pascalization in Milk Processing and Preservation: A Potential Alternative towards Sustainable Food Processing. Photonics (Vol. 8, No. 11, p. 498). (Impact Factor 2.1)
- Khaliq, A. M.F.J. Chughtai, J. Iqbal, H. Nawaz, S.Ahsan, T. Mehmood, A. Liaqat, M. Nadeem, *et al.* (2021). Drug Resistance in Diabetes. Biochemistry of Drug Resistance. Springer, Cham. https://doi.org/10.1007/978-3-030-76320-6_16 (Book Chapter)
- Chughtai, M.F.J., Tanweer, S., Ahsan, S., Mehmood, T., Liaqat, A., Khaliq, A., Zahoor, T., Nadeem, M., Khalid, N., Zainab, S. and Junaid-ur-Rahman, S., 2021. Food and immunity: a pragmatic approach to mitigate corona viruses attack. Nutrition & Food Science. (Impact Factor 1.37)
- 27. Khaliq, A., Sajjad, H., Chughtai, M.F.J., Ahsan, S., Liaqat, A., Tahir, A.B., Ponomareva, L., Khryuchkina, E., Ponomarev, E., Lavrushina, E. and Gubanova, N., 2021. Incidence, Enumeration and Confirmation of Listeria and its Species in Ready-to-eat Street Vended Salads Sold at Various Outlets of Faisalabad City, Pakistan. Journal of Pure and Applied Microbiology, 15(3), pp.1625-1633. (Impact Factor 0.7)
- 28. Saira Tanweer, Tariq Mehmood, Saadia Zainab, Zulfiqar Ahmad, Muhammad Ammar Khan, Aamir Shehzad, Adnan Khaliq, **Farhan Jahangir Chughtai**, Atif Liaqat. 2021. The prophylactic potential of Zingiber officinale flowers and leaves extract to mitigate hyperglycemia in Sprague Dawley rats. Nutrition & Food Science, 50 (6). (Impact Factor 1.0)
- 29. Mohd Anas Wajid, Abdul Rahaman, Ankita Kumari, Muhammad Adil Farooq, Xin-An Zeng, Sadia Hassan, Ibrahim Khalifa, Rana Muhammad Aadil, **Muhammad Farhan Jahangir Chughtai**, Adnan Khaliq, Nabeel Ahmad. 2021. Novel Extraction Techniques: An Effective Way to Retrieve the Bioactive Compounds from Saffron (Crocus Sativus). Food Reviews International. Pp 1-29 (Impact Factor: 5.3)
- Tanweer, S., Chughtai, M.F.J., Zainab, S., Mehmood, T., Khaliq, A., Junaid-ur-Rahman, S., Iqbal, R., Liaqat, A., Ahsan, S., Ahmad, Z. and Shehzad, A., 2021. Comparative study of physico-chemical and hedonic response of ginger rhizome and leaves enriched patties. Czech Journal of Food Sciences. (Impact Factor: 1.2)
- Rabia Iqbal, R., A. Liaqat, M.F.J. Chughtai, S. Tanweer, S. Tehseen, S. Ahsan, M. Nadeem, T. Mehmood, S.J. Rehman, K. Saeed, N. Sameed, S. Aziz, A.B. Tahir & A. Khaliq. 2021. Microencapsulation: a pragmatic approach towards delivery of probiotics in gut. Journal of Microencapulation. (Impact Factor: 3.9)
- 32. Din, A., Jahangir Chughtai, M.F., Mehmood, T., Khaliq, A., Nadeem, M., Ahsan, S., Amir, R.M., Abrar, M., Saeed, K. and Manzoor, M.S., 2021. Shelf Life Extension of Mango Fruit by using Non-Preservative Technique. International Journal of Fruit Science, pp.1-10. (Impact Factor: 2.4)
- 33. Shariati, M.A., Nadeem, M., Mushtaq, M., Chughtai, M.F.J., Khaliq, A., Imran, M., Gondal, T.A., Nesterenko, A. and Kulikov, D., 2021. Genotypic and Environmental Variation in the Nutritional and Phenolic Antioxidant Properties of Pakistani Wheat Varieties. AGRIVITA, Journal of Agricultural Science, 43(1).
- Ahsan, S., A. Khaliq, M.F.J. Chughtai, et al. 2021. Techno-functional quality assessment of soymilk fermented with Lactobacillus acidophilus and Lactobacillus casei. Biotechnology and Applied Biochemistry. (Impact Factor: 3.2)
- Ahmed, A., R.M. Amir, K. Ameer, A. Ahmad, M. Nadeem, M.F.J. Chughtai, A. Khaliq, S. Ahsan, M.I. Khan, A. Riaz, R. Kausar. 2020. Assessment of quality attributes of tomato sauce supplemented with moringa root. Food Science and Technology Campinas. 40(4): 1014-1020. (Impact Factor: 1.8)

