CURRICULUM VITAE

Prof. Dr. Muhammad Abbas

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PERSONAL DATA

Date of Birth: May 2nd, 1972

National Identity Card: 17301-9987788-5

Mailing address: Office # 137, Plant Science Building,
Department of Human Nutrition,
The University of Agriculture, Peshawar,
Khyber Pakhtunkhwa, Pakistan.

EDUCATION

- **Ph.D** (Human Nutrition): 2020 — Department of Human Nutrition, The University of Agriculture, Peshawar

  Thesis Title:

  Serum zinc concentration in association with current physical growth and scholastic performance of apparently healthy school going children

- **M.Sc.(Hons.)** (Human Nutrition): 2002 — Department of Human Nutrition, The University of Agriculture, Peshawar

  Thesis Title:

  Prevalence of Obesity in relation to diet and physical work in Tehsil Mardan

EMPLOYMENT

1. **Professor (BPS-21)** | Department of Human Nutrition, The University of Agriculture, Peshawar | September 18, 2026 – Present.
2. **Assistant Professor (BPS-19)** | Department of Human Nutrition, The Univ. of Agric., Peshawar | May 13, 2014 – September 17, 2026. .
3. **Lecturer (BPS-18)** | Department of Human Nutrition, NWFP Agricultural University, Peshawar | August 15, 2007 – May 12, 2014.
3. **Lecturer (BPS-17) on Contract** | Department of Human Nutrition, NWFP Agricultural University, Peshawar | March 09, 2004 – August 14, 2007.
4. **Research Associate** | Department of Human Nutrition, NWFP Agricultural University, Peshawar | July 07, 2003 – March 08, 2004.
5. **District Health & Nutrition Education Officer (BPS-17)** | Family Health Project (World Bank-funded), Health Department, Government of N.W.F.P. | October, 1997 – December, 1999.
6. **Research Investigator** | in a Project "Supplementation of Wheat Flour with Lysine" | April – June, 1997.

* Experience in Administration:

→ ***Staff Proctor*** | January 20, 2007 – January 19, 2009

→ ***Member of the Syndicate*** | October 04, 2012 to May 12, 2014.

→ ***Member of the Institutional Scholarship Award Committee (ISAC)***

→ ***Member of the Schools Management Committee*** of Agriculture University Public Schools & Colleges (AUPS&C).

♣ *Project Experience:*

❖ ***Regional Master Trainer*** | in the project entitled

"Pak-Korea Nutrition Center (PKNC) to improve Child and Community Nutrition"

August 28, 2023 – August 10, 2026.

- Successfully completed the ***"PKNC Regional Master Trainer Invitational Training"*** held at **PKNC Chungnam National University, South Korea** from **October 14th to 28th, 2023** as part of the ***Pakistan-Korea Nutrition Center*** establishment project, supported by **Korea International Cooperation Agency (KOICA)**.

♣ Experience in Curriculum Development

1. Involved in "Nutrition Content Development" for **incorporation in MBBS & BDS Curriculum** as part of **Integration of Nutrition in Medical & Dental Curricula (Awarded with 63 CME/CPD Hours) organized by Khyber Medical University, Peshawar in collaboration with UNICEF** (2025)**.**
2. Successfully completed the **development of two courses**, ***Advance Dietetics I*** and ***Advance Dietetics II***, for **MS HND (Master of Science in Human Nutrition & Dietetics) Degree Program** at The University of Agriculture Peshawar (2026).

PUBLICATIONS

❖ **2025**

- Shehar Yar Shafi, **Muhammad Abbas**, Sara Aslam and Aimal Khan. From waste to taste: Nutritional and sensory insights into mango peel-infused cake. World Journal of Biology Pharmacy and Health Sciences, 21(01): 013-025; 2025.
- Kashif, **Muhammad Abbas**, Ahmad Ibne Yousaf, Anza Ahmad, Ayesha Bint Yousaf, Zartasha Gul, Azzah Khadim Hussain. Proximate composition, minerals content, total phenolics and antioxidant activity of traditionally consumed postpartum supplemental foods. Journal of Medical & Health Sciences Review, 2(1): DOI: https://doi.org/10.62019/fabvng81; 2025.

❖ **2024**

- Sana Tehreem, **Muhammad Abbas**, Zia-ud-Din, Imran Khan, Maria Shah and Durr-i-Nayab. Evaluating Health benefits of wheat flatbreads with different fruit peels; determination of anti-oxidant, nutritional value and sensory characteristics. International Journal of Pathology, 22(1): 9-14; 2024.

