

Dr. Waqas Ahmed

Assistant Professor

PhD (Food Technology)

Deptt of Food Science & Human Nutrition

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Personal

Father's Name: Niaz Muhammad

CNIC: 38302-1368526-5

Date of Birth: August 9th, 1988

Passport: UG1155262

Domicile: Mianwali, Punjab

Educational

Year of Passing	Degree
2016	PhD Food Technology Title of Research "Nutritional profiling and bioefficacy of edible coated iron-folate fortified rice" National Institute Of Food Science & Technology University of Agriculture, Faisalabad, Pakistan.
2012	M.Sc (Hons.) Food Technology Title of Research "Comparative Study of Different Types of Edible Coatings to Improve Shelf Life of Strawberry" National Institute Of Food Science & Technology University of Agriculture, Faisalabad, Pakistan. CGPA (3.65 out of 4.00 GPA)
2010	B.Sc (Hons.) Food Science & Technology National Institute of Food Science & Technology University of Agriculture, Faisalabad, Pakistan. CGPA (3.85 out of 4.00 GPA)
2006	Higher Secondary School Certificate (Pre-Medical) Fazaia Degree College, MRF Kamra, District Attock Marks Obtained (853 out of 1100) (77% marks)
2004	Secondary School Certificate (Science) Fazaia Degree College, MRF Kamra, District Attock Marks Obtained (695 out of 850) (82% marks)

Experience:

- Working as Assistant Professor at the Department of Food Science and Human Nutrition, University of Veterinary and Animal Sciences, Lahore since 29 February 2016
- Worked as Visiting Scholar at Deptt of Food Science and Human Nutrition at Michigan State University, East Lansing, MI, USA from Sept 2014 to March 2015
- Served as Research Associate in HEC funded research project entitled “Developing and Exploring the Role of Edible Coatings to Improve the Quality and Shelf life of whole and Minimally Processed Fruits” (May 2011- May 2012)
- Worked as Quality Control Officer at Coca Cola Beverages Pakistan Limited (Gujranwala Plant) in the Quality Assurance Division. Here I was mainly working to ensure product conformity as per the set quality standards (May 2012-October 2012)
- Served as team member in **Micronutrient Initiative** funded project aimed at validating on-going fortification in wheat flour and edible oil/ ghee (March 2013- Sept 2013)

Internships/Trainings

- Participated in International Workshop on Research Methods in Nutrition organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad, Pakistan in Collaboration with Faculty of Health and Social Care, University of Chester, UK & University of Reading, UK held on 13-14 Dec, 2016.
- Participated in 05 days e-learning course on Marketing of Agri Food Products organized by Asian Productivity Organization, Japan and National Productivity Organization, Pakistan held on 5-8 Dec, 2016 at University of Veterinary and Animal Sciences, Lahore
- Completed 06 months training at Deptt of Food Science & Human Nutrition, Michigan State University, East Lansing, USA under International Research Support Initiative Program (IRSIP) funded by Higher Education Commission, Islamabad.
- Completed 05 days training on Food safety and HACCP implementation in meat industry at the University of Philadelphia, USA funded by North American Association of Food Technologists
- 8 weeks industrial training at Dairy and Juice Department of Nestle Pakistan Sheikhpura Factory. The internship mainly focused on production and processing parameters at the plant. Moreover, I also conducted a project during the course of my internship entitled “Minimizing the overfill losses and net content management in TETRAPAK machines”

- Participated in 5 Days training workshop on “Nutrition in Emergencies (NIE)” organized by NIFSAT in collaboration with UNICEF from 27th June - 1st July, 2011 and 4th – 8th July, 2011.
- 2 weeks industrial training at Vita Chenab Faisalabad, One of the leading units in bread production in the city.