- 36. Amir, R.A., M.N. Husain, K. Ameer. A. Ahmed, A. Ahmad, M. Nadeem, A. Riaz, M.F.J. Chughtai, A. Khaliq, S. Ahsan and R. Kausar. 2020. Comprehensive assessment and evaluation of selected wheat varieties for their relationship to chapatti quality attributes. Food Science and Technology Campinas. 40(2): 436-443. (Impact Factor: 1.8)
- 37. Yasmin, I. R. Iqbal, A. Liaqat, W.A. Khan, M. Nadeem, A. Iqbal, M.F.J. Chughtai, S.J. Rehman, S. Tehseen, T. Mehmood, S. Ahsan, S. Tanweer, S. Naz and A. Khaliq. 2020. Characterization and comparative evaluation of milk protein variants from Pakistani dairy breeds. Korean Journal for Food Science of Animal Resources. 40(5), 689-698. (Impact Factor: 4.2)
- Muntaha, S., R. Iqbal, I. Yasmin, S. Tehseen, A. Khaliq, M.F.J. Chughtai, S. Ahsan, W.A. Khan, M. Nadeem, L. Hleba, M. Rebezov, M. Khayrullin, E. Kuznetsova, L. Kozlovskikh, M.A. Shariati. 2020. Safety assessment of milk and indigenous milk products from different areas of Faisalabad. Journal of Microbiology, Biotechnology and Food Science. 9(6), 1197-1203.
- 39. Yasmin, I., M. Saeed, W. A. Khan, A. Khaliq, M.F.J. Chughtai, R. Iqbal, S. Tehseen, S. Naz, A. Liaqat, T. Mehmood, S. Ahsan and S. Tanweer. 2020. In vitro Probiotic Potential and Safety Evaluation (Hemolytic, Cytotoxic Activity) of Bifidobacterium Strains Isolated from Raw Camel Milk. Microorganisms. 08 (3) 1-21 (Impact Factor: 4.1)
- Zahid, S., T. Zahoor, M. Nadeem, M.F.J. Chughtai, A. Khaliq, S. Ahsan and A. Sagheer. 2020. Effect of soy protein on hypercholesterolemia and hypertension to reduce the risk of cardiovascular diseases. Progress in Nutrition. 22 (01) 288-296.
- Chughtai, M.F.J., I. Pasha, T. Zahoor, A. Khaliq, S. Ahsan, Z. Wu, M. Nadeem, T. Mehmood, R. M. Amir, I. Yasmin, A. Liaqat and S. Tanweer. 2020. Nutritional and therapeutic perspectives of Stevia rebaudiana as emerging sweetener; a way forward for sweetener industry. CYTA-Journal of Food. 18 (01) 164-177 (Impact Factor: 2.0)
- 42. Iqbal, A., Murtaza, A., Marszałek, K., Iqbal, M.A., Chughtai, M.F., Hu, W., Barba, F.J., Bi, J., Liu, X. and Xu, X., 2020. Inactivation and structural changes of polyphenol oxidase in quince (Cydonia oblonga Miller) juice subjected to ultrasonic treatment. Journal of the Science of Food and Agriculture. 100(5), 2065-2073. (*Impact Factor: 3.3*)
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- Chughtai, M.F.J., S. Aziz, S. Ahsan, A. Ali, N. Sameed, K. Saeed and S. J. Rehman. 2020. Asparagus Racemosus: A Therapeutic Herb. Scho J Food & Nutr. 3(3)-364-367. (DOI: 10.32474/SJFN.2020.03.000161).
- 45. Chughtai, M. F. J., Pasha, I., Butt, M. S., & Asghar, M. (2019). Biochemical and nutritional attributes of Stevia rebaudiana grown in Pakistan. *Progress in Nutrition*, 21, 210-222.
- 46. Khaliq, A., Zahoor, T., Nadeem, M., Imran, M., Gilani, S.A., Chughtai, M.F.J., Liaqat, A., Pasha, I., Ahsan, S. and Shah, F.U.H., 2019. Assessment of camel milk yogurt as a cogent approach on streptozotocin (stz) induced diabetes mellitus in sprague-dawley rats. Journal of Microbiology, Biotechnology & Food Sciences, 9(3): 648-652. (Impact Factor: 0.90)
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- 49. Ayesha, A., T. Zahoor, M.R. Khan, A. Khaliq, M. Nadeem, A. Sagheer, M. F. J. Chughtai and M. W. Sajid. 2019. Studying the influence of packaging materials and storage on the physiochemical and

