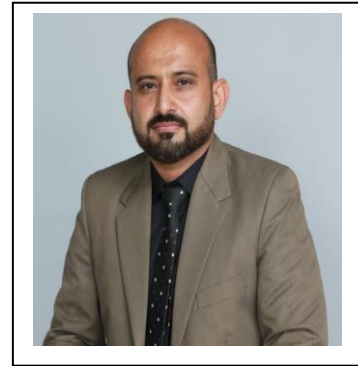


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Specialization:
Food & Nutrition

Education:

- Ph.D. Food Science, Jiangnan University Wuxi, (2013), Jiangsu, China.
- M.Sc. (Hons.), PMAS – Arid Agriculture University, (2008), Rawalpindi, Pakistan
- B.Sc. (Hons.), PMAS – Arid Agriculture University, (2006), Rawalpindi, Pakistan

Distinction:

- Academic Editor-Journal of Food Quality
- Member of the Global Burden of Disease (GBD) Collaborator Network, Institute for Health Metrics and Evaluation, University of Washington, USA

Certification:

- Science of Diet & Exercise
- The Newborn Assessment
- ISO 22000-Asian Productivity Organization (APO)
- Good Manufacturing Practices (GMP)- National Productivity Organization
- Nuclear and other Advanced Techniques in Agriculture and Biological Research-NIAB, Pakistan

Experience:

- 2022 - to date -Associate Professor-National University of Medical Sciences, Rawalpindi
- 2021-2022-Associate Professor/HoD-Ibadat International University, Islamabad
- 2018-2021-Associate Professor/HoD-The University of Lahore, Islamabad Campus
- 2015-2017-Assistant Professor/HoD-The University of Lahore, Islamabad Campus
- 2013-2014-Assistant Professor-The University of Poonch, Rawalakot, AJK

Research Interests:

- Probiotic and Prebiotics role in Human health,
- Nutraceuticals-Extraction, Formulation, Therapeutic effects and Potential toxicity.
- Gut microbiota role in Human health
- Human Nutrition (Nutrition Assessment & Bio fortification)
- Novel Food Product Development

Selected Publications:

- Spirulina, an FDA-Approved Functional Food: Worth the Hype? Spirulina as Functional Food – Worth the Hype?". Cellular and Molecular Biology. 2023.
- A Systematic Review of Human Trials on Mycoprotein - Way towards a Sustainable Ecosystem. Cellular and Molecular Biology. 2023.
- Effect of Iron-fortified Wheat Flour on Hemoglobin Levels among Women of Reproductive Age Group in Mansehra, KPK, Pakistan: Iron-fortified wheat flour improves Iron Status.2023
- Effect of Inulin Galacto Oligo Saccharides and iron fortifications on Iron deficiency anemiaamong women of reproductive age; A Randomized Controlled Trial.2022
- Co-administration of Inulin and Iron Fortificants improves Iron Deficiency Biomarkers in Female Sprague Dawley Rats.2022.
- Association of dietary calcium, magnesium, and vitamin D with type 2 diabetes among US adults: National health and nutrition examination survey 2007–2014—A cross-sectional study.2021.
- Persistent Inadequacies in Infant and Young Child Feeding Practices and Their Determinants.2020.
- Thermo-Ultrasound-Based Sterilization Approach for the Quality Improvement of Wheat Plantlets Juice.2019.
- Medicinal Benefit of Garlic and Coriander against Hypertensive and Diabetic Patients.2018.
- Enhancement of Short Chain Fatty acid Production by co-cultures of Probiotic Fermentation with pearl millet (*Pennisetum glaucum*) fibre fractions.2017.
- Impact of high and zero formaldehyde cross linkers on the performance of the dyed cotton fabric.2014.
- Softener impact on environment friendly low and zero formaldehyde cross-linker performance for cotton. 2014.
- Performance Enhancement of Wool Fabric with Environmentally-Friendly Bio-cross-linker.2014.

- Probiotic Potential of *Lactobacillus acidophilus* Strains Isolated from Dahi, A Traditional Fermented Milk Product.2013.
- Enhancement of Short Chain Fatty Acid Production from Millet Fibres by Pure Cultures of Probiotics Fermentation.2013.
- Pearl Millet (*Pennisetum glaucum*) Fibre Fractions; A New Substrate for the Growth of Co-cultures of Probiotics.2013
- Safety Aspects of *Lactococcus lactis* as a dairy starter.2012
- Effect of microwave treatment on phenolic content and antioxidant activity of citrus mandarin pomace.2010.
- Optimized microwave-assisted extraction of phenolic acids from citrus mandarin peels and evaluation of antioxidant activity in vitro.2009