Activities:

- Working as member technical consultation committee of Punjab Fortification Alliance
- Appointed as **Global Youth Ambassador** of the World at School (Dec 2014-Oct 2015). A world at School is a global NGO working in close liaison with United Nations Organization for the betterment of education, health and nutrition status in more than 80 countries across the globe.
- Appointed as **Member Editorial Board “Kisht e Nau”** University of Agriculture, Faisalabad’s literary magazine
- Served as **President, Quiz Club, Art & Literary Forum, University Of Agriculture, Faisalabad.**
- Served as **Vice President, Society of Food Scientists,** National Institute of Food Science & Technology, University of Agriculture, Faisalabad, Pakistan.
- Youth Representative of Agriculture University Faisalabad for Transparency Int’l Pakistan. Represented the University in a number of occasions at national level.

Achievements:

1. Got University Color in 2011 from the Worthy Vice Chancellor in recognition of extra-ordinary achievement in co-curricular and literary activities.
2. Got University Color and Roll of Honor in 2010 on the publication of University’s Literary Magazine “Kisht e Nau”
3. Appreciation Certificate from Office of the Senior Tutor, University of Agriculture, Faisalabad for extraordinary works in co-curricular activities
4. 3rd Position in All Pakistan Essay Writing Competition organized by Transparency Int’l Pakistan (2009)
5. 3rd Position in All Faisalabad Seerat-un-Nabi Quiz Competition organized by Radio Pakistan Faisalabad Studio’s (6th March, 2009)
6. 1st Position in Essay Writing Inter Air Force School & Colleges Competition held at Air Headquarters Chaklala, Rawalpindi (December 2005)
7. Appeared in National Science Talent Contest conducted by Higher Education Commission (2005). NSTC is a capacity building platform working jointly

under the Ministry of Science & Technology and Higher Education Commission, Islamabad-Pakistan

8. Appeared in Chief of The Air Staff Honor Student Examination four (1998, 1999, 2001, 2002)

Book Chapter:

Chapter in International Book. Masood Sadiq Butt, Muhammad Siddiq and **Waqas Ahmed**. 2012. Tangerine, Mandarin and Clementine. In: **Tropical and Subtropical Fruits: Postharvest Physiology, Processing and Packaging**. Wiley-Blackwell Publishing Co, Ames, Iowa USA. pp. 419-434.

Publications:

1. Muhamamd Tauseef Sultan, Masood Sadiq Butt, Imran Pasha, Mir Muhamamd Nasir Qayyum, Farhan Saeed and Waqas Ahmed. Preparation and evaluation of dietetic cookies for vulnerable segments using black cumin fixed oil. Pak. J. Nutrition. (2011) 10 (5): 451-456
2. Waqas Ahmed, Masood Sadiq Butt and Mian Kamran Sharif. Comparative Estimation of Alginate and Soy Based Coatings on pH and Vitamin C Contents of Strawberry (*Fragaria Ananassa* L) at Controlled Climate Chamber. Journal of Food Processing and Technology (2013). 4(280), 2
3. Masood Sadiq Butt, Imran Pasha, Muhammad Tauseef Sultan, Muhammad Atif Randhawa, Farhan Saeed and Waqas Ahmed. Black pepper and health claims: a comprehensive treatise. Critical Reviews in Food Science and Nutrition. (2013) 53:9, 875-886. [5.548]
4. Imran Pasha, Farhan Saeed, Muhammad Tauseef Sultan, Farhan Saeed, Rizwana Batool, Mahwish Aziz and Waqas Ahmed. Wheat allergy & intolerance; recent updates and perspectives. Critical Reviews in Food Science and Nutrition. (2014) DOI 10.1080/10408398.2012.659818 [5.548]
5. Ammar Ahmad Khan, Masood Sadiq Butt, Muhammad Atif Randhawa, Waqas Ahmed and Muhammad Tauseef Sultan. Extraction and characterization of pectin from grapefruit (*Duncan* cultivar) and its utilization as gelling agent. (2014). International Food Research Journal. 21(6): 2195-2199
6. Masood Sadiq Butt and Waqas Ahmed. Preserving Strawberry (*Fragaria Ananassa*) Using Alginate and Soy Based Edible Coatings. (2014). American Journal of Food Science and Technology, Vol. 2, No. 5, 158-161. Available online at <http://pubs.sciepub.com/ajfst/2/5/4> DOI:10.12691/ajfst-2-5-4

