

# Prof. Dr. Asif Ahmad

## Institute of Food & Nutritional Sciences, PMAS-Arid Agriculture University Rawalpindi

**Official Address :** Institute of Food and Nutritional Sciences, PMAS\_Arid Agriculture University, Rawalpindi, Pakistan

**Mobile:** +92-3345628182 ; **Office :** +92-519062672 **CNIC#** 37101-1683263-1

**Email:** [asifahmad\\_1@yahoo.com](mailto:asifahmad_1@yahoo.com) ; [asifahmad@uaar.edu.pk](mailto:asifahmad@uaar.edu.pk)

**PROFESSIONAL EXPERIENCE → 24 Years**

1. **Professor** Dec 2015 **to-Date** PMAS\_ Arid Agriculture University Rawalpindi
2. **Associate Professor** May 28, 2010 – Dec 2015 PMAS\_ Arid Agriculture University Rawalpindi
3. **Assistant Professor** Dec 2005–May 2010 PMAS\_ Arid Agriculture University Rawalpindi
4. **Lecturer** 1998–2005 University of Arid Agriculture Rawalpindi
5. **Trainee Officer** 1997–1998 Habib Sugar Mills Nawabshah

## ACADEMICS

1. **Postdoc** (2014-15) Ohio State University, USA -**Fulbright scholar**
2. **Ph.D** Food Technology (2004–2009)
3. M.Sc (Hons) Food Technology (1995-1997) University of Agriculture Faisalabad
4. B.Sc (Hons) Agri.[Food Tech.] (1990-1995) Univ. of Agriculture Faisalabad

## COMPUTER SKILLS

1. DOS, Word Perfect, Windows98, MS-Word, MS-Excel, Power Point, Ms-Access , Turbo C.
2. MStatc, Minitab, SPSS, R- Studio, iNZight, Statistix8.1 (**Statistical Software**).
3. Six month Certificate course in Oracle database management (Developer Track) from Barani Institute of Information Technology, Pakistan organized by PITB. Courses covered were Fundamentals of computers, Networking Essentials, Visual Basic, Oracle Developer (SQL/PL-SQL, Forms 4.5, and Reports 2.1. Also completed a project Titled as “Retail store Management System.”
4. Endnote X5, Mendeley - **Citation and referencing software**

## Research Projects

1. HEC funded project on Development of nutraceutical products from indigenous resources was awarded in 2018 (NRPU 9931)
2. CIES (USEFP) funded project on non chemical extraction of dietary fiber awarded in 2013-14.

## Data Science Projects

[https://asifahmad.shinyapps.io/Coursera\\_Project/](https://asifahmad.shinyapps.io/Coursera_Project/)  
<https://asifahmad.shinyapps.io/Pres7/>

## Online Courses and Certifications

1. **Fundamentals of Human Nutrition**, April 2013, University of Florida, **USA**
2. **Statistical Inference**, Johns Hopkins University, **USA**
3. **Critical Thinking in Global Challenges**, March 2013, University of Edinburgh, **UK**
4. **Regression Models**, Johns Hopkins University, **USA**
5. **The Data Scientist's Toolbox**, Johns Hopkins University, **USA**
6. **Histology**, Jan 2017, Open University of Malaysia
7. **R Programming**, November 2014, Johns Hopkins University, **USA**
8. **The Science of Nutrition**, Jan 2017, Open University of Malaysia
9. **Developing Data Products**, February 2015, Johns Hopkins University, **USA**
10. **Getting and Cleaning Data**, December 2014, Johns Hopkins University, **USA**
11. **Nutrition and Well Being**, Jan 2017, University of Aberdeen, **UK**
12. **Exploratory Data Analysis**, December 2014, Johns Hopkins University, **USA**
13. **Liver disease: Looking after your liver**, Feb 2017, University of Birmingham, **UK**
14. **Reproducible Research**, December 2014, Johns Hopkins University, **USA**
15. **Heart Health: A Beginner's Guide to Cardiovascular Disease**, Feb 2017, University of Reading, **UK**
16. **Introduction to Remote Sensing**, Nov 2019, **Geo University**