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- 52. Khaliq, A., M.R. Khan, S. Ahsan, **M.F.J. Chughtai**, A. Aslam and M. Nadeem. 2018. Effect of skim milk powder and sucrose on quality and storage stability of mango leather. Research Journal of Food Science & Nutrition. 3(4): 41-49.
- 53. Ahmad, S., I. Pasha, M.K. Sharif, M.S. Manzoor & M.F.J. Chughtai. 2018. Fortification and Stability of Iodine in Bread to Mitigate Iodine Deficiency Disorder. Pakistan Journal of Scientific and Industrial Research. 61(3), 145-150
- 54. Pasha, I., N. Huma, M.F.J. Chughtai, S. Jan, S. Ahmad, M.S. Manzoor & F. Ahmed. 2018. Biochemical, nutritional and end use perspectives of Wheat grass as potential dietary supplement. International Journal of Biochemistry Research & Review, 21(1): 1-13.
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- 57. Pasha, I., M. A. Shabbir, M. A. Haider, **M.F.J. Chughtai**, B. Afzal & S. Ahmed. 2017. Biochemical evaluation of Trigonella foenum graecum (Fenugreek) with special reference to phenolic acids and end use aspects. Pak. J. Sci. Ind. Res. 60 (3): 154-161.
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MS and PhD Students Supervision

	PhD Students Supervision					
Sr. No.	8		o. Thesis title	Degree Program	Status	
1	Dr. Kanza		2 "Phytotherapeutic profiling of Kalanchoe pinnata to mitigate Health related disorders"	PhD Food	Graduated 2025	
2	Mr. M. Shoaib Fayyaz		FDST21270000	Biochemical, Nutritional and End Use Characterization of Soybean Based Meat Analogue	PhD Food Technology	Thesis submission
			MS S	Students Supervision		
Sr. No.	Students Name	R	egistration No.	Thesis title	Degree Program	Status
1	Ms. Ayesha Tahir	FI	DST232501004	Comparative analysis of dehydration techniques to assess the storage & shelf-life extension of Mango	MS Food Technology	Graduated 2025
2	Ms. Saman Waheed	FI	DST221501007	Biochemical valuation of rosemary leaves and development of value added functional beverage	MS Food Technology	Graduated 2024
3	Ms. Hafsa Anwaar	Fl	DST221501001	Biochemical Assessment of Withania somnifera Roots Extract for Value- Added Product Development	MS Food Technology	Graduated 2024
4	Mr. Rao Naveed Aslam	Fl	DST221501008	Comparative analysis of drying techniques to assess the shelf-life extension of apple varieties	MS Food Technology	Graduated 2024
5	Mr. M. Matiullah	FI	DST211501004	Development of Wheat, Millet and Chickpea based Composite Flour Biscuits to Combat Protein Energy Malnutrition in Emergencies	MS Food Technology	Graduated 2023
6	Mr. Junaid Ghafoor	FI	DST211501006	Development of Wheat, Sorghum and Corn based composite flour Chappati to mitigate Food Security issues in Emergencies	MS Food Technology	Graduated 2023

7	Ms. Huma Ameer	FDST221501019	Utilization of Pumpkin (Cucurbita maxima) Powder and Pumpkin Seed in Cake Development and its impact on functional and nutraceutical properties	MS Food Technology	Co-Supervised Graduated 2024
8	Ms. Ifra Sattar	FDST222503002	Ultrasonification assisted extraction of cassia fistula seeds and its utilization in gummies	MS Human Nutrition and Dietetics	Co-Supervised Graduated 2024
9	Ms. Kashaf- ul-Khair	FDST221501010	Exploring the potential of molasses based golden syrup as a sweetener in Lemon Barley squash	MS Food Technology	Co-Supervised Graduated 2024
10	Ms Bisma Qadeer	FDST221501003	Development, characterization and storage study of Aloe Cera Based Apple Jam	MS Food Technology	Co-Supervised Graduated 2024
11	Mr. Shoaib	FDST201501003	Utilization of Stevia as a natural sweetener in Pomegranate juice	MS Food Technology	Co-Supervised Graduated 2022