❖ **2022**

- Rizwan Maqbool, Iqra Anwar, Muhammad Ather Nadeem, Talou-E- Islam Inqalabi, Ali Raza, Bilal Ahmad Khan, Muhammad Irfan, Attiq Ur Rehman, **Muhammad Abbas**. Exploring the phytotoxic effects of Glycyrrhiza Glabra L. on emergence and seedling growth of Pisum Sativum L. Pakistan Journal of Weed Science Research, 28(3): 213-220; 2022.
- Qazi Noor Ul Wahab, Zia Ud Din, Muhammad Jahanzeb, Saleem Ullah, **Muhammad Abbas**. Assessment of burnout syndrome and physical activity of the university teachers–A cross-sectional observational study. Journal of Hunan University (Natural Sciences), 49(08): 1047-1059; 2022.

- Mati Ullah Khan, Hong Lin, Tian Hang, Jinlong Zhao, Binaka Prabashini Dasanayaka, Jiukai Zhang, Ishfaq Ahmed, Ziye Zhang, Yun Guo Jiang, Ihsan Mabood Qazi, **Muhammad Abbas**, Zhenxing Li. Development of a sandwich enzyme-linked immunosorbent kit for reliable detection of milk allergens in processed food. Analytical Biochemistry, 648(114667); 2022.
- Karishma, A. Usman, I. Khurshid, T. Iqbal, K. Sana, H. Gul and **M. Abbas**. Evaluation of different biorational pest management approaches for the management red pumpkin beetle (Aulacophora foveicollis Lucas) and fruit fly (Bactocera cucurbitae) in cucumber crop and their economic analysis. Pakistan Journal of Weed Science Research, 28(2): 124-137; 2022.
- Muhammad Salman Ahmad, M Nazirul Islam Sarker, Muhammad Nauman Ahmad, Madad Ali, Sadiq, **Muhammad Abbas**. Does high fluoride intake cause Low IQ? A case of Islamic Religious Schools (Madrassa) in rural and urban areas of Sindh- Pakistan. Fluoride, 55(1): 49-62; 2022.

❖ **2019**

- **Muhammad Abbas,** Saleem Khan, Zia ud Din, Zafar Iqbal. Relationship of serum zinc status with scholastic performance of apparently healthy children. Pakistan Pediatric Journal, 43(2): 103-108; 2019.
- Zia ud Din, Khalid Iqbal, Imran Khan, **Muhammad Abbas**, Fazia Ghaffar, Zafar Iqbal, Mudassar Iqbal, Madiha Ilyas, Muhammad Suleman, Hamida Iqbal. Tendency towards eating disorders and associated sex-specific risk factors among university students. Archives of Neuropsychiatry, 56(4): 258-263; 2019.

❖ **2018**

- Hamida Iqbal, Sadaf Qayum, Mudassar Iqbal, Zafar Iqbal, **Muhammad Abbas** and Zia ud Din. Physico-chemical assessment of commercially available mineral water. Fresenius Environmental Bulletin, 27(12): 8264-8269; 2018.
- Zia ud Din, Lubna Pervez, Arshad Amir, **Muhammad Abbas**, Imran Khan, Zafar Iqbal and Mudassar Iqbal. Parasitic infections, malnutrition and anemia among preschool children living in rural areas of Peshawar, Pakistan. Nutricion Hospitalaria, 35(5):1151-57; 2018.

❖ **2017**

- Fahdullah Shakir, Zia-ud Din, Iftikhar Ahmad, Imran Khan, **Muhammad Abbas**, Zahoor Ahmad, Fazia Ghaffar, Madiha Ilyas, Saima Bibi. Malpractices of milk adulteration with chemicals and its impact on nutritional status of pre-school children in Peshawar – Pakistan. Food Science and Technology, 5(2): 50-55; 2017

❖ **2016**

- Pooja Longani, Zia ud Din, **Muhammad Abbas**, Saleem Khan, Iftikhar Alam, Zahoor Ahmad, Imran Khan, Muhammad Hussain, Zafar Iqbal and Mudassar Iqbal.

Determinants of dietary patterns in minority women in North West Pakistan. American Journal of Food Science and Health, 2(1): 1-6; 2016.

- **2015**

- Zia-ud-Din, **Muhammad Abbas**, Saleem Khan, Zafar Iqbal, Mudassar Iqbal, Muhammad Hussain, Zahoor Ahmad. Effect of local complementary food mixes on the weight of malnourished children in Peshawar, Pakistan. International Journal of Preventive Medicine Research, 1(3): 84-87; 2015.

