Curriculum Vitae

Dr. Mamoona Amir
Assistant Professor, Department of Animal Food Products Technology, Faculty of Food Science and Nutrition, Bahauddin Zakariya University, Multan (Pakistan)



Father's Name:	Amir Muhammad
Gender:	Female
Date of Birth:	February 9, 1990
Nationality:	Pakistani
Marital Status:	Married
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SUMMARY OF PROFILE

1.	Highest degree:	PhD Food Science and Technology
2.	Job experience:	More than 10 years' experience in teaching and research; currently serving as Assistant Professor, BZU
3.	Distinctions:	Research Fellowship at Cornell University (USA); First Position in M.Sc. (Hons.) Food Science and Technology
4.	Research Projects:	Awarded 4 projects as PI of total approx. PKRs. 0.5 million
5.	Research supervision:	More than 30 M.Sc. (Hons.) produced (+5in progress)
6.	Publications:	19 journal articles; 4 book chapters; 18 abstract / proceedings; 7 popular articles
7.	Conferences, seminars, etc:	34 events attended in total (many with additional roles)
8.	Teaching at university:	On average, 12 credit hours per week

EDUCATION

1. **Ph.D. Food Science and Technology**, Year completed 2020, CGPA 4.00/4.00
   Bahauddin Zakariya University, Multan (Pakistan)
   Thesis: Prevalence of antibiotic resistance in diarrheagenic *Escherichia coli* isolated from broiler (Avaialble at: http://prr.hec.gov.pk/jspui/handle/123456789/15198)
2. **M.Sc. (Hons.) Food Science and Technology**, Year completed 2013, CGPA 4.00/4.00 (Gold Medalist) Bahauddin Zakariya University, Multan (Pakistan)

Thesis: Physicochemical and microbiological assesment of street vended raw milk

3. **B.Sc. (Hons.) Agriculture (Major: Food Science)**, Year completed 2011, CGPA 3.43/4.00 as per old/stricit formula of A grade at 90% marks
   Bahauddin Zakariya University, Multan (Pakistan)
4. **F.Sc. (Biology Group)**, Year completed 2006, Marks obtained 831/1100 (76%)
   BISE Dera Ghazi Khan, Punjab (Pakistan)
5. **Matriculation (Science Group)**, Year completed 2004, Marks obtained 583/850 (69%)
   BISE Dera Ghazi Khan, Punjab (Pakistan)

PROFESSIONAL EXPERIENCE

a. **Assistant Professor (September 2020 to today)**
   Faculty of Food and Nutrition, Faculty of Agricultural Sciences and Technology, Bahauddin Zakariya University, Multan
b. **Lecturer (21-02-2014 to September 2020)**
   Institute of Food and Nutrition, Faculty of Agricultural Sciences and Technology, Bahauddin Zakariya University, Multan
c. **Superintendent of Girl's Hostel (11/2016 to 04/2018)**
   Khadija Hall, Bahauddin Zakariya University, Multan
d. **Part-time Teacher (09/2012 to 01/2014)**
   Department of Food Sciences, University College of Agriculture, Bahauddin Zakariya University, Multan
e. **Research Assistant (04/2013 to 01/2014)**
   Higher Education Commission funded project entitled "Safety Status of Street Vended raw milk in Southern Punjab" at Department of Food Science and Technology, Bahauddin Zakariya University, Multan, Pakistan

FELLOWSHIPS, HONOURS, CERTIFICATES, TRAININGS AND AWARDS

1. Research Fellowship at Cornell University (USA) under International Research Support Initiative Program of Higher Education Commission (Pakistan) – from 12/2015 to 06/2016
2. First Position (Gold Medal) in M.Sc. (Hons.) Food Science and Technology (Session 2012-13)
3. Internship Research (February-April 2011) on 'Fructans Polymer in Industrial Biotechnology' at Industrial Biotechnology Division, National Institute for Biotechnology and Genetic Engineering, Faisalabad (Pakistan)
4. Level 1 Training Program Cohort III (11 to 13 November) at Bahauddin Zakariya University Multan

ADDITIONAL ASSIGNMENTS AT UNIVERSITY

1. Co-Editor of Food Facts and Opinion
2. Assistant Superintendent, Fatima Hall (2014-15)
3. Superintendent (2016-2019)

MEMBERSHIPS

1. The Pakistan Society of Food Scientists and Technologists, Pakistan
2. American Society for Microbiology, USA

3. Pakistan Society of Microbiology, Pakistan

RESEARCH PROJECTS

1. 2013-14, Bahauddin Zakariya University, Multan funded Research Grant of PKRs. 88740 for the project entitled 'Heavy metals assessment in drinking ground water of Multan city'
2. 2014-15, Bahauddin Zakariya University, Multan funded Research Grant of PKRs. 139740 for the project entitled 'Antibiotic resistance in *Escherichia coli* detected in poultry meat'
3. 2017-18, Bahauddin Zakariya University, Multan funded Research Grant of PKRs. 1,53,000 for the project entitled 'Antibiotic resistance in *Staphylococcus aureus*, *Escherichia coli* and *Salmonella* isolated from river and farm fish'
4. 2018-19, Bahauddin Zakariya University, Multan funded Research Grant of PKRs. 1,50,000 for the project entitled 'Nutritional profile and antioxidant potential of *Rosa bourbon*'
5. 2024-25, Bahauddin Zakariya University, Multan funded Research Grant of PKRs. 200, 000 for the project entitled 'Development of milk-cereal based porridge premix enriched with probiotics'

