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PERSONAL INFORMATION

Father's Name	Muhammad Ishaq	Province	Punjab
Date of Birth	09-09-1978	Domicile	Sargodha
Marital Status	Married	Religion	Islam
Nationality	Pakistani	N.I.C	38403-2197780-1

WORK HISTORY

- Working as **Associate Professor** in Institute of Food and Nutritional Sciences in PMAS, Arid Agriculture University, Rawalpindi since 28.07.2019.
- Working as **Deputy Director Students Affairs** at Sub-Campus Khushab of University as additional duty
- Worked as **Assistant Professor** in Department of Food Science and Technology in PMAS, Arid Agriculture University, Rawalpindi at Sub Campus Khushab (September 8, 2016 to July 28, 2019).
- Worked as **Lecturer** in Department of Food Science and Technology in PMAS, Arid Agriculture University, Rawalpindi at Sub Campus Khushab (March 15, 2007 to September 8, 2016)
- Worked as **Quality Assurance Executive** in KNK Foods (Pvt.) Ltd. Lahore. April 1, 2006 to March 10, 2007)

Responsibilities in KNK Foods:

- ✓ To assure the Quality of Fresh Milk as per company Norms
- ✓ To control the Quality of on-line production
- ✓ To control the Quality of finished product
- ✓ To calibrate the Equipment, Chemicals & Glassware's
- ✓ To control the losses of Fat & SNF
- ✓ Training of staff on different aspects of Quality
- ✓ Execution of GLP in Lab
- ✓ Setting customer service standards
- ✓ Specifying quality requirements of raw materials with suppliers
- ✓ Investigating and setting standards for quality/health and safety

AWARDS & HONOURS

- Got an overseas PhD Scholarship from China Scholarship Council 2011-14
- Awarded certificate of honor entitled as “Excellent International Student, for 3 times during the PhD by COIE, Nanjing agricultural University, Nanjing PR China
- Awarded University Merit Scholarship for two academic Years during B.Sc. (Hons).
- Got First Position in School during Matriculation Securing 701/850 marks.

Theses/Dissertation Evaluator and External Examiner

Working as External Examiner and Evaluator to:

- Evaluate Theses/dissertation of PhD & MPhil students
- Conduct viva voce of PhD & MPhil students of different Universities of Pakistan given below:
 - ✓ Institute of Agricultural Sciences, University of the Punjab Lahore, Pakistan
 - ✓ Institute of Food Science and Nutrition, Gomal University Dera Ismail Khan, Pakistan
 - ✓ College of Agriculture and Environmental Sciences, Islamia University Bahawalpur, Pakistan
 - ✓ Department of Physics, The University of Lahore Sargodha Campus, Pakistan

Projects Evaluator

- Working as Research **Projects evaluator** for Pakistan Science Foundation and ALP-Pakistan agriculture Research council.

Membership

- Member Academic Council of PMAS-Arid Agriculture University Rawalpindi
- Member Editorial Board of Journal “Science Letters,, ISSN 2311-3219
- Member Scrutiny Committee for faculty hiring for Institute of Food and Nutritional Sciences PMAS-Arid Agriculture University Rawalpindi, Pakistan

Research Articles Reviewer

- Serving as Reviewer of research articles for Journal of Food Processing and Preservation.

Conferences

- Participated International Food and Nutrition Research Conference & Expo on February 26-27, 2019 organized by IFSN-University of Sargodha, Pakistan.
- Participated two days conference on Recent Trends in Food Processing Technology held on 15-16 November 2017 organized by Department of Dairy Technology, University of Veterinary and Animal Sciences Lahore, Pakistan.
- Participated 1st National Conference on Recent Advances in Functional Foods held on 5-6 October 2016 organized by Department of Dairy Technology, University of Veterinary and Animal Sciences Lahore, Pakistan.

Workshops, Seminars, Webinars and orientation course

- Participated "One-Day International Webinar on World Food Safety Day-2021, Conducted on 7th June 2021 By: Department of the Food Sciences University of The Punjab in Collaboration with the National Alliance for Safe food

- Participated one day workshop on Concept of Halal & Tayyab held on 15th May 2018 organized by Institute of Food and Nutritional Sciences PMAS-Arid Agriculture University Rawalpindi, Pakistan
- Participated World Food day celebrations held on 16th October 2019 organized by Institute of Food and Nutritional Sciences PMAS-Arid Agriculture University Rawalpindi, Pakistan
- Attended “Community Basic Life Support & Fire Safety Orientation Course,, Conducted on 03.11.2016 by the Punjab Emergency Service Rescue 1122.