## Journal Member Editorial board

1. Member Editorial Board Journal of Plant Biology and & Soil Health.

2. Member Editorial Board Journal of Plant Health and Technology
3. Member Editorial Board International Journal of Food Science and Nutrition.
4. Member Editorial Board Open Agriculture Journal in Food Science (OAJF)
5. Member Editorial Board Chronicle Journal of Food and Nutrition

**Latest Journal Publications 2019-2022 [ Total Journal Publications 100<sup>+</sup>, Book Chapters 20, (Impact Factor →150) ]**

62. Bashir, S., **Ahmad, A.**, Abbasi, K. S., & Zahid, A. 2022. Optimization of ultrasonic assisted extraction of insoluble dietary fiber from wheat bran and its characterization. *Journal of Food Processing and Preservation*. 46 (4): e16419.
63. Mazahir, M., Ahmed, A., **Ahmad, A.**, Ahmad, M. S., Khan, M. A., & Manzoor, M. F. (2022). Extraction and determination of bioactive compounds and antioxidant activity of buckwheat seed milling fractions. *Food Science and Technology*. (In Press) 42, e81721. <<https://doi.org/10.1590/fst.81721>>.
64. Hussnain, A., Amir, R. M., Khan, M. A., **Ahmad, A.**, Ali, S. W., Nadeem, M., ... & Hayat, I. (2021). Mitigating the impact of organochlorine and pyrethroid residues in fresh and chemically washed spinach. *Food Science and Technology*, 41(1), 59-64.
65. Muhammad Suhail Ibrahim , **Asif Ahmad** , Asma Sohail & Muhammad Javaid Asad (2021). Phytochemical and Functional Quantification of Dietary Fiber from Oats (*Avena sativa* L.)". *Philippine Agricultural Scientists*. (Revision submitted).
66. Muhammad Suhail Ibrahim , **Asif Ahmad** , Asma Sohail & Muhammad Javaid Asad . (2021). Functional, chemical and Phytochemical quantification of dietary fiber from Oats. *Brazilian Journal of Food Technology*. (Accepted for publication)
67. Mudassir Ali Qazalbash, Tariq Masud, **Asif Ahmad**, Rifat Hayat, Muhammad Suhail Ibrahim, Amer Mumtaz, Muhammad Javaid Asad and Ahmed Mujtaba. (2021). Diversity of lactic acid bacteria associated raw milk produced in pakistan. *Journal of Dairy and Feed Sciences*, 30(1), 42-51
68. Nabeela, H., A. Sohail, **A. Ahmad** and M. J. Asad. (2021). Effects of edible aloe-pectin coating and hot-air drying on color, texture and microstructure of dried mango slices. *The JAPS*, 32(1), 292-300.
