CURRICULUM VITAE
DR. MUHAMMAD ARIF (ASSISTANT PROFESSOR)

Personal Information

Father's Name: Waris Khan	Date of Birth: 01 – 04 – 1978	
Postal Address: Department of Human Nutrition, The University of Agriculture, Peshawar-Pakistan	Domicile: Peshawar-Pakistan Email: arif123@aup.edu.pk Mobile No: +92 3215774383	
Nationality: Pakistani Religion: Islam	Marital Status: Married C.N.I.C # 17301-1394020-5 Passport # DR1980202	

Education

Degree/ certificate	Specialization/ Major Subject	Completion date	CGPA or Marks with percentage	Institution
PhD	Human Nutrition	May 04, 2020	3.84/4.00 (86.00%)	The University of Agriculture, Peshawar-Pakistan
M.Sc. (Hons)	Human Nutrition	March 29, 2004	3.64/4.00 (83.41%)	The University of Agriculture, Peshawar-Pakistan
B.Sc. (Hons)	Human Nutrition	April 30, 2002	3.57/4.00 (81.64%)	The University of Agriculture, Peshawar-Pakistan
Intermediate	Pre-Medical	October 08, 1996	820/1100 (74.54%)	B.I.S.E Peshawar
Matriculation	Science	August 04, 1994	629/850 (74.00%)	B.I.S.E Peshawar

Academic Distinctions

- Amongst the top ten talented students and remained merit scholarship holder from 1997-2001 in case of B.Sc. (Hons) Agriculture Degree Programme with specialization in Human Nutrition.
- Amongst the top ten talented students and remained merit scholarship holder from 2001-2003 in case of M.Sc. (Hons) Agriculture Degree Programme with specialization in Human Nutrition.

Professional Experience

Scale of Pay	Designation	Dates		Name and address of Employer
		From	To	
BPS-17	Scientific Officer (Contract)	20-12-2004	14-01-2008	PCSIR Laboratories Complex, Jamrud Road, Peshawar-Pakistan
BPS-17	Scientific Officer	15-01-2008	25-06-2014	PCSIR Laboratories Complex, Jamrud Road, Peshawar-Pakistan
BPS-18	Lecturer	26-06-2014	17-09-2017	The University of Agriculture, Peshawar-Pakistan
BPS-19	Assistant Professor	18-09-2017	Till date	The University of Agriculture, Peshawar-Pakistan

Publications

1. Nutritional evaluation of common buckwheat of four different villages of Gilgit-Baltistan. Faizullah Khan, **Muhammad Arif,** Tariq Umar Khan, Muhammad Iqbal Khan and Javed Abbas Bangash. (ARPN Journal of Agricultural and Biological Science Vol.8, No. 3, March 2013).

2. Nutritional status assessment and dietary intake of the cardiovascular disease patients. Rattan Kaur Chawla , Niamatullah and **Muhammad Arif**. (ARPN Journal of Agricultural and Biological Science Vol.8, No. 2, February 2013).

3. Preparation and evaluation of gluten free ready to serve buckwheat product. Faizullah Khan, Alam Zeb, **Muhammad Arif,** Javid Ullah and Said Wahab. (ARPN Journal of Agricultural and Biological Science Vol.7, No. 8, August 2012).

4. Iodine status of children (8-11 Years) in District Peshawar. **Muhammad Arif,** Javed Abbas Bangash and Faizullah Khan. (ARPN Journal of Agricultural and Biological Science Vol.8, No. 6 August 2011).

5. Quality assessment of different Iron fortified wheat flours. **Muhammad Arif,** Javed Abbas Bangash, Faizullah Khan and Hamida Abid. (Pakistan Journal of Biochemistry and Molecular Biology Vol 43, No 4, Page 192-194, December 2010).

6. Effect of soaking and malting on the selected nutrient profile of barley. **Muhammad Arif**, Javed Abbas Bangash, Faizullah Khan and Hamida Abid. (Pakistan Journal of Biochemistry and Molecular Biology Vol 44, No 1, Page 18-21, March 2011).

7. Proximate composition, minerals and vitamin content of selected vegetables grown in Peshawar. Javed Abbas Bangash, **Muhammad Arif**, Faizullah Khan, Faridullah Khan, Amin-ur-Rehman and Iqbal Hussain. (Journal of the Chemical Society of Pakistan Vol 33, No 1, February 2011).