TRAININGS/WORKSHOPS/CONFERENCES

- Global G.A.P Certification, Export Promotion of Pakistan Fruits and Vegetables Held on 21 January 2021, Webinar Attended Online
- CERTIFICATE of APPRECIATION National Food Solutions (NFS): Attended Online Awareness Session on VACCP For Managing Food Frauds-A Globally Emerging Concept Date: July 25,2020
- Second Wave of Teacher Training Workshop held on 10-12 November 2020 at PMAS-Arid Agriculture University Rawalpindi.
- Five days Teacher Training workshop organized by Faculty of Social Sciences PMAS-Arid Agriculture University Rawalpindi (16-20 December 2019).
- Two days training on “Techniques for raw milk analysis and evaluation,, organized by Department of Dairy Technology, University of Veterinary and Animal Sciences, Lahore. (24-25 March 2016)
- Two days Training of GMP, HACCP and FBI by Land o, Lakes International Development at PC Hotel Lahore. (24-25 November 2006)
- 10 Weeks Practical Training in United Industries (Pvt) Ltd. Faisalabad (Kashmir Ghee). (June 16 to August 10, 2003) Worked in the production line and quality control department.

ACADEMIC BACKGROUND

PhD	Session	Division	Subjects
Nanjing Agricultural University, China.	2014	First	Food Technology

M.Sc. (Hons.)	Session	CGPA	Division	Subjects
University of Agriculture Faisalabad.	2005	3.57/4	First	Food Technology

B.Sc. (Hons.)	Session	CGPA	Division	Subjects
University of Agriculture Faisalabad.	2003	3.67/4	First	Food Technology

F.Sc.	Session	Marks	Division	Subjects
Federal Board of Intermediate & Secondary Education, Islamabad.	1999	761/1100	First	Pre-Medical

Matriculation	Session	Marks	Division	Subjects
Govt. High School Sultanabad Sargodha.	1995	701/850	First	Science

PhD RESEARCH PROJECT

“Exploring the Potential of Power Ultrasound in Apple Juice Processing”

RESEARCH PROJECTS SUBMITTED

Sr. No	Title	Role	Year	Funding Agency
1	Formulation and evaluation of poly-herbal nutritional product for designer milk	PI	2020	PHEC
2	Milk Fat Designing: Production and evaluation of special milk for coronary patients	PI	2020	PARB
3	Formulation and evaluation of poly-herbal nutritional product for designer milk	PI	2021	PSF

PUBLISHED RESEARCH ARTICLES

TOTAL PUBLICATIONS = 38 IMPACT FACTOR= 171.28

INTERNATIONAL JOURNALS

1. Munir S, Liu ZW, Tariq T, Rabail R, Kowalczewski PŁ, Lewandowicz J, Blecharczyk A, **Abid M**, Inam-Ur-Raheem M, Aadil RM. Delving into the Therapeutic Potential of Carica papaya Leaf against Thrombocytopenia. *Molecules*. 2022 Jan;27(9):2760. **IF: 4.41**
2. Umair M, Jabbar S, Zhaoxin L, Jianhao Z, **Abid M**, Kashif-Ur R, Korma SA, Alghamdi MA, El-Saadony MT, El-Hack A, Mohamed E. Probiotic based bacteriocin: Immunity supplementation against viruses under the microscope. *Frontiers in Microbiology*.:1633. **IF: 5.64**
3. Umair M, Jabeen S, Ke Z, Jabbar S, Javed F, **Abid M**, Khan KU, Ji Y, Korma SA, El-Saadony MT, Zhao L. Thermal treatment alternatives for enzymes inactivation in fruit juices:

Recent breakthroughs and advancements. *Ultrasonics Sonochemistry*. 2022 Apr 4:105999. **IF: 7.49**

4. Umair, M., Sultana, T., Xiaoyu, Z., Senan, A.M., Jabbar, S., Khan, L., **Abid, M.**, Murtaza, M.A., Kuldeep, D., Al-Areqi, N.A. and Zhaoxin, L., 2022. LC-ESI-QTOF/MS characterization of antimicrobial compounds with their action mode extracted from vine tea (*Ampelopsis grossedentata*) leaves. *Food Science & Nutrition*. **IF: 2.863**