TRAININGS & WORKSHOPS

- Completed 02 Days training workshop on **"Teaching Entrepreneurship**" from Aug. 12-13, 2024 jointly organized by GIZ-SAR Project, CELInc, IBA Sukkur and KFUEIT, RYK
- Completed 03 Days training workshop on **"Planning and Managing Universityy Business Incubator**" from July 11-13, 2024 jointly organized by GIZ-SAR Project, CELInc, IBA Sukkur and KFUEIT, RYK
- Completed 01 Day training workshop on "The Firt 1000 Days of Life: A Nutritional Foundation for lifelong Health and Development" jointly organized by Pak-Korea Nutrition Center (PKNC), PSFST and IFST, KFUEIT-RYK ()
- Professional Development training of 1st Master Trainer-Faculty Professional Development Program (MT-FPDP), held at Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan. (April 27 – May 26, 2018)
- Participated in 03 Days training program on "Testing and Evaluation" organized by Learning & Innovation Department (LID) and Khwaja Fareed University of Engineering & Information Technology, Rahim Yar Khan. (August 15-17, 2018)
- Six months International research support initiative program (IRSIP) training at Purdue University, West Lafayette, IN-USA funded by Higher Education Commission (HEC) of Pakistan (26/08/2016 22/03/2017).
- E-learning Training course on "**Risk management of Food borne pathogens**" organized by National productivity organization in collaboration with Asian productivity organization. (May 19-22, 2014)
- Lead Auditor (HLA-02-2014) of "Halal Lead Auditor" course jointly conducted by Halal foundation Karachi, & Govt. College University Faisalabad. (07-09 July, 2014).

- Training course on Supercritical fluid extraction technique: Isolation of functional and Nutraceutical food components. Organized by National Institute of Food Sci. & Tech., University of Agriculture, Faisalabad (20-22 October, 2012)
- Participated in 5 Days training workshop on "Nutrition in Emergencies (NIE)" organized by NIFSAT in collaboration with UNICEF from 27th June 1st July, 2011.
- Attended three days training on **FSMS ISO-22000:2005** for Auditors & Lead Auditors, at Multan Chamber of Commerce, Multan from 28-30 March, 2011.
- Completed my nine Weeks Internship from March 15- May 23, 2011 at National Agriculture Research Center (NARC), Islamabad.
- Attended two days training course on "Edible Coatings" organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad on 25th-26th November, 2011.
- Participated in 2nd "Youth in Governance" workshop held on 17th October, 2010 at Nusrat Fateh Ali Khan Auditorium, Faisalabad, Pakistan
- Participated in 2 days workshop on **"Communication skills and leadership development"** organized by **Quiz Club**, University of Agriculture, Faisalabad.
- Workshop on **"Food industry needs based projects for research in academia"**. 17 June, 2010 at University of Agriculture, Faisalabad-Pakistan.
- Participated in 2 days workshop on "Entrepreneurship approach in value added baked products" from 27-28 April, 2015.
- International Seminar on "**Public Health Nutrition**". Organized by National Institute of Food Sci. & Tech., University of Agriculture-Faisalabad. (4th January, 2016)
- Participated in **"Food Safety & Halal Standards Compliance Management, certified training workshop**" held on 13-April, 2016 Organized by Punjab Halal Development Agency at Faletti's Hotel, Lahore, Pakistan.
- Participated in one-day workshop regarding "Curriculum Development for MS Scientific and Regulatory Affairs", organized by Institute of Home and Food Sciences, Government College University, Faisalabad (May 09th, 2018)
- Participated in Two days workshop on "Research Project Management", organized by ORIC, KFUEIT, Rahim Yar Khan (March 14-15, 2019)