8. Effect of season and soil concentration on the uptake of minerals in Spinacea Oleracea. Javed Abbas Bangash, **Muhammad Arif**, Faizullah Khan, Faridullah Khan, and Iqbal Hussain. (Journal of the Chemical Society of Pakistan Vol 33, No 2, Page 275-283, April 2011).

9. Medicinal significance of vegetables cultivated over mineral supplemented soil. Javed Abbas Bangash, Abdus Sattar Khan, **Muhammad Arif,** Faizullah Khan and Faridullah Khan. (Pakistan Journal of Biochemistry and Molecular Biology Vol 43, No.2, June 2010).

10. Enrichment of some summer season vegetables with selected minerals that may potentially act as hypoglycemic agents. Javed Abbas Bangash, Abdus Sattar Khan, **Muhammad Arif,** Faizullah Khan and Faridullah Khan. (ARPN Journal of Agricultural and Biological Science Vol.5 No.6 November, 2010).

11. Effect of season and soil concentration on the uptake of minerals in Portoluca Oleracea. Javed Abbas Bangash, **Muhammad Arif,** Faizullah Khan, Faridullah Khan, and Iqbal Hussain. (ARPN Journal of Agricultural and Biological Science Vol. 6, No.6 June 2011).

12. Preparation and Nutritional evaluation of a value-added product from barley**. Muhammad Arif,** Faizullah Khan, Saeed Akhtar and Tariq Masood. (Advances in Food Sciences Vol.36; No.1, 2014)

13. Nutritional evaluation of malt flour and its preparation at household level**. Muhammad Arif,** Saeed Akhtar and Tariq Masood. (Advances in Food Sciences Vol.36; No.2, 2014)

14. Effect of Oat Bran on the Quality of Enriched High Fiber Biscuits.Abdul Wajid Khalil, Javid Ali, Tariq Masood, **Muhammad Arif**, Mohammad Parvez and Said Hassan. World Journal of Dairy & Food Sciences 10 (1): 68-73, 2015.

15. Risk Factors Associated With Teeth Discoloration In District Malakand, Pakistan. Nawsherwan, R Kaur Chawlaa, **Muhammad Arif**, M Nauman Ahmad, Humaira Wasila, Ijaz Ulhaq, Abbas Khan, Afia Zia, A Ahmad Mian, R Ullah Shah, Imran Khan. Fluoride 49 (3 Pt 1): 253-262. July-September 2016.

16. Effect of preservatives potassium metabisulphite **(**$K_2O_5S_2$) & sodium benzoate ($NaC_6H_5CO_2$) on Seabuckthorn pulp. Faizullah Khan, Tariq Umar Khan, **Muhammad Arif,** Tajudin, Kosar Jannat. Advances in Food Sciences, Vol. 38, No.3/2016 page 101-108

17. Physicochemical and Organoleptic Characteristics of Dehydrated Apricots under Different Drying Conditions. Faizullah Khan, Tariq Umar Khan, **Muhammad Arif,** Tajuddin, Muhammad Qasim and Maraj Alam. Advances in Food Technology and Nutritional Sciences 2016; 2(1): 3-8. doi: 10.17140/AFTNSOJ-2-125

18. Dietary patterns and the risk of metabolic syndrome in Pakistani Adults. **Muhammad Arif** and Saleem Khan. Fresenius Environmental Bulletin Vol 30, No. 03/2021, 2820-2830.

19. Bactericidal Activity of *Coleus forskohlii* Extract against Multi Drug Resistant *Acinetobacter baumannii* Strains Isolated from Hospital. Majid S.K Alghamdi, Mohammed Fakieh, Yasir Anwar, Hani S.H. Mohammed Ali, Mohammed Al-Matary, Saleh M Saleh Al-Maaqar, **Muhammad Arif** and Torki M. Al-Ahmadi. Bioscience Biotechnology Research Communications. 2021;14(3),1265-1271. DOI: http://dx.doi.org/10.21786/bbrc/14.3.53

20. The effect of selenium bio-fortification on the nutritive value of kitchen mint (*Mentha spicata*). Raees Khan, **Muhammad Arif,** Tariq Masood, Masood Ahmad, Zafar Ali Shah, Muhammad Ilyas and Maliha Javed. Pure and Applied Biology. Vol. 12, Issue 2, pp1378-1386 (2023). http://dx.doi.org/10.19045/bspab.2023.120140

