



CURRICULUM VITAE

JOB OBJECTIVE:

To work with an aim to gain valuable hands on experience and professional skills in an organization which provides a challenging, learning and developing atmosphere, and explore my capabilities.

On research side I am highly interested to join such an institute that provides me an opportunity that explore my hidden capabilities and make a skilled scientist on the behalf of nutrition and healthcare.

ACADEMIC QUALIFICATION:

Certificate/Degree	Year	Board/ University
PhD	2010-2014	North West A&F Univ. Yang ling China
M.Sc(Hon)/M.Phil	2007-09	NWFP Agri.Univ.Peshawa.
BSc(H)-Agric	2003-06	NWFP Agri.Univ.Peshawar
F. Sc. (Pre Medical)	2000-02	BISE Mardan
SSC (Science)	1998-2000	BISE Peshawar

Research interest :

Functional Foods
Antioxidant nutrients and bioactive compounds
Oxidative Stress and anti inflammation

PROFESSIONAL EXPERIENCE:

- Worked for five months as an internee in Rehman Medical Institute Peshawar. (Aug 2006-Dec 2006).
- Worked as nutrition specialist in Pakistan Community Development Program from January 2007 to June 2010.
- Worked for ninth months as a visiting lecturer in Department of Environmental Sciences Peshawar University. (Oct 2013- June 2014)
- Worked as an Assistant Professor in the Department of Human Nutrition University of Agriculture Peshawar under HEC program (IPFP), 23rd Sep 2014 to 23rd Sep 2015.
- Worked as visiting Assistant Professor in the Department of Human Nutrition University of Agriculture Peshawar from 23rd Sep 2015 to Oct 2019.
- Working as Assistant Professor in the Department of Human Nutrition University of Agriculture Peshawar from 7 Oct 2019 till date.

**HUMAIRA WASILA D/O
AMINUL HAQ**

D.O.B :04/01/1983

Domecile: NWFP (Mardan)

Religion:Islam

Nationality: Pakistani

Marital Status:Married

Postal Address:

HOUSE # 55 street# 4 private
professors colony The
University of Agriculture
Peshawar.

Telephone:+92 915610801

Mobile:+92 3348887638

E-mail

humairawasila@gmail.com

WORKED AS ADDITIONAL DUTIES

1 staff proctor

PROFESSIONAL COURSES TAUGHT IN HUMAN NUTRITION DEPARTMENT

<u>Course Name</u>	<u>Degree Level</u>
Introduction to Human Nutrition	B.Sc (Hons) Part 2
Human Physiology 1	B.SC (Hons)part 3 (5th semester)
Introduction to study of Nutritional Process	B.Sc (Hons) part 3 (5th semester)
Human Physiology 2	B.Sc (Hons) part 3 (6th semester)
Advance Dietetics	B.Sc (Hons) part 4 th (7th semester)
Infant and young child feeding	B.Sc (Hons) part 4 th (8th semester)
Exercise and sports Nutrition	B.Sc (Hons) part 4 th (8th semester)
Adolescent and Geriatric Nutrition	M.Sc (Hons)
Food Population and Nutritional linkages	M.Sc (Hons)
Special topic in nutrition	M.Sc (Hons)

RESEARCH/OUTREACH

Supervised six MSc (Hons) students

Supervised BSc forty-nine (Hons) students

Major Advisor of five MSc (Hons) students

Supervising seven MSc (Hons) students (Research work under progress)

RESEARCH PROJECTS

Principal investigator of the project entitled “Identification and extraction of phenolic compounds as an antioxidant of selected pomegranate varieties available in Peshawar fruit market” funded by Higher Education Commission, Pakistan (under progress)

TRAINING(S), CONFERENCE(S) AND WORKSHOP(S) ATTENDED

- Take Three months training in information technology from Agha Computers institute of information technology and digital sciences. 15 August 2005.
- Attended one day workshop on school management organized by Oxford press, 1st October 2009.
- Attended one day workshop on Biosafety/ Bioterrorism & risk assessment in Agriculture research organized by The University of Agriculture Peshawar, 1st September 2015.
- Give five days provincial TOT for agency master trainers on infant and young child feeding nutrition organized by MNCH program Directorate of Health Services FATS in collaboration with UNICEF from 7th-11th March 2016.
- Give five days TOT course on infant and young child feeding organized by MNCH program Directorate of Health Services FATS in collaboration with WHO from 5th-9th September 2016.

