

# **DR. ISHTIAQUE AHMAD**

**B.Sc. (Hons)** Food Technology, **M.Sc. (Hons)** Food Technology, **PhD.** Dairy Technology (UVAS).

## **Assistant Professor**

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## **Biography**

Dr. Ishtiaque Ahmad (HEC approved PhD supervisor) is working as an Assistant Professor in the Department of Dairy Technology since January 17, 2022. He is serving the university since 2009 before that he also worked with renowned organizations like Shakarganj Foods, and Millac Foods in private sector. He has earned B.Sc. (Hons.) Food Technology in 1999 and M.Sc. (Hons.) Food Technology in 2001 from National Institute of Food Science and Technology, University of Agriculture, Faisalabad, Pakistan. He has also earned PhD in the discipline of Dairy Technology with distinction in 2019 from University of Veterinary and Animal Sciences, Lahore, Pakistan. He has characterized apple peel polyphenol extract, produced various probiotic milk products with these polyphenols and characterized them for various microbiological and biochemical parameters as part of his doctoral work. Further, he has 20+ research publications in peer reviewed national and international scientific journals with high impact factors. He is also a reviewer of various prominent international scientific journals in the field of Dairy and Food Technology. His area of research interests includes functional food products, probiotic milk products, and value-added milk products. Dr. Ishtiaque Ahmad has more than seven years of versatile job experience in different dairy industries of Pakistan. He has served in dairy industry as a manager in research, quality and production department. Furthermore, he is actively involved in research, teaching and other academic activities in the Department of Dairy Technology. Under his supervision 05 postgraduate students have been passed their degrees, currently he is a supervisor of 03 MPhil scholars; ten students have passed under his expertise as a member, and others are under process. He worked as the Secretary, Board of Studies, Department of Dairy Technology, UVAS. As secretary, He was part of the core group to design course work for four years degree program B.S. (Hons.) Dairy Technology. He is the Associate Director of Student's Affairs, of UVAS, Ravi Campus, Pattoki. He is serving as a Secretary of Faculty's MPhil Synopsis Scrutiny Committee, UVAS, Ravi Campus. He is also serving as organizer and resource person in various trainings conducted in the area of Dairy Technology.

## **Areas of Interest**

- Functional Foods
- Probiotic Milk Products

## **REVIEWER OF INTERNATIONAL JOURNALS:**

1. Journal of Food Processing & Preservation (ISSN: 1745-4549)
2. International Journal of Food Science & Technology (ISSN: 1365-2621)
3. Nutrition & Food Science (ISSN: 0034-6659)
4. Journal of Food Measurement & Characterization (ISSN: 2193-4126)
5. Journal of Food Science & Technology (ISSN: 0022-1155)

## PUBLICATION - Journal Articles

### 2022:

1. Syed Amir Gilani, Iahatisham-UI-Haq, Muhammad Imran, Tanweer Aslam Gondal, **Ishtiaque Ahmad**, Aqsa Akram. **2022**. Anticancer perspectives of sanguinarine: A review. **Current Bioactive Compounds**. 18: e190122200352. (IF: 1.309).
2. Muhammad Shahbaz, Nighat Raza, Mahad Islam, Muhammad Imran, **Ishtiaque Ahmad**, Arun Meyyazhagan, Karthika Pushparaj, Balamuralikrishnan Balasubramanian, Sungkwon Park, Kannan R. R. Rengasamy, Tanweer Aslam Gondal, Ahmed El-Ghorab, Mohamed A. Abdelgawad, Mohammed M. Ghoneim, Chunpeng Wan. **2022**. The nutraceutical properties and health benefits of pseudocereals: a comprehensive treatise. **Critical Reviews in Food Science and Nutrition**. 62(15):1-13. (IF. 11.18 W).
3. Maryam Naveed, Muhammad Imran, Sidra Khalid, Inaba Shujaat Qureshi, **Ishtiaque Ahmad**, Saima Inayat, Faiza Imtiaz. **2022**. Comparative Effect of Ginger and Vitamin E Supplements on Pain and Quality of Life among Females with Dysmenorrhea-A Randomized Controlled Trial. **Pakistan BioMedical Journal**. 5(2): 104-109. DOI: <https://doi.org/10.54393/pbmj.v5i2.266>.
4. Maimoona Ashfaq, Muhammad Imran, Tabussam Tufail, Mehwish Aslam, Momina Shahid, Amsa Fatima, **Ishtiaque Ahmad**, Saima Inayat. **2022**. Effect of Different Concentrations of Jamun and Amla Extracts to Combat Diabetes Mellitus. **Pakistan BioMedical Journal**. 5(1): 276–281. DOI: <https://doi.org/10.54393/pbmj.v5i1.200>.