69. Ibrahim, M.S., **A. Ahmad**, A. Ahmed, A. Mumtaz, M.J. Asad, S. Jabbar, A. Mujtaba and M. Nadeem. (2021). Food safety present scenario: A road map of Pakistan. *Pakistan Journal of Agricultural Research*, 34(3): 501-509. DOI | <http://dx.doi.org/10.17582/journal.pjar/2021/37>.
70. Hussnain, A., Amir, R. M., Khan, M. A., **Ahmad, A.**, Ali, S. W., Nadeem, M., ... & Hayat, I. (2021). Mitigating the impact of organochlorine and pyrethroid residues in fresh and chemically washed spinach. *Food Science and Technology*, 41(1), 59-64..
71. **Ahmad, A.**, Amir, R. M., Ameer, K., Ali, S. W., Siddique, F., Hayat, I., ... & Faiz, F. (2021). Ameliorative effects of fenugreek (*Trigonella foenum-graecum*) seed on type 2 diabetes. *Food Science and Technology*, 41(2), 349-354.
72. Jiang, G., Ibrahim, M.S., Ibrahim, M.K., Zhao, C., Butt, M., Ameer, K., **Ahmad, A.**, Mumtaz, A., Anjum Murtaza, M., Ahmed Khalil, A. and Asad, M.J., 2021. Profiling and characterization of oat cultivars (*Avena sativa* L.) with respect to bioactive compounds, pesticide residues and mycotoxin. *International Journal of Food Properties*, 24(1), pp.1187-1201.
73. Ayub, H., **Ahmad, A.**, Amir, R. M., & Irshad, G. (2021). Multivariate analysis of peach quality treated with essential oil coatings. *Journal of Food Processing and Preservation*, 45(1), e15083.
74. Faiz, F., Queen, F., Amir, R. M., **Ahmad, A.**, Ahmad, Z., Ameer, K., ... & Kabir, K. (2021). Physicochemical, microbiological and sensory characteristics of goats reared on organic rationing in Karakoram region. *Food Science and Technology*, 41(2), 381-387.
75. Muhammad Suhail Ibrahim , **Asif Ahmad** , Asma Sohail & Muhammad Javaid Asad (2020) Nutritional and functional characterization of different oat (*Avena sativa* L.) Cultivars, *International Journal of Food Properties*, 23:1, 1373-1385. <https://doi.org/10.1080/10942912.2020.1806297>.(Impact factor 2.727) .
76. Khalid, S; Ahmad, A .2020. Evaluation Of Phenolic Content And Antioxidant Activity Of Pits And Flesh Of Date Varieties. *The JAPS*. (Accepted for Publication).
77. Kaleem, M., Ahmad, A., Masud, T., & Raja, G. K. (2020). Physico-chemical analysis and optimization of ultrasound assisted extraction of phytochemicals from king's ruby grapes. *JAPS, Journal of Animal and Plant Sciences*, 30(1), 205-211.
78. Rehman, M. H., **Ahmad, A.**, Amir, R.M., & Ameer, K. (2020). Ameliorative effects of fenugreek (*trigonella foenum-graecum*) seed on Type 2 diabetes. *Food Science and Technology*, DOI: <https://doi.org/10.1590/fst.03520>. Published online.

