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Work: Faculty of Food Science and Nutrition Bahauddin Zakariya University, Multan, 60000 (Pakistan)

PROJECTS

PKNC Community Nutrition Project (2026)

Project Title : PKNC Community Nutrition Project – Empowering Communities Through Nutrition, Capacity Building & Sustainable Development
Funding: PKR 2.7 million (27 lakh)
Collaborating Institutions: Chungnam National University, Korea International Cooperation Agency (KOICA), Department of Human Nutrition & Food Science, and Bahauddin Zakariya University, Multan
Implementation: Under the PKNC initiative
Project Description : A community-based nutrition and sustainable development project focused on improving nutrition and health outcomes in flood-affected communities through nutrition education, capacity building, community health interventions, and development of sustainable local food systems.

QUALIFICATIONS

Ph.D

Year: 2017

Division: 1st

Board/University: B.Z.U. Multan

M. Phil.

Year: 2005-07

Division: 677/1000 (1st Division)

Board/University: B.Z.U. Multan

B. Pharmacy

Year: 2004

Division: 2179/3600 (1st Division)

Board/University: B.Z.U. Multan

F.Sc (Pre-Medical)

Year: 1999

Division: 495/1100 (2nd Division)

Board/University: Multan Board

Matric (Science)

Year: 1997

Division: 562/850 (1st Division)

Board/University: Multan Board

P.G.D

Year: 2010-11

Division: 2.77/4.00 (1st Division)

Board/University: Riphah International University, Islamabad.

EXPERIENCE

Here is the list:

- Chairman Department of Human Nutrition, Faculty of Food Science and Nutrition, B.Z. University Multan from 21.10.2025 to up to date.
- Associate Professor (BPS-20) in Faculty of Food Science and Nutrition, B.Z. University Multan from 8.10.2021 to up to date.
- Assistant Professor (BPS-19) in Institute of Food Science and Nutrition, B.Z. University Multan from 28.05.2018 to 7.10.2021.
- Lecturer in Institute of Food Science & Nutrition, B.Z. University Multan from 13.11.2013 to 27.05.2018.
- Lecturer in Riphah International University, Islamabad from 01.09.2007 to 31.12.2012.
- Deputy Director Public Relations in B.Z. University Multan from 21.07.2016 to up to date.
- Worked as Production Pharmacist in Pharmacia Pakistan (Pvt) Ltd. Islamabad from July 21, 2004 to September 1, 2005.
- Research experience in Children Hospital Complex, Multan for the session 2006 to 2007.
- Research work on Medicinal plants is being carried out for Ph.D. in Pharmaceutical Chemistry from 15-03-2012 to 15-03-2017. The topic of Ph.D. Research work is Photochemical and Biological Studies of *Ruellia squarrosa* (Acanthaceae).

RESEARCH PUBLICATIONS

Year 2026:

1. Sajid, A., Amjad, A., Abbas, A., Muhammad, Z., Afzal, M. K., Ismail, A., ... & Yehuala, T. F. (2026). Potato peel valorization for nutraceuticals functional foods and sustainable bioproducts. *Discover Food*.
 2. Bilal, M., Abbas, A., Weiskirchen, R., Hafeez, H., Riaz, M., Zahra, A., Fatima, A., Afzal, M. K., & Raza, H. (2026). *Sechium edule*: Phytochemistry, Biological Activities, Potential Health Effects, Food-Industry Applications, and Future Perspectives. *Foods*, 15(17), 2982
 3. Abbas, A., Afzal, M. K., Sultan, M. T., Firdous, N., Murtaza, M. A., Liaqat, A., & Elkhedir, A. E. (2026). Soybean and quinoa-based ready-to-use therapeutic food, a nutrient-dense, shelf-stable, sustainable solution to combat malnutrition and advance zero hunger. *Discover Sustainability*.
 4. Abbas, A., Tabassum, I., Vohra, S., Weiskirchen, R., Shoukat, A., Afzal, M. K., & Alhudhaibi, A. M. (2026). *Momordica charantia* L.: Nutritional Composition, Advanced Extraction Methods, Phytochemistry, Molecular Mechanisms and Industrial Applications. *Antioxidants*, 15(7), 839.
 5. Yasmeen, H. H., Amjad, A., Muhammad, Z., Sultan, M. T., Afzal, K., Israr, M., & Al Jbawi, E. M. (2026). Extraction of Soybean and Pea Protein Isolates to Evaluate Therapeutic Potential Against Dexamethasone-Induced Osteoporosis: In Vivo and in Silico Insights. *Food Science & Nutrition*, 14(7), e72068.
 6. Siddiqa, A., Amjad, A., Gajdoš Kljusurić, J., Muhammad, Z., Zafar, S., Afzal, M. K., & Abbas, A. (2026). *Manilkara zapota*: From Phytochemistry to Therapeutics, and Relevance to Food Industries. *Foods*, 15(11), 1968.
 7. Tasleem, H., Abbas, A., Afzal, M. K., Saeed, J., Pandey, B., Alrohily, W., & Ahmad, A. (2026). Phytochemical Fingerprints by GC-MS, Antidiabetic and Multiorgan Protective Effects of *Cucumis sativus* Peel: An Integrated In Vitro, In Vivo, and In Silico Study. *Chemistry & Biodiversity*, 23(6), e71363.
 8. Amjad, A., Nawaz, N., Afzal, K., Shah, M., Nawaz, H., Ahmad, S., & Ghani, M. A. (2026). Improving the Storability and Quality Characteristics of Cooked Chicken Patties by Using Fruit Extracts with Different Packaging Materials: Storage Quality of Chicken Patties. *Biological Sciences-PJSIR*, 69(1), 30-41.
 9. Abbas, A., Weiskirchen, R., Bilal, M., Afzal, M. K., Malik, A., Akhtar, S., & Okoduwa, S. I. R. (2026). Postbiotics as Next Generation Biotherapeutics Targeting the Gut-Immune-Metabolic Axis: An Integrative Review. *Pharmaceuticals*, 19(8), 1184.
 10. Abbas, A., Bilal, M., Jafar, F., Weiskirchen, R., Amjad, A., Afzal, K., Bibi, S., Saleem, A., Israr, M., Mazhar, A., & Pandey, B. (2026). Linalool pharmacokinetics, extraction methods, and preclinical cytotoxic evidence in cancer models: An updated review. *Frontiers in Pharmacology*, 17, 1891927.
 11. Afzal, M. K., Bilal, M., Kharal, S., Arshad, B., Ali, M. Q., Jamshaid, M., Abbas, S. Z., Saif, M., Hussain, A., & Elkhedir, A. E. (2026). Nutritional composition, phytochemical profile, antioxidant potential, and functional attributes of sun-dried broccoli powder. *Discover Food*.
 12. Afzal, K., Khalid, H., Abbas, A., Weiskirchen, R., Khursheed, N., Pandey, B., ... & Saeed, J. (2026). Investigating the Phytotherapeutic Efficacy of *Acacia nilotica* Pod Ethanol extract in Modulating Lipid Profile, Oxidative Stress and Inflammation in Diet-Induced Hypercholesterolemia: In Vivo and In Silico Insights. *Frontiers in Pharmacology*, 17, 1831586.
- IF: 4.8, Category Q1**
13. Javaid, N., Amjad, A., Weiskirchen, R., Abbas, A., Zafar, S., Shah, M., ... & Israr, M. (2026). Sea Buckthorn (*Hippophae rhamnoides* L.): Nutritional Significance, Phytochemistry, Molecular Mechanisms, Therapeutic Potential, and Emerging Applications in Food Systems. *Foods*, 15(8), 1389. **IF: 5.1, Category Q1**

Year 2026:

14.Tanvir, L., Afzal, K., Abbas, A., Amjad, A., Iqbal, T. B., Sarwar, N., ... & Pandey, B. (2026). Integrating phytochemical analysis and experimental validation of Ziziphus jujuba seed powder and oil to ameliorate CCl4-induced liver fibrosis in sprague dawley rats. Plos one, 21(2), e0343428. **IF: 2.6, Category Q1**

15.Khursheed, N., Abdel-Maksoud, M. A., Alrokayan, S., Afzal, K., Zubairi, M. N., Sultan, M. T., ... & Mubarak, M. S. (2026). Salvadora persica Fruit Methanolic Extract, Nutritional Profiling, Therapeutic Potential in High-Fat Diet-Induced Hyperlipidemic Rats: In Vivo, In Vitro, and In Silico Approaches. Food Science & Nutrition, 14(3), e71595. **IF: 3.8, Category Q1**

16.Nadeem, A., Afzal, K., Abbas, A., Iqbal, T. B., Malik, A., Saeed, J., ... & Pandey, B. (2026). Turmeric and curcumin: From traditional medicine to modern therapeutic applications. JSFA Reports. **IF: 1.1, Category Q2**

Year 2025:

1. Shamim, R., Afzal, K., Abbas, A., Sultan, M. T., Iqbal, T. B., Malik, A., & Pandey, B. (2025). Unlocking the Therapeutic Potential of Trigonella foenum-graecum and Trigonella corniculata Against High-Fat-Diet-Induced Hyperlipidemia: Antioxidant and Histopathological Evidence. Medicina, 61(12), 2130. DOI: <https://doi.org/10.3390/medicina61122130>, **Published online: 28th November, 2025, IF: 2.4, Category Q1**
2. Afzal, K., Javaid, Z., Imtiaz, S., Noman, A. M., Ahmad, K., Israr, M., ... & Haroon, N. (2025). Apple Cider Vinegar and Weight Loss: Insights from a Clinical Pilot Study on Overweight and Obese Participants. Journal of Veterinary, Food and Agricultural Insights, 2(2), 43-48.
3. Zafar, A., Afzal, K., Aslam, H. K. W., Ali, M. Q., Zerlasht, M., Arshad, R., ... & Hussain, A. (2025). Exploring food value, nutritional profiling, and lipid stability of moringa oleifera seed oil: a comparative study of thermal (microwave heating and frying) and incubation treatments. Journal of Food Measurement and Characterization, 1-13. DOI: <https://doi.org/10.1007/s11694-025-03813-6>, **Published online: 15th November, 2025, IF: 3.3, Category Q2**
4. [Muhammad Naeem Zubairi](#), [Muhammad Khurram Afzal](#), [Muhammad Tauseef Sultan](#), [Mohammad S. Mubarak](#), [Shaikh Jamal Uddin](#). Nutritional and Therapeutic Potential of *Cassia fistula* Pods: A Comprehensive Study on Mineral Composition, Immunomodulation, Antidiabetic Benefits, and Safety of Amaltas Tea in Southeast Punjab, Pakistan. Food Science and Nutrition. DOI: <https://doi.org/10.1002/fsn3.70752>. ISSN: 2048-7177, eISSN: 2048-7177, Volume no. 13, issue no. 18 page no. n/a-n/a (1-11) Received date: Feb 2, 2025, Revised date: Jun 14, 2025, Accepted date: July 15, 2025. published date Aug 6, 2025. **IF: 3.8, Category Q1 (X)**
5. Amjad, A., S. Akram, R. Mehboob, S. Zafar, K. Afzal, M. Israr, W.A. Khan and N. Javaid (2025). Effect of Salicylic Acid and Beeswax Coating on Quality and Shelf life of Selected Grapes Cultivars. Journal of Food Processing and Nutrition Research 2: xxxxx. [Received 25 Feb 2025; Accepted 12 Apr 2025; Published (online) 18 Sep 2025 DOI: <https://doi.org/10.22194/JFPNR/25.1016>
6. Muhammad Usman Khalid 1, Muhammad Tauseef Sultan 1, Ahmad Mujtaba Noman 1, Khurram Afzal 1, Fahad Saad Alhodieb 2, Faiyaz Ahmed 2, Syed Abid Hussain 3. Safety Study and Molecular Docking Analysis of Phyto-Constituents from *Withania somnifera* Leaves: Insights into Dipeptidyl Peptidase-4 (DPP-4) Inhibition and Therapeutic Potential, DOI: [10.1080/27697061.2025.2502832](https://doi.org/10.1080/27697061.2025.2502832), Published online: IF: 6.8, Category Q1, 20 May 2025,

Year 2024:

- 1.^{a,b}Muhammad Imran Atta*, ^aSyeda Sadaf Zahra, ^cSaadullah Khan Leghari, ^cFaisal Hussain, ^d**Muhammad Khuram Afzal****, ^aSadia Sarwar, ^eSara Aimen, Effects of Lead (Pb) Contamination on Growth, Antioxidants and Osmo- Protectants in Zea mays (L.): Plants Strategy to Combat Metal Toxicity, Journal of Plant Health 03 (02) 2024. XX-XX, DOI: 10.33687/planthealth.03.02.5505, ISSN: 2305-6835. **IF:----, Category Y**, Published October 29, 2024.
- 2.Muhammad Naeem Zubairi^{1*}, **Muhammad Khurram Afzal**², Saeed Akhtar³, Ahmad Mujtaba Noman⁴, Ali Musarrat⁵, Hafiz Muhammad Fayyaz⁶, Muhammad Tauseef Sultan⁷, Nayab Rao⁸, Muhammad Usman Khalid⁹, Wisha Saeed¹⁰, Mavra Ameen¹¹. PH YTOCHEMICALS ANALYSIS VIA GC-MS, ASSESSMENT OF ANTI-INFLAMMATORY, ANTI-BACTERIAL, AND ANTIFUNGAL PROPERTIES OF CASSIA FISTULA POD-BASED FUNCTIONAL TEA. Journal of Population Therapeutics and Clinic Pharmacology, DOI: 10.53555/x9bj7y33. **IF (1.94), Category X**, Published Date Sep 13, 2024
- 3.Muhammad Naeem Zubairi^{1*}, **Muhammad Khurram Afzal**^{2*}, Hafiz Muhammad Irfan Manzoor^{3*}, Talha Bin Iqbal^{4*}, Nayab Rao⁵, Naeem Sarwar⁶, Liaqat Ali⁷. Exploring the Antioxidant Power of *Eucalyptus Camaldulensis* (Sufaida) and Its Potential Role in Aflatoxins Degradation, Journal of Population Therapeutics and Clinic Pharmacology, Paper Id: JPTCP_2024_ 551, Accepted Date: 12-07-2024 **IF (1.94), Category X**, Published Date Sep 30, 2024

Year 2023:

1. Analysis of Lead Toxicity on Characteristics of Germination, Embryonic Growth, Biochemical and Oxidative Stress in Maize (*Zea mays* L.) Genotype. *GU. J. Phytosci.* 3(4): 240-246 (2023). DOI: <https://doi.org/10.5281/zenodo.10004212> (IF 0.7)
2. Muhammad Younis,¹ Khurram Afzal,¹ Muhammad Tauseef Sultan, ¹ Roshina Rabail,² Saeed Akhtar, ¹ Tariq Ismail, ¹ Muhammad Usman Khalid,¹ Muhammad Asim Shabbir,² and Rana Muhammad Aadil ² *Journal of Food Quality* Volume 2023, Article ID 1329249, 9 pages <https://doi.org/10.1155/2023/1329249> (IF 2.6)
3. Muhammad Naeem Zubairi^{1*}, **Muhammad Khurram Afzal^{1*}**, Amir Ismile^{1*}, Adnan Amjid^{1*}, Hafiz Majid Yasin², Imran Khan², Muhammad Shahzad Irshad², Muhammad Shahbaz Azhar. The Assessment of Aflatoxins Degradation Potential of Selected Indigenous Medicinal Plants. *Journal of Agriculture and Veterinary Science*. ISSN: 2959-1198 (Print), 2959-1201. Published: April 17, 2023. *J. Agri. Vet. Sci.* 02 (1) 2023. 27-47 **IF: --- (Y-Category)**
4. Imran Khan^{1*}, Muhammad Naeem Zubairi¹, **Muhammad Khurram Afzaal²**, Muhammad Shahzad Arshad², Hassan Aziz. DEVELOPMENT AND STORAGE STUDIES OF GUAVA-CHIKU BLENDED FRUIT LEATHER. *Jammu Kashmir J. Agri.*, 03 (01) 2023. 1-9. DOI: 10.56810.jkjagri.003.01.0052 **IF: --- (Y-Category)**

Year 2021:

1. Aslam, N., Fatima, S., Khalid, S., Hussain, S., Qayum, M., **Afzal, K.**, and Asad, M, H, H, B., Anti-5'-Nucleotidases (5'-ND) and Acetylcholinesterase (AChE) Activities of Medicinal Plants to Combat *Echis carinatus* Venom-Induced Toxicities, *Bio Med Research International*, 6631042, p 1-10 2021 **(IF: 2.197)**
2. Asif, M., Aslam, M., Ullah, K., Qasim, M., **Afzal, K.**, Abbas, A., Younis, M., Ullah, S., Asad, M, H, H, B and Ali, J, W, M, Diagnostic Performance and Appropriate Cut-Offs of Different Anthropometric Indicators for Detecting Children with Overweight and Obesity, *BioMed Research International*, Article ID 1608760, p 1-11 2021. **(IF: 2.197)**

Year 2020:

1. Abas, M., Rafique, H., Shamas, S., Roshan, S., Ashraf, Z., Iqbal, Z., Raza, H., Hassan, M., **Afzal, K.**, Rizvanov, A, A and Asad, M, H, H, B., Sulfonamide-Based Azaheterocyclic Schiff Base Derivatives as Potential Carbonic Anhydrase Inhibitors: Synthesis, Cytotoxicity and Enzyme Inhibitory Kinetics, *BioMed Research International*, 8104107, p 1-9 2020. **(IF: 2.197)**
2. Aslam, N., Javed, T., Khalid, S., Shaheen, N., Fatima, S., Latif, M., **Afzal, K.**, Afzal, S., Abbas, K., Yameen, M, A., Yasser, M, S, A, Amirzada, M, I., Ryan J. R. Cleary, M., Albert, A., Rizvanov, A, A., Asad. M.H.H.B, Antiprotease Activity of Indigenous Medicinal Plants against Pakistani *Echis carinatus* Venom, *Phcog Mag* 2020;16:416-21 June. **(IF: 2.197)**
3. Saadullah, M., Asif, M., Sattar, A., Rehman, K., Shah, S., Saleem, M., Ajmal, S, A, Wajid, M., Rasool, M., Uzair, M., Afzal, S., **Afzal, K.**, Cytotoxic and antioxidant potentials of ellagic acid derivatives from *Conocarpus lancifolius* (Combretaceae), *Tropical Journal of Pharmaceutical Research* May 2020; 19 (5): 1073-1080 **(IF: 2.0)**
4. Wahid, M., Ali, A., Saqib, F., Aleem, A., Bibi, S., **Afzal, K.**, Ali, A., Baig, A., Khan, S, A., Muhammad Hassam Hassan Bin Asad, M, H, H, B., Pharmacological exploration of traditional plants for the treatment of neurodegenerative disorders. *Phytotherapy Research*. PTR-190652.R3 (2020) p 1-24. **(IF: 3.76)**
5. Saadullah, M., Asif, M., Yaseen, H.S., Uzair, M. and **Afzal, K.**, 2020. Isolation, Characterization and Preliminary Cytotoxic and Antifungal Evaluations of Novel Lancifoliate Isolated from Methanol Extract of *Conocarpus lancifolius*. *Anti-cancer Agents in Medicinal Chemistry*. <https://doi.org/10.2174/1871520620666200424110923> 24 Apr 2020 **(IF: 2.18)**
6. Abas, M., Rafique, H., Shamas, S., Roshan, S., Ashraf, Z., Iqbal, Z., Raza, H., Hassan, M., **Afzal, K.**, Rizvanov, A.A. and Asad, M.H.H.B., 2020. Sulfonamide-Based Azaheterocyclic Schiff Base Derivatives as Potential Carbonic Anhydrase Inhibitors: Synthesis, Cytotoxicity, and Enzyme Inhibitory Kinetics. *BioMed Research International*, 8104107 p 1-9 2020. **(IF: 2.197)**
7. Aslam, N., Javed, T., Khalid, S., **Afzal, K.**, Shaheen, N., Fatima, S., Latif, M., Samina Afzal, Abbas, K., Yameen, M.A., Amirzada, M.I., Ryan J. R., Rizvanov, A.A. and Asad, M.H.H.B. 2020 Antiprotease Activity of Indigenous Medicinal Plants against Pakistani *Echis carinatus* Venom. *Phcog Mag* DOI: 10.4103/pm.pm-355-19. **(IF: 1.1)**
8. Aleem, A., Janbaz, K, H., Imran, I., Wahid, M., Bibi, S., **Afzal, K** and Bin, M, H, S., Anti-platelet Aggregation, Cardio-tonic, Anti-inflammatory, Antioxidant and Calcium Channel Antagonistic Potentials of *Nepeta ruderalis* Buch. *BioMed Research International*. 2096947, p 9 2020 **(IF: 2.197)**
9. Maheen, S., Rasul, A., Khan, H.U., Saadullah, M., Siddiqui, F.A., Afzal, S., **Afzal, K.** and Sharif, M. (2020) 'Development and Validation of a sensitive HPLC method for the simultaneous Estimation of Saxagliptin and Enalapril in human plasma'. *Latin American Journal of Pharmacy*. LAJP-6571-20-21654 ACCEPTED. **(IF: 0.3)**

Year 2019:

1. Glycemic and Insulinemic Responses of Vegetables and Beans Powders Supplemented Chapattis in Healthy Humans: A Randomized, Crossover Trial. *BioMed research international*, 7425367 p 1-7 2019. (IF: 2.197)
2. Asad, B., Hassan, M.H., Nazir, H., Khalid, S., Bibi, S., **Afzal, K.**, Al-Kharaman, Y.M., Ali, A., Ali, S., Shah, H.S. and Khan, M.S., 2019. Erupt of malaria, dengue and chikungunya in Pakistan: Recent insights about prevalence, diagnosis and treatment. *Pakistan journal of pharmaceutical sciences*, 32(4) 1545-1554 (IF: 0.596)
3. Fatima, S., Javed, T., Khalid, S., Shaheen, N., Aslam, N., Latif, M., Siddique, F.A., **Afzal, K.**, Bibi, S., Mohsin, S., Yameen, M.A. and Abid, S.M.A., 2019. Evaluation of different Pakistani medicinal plants for inhibitory potential against *Echis carinatus* induced Phospholipase A (2) toxicity. *Pakistan journal of pharmaceutical sciences*, 32(5), pp.2269-2277. (IF: 0.596)
4. Maheen, S., Rasul, A., Khan, H.U., Abbas, G., Saadullah, M., Siddiqui, F.A., Masood, A., Ashraf, A., Afzal, S. and **Afzal, K.**, 2019. Formulation, Characterization and Statistical Optimization of Solid Lipid Microparticles by Box-Behnken Design. *latin american journal of pharmacy*, 38(11), pp.2248-2258. (IF: 0.3)
5. Zaman Ashraf, T.M., Hassan, M., Afzal, S., Rafique, H., **Afzal, K.** and Latip, J., 2019. Dexibuprofen amide derivatives as potential anticancer agents: synthesis, in silico docking, bioevaluation, and molecular dynamic simulation. *Drug design, development and therapy*, 13, p.1643-1657. (IF: 3.2)
6. Rafiq, M., Nazir, Y., Ashraf, Z., Rafique, H., Afzal, S., Mumtaz, A., Hassan, M., Ali, A., **Afzal, K.**, Yousuf, M.R. and Saleem, M., 2019. Synthesis, computational studies, tyrosinase inhibitory kinetics and antimelanogenic activity of hydroxy substituted 2-[(4-acetylphenyl) amino]-2-oxoethyl derivatives. *Journal of enzyme inhibition and medicinal chemistry*, 34(1), pp.1562-1572. (IF: 4)
7. Afzal, S., Batool, M., Chaudhary, B.A., Uzair, M., **Afzal, K.**, and Qadir, M.I., [Anticancer activity of roots of *ziziphus mauritiana* against human breast cancer cell line \(Vol.32, No.4, July 2019, pp.1715-1716\)](#) *Pakistan journal of Pharmaceutical Sciences*. (IF: 0.8)
8. Hanif, M., Khan, H.U., Afzal, S., Majeed, A., Iqbal, N., **Afzal, K.**, Andleeb, M., Rauf, A. and Farooq, A., 2019. Formulation, characterization and optimization of nebivolol-loaded sustained release lipospheres. *Tropical Journal of Pharmaceutical Research*, 18(2), pp.223-231. (IF: 0.65)

Year 2018:

1. **Afzal, K.**, Uzair, M., Chaudhary, B.A., Akhtar, S., Ahmad, A. and Afzal, S., 2018. Isolation of squarrosal and squarrosol compounds from methanol root extract of *Ruellia squarrosa* (Acanthaceae). *Tropical Journal of Pharmaceutical Research*, 17(4), pp.647-652. (IF: 0.65)
2. Hameed, A., Manzoor, I., Akhtar, S., Hussain, M., **Afzal, K.**, Ahmed, M. (2018) "Estimation of caloric intake and lipid profile of hemodialysis patients". *International Journal of Food Science and Nutrition Volume 3; Issue 4; July 2018*. Page No. 76-79 (IF: 3.483)

Year 2017:

1. **Afzal, K.**, Uzair, M., Chaudhry, B.A., Afzal, S., Masood, A., Saadullah, M. and Qadir, M.I., 2017. Immunomodulatory, antiglycation and anti-ulcerative properties of *Ruellia squarrosa* Fenzl Acanthaceae. *Tropical Journal of Pharmaceutical Research*, 16(8), pp. 1751-1755. (IF: 0.65)
2. Zaman Ashraf, M.R., Nadeem, H., Hassan, M., Afzal, S., Waseem, M., **Afzal, K.** and Latip, J., 2017. Carvacrol derivatives as mushroom tyrosinase inhibitors; synthesis, kinetics mechanism and molecular docking studies. *PloS one*, 12(5).pp1-6. (IF: 2.77)
3. Afzal, S., Batool, M., Ch, B.A., Ahmad, A., Uzair, M. and **Afzal, K.**, 2017. Immunomodulatory, cytotoxicity, and antioxidant activities of roots of *Ziziphus mauritiana*. *Pharmacognosy magazine*, 13(Suppl 2), p.262-265. (IF: 1.1)
4. Afzal, S., Nasir, B., Hanif, M., **Afzal, K.**, Abbas, G. and Saeed, J., 2017. Extraction and Antidiabetic Evaluation of *Zaleya pentandra*. *Latin Am J Pharm*, 36, pp.1563-7. (IF: 0.3)
5. Hanif, M., Khan, H.U., Afzal, S., Mahmood, A., Maheen, S., **Afzal, K.**, Iqbal, N., Andleeb, M. and Abbas, N., 2017. Sustained release biodegradable solid lipid microparticles: Formulation, evaluation and statistical optimization by response surface methodology. *Acta Pharmaceutica*, 67(4), pp.441-461. (IF: 1.2)
6. **Afzal, S., Chaudhry, B.A., Ahmad, A., Uzair, M. and Afzal, K.**, 2017. Antioxidant, acetylcholinesterase, butyrylcholinesterase, and α -glucosidase inhibitory activities of *Corchorus depressus*. *Pharmacognosy magazine*, 13(52), p. 647-651 (IF: 1.1)
7. Khan, H.U., Sarfraz, R.M., Maheen, S., **Afzal, K.**, Afzal, S., Hanif, M., Sher, M., Mahmood, A. and Shamim, A. September 2017. Development and Evaluation of Novel Antihypertensive Orodispersible Tablets. *Pakistan journal of Pharmaceutical Sciences*. Vol. 30, No.5, , pp.1557-1565 (IF: 0.8)

8. Afzal, S., Chaudhry, B.A., Afzal, K., Saeed, J., Akash, S.H. and Qadir, M.I., 2017. Acetyl cholinesterase and butyryl cholinesterase inhibitory activities of Zaleya pentandra. *Acta Pol Pharm*, 74(3), pp.891-894. (IF: 0.8)

9. Hanif, M., Khan, H.U., Afzali, S., Khan, M.T., Afzal, K. and Iqbal, N., 2017. Sustained Release Ivabradine Lipospheres from Carnauba Wax/Stearic Acid Blend: Formulation, Evaluation, and Optimization by Central Composite Design. *Latin american journal of pharmacy*, 36(1), pp.25-36. (IF: 0.3)