RESEARCH SUPERVISION

1. Anam Ismail (MS-FST-15-13). Utilization of pomegranate juice and extract to enhance to enhance functional and nutritional properties of yogurt, 2015-17
2. Maryum Mushtaq (2011-KW-83). Isolation of Escherichia coli from mutton and beef, 2015-17
3. Midhat Rabaa khalid (MS-FM-15-20). Detection of Shigella from vegetable salads available in the market: A case study of District Multan, 2015-17
4. Shehraz Iqbal (MS-FM-15-25). Antibiotic resistance in Escherichia coli, Staphylococcus aureus and Salmonella isolated from farm and river, 2015-17
5. Iram Haq Nawaz (2009-HEC-59). Characterization of functional chapatti made from Wheat and Flax Flour Blends, 2016-2018
6. Salman Asghar (2012-AG-257). Health risk assessment of Arsenic in Humans consuming vegetables Grown in Industrial zone and home gardens, 2016-2018
7. Aqsa Shafique (MS-HND-17-13). Assessment of zinc intake by infants; A comparison between mother and formula fed, 2017-19
8. Rahat Batool (2013-AG-16). Characterization and utilization of Rosa Gruss-an-teplitz petals and its anthocyanin contents in the development of ice cream, 2017-2019
9. Saher Abubakar (2013-AG-202). Development and Characterization of cake enriched with black seed and liquorice, 2017-2019
10. Aleeha Ali (2014-ag-503). Level of infants' urinary Arsenic related to mother feeding, formula feeding and weaning, 2018-2020
11. Aqsa Riaz (2014-AG-68). Effect of coadministration of dietary zinc and supplemental zinc on atherosclerosis in cholesterol-fed rats, 2018-2020
12. Bushra Ehsan Noori (2014-AG-56). Prevalence of cadmium and lead in iron-deficient females 2018-2020
13. Muhammad Mueed Tanveer (2014-AG-321). Impact of pesticides and fungicides on heavy metals status of seasonal vegetables grown in Multan region, 2018-2020
14. Muhammad Saqlain (2018-AG-254). Characterization of three varieties of capsicum annum leaves and its utilization in bread development, 2018-2020

15. Samar Amjad (2019-AG-05). Mineral status in gastrointestinal patients taking proton pump inhibitors: A Multan-based study, 2019-21
16. Farrukh Sardar (2019-AG-10). Dietary intake of minerals in 13-16-year-old boys from rural and urban schools of Multan, 2019-21
17. Qazi Sabahat (2016-ag-203). Nutritional status and dietary intake of minerals in male adults population living in urban and rural slums. 2020-22
18. Sheikh M. Abdullah Idrees (2016-ag-191). Detection and Quantification of aflatoxins in corn grains and popcorns. 2020-22.
19. Hamza Shafiq (2016-Ag-725) Nutritional status and dietary intake of heavy metals in 18 to 55 year old addicted smokers. 2020-22
20. Aiman Gull. (2016-ag-99). Development of Coconut Milk (Vegan) Icecream Enriched with Peppermint Powder and its Physicochemical Analysis. 2020-22
21. Rohan Ahmad (2017-ag-150). Development and characterization of cheese enriched with Carrisa Carandas. 2021-23.
22. Bisma Khaliq (). Effect of probiotic combination on the sequestration of heavy metals in yogurt. 2021-23
23. Hafiza Noor Fatima (2017-ag-221). Effect of probiotic cultures on nutritional status of fermented milk . 2021-23
24. Sidra Aziz (2018-ag-19). Development and characterization of cheese enriched with Morus Rubra (red mulberry). 2022-24.
25. Khadija Ashraf (2016-ag-94). Impact assessment of dietary habits on the status of vitamin B12 and minerals in gastritis patients. 2022-24.
26. Aiman Usman (2018-ag-215) Comparative analysis of heavy metals and minerals in dairy and plant-based milk substitutes available in markets of Pakistan. 2022-24.
27. Muhammad Hussain (2018-ag-73) Heavy metal contamination, risk assessment and correlation analysis of milk collected from dairy farms located in industrial zone of Multan. 2022-24
28. Asrar Ahmad (2018-ag-01) Safety status of milk-khoya bottles available in Multan market. 2022-24.
29. Osama Bin Mazhar (2015-DVM-75) Impact of farm environment on safety status of milk. 2023-25.
30. Muhammad Mohsin (23-DT-06) Development and characterization of Antioxidant-rich lassi Blended with Mulberry. (2023-25).
31. Tayyaba Tahir (23-DT-09) Impact of probiotics on the degradation of polyethylene in Yogurt. (2023-25).
32. Imran Haider (23-DT-04) Safety Assessment of tea and tea whiteners available in local Multan market. (2023-25).
33. Asma Rafiq (23-FSQM-11) Safety Status of Street Vended Ice and Local Beverages (Lime Soda, Flavored drinks etc) available in Multan Market. (2023-25).
34. Tayyaba Sarwar (23-FSQM-21) Safety status of street vended of bakery and snack products in Multan market. (2023-25).
35. Zainab Ahmed Ansari(23-FSQM-17) Health Risk Assessment of Fish Collected from Fish Farms and River Located in Multan Region (2023-25).
36. Fizzah Fatima (23-HND-24) Health Risk Assessment of Microplastic In Drinking Water of Multan City. (2023-25).
37. Rubab Khan(23-HND-08) Health risk assessment of heavy metals exposure in the slum population of the Multan region. (2023-25).
38. Alveena Shahid (23-HND-02) Effect of extra-virgin olive oil on the lipid profile of epileptic patients fed on ketogenic diet. (2023-25).