79. **Ahmad, A.**, Zulfiqar, S., & Chatha, Z. A. (2020). Development of roasted flax seed cookies and characterization for chemical and organoleptic parameters. *Pakistan Journal of Agricultural Sciences*, 57(1). Accepted for Publication
80. Chatha, Z. A., **Ahmad, A.**, Faiyaz, F., & Ayub, H. (2020). Comparative effects of gamma irradiation, UV-C and hot water treatments on sensory attributes of mango fruit (*Mangifera indica* L.) cv. white and black chaunsa. *Pakistan Journal of Agricultural Sciences*, 57(2). 499-504.
81. Ahmed Din, Rai Muhammad Amir , Kashif Ameer, **Asif Ahmad**, Muhammad Nadeem, Muhammad Farhan Jahangir Chughtai , Adnan Khaliq , Samreen Ahsan , Muhammad Imran Khan , Aayesha Riaz , Rukhsana Kausar, (2020). Assessment of quality attributes of tomato sauce supplemented with moringa root, *Food Science and Technology*. Accepted for Publication.
82. Anwaar Ahmed, Hafiz Muhammad Rizwan Abid, **Asif Ahmad**, Naeem Khalid, Sahar Shibli, Rai Muhammad Amir, Arshad Mahmood Malik, Muhammad Asghar, 2020. Utilization of mango peel in development of instant drink, *Asian J. Agric. Biol.* 8(3): 260-267. DOI: <https://doi.org/10.35495/ajab.2020.02.094>.
83. Amir, R.M., Randhawa, M.A., Sajid, M.W., Nadeem, M., **Ahmad, A.** and Wattoo, F.M., 2019. Evaluation of various soaking agents as a novel tool for heavy metal residues mitigation from spinach. *Food Science and Technology*, 39 (1)- 176-180.
84. Arshad, N., **Ahmad, A.**, Nadeem, M., Amir, R.M., Arshad, M.S., 2019. Reporting the utilization and perspectives of different surface active agents for bread making. *Food Science and Technology*
85. Ahmed, M., Masud, T., **Ahmad, A.**, Ismail, A., Ibrahim M.T., & Ibrahim, M. S. (2019) Isolation and antimicrobial susceptibility testing of *Helicobacter Pylori* strains from gastric biopsies from Pakistani patients. *Pakistan Journal of Pharmaceutical Sciences*, 32 (5): Accepted for publication.
86. Kaleem, M., **Ahmad, A.**, Amir, R. M., & Kaukab Raja, G. (2019). Ultrasound-Assisted Phytochemical Extraction Condition Optimization Using Response Surface Methodology from Perlette Grapes (*Vitis vinifera*). *Processes*, 7(10), 749.
87. Abbasi, K. S., Qayyum, A., Mehmood, A., Mahmood, T., Khan, S. U., Liaquat, M., Sohail, A., & **Ahmad, A.** (2019). Analysis of selective potato varieties and their functional assessment. *Food Science and Technology*. Accepted for publication. <http://dx.doi.org/10.1590/fst.26217>.
88. Hafeez, A., Ahmad, A., Amir, R. M., & Kaleem, M. (2019). Quality evaluation of coconut–flaxseed balls enriched with chiaseeds. *Journal of Food Processing and Preservation*, e14184.
89. Rashid, F., Ahmed, Z., Hussain, S., Huang, J.-Y., & Ahmad, A. (2019). *Linum usitatissimum* L. seeds : Flax gum extraction, physicochemical and functional characterization. *Carbohydrate Polymers*. (Accepted for Publication).
90. Ayub, H., & Ahmad, A. (2019). Physicochemical changes in sous-vide and conventionally cooked meat. *International Journal of Gastronomy and Food Science*, 100145. (Accepted for Publication).
91. Amir, R. M., Randhawa, M. A., Nadeem, M., Ahmed, A., Ahmad, A., Khan, M. R., Khan, M. A., ... Kausar, R. (2019). Assessing and Reporting Household Chemicals as a Novel Tool to Mitigate Pesticide Residues in Spinach (*Spinacia oleracea*). *Scientific reports*, 9(1), 1125. doi:10.1038/s41598-018-37936-2.
92. Akhtar, M., **Ahmad, A.**, Masud, T., Wattoo, F.H. (2019). Phenolic, carotenoid, ascorbic acid contents and their antioxidant activities in bell pepper. *Acta Sci. Pol. HortorumCultus*, 18(1), 13–21. DOI: [10.24326/asphc.2019.1.2](https://doi.org/10.24326/asphc.2019.1.2)
93. Ibrahim, M.S., A. **Ahmad, A.** Sohail, A. Asad, M.K. Ibrahim.2018. Polyunsaturated fatty acid oxidation is producing concerns globally. World Congress on Nutrition and Dietetics. *Journal of Clinical Nutrition and Dietetics*. Vol 4. DOI: [10.4172/2472-1921-C1-003](https://doi.org/10.4172/2472-1921-C1-003).
94. Ibrahim, M.S., **Ahmad, A.** Sohail, A. Asad, M.K. Ibrahim.2018. Globalization the major cause of food contamination need prompt action. 2018. *Journal of Food and Nutritional Disorders*. DOI: [10.4172/2324-9323-C3-015](https://doi.org/10.4172/2324-9323-C3-015).
95. Mehmood, T., Ahmed, A., **Ahmad, A.**, & Ahmed, M.S., M.A. Sandhu (2018). Optimization of mixed surfactants-based  $\beta$ -carotene nanoemulsions using response surface methodology: An ultrasonic homogenization approach. *Food Chemistry*, 253, 179-184.