### 2021:

5. **Ishtiaque Ahmad**, Muhammad Imran, Sana Noreen, Umme Farwa, Mishal Riaz, Shehla Javaid, Mahwish Aslam, Maham Tahir, Madiha Naveed Niazi, Sadaf Safdar, Umme Farwa, Mashal Hassan. **2021**. Hydroxytyrosol: A comprehensive approach to Mitigate Maladies. **Bioscience Research**. 18(4): 2811-2821. (IF: 0.737 Y)
6. Muhammad Imran, Farhan Saeed, Ghulam Hussain, Ali Imran, Zaffar Mehmood, Tanweer Aslam Gondal, Ahmed El-Ghorab, **Ishtiaque Ahmad**, Raffaele Pezzani, Muhammad Umair Arshad, Umar Bacha, Mohammad Ali Shariarti, Abdur Rauf, Naveed Muhammad, Zafar Ali Shah, Gokhan Zengin, Saif Islam. **2021**. Myricetin: A comprehensive review on its biological potentials. **Food Science & Nutrition**. 9(10): 5854-5868. (IF: 2.863)
7. Shabbar Abbas, Dawei Chang, Naveeda Riaz, Abid Aslam Maan, Muhammad Kashif Iqbal Khan, **Ishtiaque Ahmad**, Suliman A. Alsagaby, Ahmed El-Ghorab, Mazhar Ali, Muhammad Imran, Azmat Ullah, Tahir Mehmood, Muhammad Zeeshan Hyder, Muhammad Sajjad, Muhammad Umer, Asghar Shabbir, Muhammad Inam Afzal. **2021**. *In-vitro* stress stability, digestibility and bioaccessibility of curcumin-loaded polymeric nanocapsules. **Journal of Experimental Nanoscience**. 16(1): 230-246. (IF: 3.075)
8. Muhammad Shahbaz, Tahir Zahoor, Rizwan Arshad, Saima Rafiq, Tahira Batool Qaisrani, Muhammad Sameem Javed, Zainab Akbar, Nighat Raza, Shamas Murtaza, Umar Farooq, Atif Liaqat, Muhammad Imran, Ahmed El-Ghorab, Umar Bacha, **Ishtiaque Ahmad**, Zaffar Mehmood, Rizwana Muzaffar, Tanweer Aslam Gondal, Syed Abdul Majeed Shah, Abdul Sattar Shah, Muhammad Akhtar, Muhammad Inam Afzal, Muhammad Umer. **2021**. Chemical profiling, HPLC characterization and in-vitro antioxidant potential of Pakistani propolis collected from peripheral region of Faisalabad. **Cellular and Molecular Biology**. 67(1): 40-44. (IF: 1.77)
9. Muhammad Shahbaz, Rizwan Arshad, Tahir Zahoor, Atif Liaqat, Tahira Batool Qaisrani, Muhammad Sameem Javed, Nighat Raza, Shamas Murtaza, Umar Farooq, Saima Rafiq, Muhammad Imran, Ahmed El-Ghorab, Umar Bacha, **Ishtiaque Ahmad**, Nabila Gulzar, Zaffar Mehmood, Tanweer Aslam Gondal, Rashida Perveen, Habib-ur-Rehman, Syed Abdul Majeed Shah, Rizwana Muzaffar, Abdul Sattar Shah, Muhammad Akhtar, Muhammad Inam Afzal, Muhammad Umer. **2021**. Preventive role of propolis against hyperglycemia and hyperlipidemia in Sprague dawley rats (*Rattus norvegicus*) animal modelling system. **Cellular and Molecular Biology**. 67(1): 32-39. (IF. 1.77)
10. Masood Sadiq Butt, Muhammad Imran, Ali Imran, Muhammad Sajid Arshad, Farhan Saeed, Tanweer Aslam Gondal, Mohammad Ali Shariati, Syed Amir Gilani, Tabussam Tufail, **Ishtiaque Ahmad**, Nadir Ali Rind, Mohamad Fawzi Mahomoodally, Saiful Islam, Zaffar

Mehmood. **2021**. Therapeutic Perspective of Thymoquinone: A Mechanistic Treatise. **Food Science & Nutrition**. 9(3): 1792-1809. (IF: 2.863)

11. Muhammad Bilal, Abdul Ahid Rashid, **Ishtiaque Ahmad**, Sheraz Ahmed, Salmaan Saeed, Muhammad Qumar, Muhammad Imran. **2021**. Quantification of phenolic compounds of wild plants *Pulicaria gnaphalodes* and their antimicrobial activity. **International Journal of Biosciences**. 18(1): 15-25.
12. Aaminah Suleman, Muhammadah, Amber Ali, Muhammad Imran, **Ishtiaque Ahmad**, Habib-ur-Rehman, Rana Zamin Abbass. **2021**. Therapeutic potential of Iron and Zinc for brain health: A review. **Bioscience Research**. 18(2): 1348-1362. (IF: 0.737)
13. Syed Abdul Majeed Shah, Abdul Sattar Shah, Muhammad Imran, Sana Noreen, Bahisht Rizwan, Fatima Syed, Malik Muhammad Hashim, **Ishtiaque Ahmad**, Sumaira Kausar, Hamna Ahmad, Habib-ur-Rehman, Noshiza Majeed, Azghana Chahudry, Affifa Sani, Umar Bacha, Maryam Yaseen. **2021**. Shelf-life stability and quality evaluation of sugar cane juice. **Bioscience Research**. 18(2): 1271-1276. (IF: 0.737)
14. Syed Abdul Majeed Shah, Abdul Sattar Shah, Muhammad Imran, Sana Noreen, Malik Muhammad Hashim, Abdul Jabbar, Bahisht Rizwan, Madiha Khan Niazi, Affifa Sani, Farooq Hassan, Fatima Raza, Tanweer Aslam Gondal, **Ishtiaque Ahmad**, Umar Bacha. **2021**. Effect of  $\gamma$ -irradiation on the overall quality and storage stability of stevia-based guava drink. **Bioscience Research**. 18(2): 1107-1117. (IF: 0.737)