10. Sarfraz, R.M., Khan, H., Maheen, S., Afzal, S., Akram, M.R., Mahmood, A., Afzal, K., Abrar, M.A., Akram, M.A., Andaleeb, M. and Haider, I., 2017. Plantago ovata: A comprehensive review on cultivation, biochemical, pharmaceutical and pharmacological aspects. *Acta Pol. Pharm*, 74, pp.739-746. (IF: 0.8)

Year 2016:

1. Afzal, S., Chaudhry, B.A., Saeed, J., Afzal, K., Ahmed, B. and Qadir, M.I., 2016. Antibacterial and antioxidant activity of methanolic extract of Zaleya pentandra. *Acta Pol Pharm*, 73(1), pp.147-151. (IF: 0.8)

2. Ismail, T., Akhtar, S., Riaz, M., Hameed, A., Afzal, K. and Sattar Sheikh, A., 2016. Oxidative and microbial stability of pomegranate peel extracts and bagasse supplemented cookies. *Journal of Food Quality*, 39(6), pp.658-668. (IF: 0.9)

3. Ashraf, Z., Rasool, R., Hassan, M., Ahsan, H., Afzal, S., Afzal, K., Cho, H. and Kim, S.J., 2016. Synthesis, bioevaluation and molecular dynamic simulation studies of dexibuprofen-antioxidant mutual prodrugs. *International journal of molecular sciences*, 17(12), p.2151. (IF: 3.2)

Year 2015:

1. Afzal, K., Uzair, M., Chaudhary, B.A. 2015. Anti-cancer activity of Ruellia squarrosa against human prostate cancer cell line. *Bangladesh Journal of Pharmacology*, 10(1), pp.97-99. (IF: 1.2)

2. Afzal, K., Uzair, M., Chaudhary, B.A., Ahmad, A., Afzal, S. and Saadullah, M., 2015. Genus Ruellia: Pharmacological and phytochemical importance in ethnopharmacology. *Acta Poloniae Pharmaceutica-Drug Research*, 72(5), p.821-827 (IF: 0.8)

3. Afzal, S., Chaudhary, B.A., Ahmad, A. and Afzal, K., 2015. Preliminary phytochemical analysis and antifungal activities of crude extracts of zaleya pentandra and corchorus depressus linn. *Acta Pol Pharm*, 72, pp.329-34. (IF: 0.8)

Year 2014:

1. Saadullah, M., Chaudary, B.A., Uzair, M. and Afzal, K., 2014. Anti-diabetic potential of Conocarpus lancifolius. *Bangladesh Journal of Pharmacology*, 9(2), pp.244-249. (IF: 1.2)

Year 2013:

1. Afzal, S., Chaudhary, B.A., Uzair, M., Afzal, K. and Bokhari, T.Z., 2013. Isolation of pentandraone from methanolic extract of aerial part of Zaleya pentandra. *Int. Res. J. Pharm*, 4(9), pp.21-23. (IF 1.03)

2. Ahmad, A., Khan, A.H., Malik, N.S., Afzal, K. and Usman, M.A., 2013. Overlooked and uncontrolled diabetes mellitus is always venomous for cardiovascular system: a case report and literature review. *International journal of diabetes research* 2(4) pp61-63. (IF : 1.023)

3. Zakaria A.D., Hassan.S., Khan.H.A., Ahmad.A. and Afzal.K. 2013, Management of Obstructive Jaundice in Pregnancy, Secondary to Cholelithiasis with Cholelithiasis. *A Challenging Scenario Clinical Practice*. Clinical Practice 2013, 2(2): 14-16 DOI: 10.5923/j.cp.20130202.03 (IF: 2.4)

Year 2011:

1. Ahmad, A., Afzal, K., Riaz, N., Jamal, H., Faryad, S. and Zafar, F., 2011. Review of treatment plans used for acute myocardial infarction in Islamabad, Pakistan. *Can J App Sci*, 1(1), pp.10-15.

BOOK CHAPTER NAMES

Here is the List:

1. Aflatoxins in Food: Health effect of aflatoxins in fetus, infants and children (ISBN 978-3-030-85762-2) (Book), Pages 99-122, 2021

2. Chapter No. 4: Passing Targeting in Cancer Targeting Therapies Conventional and Advance Perspectives (DOI: 10.1201/9781003363958-5) (Book) 312 Pages 35, 2 November 2, 2023

3. Chapter No. 10: Natural product, Nutraceuticals and Their chemistry, Book, 1st edition: Plant Secondary Metabolites Chemistry and Role A Biosynthetic and Mechanistic Approach ISBN 9781032702506, 300 Pages 24 Color & 127 B/W Illustrations, July 7, 2025 by CRC Press

ACHIEVEMENTS

Here is the list:

1. Successfully initiated and secured official approval for the establishment of the Nutrition Clinic and Wellbeing Research Center at the Medical Center, Bahauddin Zakariya University, Multan, promoting evidence-based nutrition care, clinical services, and wellbeing research (August 2026)
2. Received the Appreciation letter from Worthy Vice Chancellor B.Z. University, Multan on the behalf of The title of **Dove of Peace** on 08-3-2023
3. Session on Ager Management Award Recognition for Organizing 2022
4. Received the Appreciation letter from Worthy Vice Chancellor B.Z. University, Multan on the behalf of Advance Studies and Research Board on Evaluation of Ph.D thesis on 27-02-2017.
5. Received the Appreciation Certificate from Worthy Vice Chancellor B.Z.University, Multan as a best Researcher 2017-2018 on 05-12-2018 Organized by ORIC Department B.Z.University, Multan.

POPULAR ARTICLES

Here is the list:

1. **Khurram Afzal**. "A popular Article published in Express Newspaper on 20-04-2023 entitled "Benefits of Vit-D and Calcium (Ca), Food ingredients are every essential for human growth and health".
 2. **Khurram Afzal**. "A popular Article published in Daily Nawai Waqt Newspaper on 19-11-2018 entitled "Role of Healthy Food in Preventing Cancer diseases".
 3. **Khurram Afzal**. "A popular Article published in Daily Nawai Waqt Newspaper on 03-09-2018 entitled "Unhealthy Food cause of cardiovascular diseases".
 4. **Khurram Afzal**. "A popular Article published in Daily Nawai Waqt Newspaper on 5-6-2017 entitled "Role of Healthy Food in Preventing Cardiovascular diseases".
 5. **Khurram Afzal**. "A popular Article published in Daily Nawai Waqt Newspaper on 8-8-2016 entitled "Role of fruits and vegetables in reducing hypertension".
- Khurram Afzal**. "A popular Article published in Roznama Sultan Newspaper on 21-5-2021 entitled "Effects of fast Food in our Health".

ABSTRACT PUBLISHED

Year 2024:

1. Hafiz Muhammad Fayyaz, Muhammad Zahid Khawar, **Khurram Afzal**, Talha Iqbal1, Naeem Sarwar, Rabiya Shamim, Sharim Asghar, Zunaira Rasheed, GARDEN CRESS WITH MULTIPLE HEALTH AND ECONOMIC APPROACHES, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
2. **Khurram Afzal**, Saeed Akhtar, Wisha Saeed, Ayesha Saeed, Talha Iqbal1, Naima Tariq, NUTRITIONAL STRATEGIES FOR MANAGING AUTOIMMUNE DISEASES, International Conference , Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
3. **Khurram Afzal**, Saeed Akhtar, M-Tauseef Sultan, Wisha Saeed, Rabiya Shamim, Zunaira Rasheed, Muhammad Usman Khalid, Hassan Raza, DECONSTRUCTING DIETARY DOGMA: MANIFESTING THE ROLE OF MYTH- BUSTING IN FOOD SECURITY AND NUTRITIONAL INNOVATION, International Conference , Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
4. Muhammad Naeem Zubairi, **Muhammad Khurram Afzal**, Naeem Sarwar, THE EXPLORES THE POTENTIAL AND CHALLENGES OF INNOVATION IN FOOD AND NUTRITION SECURITY, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024

5. Muhammad Naeem Zubairi, **Muhammad Khurram Afzal**, Talha Iqbal, Naeem Sarwar, DEGRADATION OF AFLATOXIN THROUGH SELECTED INDIGENOUS MEDICINAL PLANT, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
6. **Naeem Sarwar**, Khurram Afzal, Talha Iqbal, Muhammad Usman Khan, STEVIA REBAUDIANA AS NATURAL SWEETENER IN THE DEVELOPMENT OF LOW- CALORIE BISCUITS: SENSORY AND NUTRITIONAL EVALUATION, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
7. Naeem Sarwar, Farooq Hafeez, Muhammad Usman Khan, Muhammad Tauseef Sultan, **Khurram Afzal**, Muhammad Adnan Amjad, THE MULTI CEREAL REVOLUTION: DEVELOPING BREAD FROM INDIGENOUS SOURCES, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
8. Rabiya Shamim, **Dr Khurram Afzal**, Dr M-Tauseef Sultan, Zunaira Rasheed, Hafiz Muhammad Fayyaz, Sharim Asghar, BEYOND THE SPICE RACK: EXPLORING THE UNTAPPED NUTRACEUTICAL POTENTIAL OF TRIGONELLA CORNICULATA FOR FOOD SECURITY AND PERSONALIZED NUTRITION, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
9. Rabiya Shamim, **Dr Khurram Afzal**, Dr M-Tauseef Sultan, Zunaira Rasheed, Iqra Baig, Naima Tariq¹, Naeem Sarwar, Talha Iqbal, Muhammad Israr, NATURE'S MULTIVITAMIN: SCRUTINIZING THE NUTRACEUTICAL POWER OF FENUGREEK (TRIGONELLA FOENUM- GRAECUM) FOR A FOOD-FIRST APPROACH TO HEALTH SECURITY, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024

Year 2024:

1. Rabiya Shamim, **Dr Khurram Afzal**, Dr M-Tauseef Sultan, Zunaira Rasheed, Muhammad Usman Khalid, Hassan Raza, Ahmad Mujtaba, SILOED SOLUTIONS NO MORE: A SYSTEMS-BASED APPROACH TO INNOVATION IN PAKISTAN'S FOOD SECURITY AND NUTRITION, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
2. Rabiya Shamim, **Dr Khurram Afzal**, Dr M-Tauseef Sultan, Zunaira Rasheed, Muhammad Usman Khalid, Hannia Habib, Nwal Afzal, Ghulam Jillani, NOURISHING A NATION: A ROADMAP FROM VULNERABILITY TO VIABILITY FOR INNOVATION-DRIVEN FOOD SECURITY AND NUTRITION IN PAKISTAN, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
3. Sharim Asghar, **Khurram Afzal**, M-Tauseef Sultan, Talha Iqbal, Muhammad Israr, Ali Raza, NANOTECHNOLOGY IN FOOD AND AGRICULTURE: OPPORTUNITIES AND CHALLENGES, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
4. Sharim Asghar, **Khurram Afzal**, Adnan Amjad, Hassan Raza, Talha Iqbal, Naeem Sarwar, NAVIGATING FOOD, WATER, AND ENERGY CHALLENGES IN DEVELOPING COUNTRIES: NEXUS-BASED SOLUTIONS, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
5. Sharim Asghar, **Khurram Afzal**, Adnan Amjad, Usman Khalid, Nwal Afzal, BALANCING LIVESTOCK CONTRIBUTIONS TO FOOD SECURITY AND ENVIRONMENTAL SUSTAINABILITY, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
6. Sharim Asghar, **Khurram Afzal**, M-Tauseef Sultan, Zunaira Rasheed, Hafiz Muhammad Fayyaz, Rabiya Shamim, THE EFFECT OF SWERTIA CHIRAYATA POWDER IN CONTROLLING BLOOD GLUCOSE LEVELS: EXPERIMENTAL STUDY IN DIABETIC MICE, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024
7. Talha Iqbal, **Khurram Afzal**, M-Tauseef Sultan, Rabiya Shamim, CULTIVATING RESILIENCE: INTEGRATING INNOVATION FOR FOOD SECURITY AND NUTRITION IN A CHANGING PAKISTAN, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024

Talha Iqbal, Sharim Asghar, **Khurram Afzal**, M-Tauseef Sultan, Rashid Ali, INNOVATIONS IN FOOD AND NUTRITION SECURITY: ADDRESSING CHALLENGES AND EMBRACING OPPORTUNITIES, International Conference, Innovations in Food & Nutrition Security; Challenges and opportunities, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan, 04 April, 2024

Year 2023:

1. Ali Sher Kashif, Adnan, Amjad, Muhammad, Tauseef Sultan,, **Muhammad Khurram Afzal**, Mitigation of pesticide residues in fruits and vegetables by the technique of saponin extracts from food products in south Punjab, Pakistan. Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023
2. Ersae Naeem,, **Muhammad Khurram Afzal** and Muhammad Naeem Zubairi, Water borne microbial disease control in food, Pakistan. Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023
3. Hafiz Muhammad, Fayyaz, **Khuram Afzal**, Muhammad Zahid Khawar, Factors contributing to household food insecurity in Pakistan, Pakistan. Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023
4. Naeem Munawar, **Muhammad Khurram Afzal**, Muhammad Naeem Zubairi and Naeem Sarwar, Mitigating the effects of food, Pakistan, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023
5. Syed Zeest Abbas, Muhammad Khurram Afzal and Muhammad Naeem Zubairi, Naeem Sarwar, Food security in Asia during covid-19 pandemic, Pakistan, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023
6. Sharim Asghar, **Khurram Afzal**, Saeed Akhtar, Muhammad Tauseef Sultan, Rabiya Shamim, Hafiz Muhammad Fayyaz, Ali Raza, and Maham Nadeem, Food crisis in Pakistan: focus should be diverted on food distributions, Pakistan, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023
7. Rabiya Shamim*, M. Tauseef Sultan, **Khurram Afzal**, Sharim Asghar, Maham Nadeem, Ali Raza, Hafiz Muhammad Fayyaz, Food inflation-a serious threat to food security, subsequently leading to malnutrition in , Pakistan, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023
8. Muhammad Younis, **Khurram Afzal**, M. Tauseef Sultan*, Saeed Akhtar, Tariq Ismail and Muhammad Usman Khalid Comparative study of nutritional composition, antioxidant properties of leaf and stem of bathua (*Chenopodium album*) and their utilization in cupcakes, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023
9. Muhammad Naeem Zubairi, **Muhammad Khurram Afzal**, Muhammad Usman Khalid and Mohib Ali Aabdi, Phytochemical and bio-safety evaluation stevia rebaudiana leaves based functional tea, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023
10. **Muhammad Khurram Afzal***, Saeed Akhtar, Muhammad Tauseef Sultan, Tariq Ismail, Muhammad Naeem Zubairi and Laraib Aziz Joher, Exploring the effects of chia (*Salvia hispanica* L.) mucilage against hypertension in hyperlipidemic patients, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023
11. Muhammad Khurram Afzal*, Saeed Akhtar, Muhammad Tauseef Sultan, Tariq Ismail, Ersae Naeem, Muhammad Naeem Zubairi, Effective causes of global food crises leading towards malnutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023
12. Sharim Asghar, M. Tauseef Sultan, **Khurram Afzal**, Rabiya Shamim, Hafiz Muhammad Fayyaz Ali Raza, Maham Nadeem Preventing the upcoming global food crisis Pakistan, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 08-09, 2023

Year 2022:

1. **Khurram Afzal**, Saeed Akhtar, Tariq Ismail, Tauseef Sultan, Tariq Ismail, Naeem Zubairi, Laraib aziz. Exploring the effects of Chia (*Salvia hispanica* L) mucilage against hypertension in Hyperlipidemic patients. International conference on "Food and Nutritional" organized by Institute of food science and nutrition, Gomal University, Dera Ismail Khan on August 18- 20, 2022
2. Naeem Zubairi, **Khurram Afzal**, Saeed Akhtar, Majid Hussain, Tauseef Sultan. Phytochemical and bio-safety evaluation of *Stevia rebaudiana* leaves based functional tea. International conference on "Food and Nutritional" organized by Institute of food science and nutrition, Gomal University, Dera Ismail Khan on August 18- 20, 2022.
3. Naeem Zubairi, Saeed Akhtar, **Khurram Afzal**, Amir Ismail. Assesment of Aflatoxins degradation of selected Indigenous Medicinal plants. International conference on "Food and Nutritional" organized by Institute of food science and nutrition, Gomal University, Dera Ismail Khan on August 18- 20, 2022.

Year 2019:

1. **Khurram Afzal**, Muhammad Uzair, Bashir Ahmad Chaudhary, Samina Afzal. Isolation and Pharmacological Investigation of anticancer activity of Squarroic Acid from methanolic extracts of *Ruellia squarrosa* roots. Recent trends in advancement of pharmaceutical sciences organized by Faculty of Pharmacy B.Z.U University, Multan on 14 Feb, 2019.
2. **Khurram Afzal**, Muhammad Uzair, Bashir Ahmad Chaudhary, Samina Afzal. Isolation of Squarrosal and Squarrosol from methanol extract of *Ruellia squarrosa*. Recent trends in advancement of pharmaceutical sciences organized by Faculty of Pharmacy B.Z.U University, Multan on 14 Feb, 2019.
3. **Khurram Afzal**, Ahsan Sattar, M. Tauseef Sultan, Sajid Ali. Optimization of alcohol production from fruits waste (apple and banana) by using *saccharomyces cerevisiae*. 4th International conference on "Food and Nutritional security in changing climate" organized by Institute of food science and nutrition B.Z.U University, Multan on march 3- 4, 2019
4. **Khurram Afzal**, Saeed Akhtar, Tariq Ismail, Hafiz Rehan Nadeem and Fazeela Zafar. Nutritional evaluation and development of beverage from bitter gourd, aloe vera and ginger extract. 4th International conference on "Food and Nutritional security in changing climate" organized by Institute of food science and nutrition B.Z.U University, Multan on march 3- 4, 2019
5. **Khurram Afzal**, Saeed Akhtar, Tariq Ismail, Hafiz Rehan Nadeem and Hammad Baseer. Nutritional assessment of diabetic patient in Southern Punjab, Pakistan. 4th International conference on "Food and Nutritional security in changing climate" organized by Institute of food science and nutrition B.Z.U University, Multan on march 3- 4, 2019.
6. **Khurram Afzal**, M. Tauseef Sultan, Sonia Saeed, Saba Iqbal. Study of hypertension with diet and lifestyle. 4th International conference on "Food and Nutritional security in changing climate" organized by Institute of food science and nutrition B.Z.U University, Multan on march 3- 4, 2019.
7. **Khurram Afzal**, M. Tauseef Sultan, Sonia Saeed, Saba Iqbal. Academic performance among breakfast eaters and non eaters. 4th International conference on "Food and Nutritional security in changing climate" organized by Institute of food science and nutrition B.Z.U University, Multan on march 3- 4, 2019.
8. **Khurram Afzal**, Saeed Akhtar, Tariq Ismail and Sumbal Nayab. Biological and nutritional properties of fenugreek medicinal plant. 4th International conference on "Food and Nutritional security in changing climate" organized by Institute of food science and nutrition B.Z.U University, Multan on march 3- 4, 2019.
9. Ashfaq Ahmad, **Khurram Afzal**, Munavvar A. Sattar, Safia A. Khan, Nor A. Abdullah, Edward J. Johns. L-arginine in drinking water enhanced the expression of eNOS in the myocardium ameliorates the progression of left ventricular hypertrophy. 4th International conference on "Food and Nutritional security in changing climate" organized by Institute of food science and nutrition B.Z.U University, Multan on march 3- 4, 2019.
10. Muhammad Younis, **Khurram Afzal**, M. Tauseef Sultan and M. Suffyan Saddique. Nutritional significance of traditional leafy vegetables and their antioxidant potential. 4th International conference on "Food and Nutritional security in changing climate" organized by Institute of food science and nutrition B.Z.U University, Multan on march 3- 4, 2019.
11. Hafiz Rehan Nadeem, Saeed Akhtar, Tariq Ismail, **Khurram Afzal**, Kashif Akram. Emerging standards for sustainable food business-haccp, taccp. Grip's International Conference of Food-Agriculture Sciences and Technologies (IC-FAST) 15-17 January, 2019 Organized by Punjab University, Lahore-Pakistan