- **2013**

- **Muhammad Abbas**, Zia-ud-din, Parvez I. Paracha, Saleem Khan, Zafar Iqbal, Mudassar Iqbal. Socio-demographic and dietary determinants of overweight and obesity in male Pakistani adults. European Scientific Journal, 9(33): 470 - 486; 2013.

- **2012**

- Parvez I. Paracha, Yasmin Asif, Frank Vriesekoop, Shahid Ullah, **Muhammad Abbas**, Saima I. Paracha, Tariq Khan. Risk factors associated with gallstone disease in women. e-SPEN Journal, 7(3): e129 - e134; 2012

- **2008**

- Iftikhar Alam Khattak, Naveed Ullah, **Muhammad Abbas**, Parvez I. Paracha and Saleem Khan. Prisoners women and children – From nutritional perspective. Sarhad Journal of Agriculture, 24(1): 123-127; 2008.

- **2007**

- Mujib-ur-Rehman, Naushad Khan and **Muhammad Abbas**. Availability and utilization of Primary Health Care services in the rural areas of District Peshawar. Sarhad Journal of Agriculture, 23(4): 1217-1223; 2007.
- Saleem Khan, **Muhammad Abbas**, Fozia Habib, Iftikhar Alam Khattak and Nadeem Iqbal. Prevalence of Diabetes Mellitus in Mir Pur and Kotli Districts of Azad Jammu & Kashmir (AJ&K). Sarhad Journal of Agriculture, 23(4): 1141-1143; 2007.
- Mohammad Ayub, Quasid Ahmad, **Muhammad Abbas**, Ihsan Mabood Qazi and Iftikhar Alam Khattak. Composition and adulteration analysis of milk samples. Sarhad Journal of Agriculture, 23(4): 1127-1130; 2007.
- Habibullah, **Muhammad Abbas** and Hamidullah Shah. Proximate and mineral composition of Mungbean. Sarhad Journal of Agriculture, 23(2): 463-466; 2007.
- Habibullah, **Muhammad Abbas** and Hamidullah Shah. Stability of vitamin A (Retinol) in Fats/Oils. Sarhad Journal of Agriculture, 23(2): 455-457; 2007.

- **2006**

- Iftikhar Alam Khattak, Niamat Ullah, **Muhammad Abbas**, Zia-ud-Din and Saleem Khan. Calcium fortification of vinegar with chicken eggshells. Sarhad Journal of Agriculture, 22(4): 681-684; 2006.

- Salma Iman, Mohammad Ayub, **Muhammad Abbas** and Ihsan Mabood Qazi. Analysis of Intermediate Moisture Apple slices during storage. Sarhad Journal of Agriculture, 22(3): 545-549; 2006.

❖ **2003**

- **Muhammad Abbas**, Alam Khan and M. Muzaffar Ali Khan Khattak. Prevalence of obesity in male in relation to dietary intake and physical activity level. Pakistan Journal of Nutrition, 2(4): 234-237; 2003.

SUPERVISION OF POST-GRADUATE RESEARCH PROJECTS

(As major Supervisor)

S.No.	Title of thesis	Year of completion
1.	Nutritional status of patients with type 2 diabetes in relation to diet quality	2026
2.	Socioeconomic and dietary determinants of anemia among female preadolescent school children in a rural area of Peshawar	2026
3.	Relationship of micronutrients' dietary intake adequacy with nutritional status and academic performance of primary school students	2026
4.	Blood glucose levels of adolescent female students (aged 15-19 years) in relation to breakfast consumption and sleep characteristics in Risalpur	2025
5.	Components of metabolic syndrome in relation to micronutrients intake among middle-aged female adults of District Nowshera	2024
6.	Nutritional status and scholastic performance in association with usual dietary intake in female Madrasa boarding students in Peshawar	2024
7.	Metabolic health of anemic housewives in Peshawar	2024
8.	Metabolic consequences of the co-occurrence of obesity and anemia among housewives: a comparison of the generalized and abdominal obesity	2024
9.	Effect of incorporated Banana peel powder on nutritional, physical, microbial and sensory quality of plain cake	2024
10.	Risk Factors of Non-Alcoholic fatty liver disease among centrally obese housewives	2023
11.	Evaluation of nutritional, physical, sensory and microbial attributes of plain cake incorporated with Mango peel powder	2023
12.	Relationship of eating disorders with nutritional status and academic performance in male college students of district Buner	2023
13.	Bone mineral density and its association with the nutritional and lifestyle predictors in housewives of Islamabad	2022
14.	Nutritional, physical and sensory evaluation of cake incorporated with different citrus fruits' albedos	2022
15.	Metabolic consequences of central obesity in housewives at Peshawar	2021
16.	Physical status in relation to dietary knowledge and practices among housewives	2021