#### 2020:

15. Asad Hameed, Saima Inayat, Imran Javed, Muhammad Junaid, **Ishtiaque Ahmad**, Asim Ikram, Muhammad Ali. **2020**. Physicochemical quality and sensory attributes of soy milk yogurt blended with buffalo milk. **Pakistan Journal of Life & Social Sciences**. 18(2): 92-96. (IF: 1.36 Y)
16. Muhammad Torequl Islam, Natália Martins, Muhammad Imran, Aneela Hameed, Shinawar Waseem Ali, Bahare Salehi, **Ishtiaque Ahmad**, Ahmad Hussain, Javad Sharifi-Rad. **2020**. Anxiolytic-like effects of *Moringa oleifera* in Swiss mice. **Cellular and Molecular Biology**. 66(4): 73-77. (IF: 1.77)
17. **Ishtiaque Ahmad**, Anjum Khalique, Muhammad Junaid, Muhammad Qamar Shahid, Muhammad Imran, Abdul Ahid Rashid. **2020**. Effect of polyphenol from apple peel extract on the survival of probiotics in yoghurt ice cream. **International Journal of Food Science & Technology**. 55(6): 2580-2588. (IF: 3.713)
18. **Ishtiaque Ahmad**, Anjum Khalique, Muhammad Qamar Shahid, Abdul Ahid Rashid, Furukh Faiz, Muhammad Asim Ikram, Sheraz Ahmed, Muhammad Imran, Muhammad Asif Khan, Muhammad Nadeem, Muhammad Inam Afzal, Muhammad Umer, Kaleem Imdad, Muhammad Shahbaz, Bilal Rasool. **2020**. Studying the influence of apple peel polyphenol extract fortification on the characteristics of probiotic yoghurt. **Plants**. 9(1): 77. (IF: 3.935)
19. Asad Hameed, Saima Inayat, Imran Javed, Muhammad Junaid, **Ishtiaque Ahmad**, Asim Ikram, Muhammad Ali. **2020**. Physicochemical quality and sensory attributes of soy milk yogurt blended with buffalo milk. **Pakistan Journal of life and Social Sciences**. 18(2): 92-96. (IF: 1.36)

#### 2019:

20. Usman Mir Khan, **Ishtiaque Ahmad**, Saima Inayat, Hafiz Muhammed Arslan Amin, Zeliha Selamoglu. **2019**. Physicochemical properties of cheddar cheese made from *Citrus reticulata* blanco crude flowers extract. **Turkish Journal of Agriculture - Food Science and Technology**. 7(6): 856-860.
21. Abdul Ahid Rashid, Nuzhat Huma, Salman Saeed, Khurram Shahzad, **Ishtiaque Ahmad**, Ijaz Ahmad, Shaista Nawaz, Muhammad Imran. **2019**. Characterization and development of yoghurt from concentrated whey. **International Journal of Food Engineering and Technology**. 3(1): 1-7.

#### 2013:

22. **Ishtiaque Ahmad**, Muhammad Gulzar, Faisal Shahzad, Muhammad Yaqub, Tahir Zahoor. **2013**. Quality assessment of yoghurt produced at large (industrial) and small scale. **The Journal of Animal and Plant Sciences**. 23(Sup 1): 58-61. (IF: 0.49)
23. Muhammad Abdul Qudus, Nisar Ahmad, Khalid Javed, Muhammad Abdullah, Muhammad Abdul Jabbar, Muhammad Ovais Omer, Muhammad Zeshan Iqbal, **Ishtiaque Ahmad**. **2013**.

