

Faculty Resume

Name	Muhammad Arif									
Personal	<p>Date of Birth: 01-04-1978</p> <p>Nationality: Pakistani</p> <p>Domicile: Peshawar (Khyber Pakhtunkhwa)</p> <p>Marital Status: Married</p> <p>C.N.I.C No: 17301-1394020-5</p> <p>Postal Address: Department of Human Nutrition, the University of Agriculture, Peshawar-Pakistan: Email: arif123@aup.edu.pk Cell No. + 92 3215774384</p> <p>Permanent Address: Village Charkhana, Mohalla School, Tehsil & District Peshawar-Pakistan</p> <p>Languages: Pashto (mothers tongue); Urdu, English (Fluent)</p>									
Experience	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Date</th> <th style="text-align: left;">Title</th> <th style="text-align: left;">Institution</th> </tr> </thead> <tbody> <tr> <td>26-06-2014 Till date</td> <td>Lecturer</td> <td>The University of Agriculture, Peshawar-Pakistan</td> </tr> <tr> <td>20-12-2004 to 25-06-2014</td> <td>Scientific Officer ---</td> <td>PCSIR Laboratories Complex, Peshawar-Pakistan</td> </tr> </tbody> </table>	Date	Title	Institution	26-06-2014 Till date	Lecturer	The University of Agriculture, Peshawar-Pakistan	20-12-2004 to 25-06-2014	Scientific Officer ---	PCSIR Laboratories Complex, Peshawar-Pakistan
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20-12-2004 to 25-06-2014	Scientific Officer ---	PCSIR Laboratories Complex, Peshawar-Pakistan								
Honor and Awards	<ul style="list-style-type: none"> • Merit scholarship holder (1997-2001) in case of B.Sc (Hons) Agriculture Degree Programme with specialization in Human Nutrition. • Merit scholarship holder (2001-2003) in case of M.Sc (Hons) Agriculture Degree Programme with specialization in Human Nutrition. 									
Students Supervision	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Years</th> <th style="text-align: left;">Degree</th> <th style="text-align: left;">Name</th> </tr> </thead> <tbody> <tr> <td>2012</td> <td>M.Sc (Hons)</td> <td>Formulation & nutritional evaluation of dietary supplements for pregnant women prepared from locally available food ingredients.</td> </tr> <tr> <td>2012</td> <td>M.Sc (Hons)</td> <td>Formulation & nutritional evaluation of complementary foods made from locally available food ingredients.</td> </tr> </tbody> </table>	Years	Degree	Name	2012	M.Sc (Hons)	Formulation & nutritional evaluation of dietary supplements for pregnant women prepared from locally available food ingredients.	2012	M.Sc (Hons)	Formulation & nutritional evaluation of complementary foods made from locally available food ingredients.
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Graduate Students (02) (co-supervisor for research)										

	2015	M.Sc (Hons)	Thesis (04)-continue
Service Activity	<ul style="list-style-type: none"> Teaching of different courses to B.Sc (H) and M.Sc (H) students at the department of Human Nutrition Supervision of research students regarding their research project development and execution, thesis, manuscripts and report writing 		
Brief Statement of Research Interest	<ul style="list-style-type: none"> Utilization of indigenous raw materials for the development of nutritious and functional food products Exploring and establishing the role of nutrition in the prevention and treatment of certain diseases both at the community and clinical level 		
Publications	<ul style="list-style-type: none"> 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) 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) Nutritional evaluation of common buckwheat of four different villages of Gilgit-Baltistan. Faizullah Khan, Muhammad Arif, Tariq Ummar Khan, Muhammad Iqbal Khan and Javed Abbas Bangash. (ARPN Journal of Agricultural and Biological Science Vol.8, No. 3, March 2013). 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). 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). 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). 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, December 2010). 		