39. Aqamsha Saleem (23-HND-10) Prevalence of anemia and the effect of iron supplementation among female medical staff. (2023-25).
40. Nimra Shehzadi (23-HND-23) Health risk assessment of cadmium, arsenic, and lead in iron deficiency anemic females consuming tobacco. (2023-25)
41. Sahar Saleem (23-HND-23) Impact of supplemented nutritious food on the mineral status of pregnant women. (2023-25).
42. Meenal Majeed (23-HND-42) Assessing the compatibility of RUTF with dietary counseling among malnourished children. (2023-25).

PUBLICATIONS IN SCIENCE JOURNALS

1. Ismail, A., M. Riaz, S. Akhtar, T. Ismail, **M. Amir,** and M. Zafar-ul-Haye**.** 2014. Heavy metal status in vegetables and respective soils irrigated by canal, municipal waste and tube-well waters. *Food Additives & Contaminants: Part B (Surveillance)* 7(3): 213-219. doi: 10.1080/19393210.2014.888783. **(IF 2.6)**
2. Riaz, M., **M. Amir**, S. Akhtar, A. Farooq, A. Ismail, T. Ismail and A. Hameed. 2015. Bacteriological Analysis of Street vended raw milk in Multan. *Pakistan Journal of Zoology* 47(2): 568-571 **(IF 0.8)**
3. Ismail, A., S. Akhtar, R.E. Levin, T. Ismail, M. Riaz, and **M. Amir**. 2016. Aflatoxin M1: Prevalence and decontamination strategies in milk and milk products. *Critical Reviews in Microbiology* 42(3):418-27. doi: 10.3109/1040841X.2014.958051 **(IF 7.3)**
4. **Amir, M.,** M. Riaz, Y-F. Chang, S. Akhtar, A. Ismail, S.H. Yoo and A. Sattar Sheikh. Impact of unhygienic conditions during slaughtering and processing on spread of antibiotic resistant *Escherichia coli* from poultry. 2017. *Microbiology Research* 8:7330.
5. **Amir**, **M.**, M. Riaz, Y-F. Chang, S. Akhtar, H. Nadeem, Z. Ahmad and M. Nadeem. 2019. Spread of antibiotic resistant *Escherichia coli* from broiler to human populations. *Pakistan Journal of Agricultural Sciences* 56(4): 977-983. **(IF 0.6)**
6. Ismail, T., R. Suleman, K. Akram, A. Hameed, Inam-ullah, **M. Amir** and S. Akhtar. 2019. Pomegranate (*Punica granatum* L.) peel extracts inhibit microbial growth and lipid oxidation in minced shrimps stored at 4°C. *Journal of Aquatic Food Product Technology* 28(1):84-92. **(IF: 1.0)**
7. Ahsin, M. S. Hussain, Z. Rengel and **M. Amir.** 2020. Zinc status and its requirement by rural adults consuming wheat from control or zinc-treated fields. *Environmental Geochemistry and Health* 42(7):1877-1892. doi: 10.1007/s10653-019-00463-8. (**IF 4.6**)
8. **Amir, M.** S, Asghar. Ahsin, M. Hussain, S. Ismail, A. Riaz, M and Naz, S. (2021). Arsenic exposure through drinking groundwater and consuming wastewater-irrigated vegetables in Multan, Pakistan. Environmental Geochemistry and Health. 43, 5025–5035 (2021) (**IF 4.6**)
9. **Amir M**, Riaz M, Chang Y, Ismail A, Hameed A, Ahsin M. Antibiotic Resistance in Diarrheagenic *Escherichia coli* isolated from broiler chickens in Pakistan. *J. Food Qual. Hazards Control.* 2021; 8 (2):78-86 **(0.89)**
10. Hameed A, T. Ghani, A. Amjad, **M. Amir,** MS Javed, MJ Anwar, M Amir. Impacts of breakfast eating behaviors on lipid profile of university going students. International Journal of Innovative Approaches in Agricultural Research 2021, Vol. 5 (4), 464-475
11. Ahmad, M. S.W. Ali, A. Hameed, **M. Amir**, J. Ashraf, M. I. Afzal. M. Umer, S.A. Alsagaby, M. Awais, M. Imran, S. Iqbal, A. Ahmed, M. Riaz. Functional potential of Aloe vera juice against CCl4 induced hepatotoxicity in animal model. Food Science and Technology. 2022. 42, e110321. (**IF 2.6**)
12. Ahsin, M. I. Pasha, M. Liaquat, **M, Amir**. Genetic and agronomic zinc biofortification modify processing and nutritional quality of common wheat. Cereal Chemistry 2023, 100:131–141. (**IF 2.5**)
13. Hameed, A., Ishtiaq, F., Zeeshan, M., Akhtar. S., Ismail, T., Ahmad, R. S., **Amir, M.,** Anwar, M. J., (2023). Combined antidiabetic potential of camel milk yogurt with Cinnamomum verum and Stevia rebaudiana by using rodent modelling. *Journal of Food Science and Technology,* 1-10. (**IF 3.12**)
14. Akhlaq, M. M.U. Farooq, S.W. Ali, **M. Amir**, F. Siddique, M.A. Javed. et al., 2023. Characterization of quinoa-wheat flour blend for the preparation of dry cake. Food Science and Technology. 43, e14722. (**IF 2.6**)