21. Effect of Various Agro-Climatic Conditions on the Quality and Quantity of Olive Oil. Abdul Wahab, Tariq Masood, Azmat Ali Awan, Muhammad Waqas Aslam Cheema, Muhammad Arabi Awan, Zafar Ali Shah, Javed Iqbal, **Muhammad Arif** and Wahid Gul. GU Journal of Phytosciences 3(2): 81-87 (2023). Doi: https://doi.org/10.5281/zenodo.7891565

22. The effect of turmeric and black pepper powder incorporated in breakfast on postprandial glycemia, appetite, palatability, and gastrointestinal well-being in normal-weight adults. Khan, S., **Arif, M.,** Laraib, H., Naqvi, S.N., Shah, O. A., Farooq, U., Sami-Ullah, M., & Khan, G. A. (2024). *Food Science & Nutrition*, *12*, 2846–2854. https://doi.org/10.1002/fsn3.3965

23. Relationship between diet and lipid profile of healthy individuals. **Muhammad Arif,** Kainat Rehman, Raees Khan, Touseef Tahir, Wajdan Rehmat, Kainat Ahmad and Muhammad Yasir. (2024). The Research of Medical Science Review 2(3),230-243. https://thermsr.com/index.php/Journal/article/view/89

24. Incorporation of carrot pomace in cookies and its impact on glycemic response and satiety level of healthy individuals. Sadaf, Muhammad Arif, Touseef Tahir, Shahbaz Khan, Tariq Masood (2024).The Research of Medical Science Review, 2(3), 373-380. https://thermsr.com/index.php/Journal/article/view/104

25. Influence of Sucrose and Silver Nitrate to Ameliorate Post Harvest Performance of Gladiolus Spikes. Khan, A., Ahmad, M., **Muhammad Arif,** Ali, H., Jabin, S., Awan, M. T., Khattak, M. R., Khalil, I., Syed Razaullah, Abu Sufyan, Khan, Z., & Muhammad Abbas. (2024). Indus Journal of Bioscience Research, 2(02), 1321–1328. https://doi.org/10.70749/ijbr.v2i02.342

26. The effects of storage and maturity index on the quality of virgin olive oil from "Pendolino" cultivar produced in Nowshera, Pakistan. Ullah, A., T. Masood, Z.A. Shah, A.A. Awan, S. Alam, Nasiruddin,

M. Arif and M.A. Awan. 2025. Sarhad Journal of Agriculture, 41(1): 88-99. Doi https://dx.doi.org/10.17582/journal.sja/2025/41.1.88.99

27. Dietary Patterns and their association with blood pressure among Adult Males in district Swat. **Muhammad Arif,** Waqas Fazal, Zafar Ali Shah, Raees Khan, **Tariq Masood**, Touseef Tahir, Zarafshan Zeb. **2025**. The Research of Medical Science Review. 3(12): 1389-1405. **DOI:** https://doi.org/10.5281/zenodo.18277635

28. The effect of iron bio-fortification on the nutritive value of kitchen mint (*Mentha spicata*). **Muhammad Arif,** Maliha Javed, Raees Khan, **Tariq Masood**, Masood Ahmad, Zafar Ali Shah and Kiran Afridi. **2025.** Pure Appl. Biol. 14(3):936-945.

29. Relationship Of C-Reactive Protein with Diet, Physical Activity and Anthropometric Measurement in School Going Female Children. **Muhammad Arif[*],** Yusra Adil, Fahad Khan, Raees Khan, Zafar Ali Shah, Tariq Masood, Muhammad Yasir (2026). The Research of Medical Science Review 4(3): 1124-1138. http://doi.org/10.5281/zenodo.20021899

30. Nutritional Composition and Sensory Acceptability of Flatbread Prepared from Different Multigrain Flour Blends.Tariq Masood, Muhammad Uzair Asghar, **Muhammad Arif,** Zafar Ali Shah, Muhammad Samiullah, Bilal Khan, Kiran Afridi (2026). Food and Nutrition Insights Vol. 4 No. 02. https://doi.org/10.54219/FNI.04.02.2026.579

Professional Services

- Member, Board of Studies in the Department of Human Nutrition, The University of Agriculture, Peshawar-Pakistan.
- In-charge Human Nutrition Laboratory, The University Agriculture Peshawar, Pakistan.
- Staff Proctor, The University Agriculture Peshawar, Pakistan.