7. Waqas Ahmed and Masood Sadiq Butt. Application of biodegradable coatings to improve quality and shelf life of minimally processed melon dices. (2014). Pakistan Journal of Food Science. 24 (2):82-90
8. Tanzeela Abdullah, Tahir Zahoor, Waqas Ahmed and Muhammad Saeed. Effect of Moringa oleifera seed extract on drinking water quality of some selected areas of district Faisalabad. (2014). Pakistan Journal of Food Science, 24(1):13-17.
9. Saira Tanweer, Aamir Shehzad, Waqas Ahmed. Compositional and mineral profiling of zingiber officinale. (2014). Pakistan Journal of Food Science, 24(1):21-26.
10. Masood Sadiq Butt, M. Tauseef Sultan, Mahwish Aziz, Ambreen Naz, Waqas Ahmed, Naresh Kumar and Muhammad Imran. Persimmon (*Diospyros kaki*) fruit: hidden phytochemicals and health claims. (2015). XCLI Journal 14:542-561 [0.562]
11. Summer Rashid, Faqir Muhammad Anjum, Allah Rakha and Waqas Ahmed. Effects of extrusion cooking on the dietary fibre content and water solubility index of wheat bran extrudates. (2015). International Journal of Food Science and Technology [1.354].
12. Muhammad Tauseef Sultan, Masood Sadiq Butt, Roselina Karim, Rabia Shabir Ahmad and Waqas Ahmed. Nigella sativa fixed and essential oil improves antioxidant status through modulation of antioxidant enzymes and immunity. Pakistan Journal of Pharmaceutical Sci. (2015) 28(2):589-95 [1.103]
13. Iahitsham ul Haq, Masood Sadiq Butt, Hafiz Ansar Rasul Suleria and Waqas Ahmed. Physicochemical behavior of zinc fortified sodium caseinate based edible coated apricots during storage in controlled atmosphere (2015). Accepted in Journal of Food Processing and Preservation [0.83]
14. Muhammad Tauseef Sultan, Masood Sadiq Butt, Roselina Karim, Waqas Ahmed, Ubedullah Kaka, Shakeel Ahmad, Saikat Dewanjee, Hawa ZE Jaafar and M. Zia-Ul-Haq. 2015. Nigella sativa fixed and essential oil modulates glutathione redox enzymes in potassium bromate induced oxidative stress. BMC Complementary and Alternative Medicine. 15: 330 DOI 10.1186/s12906-015-0853-7 [2.25]
15. Waqas Ahmed, Masood Sadiq Butt, Mian Kamran Sharif and Tahira Iqbal. Effect of storage on cooking quality attributes and fortificants stability in edible coated iron-folate fortified basmati rice. Accepted in Journal of Food Processing and Preservation.
16. Summer Rashid, Allah Rakha, Aamir Shehzad, Waqas Ahmed and Muhammad Sohail. Effect of Basil Seed Gum on Physico-Chemical and Rheological Properties of Bread. Accepted in Journal of Food Processing and Preservation.

17. Waqas Ahmed, Masood Sadiq Butt, Kirk D Dolan, Muhammad Tauseef Sultan, Mian Kamran Sharif, Azmat Ullah, Ihtisham ul Haq and Summer Rashid. Pasting Properties of Pectin Coated Iron-Folate Fortified Basmati Rice. Accepted in Journal of Food Processing and Preservation.