Contd.....

96. **Ahmad Asif** and Muhammad Kaleem.2016. Diet and bone disease. In: Wenbiao Wu (Ed.)Diets and Disease Causes and Prevention. NOVA SCIENCE PUBLISHERS, USA. ISBN: 978-1-63484-588-5 Weblink: [https://www.novapublishers.com/catalog/product\\_info.php?products\\_id=57255&osCsid=8e5f6ad6ce86b6e65d5d0c100f585710](https://www.novapublishers.com/catalog/product_info.php?products_id=57255&osCsid=8e5f6ad6ce86b6e65d5d0c100f585710)

97. Ahmed Zaheer and **Ahmad Asif**. 2017. Biopolymers from bacteria: Production and application. In: Alexandru Mihai Grumezescu (Ed.). "Microbial Production of food ingredients and additives" Book Series: Handbook of Food Bioengineering (volume V, Chapter 8). Elsevier Academic Press, USA. ISBN: 9780128115206 USA. <https://www.elsevier.com/books/microbial-production-of-food-ingredients-and-additives/grumezescu/978-0-12811200-7>
98. **Ahmad Asif**, Kaleem Muhammad. 2018. B-Glucan as food Ingredient. In: Alexandru Mihai Grumezescu (Ed.). Biopolymers for Food Design (Vol 20), Book Series: Handbook of Food Bioengineering (Chapter 11). Elsevier Academic Press. USA. (Accepted Book Chapter). ISBN-13: 978-0128114490. <https://editorial.elsevier.com/app/book?execution=e3s3>
99. **Ahmad Asif** and Ahmed Zaheer. 2017. Effects of different bioactive compounds on cancer. In: Danik M Martirosyan and and Jin-Rong Zhou (Ed.). Functional Foods and Cancer: Bioactive Compounds and Cancer. Volume 4, 1<sup>st</sup> Edition. Functional Food Center Inc. San Diego, USA. ISBN-13: 978-1975953171. <http://www.functionalfoodscenter.net>.
100. **Ahmad Asif**, Khalid Nauman. 2018. Dietary fibers in modern food production: A special perspective with  $\beta$ glucans. In: Alexandru Mihai Grumezescu (Ed.). Biopolymers for food Designs Volume 20 (Chapter 5). Book Series: Handbook of Food Bioengineering, Elsevier Academic Press. USA. (Accepted Book Chapter).
101. **Ahmad, A.**, & Imtiaz, H. (2019). Chemical Composition of Date Pits: Potential to Extract and Characterize the Lipid Fraction. In M. Naushad & E. Lichtfouse (Eds.), *Sustainable Agriculture Reviews 34: Date Palm for Food, Medicine and the Environment*, (pp. 55-77). Cham: Springer International Publishing. [https://link.springer.com/chapter/10.1007/978-3-030-11345-2\\_4](https://link.springer.com/chapter/10.1007/978-3-030-11345-2_4).
102. Azam M.T., **Ahmad A.** (2019) Date Palm Waste: An Efficient Source for Production of Glucose and Lactic Acid. In: Naushad M., Lichtfouse E. (eds) Sustainable Agriculture Reviews 34. Sustainable Agriculture Reviews, vol 34. Springer, Cham. [https://doi.org/10.1007/978-3-030-11345-2\\_8](https://doi.org/10.1007/978-3-030-11345-2_8)
103. **Ahmad Asif**, Azam Tauseef. 2019. Water Purification Technologies. In: Alina Maria Holban and Alexandru Mihai Grumezescu (Ed.). Engineering of bottled and Packaged Water. Volume 4. Book Series: Emerging trends and developments in beverage science (volume XI). Woodhead publishing Press. USA. <https://www.elsevier.com/books/bottled-and-packaged-water/grumezescu/978-0-12-815272-0>. ISBN: 9780128152720
104. **Ahmad, A** & Amir, R.M (2021). Milling of cereals. In: Anjum FM and Saeed, M (EDS.). Hand Book of Cereal Technology. (In Press).
105. **Ahmad, A.**, & Ibrahim, S. (2022). Chapter entitled " Characterization of Capsicum Oleoresins". In: Handbook of Oleoresins Extraction, Characterization, and Applications "; CRC Press, USA. (In Press).
106. **Ahmad, A.**, & Ayub, H. (2022). Chapter entitled " Fourier-Transform Infrared Spectroscopy (FTIR) Technique for Food analysis and Authentication". In: Non Destructive quality assessment techniques for fresh fruits and vegetables "; Publisher: Springer, New York. (In Press).

Contd.....

## Ph.D Thesis supervision (Principal Supervisor) 2019-2022

S.N O	Student Name	Title	Thesis Status
1	TAUSEEF AZAM	Evaluation and Remediation of water from Rawalpindi and Islamabad	Thesis Defense Conducted
2	SUHAIL IBRAHIM	Dietary fiber extraction through ultrasonication and its characterization	Result/Degree Notified
3	SHAUKAT BASHIR	Dietary fiber extraction and characterization from Pakistani wheat varieties	1st Draft Submitted