## PUBLICATION – Conference Papers

1. **Ishtiaque Ahmad**, Ammarah Khatoon, Muhammad Asim Ikram, Usman Mir Khan, H. M. Arslan Amin Bhatti, Nisar Ahmad. **2018**. Antimicrobial potential of bovine lactoferrin against foodborne pathogens. Abstracts book of “IX Asian Buffalo Congress” held at ICAR-Central Institute for Research on Buffaloes, Hisar, Haryana, India: ABC2018-ABS-86, page. 128, February 01-04, 2018.
2. Usman Mir Khan, H. M. Arslan Amin Bhatti, Saima Inayat, **Ishtiaque Ahmad**, Nisar Ahmad, Fariha Khan. **2018**. Effects of potent odorants on the quality of low-fat cheddar cheese. Abstracts book of “IX Asian Buffalo Congress” held at ICAR-Central Institute for Research on Buffaloes, Hisar, Haryana, India: ABC2018-ABS-37, page. 132, February 01-04, 2018.
3. Usman Mir Khan, H. M. Arslan Amin Bhatti, Saima Inayat, **Ishtiaque Ahmad**, Nisar Ahmad, Fariha Khan. **2018**. Stability of casein micelle in cow's milk: a perspective study in relation to minerals. Abstracts book of “IX Asian Buffalo Congress” held at ICAR-Central Institute for Research on Buffaloes, Hisar, Haryana, India: ABC2018-ABS-36, page. 131, February 01-04, 2018.
4. Usman Mir Khan, H. M. Arslan Amin Bhatti, Saima Inayat, **Ishtiaque Ahmad**, Fariha Khan. **2018**. Effect of Whey: Buttermilk protein aggregates on properties of set-type yoghurt. Abstracts book of “IX Asian Buffalo Congress” held at ICAR-Central Institute for Research on Buffaloes, Hisar, Haryana, India: ABC2018-ABS-35, page. 127, February 01-04, 2018.
5. Muhammad Asim Ikram, **Ishtiaque Ahmad**, Muhammad Ali. **2018**. Quality assessment of Pasteurized milk through the incidence of pathogenic and spoilage spore former aerobic and anaerobic bacteria in pasteurized milk. Abstracts book of “IX Asian Buffalo Congress” held at ICAR-Central Institute for Research on Buffaloes, Hisar, Haryana, India: ABC2018-ABS-162, page. 127, February 01-04, 2018.
6. Muhammad Asim Ikram, Muhammad Junaid, **Ishtiaque Ahmed**, Iqra Muqadas Saleem, H. Arsalan Amin. **2017**. Beneficial use of lactic acid producing bacteria as gelling agents. Abstract book of “National Conference on Recent Trends in Food Processing and Technology” held at Department of Dairy Technology, UVAS: November 15-16, 2017.
7. **Ishtiaque Ahmad**, Ammarah Khatoon, Muhammad Ayaz, Muhammad Asim Ikram, Muhammad Junaid, Usman Mir Khan, Nisar Ahmad. **2017**. Antimicrobial Potential of Bovine Lactoferrin against Foodborne Pathogens. Oral Presentation and Abstract was published in the Abstract book of “4<sup>th</sup> International Conference and Industrial Exhibition on Dairy Science Park” held at Selçuk Üniversitesi, Konya, Turkey: 66, November 1-5, 2017.
8. Usman Mir Khan, Fizzah Ashfaq, Arslan Amin Bhatti, **Ishtiaque Ahmad**, Saima Inayat, Muhammad Ayaz, Nisar Ahmad. **2017**. Effect of Ripening Conditions on Physico-Chemical Properties and Survival of Probiotic Microorganisms in Probiotic Cheddar Cheese. Oral Presentation and Abstract was published in the Abstract book of “4<sup>th</sup> International Conference and Industrial Exhibition on Dairy Science Park” held at Selçuk Üniversitesi, Konya, Turkey: 74, November 1-5, 2017.
9. Usman Mir Khan, **Ishtiaque Ahmad**, Saima Inayat, Muhammad Ayaz, Nisar Ahmad, Arslan Amin Bhatti. **2017**. Physico-chemical and Nutritional Properties of Cheddar Cheese made from Citrus *Reticulata* blanco Crude Flowers Extract (CFE). Poster Presentation and Abstract was published in the Abstract book of “4<sup>th</sup> International Conference and Industrial Exhibition on Dairy Science Park” held at Selçuk Üniversitesi, Konya, Turkey: 75, November 1-5, 2017.
10. Ikam Ullah, **Ishtiaque Ahmad**, Usman Mir Khan, Nisar Ahmad. **2017**. Enhancement of Oxidative Stability of Iron Enriched Butter Oil with Natural Antioxidants. Poster Presentation and Abstract was published in the Abstract book of “4<sup>th</sup> International Conference and