Workshops, Conferences and Seminars Attended

- Participated as a subject expert in Consultative workshop on Course Content Development "Updating Nutrition Course Contents" for BDS Program-Universities of Khyber Pakhtunkhwa, June 13-15, 2025 at IHS Hazara, Khyber Medical University, Abbottabad-Pakistan.

- Participated as a subject expert in Consultative workshop on Course Content Development "Updating Nutrition Course Contents" for BDS Program-Universities of Khyber Pakhtunkhwa, May 30-June 01, 2025 at IHS Hazara, Khyber Medical University, Abbottabad-Pakistan.

- Lead Facilitator -Nutrition in Emergencies (NiE)/ Maternal Infant and Young child nutrition (MIYCN) Training workshop (Junior faculty & postgraduate Students) January 20-25, 2025, Amir Muhammad Khan Campus, Madan, The University of Agriculture, Peshawar.

- Participated in Nutrition in Epidemiology training for faculty/postgraduate students of universities of KPK having MPhil Nutrition organized by Center of Excellence Nutrition and Child development, IBMS, KMU (February 19-23,2025) IHS Hazara, Khyber Medical University, Abbottabad-Pakistan.

- Lead Facilitator -Nutrition in Emergencies (NiE)/ Maternal Infant and Young child nutrition (MIYCN) Training workshop (Junior faculty & postgraduate Students) November 07-11, 2024, The University of Agriculture, Peshawar.

- Participated as a subject expert in Consultative workshops on Harmonization and update of MPhil Human Nutrition Curriculum in the Universities of Khyber Pakhtunkhwa since November 2022 organized by Khyber Medical University, Peshawar-Pakistan.

- Participated in "Train the trainer Programme in the field of analytical method validation" January 12-12, 2012 organized by Medicinal Botanic Center, PCSIR Laboratories Complex, Peshawar-Pakistan.

- Participated in workshop on "Quality & Technical Manuals for testing & calibration Laboratories in Pakistan" September 20-22, 2011 organized by United Nations Industrial Development Organization (UNIDO)- Serena Hotel Islamabad, Pakistan.

- Participated in workshop on "Good Laboratory Practices" May 4-5, 2011 organized by Nestle Industries (Pvt) Ltd. Lahore-Pakistan.

- Attended one-day conference on "3rd National IPR Conference 2011-World IP Day" April 26, 2011, organized by Intellectual Property Organization (IPO) Islamabad of Pakistan.

- Presented a research paper in 3 days International Science Conference on Utilization of modern agriculture technology in changing environmental perspectives at Faculty of Agriculture, University of Azad Jammu & Kashmir-Rawalakot (Pakistan) July 21-23, 2010 on "Utilization of Buckwheat in the development of different value-added food products".

- Attended 1st International conference on "Recent advances in Human Nutrition with special reference to vulnerable Groups" February 22-24, 2010, organized by National Institute of Food Science & Technology, University of Agriculture, Faisalabad-Pakistan.

- Attended 20th All Pakistan Food Science Conference at University of Agriculture, Faisalabad-Pakistan on 21.02.2010.

- Presented a research paper in 3 days International Science Conference on "Recent advances in Agriculture, natural resources and food security" at Faculty of Agriculture, University of Azad Jammu & Kashmir-Rawalakot (Pakistan) August 11-13, 2009 on "Utilization of sea buckthorn in the development of value-added food products".

- Attended a seminar on Save All Food for Future, organized by Department of Food Science and Technology, NWFP Agricultural University, Peshawar-Pakistan on 17.4.2007.

- Attended 16th All Pakistan Food Science Conference at University of Agriculture, Faisalabad-Pakistan on 25.1.2006.

- Participated in "Training on Olive Oil Quality" February 23-27, 2009 organized by Medicinal Botanic Center, PCSIR Laboratories Complex, Peshawar-Pakistan in collaboration with IAO-Italy.

- Participated in "Training on goiter assessment" February 11-25, 2003 organized by Institute of Radiotherapy & Nuclear Medicine (IRNUM) Peshawar-Pakistan.

- Participated in 1st Training workshop for Nutrition master trainers in "Nutrition Management of severely malnourished Children" January 13-17, 2003 organized by UNICEF & Nutrition section, DG Health services Khyber Pakhtunkhwa, Peshawar-Pakistan.