5. Umair, M., Jabbar, S., Yue, L., Nasiru, M. M., Jianhao, Z., **Abid, M.**, & Zhao, L. (2021). Comparative study: Thermal and non-thermal treatment on enzyme deactivation and selected quality attributes of fresh carrot juice. *International Journal of Food Science & Technology*. **IF: 3.713**

6. Umair, M., Jabbar, S., Nasiru, M. M., Lu, Z., Zhang, J., **Abid, M.**, ... & Zhao, L. (2021). Ultrasound-Assisted Extraction of Carotenoids from Carrot Pomace and Their Optimization through Response Surface Methodology. *Molecules*, 26(22), 6763. **IF: 4.412**

7. Umair, M., Jabbar, S., Ayub, Z., Muhammad Aadil, R., **Abid, M.**, Zhang, J., & Liqing, Z. (2021). Recent advances in plasma technology: Influence of atmospheric cold plasma on spore inactivation. *Food Reviews International*, 1-23. **IF: 6.47**

8. Haq IU, Rajoka MS, Asim Shabbir M, Umair M, Ilah IU, Manzoor MF, Nemat A, Abid M, Khan MR, Aadil RM. Role of stilbenes against insulin resistance: A review. *Food Science & Nutrition*. 2021 Nov; 9(11):6389-405. **IF: 2.86**

9. Khan, M. R., Syed, A., Zia, S., Ahmed, W., Aadil, R. M., Manzoor, M. F., Inam-Ur-Raheem, M., **Abid, M.**, Shabbir, M.A., Qureshi, S., Din, A & Karrar, E. (2021). Stabilization and attributive amelioration of sugarcane juice by naturally derived preservatives using aonla and moringa extract. *Food Science & Nutrition*. 9(6), 3048-3058. **IF: 2.863**

10. Raza, H., Ameer, K., Zaaboul, F., Shoaib, M., Zhao, C.C., Ali, B., Shahzad, M.T., **Abid, M.**, Ren, X., Zhang, L., (2020). Physicochemical, Rheological, & Sensory Characteristics of Yogurt Fortified with Ball-Milled Roasted Chickpea Powder (*Cicer arietinum* L.). *Food Science and Technology* **IF: 1.71**

11. Riaz, A., Aadil, R. M., Amoussa, A.M.O., Bashari, M., **Abid, M.**, Hashim, M. M., (2020). Application of chitosan-based apple peel polyphenols edible coating on the preservation of strawberry fruit. *Journal of Food Processing and Preservation*. **IF: 2.19**

12. Aadil, R.M., Khalil, A.A., Rehman, A., Khalid, A., Inam-ur-Raheem, M., Karim, A., Gill, A.A., **Abid, M.** & Afraz, M. T. (2020). Assessing the impact of ultra-sonication and

thermo-ultrasound on antioxidant indices and polyphenolic profile of apple-grape juice blend. *Journal of Food Processing and Preservation*, e14406. **IF: 2.19**

13. Rehman, T., Shabbir, M.A., Inam-Ur-Raheem, M., Manzoor, M.F., Ahmad, N., Liu, Z.W., Ahmad, M.H., Siddeeg, A, **Abid, M.**, Aadil, R.M., (2020). Cysteine and homocysteine as biomarker of various diseases. *Food science and nutrition*. DOI: 10.1002/fsn3.1818s **IF: 2.86**

14. Riaz, A., Yousaf, K., Abdin, M., Jabbar, S., **Abid, M.**, Hashim M, M., (2020). Extraction optimization, Purification and Immunostimulatory activity in vitro of Polyphenols form apple (*Malus domestica*) peel. *Sains Malaysiana* 49(7)(2020): 1553-1566 **IF: 1.16**

15. Ajmal, M., Nadeem, M., Imran, M., **Abid, M.**, Batool, M., Khan, I. T., Gulzar, N., & Tayyab, M. (2018). Impact of immediate and delayed chilling of raw milk on chemical changes in lipid fraction of pasteurized milk. *Lipids in health and disease*, 17, 190. **IF: 3.56**

16. Riaz, A., Lei, S., Akhtar, HMS., Wan, P., Chen, D., Jabbar, S., **Abid, M.**, Hashim, M.M., and Zeng, X. (2018). Preparation and characterization of chitosan-based antimicrobial active food packaging film incorporated with apple peel polyphenols. *International Journal of Biological Macromolecules*. 114, 547-555. **IF: 6.95**