Year 2018:

1. Hafeez Ullah Khan and **Khurram Afzal**. Formulation characterization and optimization by response surface methodology of NSAIDS loaded controlled release hydrogels. One Day National Conference on Recent advancement in pharmaceutical sciences organized by college of pharmacy ,University of Sargodha on 7-8, March, 2018.
2. **Khurram Afzal**, Majid hussain, Sumbal nayyab, Aneela hameed, Hafiz Rehan Nadeem. Biological and nutritional properties of Fenugreek. International Conference on plant based food Organized by Food Science dept MNS-University of Agriculture, Multan on March 5-6, 2018.
3. Hafiz Rehan Nadeem, Kashif Akram, **Khurram Afzal**, Umar Farooq, Afshan Shafi, Akash Zahid. Bactericidal Potential of prickly pear aqueous extracts against Food borne pathogens. International Conference on plant based food Organized by Food Science dept MNS-University of Agriculture, Multan on March 5-6, 2018.

Year 2017:

1. **Khurram Afzal**, Nimra Sattar. Effect of various preservation technologies on nutritional profiling of citrus and apple juices. 11th International Biennial Conference of Pakistan society for microbiology Organized by Institute of Food Science and Nutrition B.Z. University, Multan and Pakistan society for microbiology on December 18-20, 2017.

2. **Khurram Afzal**, Sajid Malik, Ahsan Sattar Sheikh, Ahmad Raza. Optimization of alcohol production from fruit waste (Apple and Banana) by using *Saccharomyces cerevisiae*. 11th International Biennial Conference of Pakistan society for microbiology Organized by Institute of Food Science and Nutrition B.Z. University, Multan and Pakistan society for microbiology on December 18-20, 2017.

3. Tayyaba Fatima, Tariq Ismail, **Khurram Afzal**. Lipids modulating responses of cinnamon and honey mixture in hypercholesterolemic albino rats. Two Days International Conference on safe food for all and food expo 2017 organized by Institute of Food Science and Nutrition B.Z. University, Multan and Higher Education Commission, Pakistan on 2-3, March, 2017.

4. Tayyaba Fatima, **Khurram Afzal**, Tariq Ismail. Association of chronic diarrhea with nutritional anemia: A Case Study. Two Days International Conference on safe food for all and food expo 2017 organized by Institute of Food Science and Nutrition B.Z. University, Multan and Higher Education Commission, Pakistan on 2-3, March, 2017.

Year 2016:

1. **Khurram Afzal**, Muhammad Uzair, Bashir Ahmad Chaudhary. Anticancer activity of *Ruellia squarrosa* against human prostate cancer cell line. National conference on Recent Innovations in Pharmaceutical Sciences on 25-26, October, 2016 organized by Riphah Institute of Pharmaceutical Sciences, Islamabad. Pakistan.

SEMINARS/WORKSHOPS

Here is the list:

- Certificate of Gratitude in one day seminar held on Good Deeds Day 2026 for your devotion, initiative, commitment, and your big heart for over two decades.
- Participation in one day seminar "The Science of Remembering: First Step to Academic Success – SDG 4: Quality Education through Scientific Approach of Learning" organized by the Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan on January 30, 2025.
- Participation as Organizer in one day training workshop on "Capacity Building & Teaching Methodology on Test Structuring" organized by the Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan on February 15, 2025.
- Participation as Co-Organizer in one day seminar "Climate Change Challenging Food Security" organized by the Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 12, 2025.
- Participation as Co-Organizer in one day seminar "Cognitive Health" organized by the Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan, Pakistan on March 19, 2025.
- Participation as Organizer at national level in three-day workshop on "Scientific Article Writing and Statistical Analysis for Nascent Researchers" on January 30, 2024.
- Participation in "Capacity Building Training" organized by Farmers Development Organization, DOABA Foundation, and Welthungerhilfe from March 5–7, 2024.
- Participation as Organizer in one day seminar on "Skills Building of Future Leaders" organized by the Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan on March 21, 2024.
- Participation as Participant/Speaker at international level in the "International Conference on Innovations in Food & Nutrition: Challenges & Opportunities" organized by the Department of Human Nutrition, Bahauddin Zakariya University, Multan on April 4, 2024.
- Participation as Participant at national level in "Project Awareness Seminar and Training Workshop" organized by Pakistan Scientific and Technological Information Center (PASTIC) at Bahauddin Zakariya University, Multan on May 6, 2024.
- Participation as Organizer at national level in seminar "Research to Business: Academia to Industry Transformation" organized by the Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan on May 16, 2024.
- Participation as Organizer in one day seminar on "Diabetes Friendly Product Development Competition" organized by the Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan on November 14, 2024.
- Participation as Organizer in one day seminar on "Nutritional Awareness & Assessment Camp" with the theme "Healthy You, Healthy Tomorrow" organized by the Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan on December 16, 2024.
- Participation as Organizer in one day seminar on "Arts Competition on the Topic: 1000 Golden Days" organized by UNICEF and Qatar Charity in collaboration with the Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan on September 30, 2024.
- Participation as Organizer in one day seminar on "World Diabetes Week" organized by the Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan on November 17, 2023.

Here is the list:

1. Participation in one day seminar on World Diabetes Day ; Diabetes mellitus and Preventive Nutrition: A way Forward Organized by Department of Human Nutrition, Faculty of Food Science and Nutrition Bahauddin Zakariya University, Multan on November 14, 2022
2. Participation in one day seminar on Safe life; Safe Nation Organized by Department of Dairy Science and Technology, Faculty of Food Science and Nutrition Bahauddin Zakariya University, Multan on November 23, 2022
3. Participation in one day seminar on Enhancing the effort for improved Nutrition & Resilience through SUN Academia and Research Network on October 14, 2022
4. Participation in one day seminar on Word Dubieties Day Organized by Institute of Food Science and Nutrition Bahauddin Zakariya University, Multan on November 14, 2022
5. Participation in one day seminar on Pakistan Nutritionists Convention 2021 Organized Nutritionist & Dietitian Societies-NDS and Department Human Nutrition & Dietetics, The Islamia University Bahawalpur, December, 14, 2021
6. Participation in one day seminar on World Cancer Day by Institute of Food Science and Nutrition Bahauddin Zakariya University, Multan on February 04, 2022
7. Participation in one day seminar on "English for life" Organized by Institute of Food Science and Nutrition B.Z. University, Multan on March 27, 2019.
8. Participation in One Day International Seminar on "Standardization of natural products: opportunities for commercialization" Organized by Faculty of Pharmacy, B.Z. University, Multan on November 9th, 2018.
9. Participation in One Day Awareness Seminar on "Technology Development Fund" (TDF) Organized by ORIC B.Z. University, Multan and H.E.C Islamabad on May 15, 2018.
10. Participation as a Organizer in One Day Workshop on "Manuscript writing Skills" Organized by Institute of Food Science and Nutrition B.Z. University, Multan on May 3, 2018.
11. Participation as a Organizer in International Seminar on "Current issues in Food Safety" Organized by Institute of Food Science and Nutrition B.Z. University, Multan and MNS-University of Agriculture, Multan on March 4, 2018.
12. Participation as a Speaker in 11th International Biennial Conference of Pakistan society for microbiology Organized by Institute of Food Science and Nutrition B.Z. University, Multan and Pakistan society for microbiology on December 18-20, 2017.
13. Participation as a Organizer in 11th International Biennial Conference of Pakistan society for microbiology Organized by Institute of Food Science and Nutrition B.Z. University, Multan and Pakistan society for microbiology on December 18-20, 2017.
14. Participation in One Day workshop on "AMR Challenges and infection control" Organized by Institute of Food Science and Nutrition B. Z. University, Multan and Pakistan society for microbiology on December 18-20, 2017.
15. Participation in One Day workshop on "Research ethics and integrity" Organized by Institute of Food Science and Nutrition B. Z. University, Multan and Pakistan society for microbiology on December 18-20, 2017.
16. Participation in One Day workshop on "Role of Society and Academia" Organized by Institute of Food Science and Nutrition B. Z. University, Multan on December 11, 2017.
17. Participation in One Day workshop on "Microbial changes in Food Safety" Organized by Institute of Food Science and Nutrition B. Z. University, Multan and ASM- BZU Bio resource centre Multan on November 7, 2017.
18. Participation in three Day training workshop on "English for Academic Purposes" Organized by ORIC Department B.Z.University, Multan and HEC Islamabad, on October 11-13, 2017.
19. Participation in One day Awareness seminar on "HORIZON 2020" Organized by Pakistan Science Foundation, Islamabad and ORIC Department B.Z.University, Multan on August 24, 2017.