15. Shafiq, H. **M. Amir**, S. Asghar, A. Hameed, M. Riaz. (2024). Health risk Assessment of lead and cadmium exposure from food and snuff in Pakistani Population. Journal of Trace Elements in Medicine and Biology. 86, 127544. (**IF 3.6**)
16. Usman, A. S. Yaqoob, H. Shafiq, **M. Amir**, M. Riaz, K. Parveen, U. Usman. (2025). Comparative Analysis of Heavy Metals and Minerals in Dairy and Plant-Based Milk Alternatives Available in Pakistan's Markets. Biological Trace Elements Research. 203, 5432–5439 **(IF 3.7)**
17. Shafiq, H., **Amir, M**., Hameed, A., Ismail, A., Harith, S. S. B., & Usman, A. (2025). Health risk assessment of cadmium, lead, iron, and zinc exposure from food and cigarettes in Pakistani smokers. Journal of Trace Elements and Minerals, 13, 100251.
18. Yaqoob, S., **Amir, M.** & Ahmad, S. (2025). Impact of germination and soaking on the nutritional and functional profile of multigrain porridge premix. Journal of Food Measurement and Characterization. 19 (9). 6727-6742 **(IF 3.5)**
19. Mazhar, A., Hameed, A., Ming, C., Bhatti, S. A., **Amir, M**., Khan, M. U., Muhammad Irfan Manzoor, H., & Muhammad, A. H. (2025). Development of tolerogenic casein encapsulated quercetin and curcumin nanoparticles to mitigate cow milk allergic responses. International Journal of Biological Macromolecules, *314*, 144396. (**IF 8.5**)
20. Ahsin, M. Sulaiman K. M, Kara J. Thornton, Scott Kronberg, **Amir, M.** and S. V. Vliet. (2025). Phenolic Compounds and Derivatives in Ruminant Meat and Milk: A Systematic Review. Journal of Agricultural and Food Chemistry, 73 (47), 29961-29982. (**IF 6.2**)

BOOK CHAPTERS

1. Hussain, S., Z. Rengel, M. Qaswar, **M. Amir** and M. Zafar-ul-Hye. 2019. Arsenic and heavy metal (cadmium, lead, mercury and nickel) contamination in plant-based foods. pp. 447–490. In: M. Ozturk and K.R. Hakeem (eds.), Plant and Human Health, Volume 2: Phytochemistry and Molecular Aspects. Springer, Cham, Switzerland. DOI: 10.1007/978-3-030-03344-6_20.
2. Hussain, S., A. Umar, **M. Amir** and M. Aon. 2020. Biofortification of cereals through foliar application of minerals. pp. 191–221. In: N. Benkeblia (ed.), Vitamins and Minerals Biofortification of Edible Plants. John Wiley & Sons Ltd, Hoboken, United States. DOI: 10.1002/9781119511144.ch9.
3. Muaz, K., S. Manzoor, S. Akhtar, M. Riaz, **M. Amir**, K. Akram and A. Ismail. 2021. Aflatoxin biosynthesis. pp. 19–40. In: K.R. Hakeem, C.A.F. Oliveria and A. Ismail (ed.), Aflatoxins in Food; A recent perspective. Springer, Cham, Switzerland. DOI: 10.1007/978-3-030-85762-2
4. **Mamoona, A.**, A. Shahzad, A. Faraz, M. Sajid, K. Afzal, I. Naeem, A. Ismail and Z. Mumtaz. 2021. Health Effects of Aflatoxins in Fetus, Infants, and Children. pp. 99–122. In: K.R. Hakeem, C.A.F. Oliveria and A. Ismail (ed.), Aflatoxins in Food; A recent perspective. Springer, Cham, Switzerland. DOI: 10.1007/978-3-030-85762-2