SEMINARS & CONFERENCES

- 1. Organized "World Pulses Day" Inst. Of Food Sci. &Tech., Khwaja Fareed UEIT, Rahim Yar, KFUEIT, 2025 as principal organizer.
- 2. Organized workshop on "**Bio Fortified Zinc Wheat to Combat Malnutrition**" as program coordinator, 2024 as principal organizer.
- **3.** Organized **"World Food Day, 2024**", Seminar and poster competition in collaboration with FFC, PFA Rahim yar khan, on 22th of October, 2024, as principal organizer.
- 4. Participated in "2nd National PKNC conference "Integrating Nutrition and Public Health; Challenges and Opportunities", 2024 as principal organizer.
- 5. Organized workshop on "Role of Research and Multi Sectoral Approach in Enhancing Nutrition" in collaboration with SUN (Scaling up nutrition), Gov. of Punjab. 2024 as principal organizer.
- 6. Training workshop on 'Food Safety Training Level-2" Inst. of Food Sci. &Tech., Khwaja Fareed UEIT, Rahim Yar, KFUEIT-PUNJAB FOOD AUTHORITY, Rahim Yar Khan. 2024 as principal organizer.
- Organized "One day training workshop "The first 1000 days of life: Nutritional foundation for lifelong health and development" Inst. of Food Sci. &Tech., Khwaja

Fareed UEIT, Rahim Yar, KFUEIT in collaboration with PKNC, Faisalabad. **2024** as principal organizer.

- 8. Organized 1st International Conference on Sustainable Approaches in Food and Nutrition Systems (ICSFSN-2023) at KFUEIT, RYK, as as principal organizer.
- **9.** Conducted an International Seminar on **"World Food Safety Day 2024"** organized by Institute of Food Science and Technology, Khawaja Fareed UEIT on 8th of June, 2023, as principal organizer.
- **10.** Conducted an International Seminar on **"World Food Safety Day 2023"** organized by Institute of Food Science and Technology, Khawaja Fareed UEIT on 8th of June, 2023, as principal organizer.
- 11. Speaker/ Presenter at 32nd PSFST All Pakistan Conference on "Food Crisis in Pakistan: Opportunities and Solutions" 8-9 March 2023 at FFSN, BZU, Multan.
- 12. Conducted a workshop on "Capacity Building of Dairy Farmers on Milk Value Chain in Southern Punjab" organized by Institute of Food Science and Technology, Khawaja Fareed UEIT in collaboration with Department of Dairy Technology, FAP&T UVAS 20th June, 2022, as principal organizer.
- 13. Conducted a Seminar on "World Food Safety Day 2022" organized by Institute of Food Science and Technology, Khawaja Fareed UEIT on 8th of June, 2022, as principal organizer.
- 14. Conducted a Seminar and Free Milk Testing training on "World Milk Day 2022" organized by Institute of Food Science and Technology, Khawaja Fareed UEIT on 3rd of June, 2022, as principal organizer.
- **15.** Conducted a Seminar on "**Beat the Summer Heat**" With Proper Diet and Nutrition, organized by Institute of Food Science and Technology, Khawaja Fareed UEIT on 12th of May, 2022, as principal organizer.
- **16.** Conducted a Seminar on "**Health & Diabetes in Ramadan**" organized by Institute of Food Science and Technology, Khawaja Fareed UEIT on 31 March, 2022, as principal organizer.
- 17. Arranged "1st South Punjab Science Mela, 2021" organized by Khawaja Fareed University of Engineering and Information Technology on 2-3 December, 2021, as member organizing committee.
- 18. Conducted a Seminar on "Biofortified Zinc Wheat Varieties in Pakistan" organized by Institute of Food Science and Technology in collaboration with Harvest Plus Pakistan, at Khawaja Fareed UEIT on 15 November, 2021, as principal organizer.
- **19.** Conducted an Advocacy Seminar on **"Improving access to Safe & Nutritious Food"** organized by Institute of Food Science and Technology in collaboration with Gain Pakistan, at Khawaja Fareed UEIT on 15 November, 2021, as principal organizer.
- 20. Conducted a Webinar on "Food and Nutritional Approaches to Sustain Healthy Life" organized by Institute of Food Science and Technology, Khawaja Fareed UEIT on 13th of July, 2021, as principal organizer.
- 21. Conducted a 2 Days International training workshop on "Integrated Management Systems (ISO 9001:2015, ISO 14001:2015 & ISO 45001:2018)" organized by Institute of Food Science and Technology, Khawaja Fareed UEIT in collaboration with The Gulf Hotel Convention and SPa, Bahrain 4-5 June, 2021, as principal organizer.
- 22. Conducted a webinar on "Dietary Risk Factors of Non-Communicable Diseases (NCDs)" in collaboration with Pakistan National Heart Association (PANAH), Islamabad, by department of Food Science and Technology, KFUEIT on 2nd June, 2021, as principal organizer.
- 23. Conducted a webinar on "Food Entrepreneurship opportunities in Pakistan; A way Forward" with Faisal Sher Jan, by department of Food Science and Technology, KFUEIT

on 24th May, 2021, as principal organizer.