- Give five days of FATA nutrition managers/health care providers on nutrition in emergency/DRR organized by MNCH program Directorate of Health Services FATS in collaboration with UNICEF from 6th-10thDecember 2016.
- Give five days training of managers on nutrition in emergency NIE/DRR organized by MNCH program Directorate of Health Services FATS in collaboration with UNICEF from 8th-12thMarch 2017.
- Attended one day workshop on research methodology and scientific writing organized by The University of Agriculture Peshawar and sponsored by U.S. embassy Pakistan, 7th February 2018.
- Attended four days 7th International and 16th National Conference on plant resources: current trends, challenges and solutions organized by Department of Botany, Islamia College Peshawar and Department of Botany, University of Peshawar, 23 -26 march 2018

AWARDS

- Scholarship Awarded for Phd by China Scholarship Council (From Sep 2010 to June 2014).

Publications

- 1) **Humaira Wasila**, Imran Ahmad et al.2014.Comparing phenolics composition and antioxidant activities of different pomegranate products (Pakistan Journal of Agriculture science) .51(1): 167-174. Impact factor- 1.240
- 2) **Humaira Wasila**, Imran Ahmad et al.2013. Peel effects on phenolic composition, antioxidant activity, and making of pomegranate juice and wine (Journal of food science) .78. : 1166–1172. Impact factor-1.775
- 3) Imran Ahmad,**Humira Wasila** et al.2013. Effect of pepper-garlic intercropping system on soil microbial and bio-chemical properties (Pakistan Journal of Botany) .45(2): 695-702, 2013. Impact factor-0.872
- 4) Imran Ahmad ,**Humira Wasila** et al.2013.Effect of intercropped garlic on chlorophyll contents, photosynthesis and antioxidant enzymes in pepper (Pakistan Journal of Botany). 45(6): 1889-1896. Impact factor- 0.872
- 5) Xuan Li, **Humira Wasila** et al.2015.Physicochemical characteristics, polyphenol compositions and antioxidant potential of pomegranate juices from 10 Chinese cultivars and the environmental factors analysis. (Food Chemistry). 175 :575–584. Impact Factor -3.25.
- 6) LiXuan, **Humira Wasila**etal.2014. Variation of Polyphenols Composition and Bioactivities of Pomegranate Wines along in Vitro Digestion Process. (Journal of Food and Nutrition Research).. 2(. 11): 839-845 Impact factor- 0.78
- 7) Muhammad Ali Khan ,**Humaira Wasila**, et al.2016. Therapeutic horticulture: influencing psychological responses of surgical patients and their environmental assessment scale. Pak. J. Agri. Sci. 53(2), 355-363. Impact Factor 1.049