ABSTRACTS/CONFERENCE PROCEEDINGS

1. **Mamoona Amir**, Saeed Akhtar, Muhammad Riaz, and Aneela Hameed. Assessment of street vended raw milk composition in relation to human nutrition. Malnutrition in South Asia-The Peril Persists, February 23-24, 2015. Organized by department of Food Science and Nutrition Bahauddin Zakariya University Multan. ICMSA-2015-56.

2. Iram Ashraf, Aneela Hameed, Saeed Akhtar, and **Mamoona Amir**. Nutritive potential of camel milk yogurt for diabetic patients. Malnutrition in South Asia-The Peril Persists, February 23-24, 2015. Organized by department of Food Science and Nutrition Bahauddin Zakariya University Multan. ICMSA-2015-46.

3. **Mamoona Amir**, Muhammad Riaz, Yung-Fu Chang, Saeed Akhtar, Amir Ismail, Sang Ho Yoo and Ahsan Sattar Shiekh. Impact of Unhygienic conditions during slaughtering and processing on spread of antibiotic resistant *Escherichia coli* from poultry. 3rd International Conference Safe Food For All, March 2-3, 2017. Organized by Institute of Food Science and Nutrition Bahauddin Zakariya University Multan. ICSFA-17-028.

4. Shehraz Iqbal, **Mamoona Amir**, Muhammad Riaz, Amir Ismail, Saima Khubaib, Muhammad Kashif. Antibiotic resistance in Escherichia coli and Salmonella isolated from farm and river fish. 3rd International Conference Safe Food For All, March 2-3, 2017. Organized by Institute of Food Science and Nutrition Bahauddin Zakariya University Multan. ICSFA-17-071.

5. Saima Khubaib, Muhammad Riaz, **Mamoona Amir**, Amir Ismail, Shehraz Iqbal. Antibiotic resistance in Escherichia coli isolated from indigenous chicken meat. 3rd International Conference Safe Food For All, March 2-3, 2017. Organized by Institute of Food Science and Nutrition Bahauddin Zakariya University Multan. ICSFA-17-072.

6. Midhat Rabaa Khalid, **Mamoon Amir**, Aneela Hameed, Muhammad Ahsan, Muhammad Kashif and Muhammad Mohsin. Antibiotic resistance in Shigella isolated from raw vegetables and market salads. 3rd International Conference Safe Food For All. 3rd International Conference Safe Food For All, March 2-3, 2017. Organized by Institute of Food Science and Nutrition Bahauddin Zakariya University Multan. ICSFA-17-073.

7. Maryum Mushtaq, **Mamoona Amir**, Muhammad Riaz, Shahraz Iqbal, Saima Khubaib. Antibiotic resistance in *Escherichia coli* isolated from mutton and beef. 11th international biennial conference of Pakistan Society for Microbiology "Applied Microbial enomics in public health, food, pharma and agriculture" November 22, 2017. Organized by Institute of Food Science and Nutrition Bahauddin Zakariya University Multan, Pakistan Society for Microbiology. EBIC-PSM-OP-0052

8. Shahid Hussain and **Mamoona Amir**. Zinc-coated urea for wheat crop to cure human zinc deficiency in Pakistan. 1st international conference on sustainable agriculture: Food security under changing climate scenarios, April 3-5, 2019. Organized by Faculty of Agricultural Sciences Ghazi University Dera Ghazi Khan, Pakistan. ICSA-2019/049.

9. **Mamoona Amir,** Muhammad Riaz, Yung Fu Chang and Saeed Akhtar. Prevalence of antibiotic resistance in diarrheagenic *Escherichia coli* isolated from conventional and semi-organic Broiler in Pakistan. 1st international conference on "Agricultural and Biological sciences" Haripur, Pakistan, March 27-30, 2019. Organized by Faculty of Basic & Applied Sciences. The university of Haripur, Pakistan

10. **Mamoona Amir**, Muhammad Riaz, Amir Ismail, Aneela Hameed, Muhammad Ahsin and Muhammad Mohsin. Effect of Climate Change on Antibiotic Resistance. 4th International Conference on Food and Nutritional Security in Changing Climate. March 3-4, 2019.