- 24. Conducted a Webinar on "Food Adulteration Scenario in Pakistan" organized by Institute of Food Science and Technology, Khawaja Fareed UEIT on 5th April, 2021, as principal organizer.
- 25. Conducted a webinar on "Nutritional Approaches for Sustainable Healthy Life" in collaboration with NUR International University and Fatima Memorial Hospital, Lahore, by Institute of Food Science and Technology, KFUEIT on 2nd March, 2021, as member organizing committee.
- 26. Conducted a webinar on "Impact of Sugar Sweetened Beverages on Noncommunicable Diseases" as program leader on 21st January, 2021, in collaboration with Global Health Advocacy incubator, Islamabad as principal organizer.
- 27. Conducted a webinar as program coordinator on "Current and Future Challenges of Dairy Industry in Pakistan " arranged by Department of Food Science and Technology, KFUEIT in collaboration with Friesland Campina- 16th December, 2020 as principal organizer.
- 28. Participated in one day international webinar as guest Speaker on **World Food Safety Day 2021**, entitled safe food now for a healthy tomorrow by UAF Sub-campus Burewala-Vehari on 7th June, 2021.
- 29. Organized Training on Food Safety and Personal Hygiene, organized by Department of Food Science and Technology, Khawaja Fareed University of Engineering and Information Technology, in collaboration with ORIC-KFUEIT & Jallundhar Foods, on September, 2019 as principal organizer.
- 30. Participated in a one-day Seminar/ poster competition on "Under Nutrition and Hunger" organized by Department of Food Science and Technology, Khawaja Fareed University of Engineering and Information Technology, in commemoration of World food day, October, 16, 2021.
- 31. Participated in one day Seminar on "Concrete Actions Preventing Food Waste to Achieve Zero Hunger" organized by Department of Food Science and Technology, Khawaja Fareed University of Engineering and Information Technology, in commemoration of World food day, October, 16, 2019.
- **32.** Participated in Training regarding **Basic Security Measures**, organized by the Security Department, Khawaja Fareed University of Engineering and Information Technology, from 1st April to 12th, 2019.
- 33. Participated in National Training on Research Project Management, Organized by Office of Research Innovation & Commercialization (ORIC), Khawaja Fareed University of Engineering and Information Technology, on 14-15 March, 2019.
- 34. Participated in one day seminar on "Nutrition Awareness With Special Reference To Food Safety" organized by department of Clinical Nutrition, NUR International University, Lahore in collaboration with NUR-FMS School of Nutrition. (March 27, 2018)
- **35.** Seminar on "Next Generation MALDI Imaging: High Resolution Molecular" In Discovery Park, Purdue University, IN-USA (**2/8/2017**)
- **36.** Workshop on Agriculture's Role in a Changing Climate. Shively Media Center, Ross-Ade, Purdue University, Shively Media Center, Ross-Ade, Purdue University, IN-USA (**2/9/2017**)
- 37. Seminar on "Application of High Resolution Mass Spectrometry for Top-Down and Intact Protein" MANN-203, Discovery Park, Purdue University, IN-USA (2/15/2017)
- 38. Graduate Industrial Research symposium, Department of Agricultural and Biological Engineering (ABE), Purdue University, West Lafayette, IN-USA (2/16/2017) Poster presentation)
- **39. International Scholar Research Symposium** in Neil Armstrong Hall of Engineering (ARMS), Purdue University (**3/8/2017** Poster Presentation)
- 40. International conference on "Global trends in Safe & Healthy Food & Lyallpur Food & Poultry Products Festival" held on 7-8 March, 2016. Organized by Institute of

Home & food Sciences, Govt. College University, Faisalabad.