- 8) Muhammad Waqas , **HumairaWasila** et al. 2016. Antimicrobial activity of Polygoniumhydropiper leaves against plant and human pathogenic fungal and bacterial strains. Pure Appl. Biol., 5(4): 856-861.(HEC recognized journal)
- 9) Imran Ahmad, **HumairaWasila** et al.2012.Effect of different time of budding on the bud take success of peach on peach rootstock (Advances in Environmental Biology) 6(5): 1848-1852. .(HEC recognized journal)
- 10) Ijaz Ahmad, HumairaWasila et al.2017. Maternal formal education in association with nutritional status of children (less than two years). Indian journal of nutrition.4(2). (ICI)
- 11) IbrarHussain, **HumairaWasila** et al. 2016. Ahmad.Effect of organic fertilizers on growth and yield of Brassica rapa variety Chinensis. Advances in Environmental Biology. 10(10): 40-46. .(HEC recognized journal)
- 12) Siraj Ahmed Channa, **HumairaWasila** et al.2013. Genetic Analysis Of Fibre Characters Of Management) 3(2): 264-268.
- 13) Mohib Shah, **HumairaWasila** et al.2013. Life form and Floristic Characteristics Along Altitudinal Gradient of Humid Temperate Forests Located in Remote Area of Pakistan. (Global Journal of Biodiversity Science and Management) 3(2): 276-281.
- 14) AmanullahMahar, **HumairaWasila** et al.2013. Concentrations of road transport-related air pollutants and its health implications of Hyderabad city, Pakistan. (Global Journal of Biodiversity Science and Management) 3(2): 269-275.
- 15) Abdul Wahid Baloch, **HumairaWasila** et al.2012. Development of superior Upland Cotton (*GossypiumHirsutum* L) f1 hybrids: design-ii analysis for estimating combining ability of fiber and earliness in upland cotton.(Global Journal of Biodiversity Science and Management) 2(1): 38-42.
- 16) Aziz Ahmed, **HumairaWasila** et al.2013. In-situ Conservation of CommiphoraWightii an Endangered Medicinal Shrub through Intergrated Participatory Approach in the Nagarparkar Hills of Tharparkar, Pakistan (Universal Journal of Agriculture). 1(3):103-109.
- 17) Nawsherwan, **HumairaWasila** et al. 2016. Risk factors associated with teeth discoloration in Malakand District, Pakistan. Research report fluoride.49(3)253-262. Impact factor 1.3.
- 18) Imran Ahmad, **HumairaWasila** et al.2017. Effect of (Azospirillum sp. and Azobactersp) on performance of cherry tomato under different salinity levels (Published as abstract in Conference on Dynamic Trends in Plant Sciences and accepted for publication in Pakistan journal of botany: Fostering Environment and Food security) Impact Factor 0.658.
- 19) UmairaShahid, **HumairaWasila** et al.2017. Performance of eggplant cultivars under the organic and inorganic regimes (Published as abstract in Conference on Dynamic Trends in Plant Sciences and accepted for publication in Pakistan journal of botany: Fostering Environment and Food security) Impact Factor 0.658.

- 20) HaseebKhattak, **HumairaWasila**etal .Evaluation of cucumber genotypes under various gardening patterns. (Accepted for oral presentation and Publication in Book of abstract in “7th International and 16th National Conference on Plant Resources: Current Trends, Challenges and Solutions”)
- 21) Imran ahmad, **HumairaWasila** et al.2017. Effect of ascorbic acid and storage duration on shelf life of persimmon. (Published as abstract in Conference on Dynamic Trends in Plant Sciences: Fostering Environment and Food security)
- 22) Imran Ahmad, , **Humaira Wasila**.2018..Effect of salicylic acid and salinity stress on performance of tomato. (Accepted for oral presentation and Publication in Book of abstract in “7th International and 16th National Conference on Plant Resources: Current Trends, Challenges and Solutions”)

Current status:

Working as assistant professor in the Department of Human Nutrition Agriculture University Peshawar

LANGUAGES:

➤ English, Urdu, Pashto, Hindku, Chinese

Individual skills:

> *Dedicated to the cause and spirited to the goals.*

> *Physically fit and strong build up.*

> *Used to work long duty hours.*

> *Adopted to work in challenging environment.*

REFERENCES:

1)**Dr. Saleem khan, Assisitant professor**

Department of Human Nutrition

NWFP Agricultural University Peshawar, Pakistan.

Ph # +92 3339179261

2) **Mr. Lin Wei Liu (Advisor)Professor Departmentof Food Science and EngineeringNorthwest A&F**

Univ. Yang ling China

Ph # 008613891840528