Organized by Institute of Food Science and Nutrition Bahauddin Zakariya University Multan. ICFNS-OP-29.

11. Muhammad Ahsin, Abdullah Salik, Imran Pasha, **Mamoona Amir**, Muhammad Mohsin. Future threat of zinc deficiency: a case of increased concentration of atmospheric carbon dioxide. 4th International Conference on Food and Nutritional Security in Changing Climate. March 3-4, 2019. Organized by Institute of Food Science and Nutrition Bahauddin Zakariya University Multan. ICFNS-19-PP-27.

12. Muhammad Mohsin, Muhammad Ahsin, **Mamoona Amir** and Ejaz Khalil. Nigella sativa: a queen of natural medicinal plants. International Conference on Food and Nutritional Security in Changing Climate. March 3-4, 2019. Organized by Institute of Food Science and Nutrition Bahauddin Zakariya University Multan. ICFNS-19-AB-39.

13. Rahat Batool, Saher Abubakar, **Mamoona Amir** and Shahid Hussain. Impact of climate change on level of arsenic in vegetables. International Conference on Food and Nutritional Security in Changing Climate. March 3-4, 2019. Organized by Institute of Food Science and Nutrition Bahauddin Zakariya University Multan. ICFNS-19-AB-47

14. **Mamoona Amir**, Aneela Hameed, Muhammad Junaid Anwar, Sidra Aziz, Naima Tariq, Food security in changing climate: a world priority. 32nd International Conference of Pakistan Society of Food Scientists and Technologists. Food Crisis in Pakistan; Opportunities and Solutions. March 13, 2023. FCIP-2023-OS-25.
15. Bisma Khaliq, **Mamoona Amir**, Rohan Ahmad, Hafiza Noor Fatima, Aneela Hameed, Majid Hussain. Effect of probiotic combination on the sequestration of heavy metals in yogurt. 32nd International Conference of Pakistan Society of Food Scientists and Technologists. Food Crisis in Pakistan; Opportunities and Solutions. March 13, 2023. FPIC-2023. PA-46.
16. Muhammad Hussain, **Mamoona Amir,** Asrar Ahmad, Sidra Aziz, Hamza Shafique, Aneela Hameed. Assessing the potential of oat milk consumption as a strategy to reduce food insecurity in Pakistan. 32nd International Conference of Pakistan Society of Food Scientists and Technologists. Food Crisis in Pakistan; Opportunities and Solutions. March 13, 2023. FPIC-2023. PA-158.
17. Khadija Ashraf, Aiman Usman, **Mamoona Amir**, Sadaf Yaqoob, Hamza Shafique. Development of ginger and lemon grass supplemented yogurt for gastritis patients suffering in mineral deficiency. 8th Two Days International Conference on Global Halal Food Industry: Insights from Pakistan. April 24-25, 2024. ICHF-80
18. Sidra Aziz, Muhammad Hussain, Sadaf Yaqoob, Hamza Shafiq, **Mamoona Amir.** Utilization of Morus rubra (red mulberry) in improving the functional and nutritional profile of cheddar cheese. 8th Two Days International Conference on Global Halal Food Industry: Insights from Pakistan. April 24-25, 2024. ICHF-199.

POPULAR ARTICLES

1. **Amir, M.** 2013. Unhealthy Milk, Reasons and Consequences. Daily Pakistan.
2. Hussain, S. and **M. Amir.** 2017. Zinc in Soils and Human Health. The Business (December 6, 2017).

3. Riaz, M. and **M. Amir.** 2019. An Insight to Broiler Slaughtering in Pakistan. Business News (November 15, 2019).
4. Riaz, M. and **M. Amir.** 2019. Broiler Meat: Healthy or Harmful? [Translated from Urdu] Daily Aftab Multan (November 14, 2019).
5. **Amir, M.** 2022. Harmful toxins in corn. [Translated from Urdu] Daily Pakistan Multan (January 11, 2022).
6. **Amir, M.** 2022. Corn Products: Healthy or Harmful? [Translated from Urdu] Daily Baithak Multan (February 25, 2022)
7. Gull, A. and **M. Amir**. 2022. Plant-based milk: Nutritional importance and a substitute of animal milk. The Business. April 08, 2022