Popular Articles:

- Review article on comparative study of brown rice and polished rice, published in Daily Times, Lahore (17th August 2008)
- Pomegranate and its health benefits, published in News and Views (4th Nov, 2009)
- Health benefits of Black Pepper (*Piper Nigrum*) in press [popular articles]

Conference Publications:

1. Delivered a presentation on “Edible coatings; innovative approach for fortification of cereals” in International Conference on Nutritional Therapies against Lifestyle Related Disorders held at National Institute of Food Science and Technology, University of Agriculture, Faisalabad on 29-30 May, 2014
2. Delivered a presentation on “Edible coatings and nutritional fortifications- their amalgam; a prospective concept to address micronutrient deficiencies in developing economies” in International Conference Emerging Issues in Nutrition and Food Safety held at National Institute of Food Science and Technology, University of Agriculture, Faisalabad on 21-23 Oct, 2013.
3. Delivered a presentation “Effect of soy based coatings on quality indices of strawberry kept in controlled climate and room temperature” in 2nd International conference on Future prospective of food processing industry in Pakistan held at GC University, Faisalabad (11-12 Dec, 2012)
4. Delivered a presentation on “Comparative study of various edible coatings on overall quality and shelflife of strawberry kept at controlled climate chamber” in 23rd All Pakistan Food Science Conference held at PCSIR labs complex, Lahore on 10, Dec, 2012
5. Delivered a presentation “Combating nutritional deficiencies using food additives” in National UIP seminar on developing local food additives/preservatives held at Institute of Agricultural Sciences, University of the Punjab, Lahore (22 Nov, 2012)
6. Delivered a presentation “Alginate Based Edible Coating on Strawberries; an Approach to Address Post Harvest Losses” in International Conference on Prospects to Sustainable Agriculture held at Faculty of Agriculture, Rawalakot. University of Azad Jammu & Kashmir held on 14th to 16th July, 2011.

Conferences/Workshops attended:

- Attended 26th Annual GM Trout Lecture at the Deptt of Food Science and Human Nutrition, Michigan State University, East Lansing, MI
- Attended a symposium on nutritional behaviors at the Deptt of Food Science and Human Nutrition, Michigan State University, East Lansing, MI
- Participated in 1st International Conference on Safe Food and Human Health, organized by Institute of Food and Home Sciences, GC University, Faisalabad, Pakistan on 10th-11th January, 2012.
- Participated in International Conference on Emerging Issues in Food Safety, organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad on 14-16th November, 2011.
- Trainer in two days training course on edible Coatings organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad on 25-26th November, 2011.
- Participated in One Day Seminar on Functional and Nutraceutical Foods (Let Food be the medicine) held on 13th Aug, 2011 at National Institute of Food Science and Technology, University of Agriculture, Faisalabad
- Participated in 21st All Pakistan Food Science Conference held on 13th Dec, 2010 at PCSIR Labs, Lahore, Pakistan.
- Participated in 2nd “Youth in Governance” workshop held on 17th October, 2010 at Nusrat Fateh Ali Khan Auditorium, Faisalabad, Pakistan
- Participated in International Conference on Emerging Trends in Human Nutrition organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad (Feb 2010)
- Participated in international workshop on Food Grains, organized by Deptt of Agronomy, University of Agriculture, Faisalabad (Nov, 2009)
- Participated in International Conference on Human Nutrition, organized by National Institute of Food Science & Technology, University of Agriculture, Faisalabad (Nov, 2009)
- Participated in 5th Youth in Governance workshop at BZ University, Multan
- Participated in 3 days workshop on performing arts conducted by Arts Club, University of Agriculture, Faisalabad
- Participated in 2 days workshop on communication skills and leadership development organized by Quiz Club, University of Agriculture, Faisalabad

Skills:

- Good English Proficiency
- Strong Communication and leadership skills

References:

Prof. Dr. Masood Sadiq Butt Dean & Director General National Institute of Food Science & Technology University of Agriculture, Faisalabad Pakistan Email: drmsbutt@yahoo.com	Dr. Kirk Dolan Associate Professor Deptt of Food Science & Human Nutrition 469 Wilson Road Michigan State University, East Lansing MI 48824, USA Email: dolank@msu.edu
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