Here is the list:

1. Participation in One Day training workshop on "Food Product Development-Key to Success" Organized by Institute of Food Science and Nutrition B. Z. University, Multan and ORIC Department B.Z.University, Multan on August 29, 2017.
2. Participation in One Day seminar on writing successful research proposal Organized by ORIC Department B.Z.University, Multan on August 23, 2017.
3. Participation in Three Days Training Workshop on "The Role of Faculty in the protection of Human Rights" Organized by, Dept of Islamic Studies B.Z.University Multan on 16-18 August, 2017.

4. Participation in One Day training Workshop for Public Relations Officers of Public Sector Universities of Punjab Organized by Media and Publication Cell Punjab Higher Education Commission on 1st April, 2017.
5. Organizer in Two Days Training Workshop on Understanding ENDNOTE and NVIVO-Research Made Easy Organized by ORIC Department B.Z.University, Multan on 10-11 May, 2017.
6. Organizer in Annual Faculty Sports Gala 2016-2017 organized by Academic staff Association, B.Z. University, Multan Pakistan on 24-02-2017.
7. Participation in One Day training Workshop on Tools and Methods in Research writing Organized by Department of Soil Science B.Z. University, Multan Pakistan on 18 April, 2017.
8. Organizer in 14th Convocation B.Z. University, Multan in Hall and Seating arrangement Committee on 26, December, 2017.
9. Organizer in 14th Convocation B.Z. University, Multan in Printing and Press Liaison Committee on 26, December, 2017.
10. Organizer in 13th Convocation B.Z. University, Multan in Hall and Seating arrangement Committee on 16, December, 2016.
11. Organizer in 13th Convocation B.Z. University, Multan in Press and Liaison Committee
a. On 16, December, 2016.
12. Participation in Two days Nationwide Exhibition and Mega event in Dice-Invent organized by Institute of Business Administration, Karachi Pakistan on 19th-20th December, 2016.
13. Organizer in One day training workshop on “Up Gradation of various skills to be part of Professional Life” Organized by Institute of Food Science and Nutrition B. Z. University, Multan on 15 November, 2016.
14. Participation in One Day training Seminar on “Road to Success” Organized by Institute of Food Science and Nutrition B. Z. University, Multan and Career Development Center on 23 November, 2016.
15. Participation in One Day training Workshop on “Selection of Research Title and Research Methodologies” Organized by Institute of Food Science and Nutrition B. Z. University, Multan on 19th May, 2016.
16. Organizer in 13th Convocation B.Z. University, Multan in Hall and Seating arrangement Committee on 12, March, 2015.
17. Seminar on Emerging infectious diseases and diagnostics organized by Department of Food Science and Technology and American Society for Microbiology on Feb 12, 2014.
18. Workshop on End note-1 clicks solution for Researchers organized by Department of Food Science and Technology and American Society for Microbiology on May 22, 2014.
19. Seminar on Food Safety and Health, challenges and Solutions organized by Department of Food Science and Technology and Higher Education Commission, Pakistan on June 11, 2014.
20. Organizer in Workshop entitled Biosafety in Pakistan-Challenges and Solutions organized by Department of Food Science and Technology on 24 November, 2014.
21. Workshop on Clinical Pharmacy in a Global Perspective in Pakistan organized by University of Lahore-Islamabad Campus and Shaukat Khanum Memorial Cancer Hospital and Research Centre on 7-4-2012 at University of Lahore-Islamabad Campus.
22. Symposium on Hospital Pharmacy practice organized by Society of hospital pharmacist of Pakistan on 18th July 2009 at Riphah Institute of Pharmaceutical Sciences, Islamabad.

CONFERENCES

Here is the list:

1. Participation as Event participant in 8th two day International Conference on Global Halal Food Industry: Insight from Pakistan organized by Institute of Islamic Studies, Islamic Research Center and Faculty of Food Science and Nutrition, B.Z.U, Multan (Pakistan), April 24- 25, 2025
2. Participation as Event Organizer in two day Allama Iqbal Conference speech competition held at Department of human nutrition, Faculty of Food Science and Nutrition, B.Z.U, Multan (Pakistan) organized by Young Pakistan Organization Multan, Multan Unity Lions Club, November 08- 09, 2024
3. Participation as Organizer in 8th two day International Conference on Global Halal Food Industry: Insights From Pakistan” Jointly Institute of Islamic Study, Research Centre and Faculty of Food Science and Nutrition, B.Z.U, Multan (Pakistan) April 24- 25, 2024
4. Participation as a Speaker in 32nd Conference of Food Crises in Pakistan” Organized by Pakistan Society of Food Scientists and Technologist at Faculty of Food Science and Nutrition, B.Z.U, Multan March 08- 09, 2024.

5. Participation as a community Volunteer for delivering sessions on nutrition, promotion, end of child wasting key family practices and SBC in coordination with IRMNCH and Qatar Charity" Organized by Pakistan Society of Food Scientists and Technologist at Faculty of Food Science and Nutrition, B.Z.U, Multan November and December, 2024.
6. Participation in 5st All Pakistan Nutritionist Convention" Organized by Nutrition & Dietitians Society-NDS and , Faculty of Food, Nutrition and Home Science at University of Agriculture, Faisalabad on November 27, 2023
7. Participation in 4st Pakistan Nutritionist Convention" Organized by Department Human Nutrition , FFSN, BZU, Multan on December 15, 2022
8. Participation in 1st Pakistan Food-Nutrition International Summit" Organized by National Alliance for safe food on July 10- 11, 2019.
9. Participation in Three days International Conference on Recent trends in advancement of pharmaceutical sciences organized by Faculty of Pharmacy B.Z.U University, Multan on 14-16 Feb, 2019.
10. Participation as a Organizer and speaker in 4th International Conference on "Food and Nutritional security in changing climate" Organized by Institute of Food Science and Nutrition B.Z. University, Multan on March 3- 4, 2019.
11. Participation as a Organizer in Sufi International Conference Organized by Islamic studies department B.Z. University, Multan on November 8, 2018
12. Participation as a Speaker in One Day National Conference on Recent advancement in pharmaceutical sciences organized by college of pharmacy ,University of Sargodha on 7-8, March, 2018.
13. Participation as a Speaker and organizer in 11th International Biennial Conference of Pakistan society for microbiology Organized by Institute of Food Science and Nutrition B.Z. University, Multan and Pakistan society for microbiology on December 18-20, 2017.
14. Participation in Two Days International Conference on 14th Annual conference of Medical microbiology and infectious diseases society of Pakistan on One world One Health organized by Nishtar medical college and hospital Multan on 10-11, March, 2017.
15. Participation in Two Days International Conference on Foods of Animal Origin organized by National Institute of Food Science and Technology, Faisalabad Pakistan on 30-31, March, 2017.
16. Organizer in Two Days International Conference on safe food for all and food expo 2017 organized by Institute of Food Science and Nutrition B.Z.University, Multan and Higher Education Commission, Pakistan on 2-3, March, 2017.

Here is the list:

1. Organizer in Two Days International Conference on Malnutrition Kills, Can we see the writing on the wall and Food Expo 2016 organized by Institute of Food Science and Nutrition B.Z.University, Multan and Higher Education Commission, Pakistan on 7-8, April, 2016.
2. Participation in Two Days National Conference on Recent Advances in Functional Foods organized by University of Veterinary and Animal Sciences, Lahore and Higher Education Commission, Pakistan on 5-6 October, 2016.
3. Participation in One day International Seminar on Expanding Eastern Medicine For Health of All organized by BEMS Medical Association Pakistan in collaboration with Faculty of Pharmacy B. Z. University, Multan Pakistan on 10th November, 2016.
4. Organizer in Two Days International Conference on Malnutrition in South Asia: The Peril Persists and Food Expo 2015 organized by Department of Food Science and Technology and Higher Education Commission, Pakistan on 23-24 February, 2015.
5. Post Conference Workshop on Community Based Management of Acute Malnutrition in Pakistan organized by Department of Food Science and Technology and Higher Education Commission, Pakistan on 25 February, 2015.
6. 17th International Pharmacy Conference and exhibition 19th-21st April 2012 at Marriott hotel Islamabad, Pakistan.
7. 1st National Conference of patient Care Pharmacist in April 17-20, 2011 at Shifa International hospital, Islamabad.