ORGANIZED SEMINARS/CONFERENCES/WORKSHOPS

1. Served in Organizing Committee of Seminar on Emerging Infectious Diseases and Diagnostics. February 12, 2014. Jointly organized by Department of Food Science and Technology (BZU) and American Society for Microbiology.
2. Served in Organizing Committee of Seminar on Food Safety and Health: Challenges and Solutions. June 11, 2014. Organized by Department of Food Science and Technology in collaboration with Higher Education Commission.
3. Served in Organizing Committee of Workshop on Biosafety in Pakistan-Challenges and Solutions. November 24, 2014. Jointly organized by Department of Food Science and Technology and American Society for Microbiology.
4. Served in Organizing Committee of International Conference on Malnutrition in South Asia: The Peril Persists. February 23-24, 2015. Organised by Bahauddin Zakariya University, Multan.
5. Served in Organizing Committee of International Conference on Safe Food for All and Food Expo. March 2-3, 2017. Organised by Bahauddin Zakariya University, Multan.
6. Served in Organizing Committee of Workshop on Food Product Development- Keys to Success. August 29, 2017. Jointly organized by Institute of Food Science and Nutrition and Office of the Research, Innovation and Commercialization (ORIC), Bahauddin Zakariya University, Multan.
7. Served in Organizing Committee of Seminar on Microbial Challenges in Food Safety. November 7, 2017. Organized by Institute of Food Science and Nutrition (BZU) in collaboration with American Society for Microbiology.
8. Served in Organizing Committee of International Conference on Applied Microbial Genomics in Public Health, Food, Pharma and Agriculture. December 18-20, 2017. Jointly organised by Bahauddin Zakariya University, Multan and Pakistan Society of Microbiology.
9. Served in Organizing Committee of Workshop on AMR: Challenges and Infection Control. December 18, 2017. Jointly organised by Bahauddin Zakariya University, Multan and Pakistan Society of Microbiology.
10. Served in Organizing Committee of Workshop on Upgradation of Various Skills to be part of Professional Life. 2017. Organized by Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.
11. Served in Organizing Committee of International Seminar on Current Issues in Food Safety: The Way Forward. March 4, 2018. Jointly organized by Bahauddin Zakariya University, Multan and MNS-University of Agriculture, Multan.

12. Served in Organizing Committee of an International Conference on Food and Nutritional Security in Changing Climate. March 2-4, 2019. Organized by Bahauddin Zakariya University, Multan
13. Served in Organizing Committee of an International workshop on Clinical Nutrition Practice in Contemporary Medical World; Cancer Cachexia and Sarcopenia. Feb 10, 2022. Organized by Bahauddin Zakariya University, Multan
14. Served in Organizing Committee of the Seminar on Poultry Processing; Current Challenges to Improve Quality. March 07, 2022. Organized by Bahauddin Zakariya University, Multan
15. Served in Organizing Committee of a Seminar on Enhancing the Efforts for Improved Nutrition and Resilience through Sun Academia and Research Network. Oct 14, 2022. Organized by Bahauddin Zakariya University, Multan, and the SUN Secretariat, P&D Govt of Punjab.
16. Served in Organizing Committee of a Seminar on Safe Milk; Safe Nation. Nov 23, 2022. Organized by Bahauddin Zakariya University, Multan, and Pakistan Dairy Association.
17. Served in Organizing Committee of World Milk Day with the theme Sustainable Dairy; Good for Planet, Good for You. June 01, 2023. Organized by Bahauddin Zakariya University, Multan
18. Served in Organizing Committee of Training Workshop on the Development of Laboratory Quality Management System (ISO/IEC: 17025). Organized by Bahauddin Zakariya University, Multan
19. Served in Organizing Committee of Two-day International Conference on Global Halal Food Industry: Insights from Pakistan. April 24-25, 2024. Organized by Bahauddin Zakariya University, Multan
20. Served in Organizing Committee of a Seminar on Advancements in Dairy Processing Techniques. Jan 28, 2025. Organized by Bahauddin Zakariya University, Multan
21. Served in Organizing Committee of a Seminar on Let's celebrate the power of dairy. June 02, 2025. Organized by Bahauddin Zakariya University, Multan
22. Served in Organizing Committee of Dr. Allama M. Iqbal Conference on the eve of the 148th Birth Anniversary. November 11, 2025. Organized by Young Pakistanis Organization Multan and Bahauddin Zakariya University, Multan

PRESENTATION IN SEMINARS/CONFERENCES/WORKSHOPS

1. Poster Presentation in International Conference on Malnutrition in South Asia: The Peril Persists. February 23-24, 2015. Organized by Department of Food Science and Technology, Bahauddin Zakariya University, Multan.
2. Oral Presentation in International Conference on Safe Food For All. March 2-3, 2017. Organized by Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.
3. Served as Resource Person of Workshop on General Microbiological Techniques (GMT-01). March 4-5, 2017. Jointly organized by Institute of Food Science and Nutrition (BZU) and American Society for Microbiology.
4. Oral Presentation in International Conference on Applied Microbial Genomics in Public Health, Food, Pharma and Agriculture. December 18-20, 2017. Organized by Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.
5. Oral Presentation in International Conference on Agriculture and Biological Sciences Focusing Food Security & Climate Change. March 27-30, 2019. Organized by Faculty of Basic and Applied Sciences, The University of Haripur, Pakistan.