- Industrial Exhibition on Dairy Science Park” held at Selçuk Üniversitesi, Konya, Turkey: 76, November 1-5, 2017.
11. H M Arslan Amin, Usman Mir Khan, Saima Inayat, Saqib Manzoor, **Ishtiaque Ahmad**, M Asim Ikram. **2017**. Effect of Coating on Cheddar Cheese Ripening with Different Combinations of Palm oil, Chitosan and Round Scad Protein based Films. Oral Presentation and Abstract was published in the Abstract book of “International Conference on Foods of Animal Origin” held at National Institute of Food Science & Technology, University of Agriculture, Faisalabad, Pakistan: ICFAO-O-45, p. 43, March 30-31, 2017.
  12. Usman Mir Khan, H M Arslan Amin, Rashida Perveen, Saima Inayat, **Ishtiaque Ahmad**. **2017**. Effect of Probiotics on the Properties of White Cheese. Poster Presentation and Abstract was published in the Abstract book of “International Conference on Foods of Animal Origin” held at National Institute of Food Science & Technology, University of Agriculture, Faisalabad, Pakistan: ICFAO-P-2, p. 79-80, March 30-31, 2017.
  13. Usman Mir Khan, H M Arslan Amin, Rashida Perveen, Saima Inayat, **Ishtiaque Ahmad**, M Asim Ikram. **2017**. Challenges and Emerging Trends in Food Safety Chain; Surveillance of Foodborne Illness and Prevention. Poster Presentation and Abstract was published in the Abstract book of “3<sup>rd</sup> International Conference on Safe Food for all and Food Expo” held at Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan, Pakistan: 59-60, March 2-3, 2017.
  14. H M Arslan Amin, Usman Mir Khan, Saima Inayat, Saqib Manzoor, **Ishtiaque Ahmad**, M Asim Ikram. **2017**. Effect of Egg Powder Solids on the Physico-chemical and Functional Properties of Skim Milk. Poster Presentation and Abstract was published in the Abstract book of “3<sup>rd</sup> International Conference on Safe Food for all and Food Expo” held at Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan, Pakistan: 83, March 2-3, 2017.
  15. Usman Mir Khan, H M Arslan Amin, M Usman Akram, Saima Inayat, **Ishtiaque Ahmad**. **2016**. Dietary Whey Proteins as Functional Food Ingredient. Oral Presentation and Abstract was published in the Abstract book of “1<sup>st</sup> National Conference on Recent Advances in Functional Foods” held at Department of Dairy Technology, University of Veterinary and Animal Sciences, Lahore, Pakistan: 125, October 5-6, 2016.
  16. Usman Mir Khan, H M Arslan Amin, M Usman Akram, **Ishtiaque Ahmad**, Saqib Manzoor. **2016**. Soya and Soya-derived isoflavones as Functional Food Ingredient. Oral Presentation and Abstract was published in the Abstract book of “1<sup>st</sup> National Conference on Recent Advances in Functional Foods” held at Department of Dairy Technology, University of Veterinary and Animal Sciences, Lahore, Pakistan: 113, October 5-6, 2016.
  17. Zunnurain, Zulqurnain, M Nadeem, M Asim Ikram, M Ajmal, **Ishtiaque Ahmad**, Shakeel Ahmad, Saima Inayat, Muhammad Junaid. **2016**. Making of Ice-cream as a Functional Dairy Product. Oral Presentation and Abstract was published in the Abstract book of “1<sup>st</sup> National Conference on Recent Advances in Functional Foods” held at Department of Dairy Technology, University of Veterinary and Animal Sciences, Lahore, Pakistan: 79, October 5-6, 2016.
  18. H M Arslan Amin, Saima Inayat, Usman Mir Khan, Saqib Manzoor, **Ishtiaque Ahmad**, Maryam Khalil. **2016**. Benefits, Concerns and Challenges about Functional Foods. Oral Presentation and Abstract was published in the Abstract book of “1<sup>st</sup> National Conference on Recent Advances in Functional Foods” held at Department of Dairy Technology, University of Veterinary and Animal Sciences, Lahore, Pakistan: 70, October 5-6, 2016.
  19. H M Arslan Amin, Saima Inayat, Usman Mir Khan, M Usman Akram, Barkat Ali, M Usman Akram, **Ishtiaque Ahmad**, Saqib Manzoor. **2016**. Dietary Supplements Usage and Importance in Functional Foods. Oral Presentation and Abstract was published in the Abstract book of “1<sup>st</sup> National Conference on Recent Advances in Functional Foods” held at

Department of Dairy Technology, University of Veterinary and Animal Sciences, Lahore, Pakistan: 56, October 5-6, 2016.