17. Saeeduddin, M., **Abid, M.**, Jabbar, S., Hu, B., Hashim, M. M., Khan, M. A., Xie, M., Wu, T., & Zeng, X. (2016). Physicochemical parameters, bioactive compounds and microbial quality of sonicated pear juice. *International Journal of Food Science & Technology*. 51, 1552-1559. **IF: 3.71**

18. Saeeduddin, M., **Abid, M.**, Jabbar, S., Wu, T., Hu, B., Xie, M., & Zeng, X. (2016). Nutritional, microbial and physicochemical changes in pear juice under ultrasound and commercial pasteurization during storage. *Journal of Food Processing and Preservation*. 41, e13237. **IF: 2.19**

19. Jabbar, S., **Abid, M.**, Hu, B., Hashim, M.M., Lei, S., Wu, T., & Zeng, X. (2015). Exploring the potential of thermosonication in carrot juice processing. *Journal of Food Science and Technology*. 52: 7002-7013. **IF: 2.70**

20. Saeeduddin, M., **Abid, M.**, Jabbar, S., Wu, T., Hashim, M.M., Awad, F.N., Hu, B., Lei, S., & Zeng, X. (2015). Quality assessment of pear juice under ultrasound and commercial pasteurization processing conditions. *LWT-Food Science and Technology*, 64: 452-458. **IF: 4.95**

21. Wu, T., Yu, X., Hu, A., Zhang, L., Jin, Y., & **Abid, M.** (2015). Ultrasonic disruption of yeast cells: Underlying mechanism and effects of processing parameters. *Innovative Food Science & Emerging Technologies*, 28, 59-65. **IF: 5.91**

22. **Abid M**, Jabbar S, Wu T, Hashim MM, Hu B, Lei S, & Zeng X. Sonication enhances polyphenolic compounds, sugars, carotenoids and mineral elements of apple juice. [J] *Ultrasonics Sonochemistry*, 2014, 21: 93-97. **IF: 7.49**
23. **Abid M**, Jabbar S, Hu B, Hashim MM, Wu T, Lei S, Khan MA, & Zeng X. Thermosonication as a potential quality enhancement technique of apple juice. [J] *Ultrasonics Sonochemistry*, 2014, 21: 984-990. **IF: 7.28.**
24. **Abid M**, Jabbar S, Hu B, Wu T, Hashim MM, Wu Z, Khan MA, & Zeng X. Synergistic impact of sonication and high hydrostatic pressure on microbial and enzymatic inactivation of apple juice. [J] *LWT-Food Science and Technology*, 2014, 59: 70-76. **IF: 4.95**
25. **Abid M**, Jabbar S, Wu T, Hashim MM, Hu B, Saeeduddin M, & Zeng X. Qualitative assessment of sonicated apple juice during storage. *Journal of Food Processing and Preservation*. 2014, 39: 1299-1308. **IF: 2.19**
26. Jabbar S, **Abid M**, Hu B, Wu T, Hashim MM, Lei S, Zhu X, & Zeng X. Quality of carrot juice as influenced by blanching and sonication treatments. [J] *LWT-Food Science and Technology*, 2014, 55: 16-21. **IF: 4.95**
27. Jabbar S, **Abid M**, Wu T, Muhammad Hashim M, Hu B, Lei S, Zhu X, & Zeng X. Study on combined effects of blanching and sonication on different quality parameters of carrot juice. [J] *International Journal of Food Sciences and Nutrition*, 2014, 65: 28-33. **IF: 3.83**
28. Jabbar S, **Abid M**, Hu B, Hashim MM, Saeeduddin M, Lei S, Wu T, & Zeng X. Influence of sonication and high hydrostatic pressure on the quality of carrot juice. [J] *International Journal of Food Science and Technology*, 2014, 49: 2449-2457. **IF: 3.71**
29. Jabbar, S., **Abid, M.**, Wu, T., Hashim, M. M., Saeeduddin, M., Hu, B., Lei, S., & Zeng, X. (2014). Ultrasound-assisted extraction of bioactive compounds and antioxidants from carrot pomace: a response surface approach. *Journal of Food Processing and Preservation*. 39: 1878-1888. **IF: 2.19**
30. Wu Z, Lu J, Wang X, Hu B, Ye H, Fan J, **Abid M**, & Zeng X. Optimization for production of exopolysaccharides with antitumor activity in vitro from *Paecilomyces hepiali*. [J] *Carbohydrate Polymers*, 2014, 99: 226-234. **IF: 9.38**
31. Jia X, Chen Y, Shi C, Ye Y, **Abid M**, Jabbar S, Wang P, Zeng X, & Wu T. Rheological properties of an amorphous cellulose suspension. [J] *Food Hydrocolloids*, 2014, 39: 27-33. **IF: 9.14**
32. Khan MA, Ali S, **Abid M**, Cao J, Jabbar S, Tume RK, & Zhou G. Improved duck meat quality by application of high pressure and heat: A study of water mobility and

compartmentalization, protein denaturation and textural properties. [J] Food Research International, 2014. 62: 926-933. **IF: 6.47**