RESEARCH PROJECTS

Here is the list:

1. Awarded Research Project titled "Phytochemical and Biological Studies of *Ruellia squarrosa* (Acanthaceac)" by Directorate of Research and external linkages, Bahauddin Zakariya University Multan. 3,26,400/- (2015 - 2016)
2. Awarded Research Project titled "Phytochemical and Biological Studies of *Ephedra Ciliata*" by Directorate of Research and external linkages, Bahauddin Zakariya University Multan. 150,000/- (2015 - 2016)

3. Awarded Research Project titled "Positive role of Cinnamon and honey on lipid profile and glucose tolerance among hypolipidemic rats" by Directorate of Research and external linkages, Bahauddin Zakariya University Multan. 200,000/- (2016 - 2017)
4. Awarded Research Project titled "Biological and Nutritional properties of Fenugreek" by Directorate of Research and external linkages, Bahauddin Zakariya University Multan. 147,900/- (2017-2018)
5. Awarded Research Project titled "Proximate analysis and development of beverage from Bitter gourd, Ginger and Aloe Vera" by Directorate of Research and external linkages, Bahauddin Zakariya University Multan. 150,000/- (2018 - 2019)
6. Awarded Research Project titled "Development of Value Added Nutritious Food Products Using Dried Leafy Vegetables by Directorate of Research and external linkages", Bahauddin Zakariya University Multan. 490,000/- (2019 - 2020)
7. Awarded Research Project titled "Phytochemical and Biosafety evaluation for Cassia Fistula Pods based functional tea through albino rats model" by ORIC Bahauddin Zakariya University Multan. 390,000/- (2021 - 2022)
8. Awarded Research Project titled "Antioxidant and Hypolipidemic Potential of Trigonella Foenum Graecum and Trigonella Corniculata: Rodent Modeling Study" Bahauddin Zakariya University Multan. 200,000/- (2024)

PHD STUDENT SUPERVISION

1. Muhammad Naeem Zubairi: roll # Ph-FST-19M-02, Reg #, 2017-ag-70, 2019-2024 (Ph.D.), Phytochemical and Bio-Safety Evaluation of Cassia fistula pods Based functional Tea

MPHILL STUDENTS SUPERVISED

Here is the list:

1. Rabiya Shamim 2022-2024 (M.Sc), Antioxidant and Hypolipidemic Potential of Trigonella foenum-graecum and Trigonella corniculata: Rodent Modeling Study
2. Ersa Naeem 2022-2024 (M.Sc), supplementation of Butea monosperma in bread and exploring it's antidiabetic potential
3. Hafiz Muhammad Fayyaz 2022-2024 (M.Sc), Functional and nutraceutical scenario of Asario (lepidium sativum)Seeds
4. Maham Nadeem 2022-2024 (M.Sc), Impact Assessment of Malnutrition and Nutrient Intake on Women Health and Growth of Neonates: A Case Study of Geriatric Pregnancies
5. Ali Raza 2022-2024 (M.Sc), Association of Hidden Hunger and Dietary Pattern with Recovery of Patients Suffering from Hyper-Metabolism: A Case Study of District Multan
6. Sharim Asghar 2022-2024 (M.Sc), Antioxidant and anti diabetic properties of Swertia Chirayata powder
7. Ayesha Saeed 2022-2024 (M.Sc), Effect of Cabbage oil in the treatment of diabetes.
8. Syeda Zeest Abbas 2022-2024 (M.Sc), :Examine the phytochemicals and functional properties of broccoli powder through value added product -Durum Wheat Pasta
9. Rashid Ali 2022-2024 (M.Sc), Production of Nature Sugarcane juice Vinegar Using different varieties of sugarcane: A comparative study
10. Farah Aftab 2022-2024 (M.Sc), Exploring antioxidant and hepatoprotective potential of Bauhenia Variegata
11. Naeem Sarwar 2021-2023 (M.Sc), Utilization of Stevia rebaudiana for the purpose of Low Caloric biscuits.
12. Zainab Javaid 2021-2023 (M.Sc), Effect of apple cider vinegar on weight management among overweight/obese people in Lahore
13. Naeem Munawar 2021-2023 (M.Sc), Carrot (Daucus carota L.) Industrial Waste Management for the Production Value Added Food Products
14. Hira Shafique 2021-2023 (M.Sc), Formation of Cucumis mentha Supplemented Juice to enhance their Nutritional Values
15. Tayyaba Fatima 2015-2017. Thesis titled "Lipids modulating responses of cinnamon and honey mixture in hypercholesterolemic albino rats."
16. Sumbal Nayyab 2015-2017. Thesis titled "Biological and nutritional properties of Fenugreek".
17. Nimra Sattar 2015-2017. Thesis titled "Nutritional profiling of fruits waste during juice production".

18. Iqra Khalid 2015-2017. Thesis titled "Nutritional assessment of disables children (6-11 years) of South Punjab,Pakistan."
19. Hammad Baseer 2016-2018. Thesis titled "Nutritional Assessment of diabetic patient in southern Punjab, Pakistan."
20. Fazeela Jafar 2016-2018. Thesis titled "Nutritional evaluation and development of beverage from bitter gourd, ginger and Oloe Vera."
21. Sajid Ali Malik 2016-2018. Thesis titled "Optimization of alcohol production from fruit waste (Apple and Banana) by using *Saccharomyces cerevisiae*".
22. Safdar Abbas 2016-2018 Nutritional assessment of cardiovascular disorder patients in southern Punjab pakistan
23. Waheeda Liaqat 2016-2018. Thesis titled "Development and evaluation of low calorie drinks using stevia as natural sweetners".
24. Muhammad Ali Faisal 2017-2019. Biochemical characterization and utilization of *Capparis decidua* fruit for development of value added food products
25. Muhammad Younis 2017-2019 Development of value added nutritious food products using dried leafy vegetables
26. Ali Raza 2017-2019 Prevalence of chemical adulteration in raw and processed milk: A case study of Bahawalpur division
27. Sonia Saeed 2017-2019 Utilization of flax seed phytoestrogen to reduce post-menopausal problems in elderly women
28. Saba Iqbal 2017-2019 Utilization of soya's phytoestrogen in estrogen replacement therapy: A clinical study in elderly women
29. Naima Zafar 2017-2019 Assessment of nutritional status and associated problems among prisoner women in Southern Punjab.
30. Bushra Shahid 2018-2010 Chestnut starch based edible coatings supplemented with essential oils for shelf life increment of strawberries

Here is the list:

1. Waqas Qammar 2018-2010 Nutritional characterization of red cabbage powder and its utilization for the production of value added products
2. Kainat Arshad 2018-2010 Drying and quality evaluation of *Lagenaria Siceraria* (Bottle Gourd) powder for the development of value added cookies
3. Fatima Shahid 2018-2010 Protective effects of *Tamarindus Indica* and *Cassia Fistula* seeds supplementation against paracetamol induced liver toxicity
4. Mahrukh Zafar 2018-2010 Development and utilization of garlic silver nano-particles for treatment and management of dyslipidemia
5. Saliha binte Ali 2018-2010 Nutritional profiling of various species of *Terminalia* genus for development of functional baked products.
6. Laraib Aziz Johar 2020-2022 Exploring the effects of Chia (*Salvia hispanica* L) mucilage against hypertension in Hyperlipidemic patients
7. Qurat ul Ain Aini 2020-2022 A comparative study of Antimicrobial and antioxidant potential of *linum usitatissimum* and *trigonella foenum graecum* seeds
8. Tania Javaid 2020-2022 Determination of Heavy metals in selected breakfast cereals available in District Multan
9. Tahir Husnain 2020-2022 Biochemical and organoleptic study of *Eugenia jambolans* fruit concentrate enriched yoghurt

ADMINISTRATIVE EXPERIENCE

Here is the list:

1. Member of Examination Committee for Ph.D. Human Nutrition and Dietetics Admission Test for Spring 2025
2. Member of synopsis evaluation committee for Department Human Nutrition to evaluate the synopsis Ph.D. scholar in term regulation 4(ii) of Ph.D. program with immediate effect, 23-04-2024
3. Member of Research in Food Safety & Applied Nutrition (CRFSAN), Bahauddin Zakariya University, Multan from 05-01-2024
4. Program Coordinator for M.Sc. (Hons) Human Nutrition and Dietetics (Evening Program), Bahauddin Zakariya University, Multan from 01.10.2023-30-09-2024
5. The member of Technical Purchase Committee for the Department of Human Nutrition and Dietetic, Bahauddin Zakariya University, Multan from 08-12-2023

6. Program Coordinator for M.Sc. (Hons) Human Nutrition and Dietetics (Evening Program), Bahauddin Zakariya University, Multan from 28.02.2023
7. The member of reconstitute the Board of study of Department of Human Nutrition and Dietetic, Bahauddin Zakariya University, Multan from 24-01-2023 to 19-07-2025
8. Director Student Affairs for the Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan from 25.10.2022 to up to date.
9. Member of Departmental Examination committee for Department of human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan from 28.10.2022 to up to date.
10. Member of Departmental Discipline committee for Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan from 25.10.2022 to up to date.
11. Member of Departmental Admission committee for Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan from 20.10.2022 to up to date.
12. Member of Departmental Examination committee for Department of human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan from 20.10.2022 to up to date.
13. Member of Departmental Board of studies for Department of Human Nutrition, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan from 20.07.2022 to up to date.
14. Member of Board of faculty for Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan from 21.07.2022 to up to date.
15. Member of Board of faculty for Faculty of Food Science and Nutrition, Bahauddin Zakariya University, in accordance with the statutes 4(2) of the BZU, University Act, 1975 for the residue date from 28..02.2022 to 08.07.2024
16. Deputy Director Public Relations Bahauddin Zakariya University, Multan from 21.07.2016 to up to date.
17. Program Coordinator for B.Sc. (Hons.) Food Science and Technology.
18. Management of Research Projects for the Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.
19. Management of Departmental activities into electronic and print Media for the Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan". .
20. Member of the arrangement Committee of New Zulfiqar block for the Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.
21. Member of the arrangement Committee of Conferences, Seminars and Annual functions for the Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.
22. Member of the committee for Press and Publications of Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.
23. Patron of the patrotage committee of Zakariyan Nutrition Society of Bahauddin Zakariya University, Multan.

PROFESSIONAL MEMBERSHIP

Here is the list:

1. Member of Pakistan Society of Food Scientists and Technologist (PSFST)
2. Member of Pakistan Pharmacist Association.
3. Member of Pakistan Society Food Scientists and Technologists
4. Member of Academic Staff Association, BZU, Multan.

Join Secretary of Academic Staff Association Executive Body Election held on 07-03-2024

REFERENCES

Here as follow:

1. Prof. Dr. Saeed Akhtar

Ex Founding Dean, Faculty of Food Science & Nutrition, B.Z University, Multan.

03336106099

2. **Dr. Muhammad Riaz**

Dean Faculty of Food Science & Nutrition, B.Z University, Multan

03067905770