	<ul style="list-style-type: none"> • 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, March 2011). • 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 Chemical Society of Pakistan Vol 33, No 1, February 2011). • 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 Chemical Society of Pakistan Vol 33, No 2, April 2011). • 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). • 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). • 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). <p><u>Book published</u></p> <p>Iodine deficiency in children. Muhammad Arif. Published by LAP LAMBERT Academic Publishing, AV Akademikerverlag GmbH & Co. KG Heinrich-Böcking-Str.6-8, 66121 Saarbrücken, Deutschland/Germany. ISBN: 978-3-8383-1238-5 (2013)</p>
Research Grants and Contracts	NA

<p>Other Research or Creative Accomplishments</p>	<p><u>Patents filed</u></p> <ul style="list-style-type: none"> • Process for the preparation of dates based nutritional supplement. • Process for the development of Buckwheat gluten free food. • Process for the development of malted powdered drink. • Process for the development of Sea buckthorn Tonic. • Process for the development of Buckwheat gluten free biscuits. <p><u>Processes / Products Developed</u></p> <ul style="list-style-type: none"> • Process developed for the preparation of Dates nutritious supplement (A nutritious powder formula for malnourished and hospitalized individuals). • Process developed for the preparation of Polymucil (A soluble dietary fiber supplement for Irritable bowel syndrome, constipation, diarrhea, and hypercholesterolemia). • Process developed for the preparation of Sea buckthorn tonic (A nutritional supplement for children, sportsmen, pregnant & lactating women). • Process developed for the preparation of Malt flour (suitable for various nutritive & therapeutic food product formulations). • Process developed for the preparation of Malted powdered drink (An easily digestible nutritional supplement). • Process developed for the preparation of ready to use Gluten free food for gluten sensitive patients.
<p>Participation in Seminar / Conferences</p>	<ul style="list-style-type: none"> • Attended one day conference on “3rd National IPR Conference 2011-World IP Day” 26 April 2011, at Islamabad organized by Intellectual Property Organization of Pakistan. • Paper presented 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) from 21-23 July 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” organized by National Institute of Food Science & Technology, University of Agriculture, Faisalabad-Pakistan (February 22-24, 2010).

	<ul style="list-style-type: none"> • Attended 20th All Pakistan Food Science Conference at University of Agriculture, Faisalabad-Pakistan on 21.02.2010. • A paper was prepared on the topic “Utilization of sea buckthorn in the development of value added food products” which was presented in 3 day International Science Conference on “Recent advances in Agriculture, natural resources and food security” at Faculty of Agriculture, University of Azad Jammu & Kashmir-Rawalakot (Pakistan) from 11th to 13th August 2009. • 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. 		
Other Formal Training or Education	Name and Place	Type of Training	Duration
	Medicinal Botanic Center, PCSIR Labs Complex Peshawar	Train the trainer programme in the field of analytical method validation	Jan 17-18, 2012
	United Nations Ind. Development Organization (UNIDO) Serena Hotel Islamabad, Pakistan	Workshop on “Quality & Technical Manuals for testing & calibration Laboratories in Pakistan”	Sep 20-22, 2011
	Nestle Industries (Pvt) Ltd. Lahore-Pakistan	Workshop on “Good Laboratory Practices”	May 4-5, 2011
	Medicinal Botanic Center, PCSIR Labs Complex Peshawar in collaboration with IAO-Italy	Training on Olive Oil Quality	Feb 23-27, 2009
	UNICEF & Nutrition section, DG Health services Khyber Pakhtunkhwa, Peshawar	1st Training workshop for Nutrition master trainers in "Nutrition Management of severely malnourished Children"	Jan 13-17, 2003
	Institute of Radiotherapy & Nuclear Medicine (IRNUM) Peshawar	Training on goiter assessment	Feb 11-25, 2003
	Nutritional Rehabilitation Unit, Department Of Child Health, Khyber Teaching Hospital Peshawar	Trainee Nutritionist	June 1-July 31, 2002