- Participated in Nutition Mela; A festival of Flavors & Fitness. Organized by School of Nutrition & National Institute of Food Science & Technology, University of Agriculture- Faisalabad on 9-10 March, 2016.
- **42.** Participated in **5th International Halal Conference & Exhibition**. 2016. Organized by Punjab Halal Development Agency on 12-13-April, 2016 at Faletti's Hotel, Lahore, Pakistan.
- **43.** Participated in **26th All Pakistan Food Science Conference** organized by Pakistan Society of Food Scientists **(PSFST)** and National Institute of Food Science & Technology, University of Agriculture-Faisalabad on 19 April, 2016.
- 44. Participated in **Agro-Vet Conference.** 2016. Organized by Agro-Vet Forum, Pakistan, on 24th April, 2016 at Khayyam Banquet Hall, Faisalabad.
- **45.** International seminar on **"Ensuring food security through efficient processing"** held on 16th October, 2015 at University of Agriculture, Faisalabad-Pakistan.
- **46. International Human Nutrition conference & Expo-15**, Pearl Continental Hotel-Lahore, November 3-4, 2015. Organized by Department of Food Science & Human Nutrition, University of Veterinary & animal Sciences, Lahore.
- 47. Participated in **Food & Nutrition Week** from November 3-7, 2015. University of Veterinary & animal Sciences, Lahore & Forman Christian College, Lahore.
- **48. Cheese & exotic Food Festival & International conference on opportunities and challenges in dairy industry** on 26-27 November 2015, organized by National Institute of Food Science and Technology, Faisalabad, Pakistan.
- **49. International conference on malnutrition in South Asia; The peril persist**, held on 23-24th February, 2015 organized by Department of Food Science and Technology, Bahauddin Zakariya University, Multan, Pakistan.
- **50.** Participated in **25th All Pakistan Food Science Conference** & Expo at PCSIR Laboratories Complex, Lahore on 16-17 March, 2015.
- 51. "International conference and & Expo 2014 Recent Developments in Human Nutrition" organized by University of Veterniary & Animal Sciences, Lahore-Pakistan and Nutritionists Association of Pakistan on 19-20 March, 2014 at Pearl continental Hotel, Lahore.
- 52. "International conference on Nutritional Therapies against Lifestyle Related Disorders", organized by National Institute of Food Science & Technology, University of Agriculture, Faisalabad-Pakistan (May 29-30, 2014)
- **53.** Participated in 5th Int. Conference on "**Agriculture, Food Security & Climate change**", organized by University of Poonch, Rawalakot. Sep. 09-11, 2014.
- 54. Participated in Food Festival and International Symposium on Technological and Nutritional Aspects of Value Added Dairy Products. 12-14 November, 2014.
- **55. Participated** in DICE-INVENT held on 19-20 December, 2014 organized by IBA Main Campus, University of Karachi, Pakistan
- 56. Attended 3 days International conference on "Emerging Issues in Nutrition & Food Safety". Organized by National Institute of Food Science & Technology, University of Agriculture, Faisalabad-Pakistan (October 21st -23rd, 2013)
- 57. 24th All Pakistan Food Science Conference. 21st October 2013 at University of Agriculture, Faisalabad-Pakistan Organized by Pakistan Society of Food Scientists & Technologists, University of Agriculture, Faisalabad-Pakistan.
- 58. 3rd International conference on "Functional Foods and Nutraceuticals, Nutricon 2013", organized by Department of Food Science, Nutrition & Home Economics, Government College University, Faisalabad, Pakistan (December 4-5, 2013)
- **59.** Participated in 1st International Conference on **Safe Food and Human Health**, organized by Institute of Food and Home Sciences, GC University, Faisalabad, Pakistan on 10-11 January, 2012.

- **60.** 2nd International Conference on **Future Perspectives of Food Processing Industry in Pakistan** organized by Government College University, Faisalabad, Pakistan (December 11-12, 2012)
- **61.** Participated in one day **"Food product development competition"** organized by National Institute of Food Science & Technology, University of Agriculture, Faisalabad (February 24, 2011)
- **62.** Participated in **"International Conference on Emerging Issues in Food Safety"**, organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad on 14th-16th November, 2011.
- **63.** Participated in One Day Seminar on **Functional and Nutraceutical Foods** (Let Food be the medicine) held on 13th Aug, 2011 at National Institute of Food Science and Technology, University of Agriculture, Faisalabad

REFERENCES

Prof. Dr. Imran Pasha,	Prof. Dr. Umar Farooq,		
DG NIFSAT UAF	Dean, Faculty of Food, Nutrition and Home		
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