17.	Nutritional analysis, total phenolics, antioxidant activity and sensory evaluation of wheat bread fortified with Pumpkin seeds	2021
18.	Risk factors of central obesity among housewives: focusing on the resultant body composition	2021
19.	Hemoglobin status in relation to nutritional knowledge and usual dietary intakes: a comparative study of boarder and non-boarder female students	2021
20.	Nutritional analysis, antioxidant activity and sensory evaluation of wheat flatbread incorporated with different fruit peels: a comparative study	2021
21.	Proximate composition, minerals content, total phenolics and antioxidant activity of traditionally consumed postpartum supplemental foods	2021
22.	Dietary intake, frequency of foods' consumption and physical status of adolescent pregnant females	2019
23.	knowledge, attitude and practices of lactating mothers regarding complementary feeding and its relationship with physical status of their children	2019
24.	Dietary pattern and metabolic changes in abdominally obese university employees	2019
25.	Relationship of the current physical status and dietary intake with dental diseases in adults (aged ≥ 50 years)	2017
26.	Relationship of dietary intake and socio-demographic characteristics with academic performance of primary school children in Peshawar	2015
27	Nutritional and socio-economic factors associated with zinc status of school going children in Peshawar	2015
28.	Preparation, nutritional analysis and sensory evaluation of zinc fortified cookies	2015
29.	Nutritional status assessment of children with nutritional rickets under five years at Saidu teaching hospital, Swat	2012
30.	Effect of calcium fortification on biochemical, microbial and organoleptic quality of wheat flour	2011

CONFERENCES/TRAININGS/COURSES

1. Attended the ***"Faculty Capacity Building Training on Developing Resilient Food Systems through Academic Leadership"*** organized by **GAIN (Global Alliance for Improved Nutrition), Pakistan** held at **Peshawar** (June 25 - 26, 2025).
2. Successfully completed the ***"PKNC Regional Master Trainer Invitational Training"*** held at **PKNC Chungnam National University, South Korea** from **October 14th to 28th, 2023** as part of the ***Pakistan-Korea Nutrition Center*** establishment project, supported by **Korea International Cooperation Agency (KOICA).**
3. Participated in the National Conference on ***"Innovative Technologies and Sustainable Development in Agriculture"*** held at **Summer Campus, Bara Gali, University of Peshawar** (August 19-22, 2014).
4. Participated in the two days training on ***"Project Management"*** held at **NWFP Agricultural University, Peshawar** (April 02-03, 2010).

5. Participated in the training on ***"PC-I Development"*** held at **NWFP Agricultural University, Peshawar** (July 16-18, 2007).
6. Participated in all technical sessions and hands-on training held during ***"National Training Seminar on Biosafety and Biosecurity Initiatives"*** under the auspices of **U.S. Department of State's Biosecurity Engagement Program (BEP-USA)**, **Pakistan Agricultural Research Council (PARC)** and **Planning Commission of Pakistan** held at **Islamabad, Pakistan** (June 18-19, 2007).
7. Attended the ***"Staff Development Course"*** organized by **National Academy of Higher Education, Higher Education Commission, Pakistan** held at **N.W.F.P. Agricultural University, Peshawar** (February 26 – March 22, 2007).
8. Completed a five days training on ***"Kjeltec Nitrogen Analyzer"*** at **Food Technology Research Laboratory, National Agricultural Research Center (NARC), Islamabad** (August 18-22, 2003).
9. Attended a five-day training course on ***"Primary Health Care Management Problems"*** at **P.A.R.D., Peshawar** (October13-17, 1998)
10. Successfully completed the course ***"Applied Nutrition"*** at **Health Services Academy, Islamabad** (September 21-October 02, 1998).
11. Participated in the ***"4th National Conference of Pakistan Society of Biochemistry and Molecular Biology"*** held at **N.W.F.P. Agric. University, Peshawar** (April 07-10, 1997).
12. **Member of the Organizing Committee of *"SAARCFOODS Organizational Meeting"* sponsored by FAO/UNU held at the Department of Human Nutrition, N.W.F.P. Agricultural University, Peshawar (August 17-20, 1996).**

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