20. Usman Mir Khan, H M Arslan Amin, **Ishtiaque Ahmad**, Barkat Ali, Iqra Shahzadi. **2016**. Physiological and Biochemical aspects of Limonene extracted from Citrus Fruits as a Potential Functional Food Ingredient. Oral Presentation and Abstract was published in the Abstract book of “1<sup>st</sup> National Conference on Recent Advances in Functional Foods” held at Department of Dairy Technology, University of Veterinary and Animal Sciences, Lahore, Pakistan: 53, October 5-6, 2016.
21. M Junaid, Saima Inayat, M Ayaz, M Gulzar, M Asim Ikram, **Ishtiaque Ahmad**, Umair Younas, Abdul Manan, Adil Rasheed, M Ali. **2016**. Dairy Value Chain Development; A Strategy for Managing Milk Loss in Pakistan. Oral Presentation and Abstract was published in the Abstract book of “1<sup>st</sup> National Conference on Recent Advances in Functional Foods” held at Department of Dairy Technology, University of Veterinary and Animal Sciences, Lahore, Pakistan: 31, October 5-6, 2016.
22. Khan U M, Amin A M H, **Ahmad I**, Inayat S and Junaid M. **2016**. Development of Cheddar cheese by using crude flowers extract of *citrus aurantium* (sour orange) as a milk coagulant. Oral Presentation and Abstract was published in the Abstract book of “International Conference on Beneficial Microbes” held at Duangjitt Resort & Spa Phuket, Thailand: 85, May 31<sup>st</sup> - June 2<sup>nd</sup> 2016.
23. Usman Mir Khan, Arslan Amin Bhatti, **Ishtiaque Ahmad**. **2015**. Effect of ripening temperatures on survival of probiotic microorganisms in Probiotic Cheddar cheese. Oral Presentation in “International Conference on Opportunities and Challenges in Dairy Industry” held at New Senate Hall, University of Agriculture, Faisalabad, Pakistan. November 26 - 27, 2015.
24. Usman Khan Mir, Ikram Ullah and **Ishtiaque Ahmad**. **2015**. Oxidative Stabilization of Iron Enriched Butter Oil: A Tool for Encountering Iron Deficiency. Poster Presentation and Abstract was published in the Abstract book of “3<sup>rd</sup> International Workshop on Dairy Science Park” held at The University of Agriculture, Peshawar-25120, Pakistan: 76, November 16-18, 2015.
25. Usman M. Khan, Arslan A. Bhatti, **Ishtiaque Ahmad**, Zunnurain Shafqat, Muhammad Asim Ikram and Saima Inayat. **2015**. Comparative study on Probiotic Labneh prepared from Buffalo and Cow Milk. Poster Presentation and Abstract was published in the Abstract book of “International Human Nutrition Conference & Expo” held at Pearl Continental Hotel, Lahore, Pakistan: 78, November 3-4, 2015.
26. Usman Mir Khan, **Ishtiaque Ahmad**, Muhammad Ayaz, and Hifz ul Rehman. **2015**. Development of Cheddar cheese by using crude flowers extract of *citrus aurantium* (sour orange) as a milk coagulant. Oral Presentation and Abstract was published in the Abstract book of “8<sup>th</sup> Asian Buffalo Congress 2015” held at Istanbul, Turkey: 35, April 21-25, 2015.
27. Ikramullah Khan, Usman Mir Khan, Imran Javed, **Ishtiaque Ahmad**, Abdullah Muhammad, Nisar Ahmad and Arslan Amin. **2015**. Oxidative stabilization of butter oil (enriched with iron) by natural antioxidant. Oral Presentation and Abstract was published in the Abstract book of “8<sup>th</sup> Asian Buffalo Congress 2015” held at Istanbul, Turkey: 57, April 21-25, 2015.
28. Zulqarnain Shafqat, Imran Javed, Usman Mir Khan, **Ishtiaque Ahmad**, Nisar Ahmad Muhammad Junaid, Zunnurain Shafqat, and Asad Hameed. **2015**. Physicochemical, microbiological and sensorial characteristics of probiotic labneh prepared from different milk blends. Poster Presentation and Abstract was published in the Abstract book of “8<sup>th</sup> Asian Buffalo Congress 2015” held at Istanbul, Turkey: 142, April 21-25, 2015.
29. Muhammad Junaid, Imran Javed, Muhammad Abdullah, **Ishtiaque Ahmad**, Muhammad Ayaz, Umair Younas, Yasir Zahoor, and Sadaqat Chattah. **2013**. Establishing the Modern Dairy Value Chain in Pakistan; A Tool for Poverty Alleviation. Oral Presentation & abstract

was published in the proceeding of the DAAD-HEC International Summer School entitled “Food Security in Times of Climate Change” held at COMSATS Institute of Information Technology, Park Road Islamabad Pakistan: 55, November 2-5, 2013.

30. **I. Ahmad**, T. Zhoor, F. M. Anjam, F. Shahzad, M. Yaqub, I. Irshad, and M. Bilal. **2011**. Quality Assessment of Different Commercial and Small Scale Produced Yoghurt Marketed in Faisalabad, Pakistan. Oral Presentation & Abstract was published in the Workshop Proceedings (Abstract Booklet) of “International Workshop on Dairy Science Park” held at Faculty of Animal Husbandry and Veterinary Sciences, Khyber Pakhtunkhwa Agriculture University Peshawar, Pakistan: 59, November 21-23, 2011.

## **TRAINING (ATTENDED):**

1. Online training session on **“Dissecting the scholarly publishing process: A current overview on the steps to getting published”** organized by WILEY with HEC on January 26, 2022.
2. Online training session on **“Get the necessary knowledge to maximize your chance for your paper to get accepted in academic journals”** organized by ProQuest Education with HEC on March 16, 2021.
3. Online training session on **“5 Tips of Getting Published: Maximize Your Chances to Get Your Paper Accepted in Academic Journals”** organized by ProQuest Education with HEC on October 27, 2020.
4. Online training on **“Strengthening Research Planning using Elsevier Tools-Scopus, ScienceDirect & Mendeley”** organized by Researcher academy Elsevier on October 22, 2020.
5. Two days **“Pakistan Dairy Expo”** organized by The Lahore Chamber of Commerce & Industry at Royal Palm, Lahore from September 23-24, 2020.
6. One-day workshop **“Camel Milk Cheese Production and its Value Addition”** organized by Department of Dairy Technology, UVAS Ravi Campus, Pattoki on September 30, 2019.
7. Two days workshop **“Continuous Professional Development (CPD) Hands on Training program on Cheese production”** organized by Faculty of Life Sciences Business Management, UVAS Ravi Campus, Pattoki from June 18-19, 2019.
8. Seven weeks online course **“The Meat We Eat”** organized by University of Florida, USA offered through Coursera, from November 25 to May 20, 2019.
9. Three days training workshop **“Basic Microbiological Techniques used in Dairy Industries”** organized by Department of Dairy Technology, UVAS Ravi Campus, Pattoki from January 7 to 9, 2019.
10. Two days Conference on **“Trends and Innovation in Food Processing and Technology: Prospects and Challenges”** organized by Department of Dairy Technology, UVAS at Ravi Campus, Pattoki from November 07-08, 2018.
11. Five days **International Training Course in The Halal Science Center**, Chulalongkorn University, Bangkok, Thailand from August 27-31, 2018.
12. Two days Training Workshop **“LaTeX”** organized by Department of Statistics and Computer Science, UVAS, at IT Center, Ravi Campus, Pattoki, from April 25-26, 2017.
13. Two days **“6<sup>th</sup> International Halal Conference & Exhibition 2017”** organized by Punjab Halal Development Agency at Faletti’s Hotel, Lahore from April 10-11, 2017.
14. One days Certified Training Workshop **“Halal Food & Safety Standard’s Compliance Management”** organized by Punjab Halal Development Agency at Faletti’s Hotel, Lahore on April 11, 2017.
15. Two days 1<sup>st</sup> National Conference on **“Recent Advances in Functional Foods”** organized by Department of Dairy Technology, UVAS at Ravi Campus, Pattoki from October 5-6, 2016.