33. Wu Z, Yang Z, Gan D, Fan J, Dai Z, Wang X, Hu B, Ye H, **Abid M**, & Zeng X. Influences of carbon sources on the biomass, production and compositions of exopolysaccharides from *Paecilomyces hepiali* HN1. [J] Biomass and Bioenergy, 2014, 67: 260-269. **IF: 5.10**

34. Jia X, Xu R, Shen W, Xie M, **Abid M**, Jabbar S, Wang P, Zeng Z, & Wu T. Stabilizing oil-in-water emulsions with amorphous cellulose. [J] Food Hydrocolloids, 2014. 43: 275-282. **IF: 9.14**

35. Khan MA, Ali S, **Abid M**, Ahmad H, Zhang L, Tume RK, & Zhou G. Enhanced texture, yield and safety of a ready-to-eat salted duck meat product using a high pressure-heat process. [J] Innovative Food Science and Emerging Technologies, 2013, 21: 50-57. **IF: 5.91**

36. **Abid M**, Jabbar S, Wu T, Hashim MM, Hu B, Lei S, Zhang X, & Zeng X. Effect of ultrasound on different quality parameters of apple juice. [J] Ultrasonics Sonochemistry, 2013, 20: 1182-1187. **IF: 7.49**

NATIONAL JOURNALS

37. Jabbar S, **Abid M**, Hu B, Hashim MM, Ali S, Wu T, Lei S, Xie M, & Zeng X. Study on combined effects of acidification and sonication on selected quality attributes of carrot juice during storage. [J] The Journal of Chemical Society of Pakistan, 2014, 36: 582-589. **IF: 0.53**

38. Yamei Y, Linwu R, Youlong C, Ken Q, Xin Z, Qing L, Jabbar S, **Abid M**, & Zeng X. Nutritional, phytochemical characterization and antioxidant capacity of Ningxia wolfberry (*Lycium barbarum* L.). [J] The Journal of Chemical Society of Pakistan, 2014, 36: 1079-1087. **IF: 0.53**

BOOKS CHAPTERS

1. Rana, A., Ahmed, W., Naz, S., Inam-Ur-Raheem, M., Khan, M.K.I., Abid, M., Shabbir, M.A., Aadil, R.M. (2022). The age of Clean Label Foods. Chapter 5: Recent Advances in Oleofoam Stability and Its Application. (Accepted, Proof link is given)*

* https://eproofing.springer.com/ePb/index/ZhVNNosjLctqRdMxIBVIBiSU-UBQDX_XLzPkb4WuBTGm84UK58bBCI-H6M1mWBLZU7AdRQXJrzMUO8AyGsXx8Qj1fZhr1gzEUnNjzZLpLqC1P4SwhhfkcdAUBsiIBBfRWJvN6Wj8ftQUUIbvTHL1Jg==

2. Ameer K., Arshad M.U., Zainab S., Riaz, M., Murtaza, M.A., Pasha I., Abid, M., Ahmad, F., (2021). Polysaccharide Based Films for Food Packaging: Fundamentals, Properties and Applications. Chapter 16: " Polysaccharide based films: carriers of active substances and controlled release characteristics". Taylor & Francis Group, LLC, Imprint: CRC-Press Florida, USA (Accepted)
3. Ameer K., Arshad M.U., Khan M.A., Jiang G., Bashir S., Murtaza M.A., Abid M., Riaz M., Greenhouse Technology for Sustainable Agriculture” Taylor & Francis. Chapter 9. “Nano-Material Applications in Green House Structures, Crop Processing, Packaging Material & Agro Biomass Conversion”. Taylor & Francis Group, LLC, Imprint: CRC-Press Florida, USA (Accepted)

INTERNATIONAL CONFERENCES

Published Abstract: “Thermosonication as a potential quality enhancement technique of apple juice” (2nd International Conference and Exhibition on Food Processing and Technology October 28-30, 2013 Kansas City, USA).

REFERENCES

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