16. One-day National Workshop on “**Organic Food and Health: Avenues of Innovation & Entrepreneurship**” organized by Pakistan Council for Science & Technology at Auditorium, Pakistan Academy of Sciences, Islamabad on June 02, 2016.
17. One-day Seminar on “**Role of Ingredients in the Dairy Industry**” organized by Bio-vet Pvt. Ltd. & BK Giulini Pvt. Ltd. at Faletti’s Hotel, Lahore on April 28, 2016.
18. One-day National Seminar on “**Buffalo Feeding Strategies**” jointly organized by UVAS & Punjab Agricultural Research Board at Ravi Campus, Pattoki on April 19, 2016.
19. Two days “**5<sup>th</sup> International Halal Conference & Exhibition 2016**” organized by Punjab Halal Development Agency at Faletti’s Hotel, Lahore from April 12-13, 2016.
20. Four days Workshop on “**Capacity Building of Young Researchers**” organized by UVAS at Ravi Campus, Pattoki from June 15-18, 2015.
21. One-day Seminar on “**Food Safety is Pakistan Eating Healthy**” organized by Australian Award Alumni Association Pakistan at PC Hotel, Lahore on June 13, 2015.
22. One-day Workshop on “**Up-gradation of Modules in Molecular Genetics and Genomics**” jointly organized by UVAS & British Council at Ravi Campus, Pattoki on March 19, 2015.
23. Two days Conference of “**Silver Jubilee 2015 All Pakistan Food Science Conference**” organized by PSFST & PCSIR held at PCSIR Laboratories Complex, Ferozepur Road, Lahore from March 16-17, 2015.
24. Six days Training Workshop on “**Data Analysis & Proposal Development**” jointly organized by UVAS, HEC & Jackson State University USA at UVAS conference hall, Lahore from December 22-27, 2014.
25. One-day Training of **Presiding and Assistant Presiding Officers** organized by Election Commission of Pakistan at Chunian District Kasur on April 27, 2013.
26. One-day Workshop and Seminar on “**Application of Soy Protein in Meat and Vegetable Products**” organized by American Soybean Association & World Initiative for Soy in Human Health at Pearl Continental Hotel, Lahore on November 08, 2012.
27. Two months Training of **19<sup>th</sup> Master Trainers-Faculty Professional Development Program (MT-FPDP)** organized by Learning Innovation Division of HEC held at HEC, Islamabad from September 6 to October 24, 2012.
28. Two days Training Session of **Hazard Analysis Critical Control Point, Good Manufacturing Practices and Food Borne Illness** jointly organized by Land O’ Lakes Inc. & USDA at PC Hotel, Lahore from November 24-25, 2006.
29. One-day Seminar on “**Clean Room Validation**” organized by Biotroll International at Avari Hotel, Lahore on February 08 2005.
30. Two days Training Course of “**HACCP and ISO 9000:2000 Series**” organized by BVQI at Shakarganj Foods Pvt. Ltd. Jaranwala from November 26-27, 2004.
31. Sixteen days Project of “**Composition and Chemical Properties of Buffalo and Cow Milk**” organized by Nestle Pakistan Limited at Nestle Milk Collection Center Bhowana, from March 26 to April 10, 2001.
32. Two-months Training Program of **Data Entry Operators** jointly organized by COMSATS & Government of Pakistan at Computer Centre, Faisalabad from October 16 to December 16, 2000.
33. Forty-five days **Internship** at Dawn Foods (Pvt.) Ltd. Faisalabad from December 1, 1998 to January 15, 1999.

#### **TRAININGS (RESOURCE PERSON):**

1. Resource person/Trainer of a project “**Capacity Building of Dairy Farmers and Industrial Stakeholders on Milk Value Chain**” organized by Department of Dairy Technology, UVAS, Ravi Campus, Pattoki from December 06, 2021 to date.

2. Resource Person of “**One Week Training Module: Dairy Herd Management**” organized by Department of Livestock Production, UVAS, Ravi Campus, Pattoki from October 21-25, 2019.
3. Trainer of “Three days training Module: **Basic Microbiological Techniques used in Dairy Industries**” organized by Department of Dairy Technology, UVAS, Ravi Campus, Pattoki from January 7-9, 2019.
4. Resource Person of “Two weeks Hands on **Training for Young Faculty Member of SBBUVAS**” organized by Department of Dairy Technology, UVAS, Ravi Campus, Pattoki from July 10-20, 2018.
5. Resource Person of “Two Days Training Module: **Dairy Herd Management**” organized by Department of Livestock Production, UVAS, Ravi Campus, Pattoki from February 08-09, 2017.
6. Resource Person of “Two Days Training Module: **Dairy Herd Management**” organized by Department of Livestock Production, UVAS, Ravi Campus, Pattoki from September 19-20, 2016.
7. Resource Person of “Two weeks Hands on **Training for Young Faculty Member of SBBUVAS**” organized by Department of Dairy Technology, UVAS, Ravi Campus, Pattoki from August 01-12, 2016.
8. Resource Person of “Six days Training Course on **Milk Processing & Value Addition** for Veterinary Officers from Charsaddah KPK” organized by Department of Dairy Technology, UVAS, Ravi Campus, Pattoki from June 16-21, 2014.
9. Resource Person and Program Coordinator of “One Week Training Course on **Dairy Technology** for FATA participants” organized by ICE&E, UVAS Ravi Campus, Pattoki from May 06-12, 2010.

#### **TRAININGS & CONFERENCES (ORGANIZED):**

1. Organizer of Training Workshop on “**Skills upgradation and Career Counselling of Dairy Technologists**” organized by Department of Dairy Technology, UVAS, Ravi Campus, Pattoki on November 21<sup>st</sup>, 2016.
2. Organizer of “**UVAS Doodh Mela 2012**” organized by Faculty of Animal Production & Technology, UVAS Ravi Campus, Pattoki from March 08 to March 10, 2012.
3. Organizer of “**World Milk Day 2010**” organized by Department of Dairy Technology, held at UVAS, Ravi Campus, Pattoki on June 1<sup>st</sup>, 2010.
4. Program Coordinator of Five Training Workshops each contain one week on “**Livestock Management**” jointly organized by UVAS & L&DDD Punjab held at UVAS, Ravi Campus, Pattoki from February 21 to April 4, 2010.

## **Postgraduate Students Supervised**

### **M.Phil Students Supervised**

<b>S. No.</b>	<b>Student Name</b>	<b>Title</b>	<b>Role</b>	<b>Status</b>
01	Atiq ur Rahman Baig	Development and Quality Assessment of Ice Cream Fortified with Rosehip ( <i>Rosa canina</i> L.)	Supervisor	Ongoing
02	Ali Hanif	Development and quality assessment of fruit yoghurt with fresh fig ( <i>Ficus carica</i> L.)	Supervisor	Ongoing
03	Rimsha Akram	Effect of heat treatments on chemical and sensory attributes of Ricotta cheese	Member	Ongoing
04	Usman Ashraf	Effect of apple ( <i>Malus domestica</i> ) peel extract in increasing the shelf life of home-made butter	Supervisor	Ongoing
05	Ali Raza	Formulation of Cheddar Cheese with Basil Seeds	Supervisor	Completed

		and Leaves to Enhance its Bioactive Properties		
06	Mahnoor Malik	Development and characterization of Camel Milk Ice Cream Fortified with Aloe Vera	Supervisor	Completed
07	Kazima Khan	Yoghurt production utilizing cheese whey as a starter culture substitute	Member	Completed
08	Mian Salman Asif	Development and characterization of ice cream fortified with basil seed extract	Supervisor	Completed
09	Hafiz Abu Bakar	Effect of beta carotene and annattoo on antioxidant properties of cow and buffalo butter	Member	Completed
10	Majid Lal	Comparative studies on quality and sensory attributes of ice cream made from camel, cow, buffalo and goat milk	Member	Completed
11	Hafiz Akmal Hayat	Quality comparison and sensory evaluation of buffalo milk and camel milk ice cream	Member	Completed
12	Rana Abdul Wahab	Comparative study of physicochemical and microbiological properties of fat filled milk powder sold at commercial scale	Supervisor	Completed
13	Zunnurain	Effect of different stabilizers on physico-chemical, and microbiological properties of Ice cream	Member	Completed
14	Usman Mir Khan	Development of Cheddar Cheese by using Crude Flowers Extract of <i>Citrus Aurantium</i> (sour orange) as a Milk Coagulant	Supervisor	Completed
15	Ammarah Khatoon	Antimicrobial Potential of Bovine Lactoferrin against Foodborne Pathogens	Member	Completed
16	Zulqernain	Physicochemical, microbiological and sensorial characteristics of probiotic labneh prepared from different milk blends	Member	Completed
17	Ikram Ullah	Oxidative Stabilization of Butter Oil (Enriched with Iron) by Natural Antioxidant	Member	Completed