6. Oral Presentation on One Day Symposium on Milk Safety Challenges and Solutions: A Pakistan's Perspective. April 29, 2024. Organized by Bahauddin Zakariya University, Multan.
7. Served as Resource Person in Trainings under UNESCO Funded Project on Poverty Alleviation Through Health Improvement of Rural Female Involved in Cotton Picking Organized by PARC Social Sciences Research Institute, Faisalabad.
8. Served as a Guest Speaker in the Collaborative Teaching Program on Importance of microorganisms in Food. December 20, 2024. Organized by the School of Science, Faculty of Applied Science, Universiti Technology MARA. Malaysia.
9. Served as a Judge in Dairy Food Products Development Competition. April 15, 2025. Organized by Bahauddin Zakariya University, Multan.
10. Served as Judge in Dairy Food Products Development Competition. April 15, 2025. Organized by Bahauddin Zakariya University Multan. Oral Presentation on the 8th Two-day International Conference on Global Halal Food Industry: Insights from Pakistan.
11. Oral Presentation on the 8th International Food Agricultural and Veterinary Sciences Congress on Enhancement of Nutritional and Functional Properties of Cheddar Cheese using Carissa Carandas Fruit Powder. May 29-31, 2025. Organized by Konya Food and Agriculture University, Türkiye

PARTICIPATION IN SEMINARS/CONFERENCES/WORKSHOPS

1. Participated a Training Program on Infant and Young Child Feeding. June 2011. Organized by UNICEF at National Institute of Food Science and Technology, University of Agriculture, Faisalabad (Pakistan).
2. Participated in a Seminar on Edible Oil Production and Processing. March 13-14, 2012. University College of Agriculture under the sponsorship of Higher Education Commission of Pakistan.
3. Participated in a Workshop on Scientific Writing and Publishing. October 2, 2013. Department of Food Science and Technology, BZU – ASM BioResource Center, Bahauddin Zakariya University Multan, Pakistan.
4. Participated in a Seminar on Biosafety and Biosecurity Issues – Health, Research and Industry. December 10, 2013. Institute of Pure and Applied Biology, Bahauddin Zakariya University Multan, Pakistan.
5. Participated in a Seminar on Road to Success. November 23, 2016. Jointly organized by Institute of Food Science and Nutrition and Nutrition & Career Development Center, Bahauddin Zakariya University, Multan
6. Participated in a Workshop on Sanitization for Effective Implementation of USI Program: Role of Civil Society and Academia. December 11, 2017. Organized by Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.
7. Participated in a Workshop on Research Ethics and Integrity: Human and Animal Research. December 18, 2017. Jointly organized by Institute of Food Science and Nutrition (BZU) and Pakistan Society of Microbiology.
8. Participated in a Workshop on Biosafety in Public Health Laboratories in the Eastern Mediterranean Region. December 18, 2017. Jointly organized by Institute of Food Science and Nutrition (BZU) and Pakistan Society of Microbiology.
9. Participated in Training on Developing Communication Skills. February 16, 2018. Organized by Department of English, Bahauddin Zakariya University, Multan.

10. Participated in an International Conference on Plant Based Food: Current Scenario & Future Perspectives & Food Expo. March 5-6, 2108. Jointly organized by Institute of Food Science and Nutrition (BZU) and MNS- University of Agriculture, Multan.
11. Participated a Workshop on Manuscript Writing Skills. May 3, 2018. Organized by Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.
12. Participated a Training on Presiding Officers and Sr. Assistant Presiding Officers- GE 2018. July 2-6, 2018. Jointly organized by Election Commission of Pakistan and The United Nations Development Programme.
13. Participated in All Nutritionist Convention. November 24, 2018. Held at Aiwan-e-Iqbal, Lahore. Organized by Nutritionist & Dietitians Society of Pakistan.
14. Participated a Seminar on English for Life. March 27, 2019. Jointly organized by Institute of Food Science and Nutrition (BZU) and Education for Skill Development Association, Multan.
15. Participation in Webinar on Scientific Evaluation of Research for Scholarly Journals. April 21, 2020. Organized by Emerald Publishing, Bingley, United Kingdom.
16. Participation in Webinar on A way forward to Food Quality and Safety. June 23, 2021. Organised by Pakistan Agricultural Scientists Forum, Pakistan.
17. Participation in Webinar on World Food Safety Day-2021 with the "Theme Safe Food Now for a Healthy Tomorrow Food Safety is Everyone's Business". on June 07, 2021. Organised by Department of Food Sciences University of the Punjab and National Alliance of Safe Food, Pakistan.
18. Participation in 3-Days Training on Critical Thinking, Social Cohesion and Leadership Skills. June 23-25, 2021. Organised by Institute of Social Sciences, Lahore, and the Lodhran Pilot Project.
19. Participation in All Nutritionists Convention 2021. December 04, 2021. Organised by Islamia University Bahawalpur.
20. Participation as a Guest of Honor in 4th All Nutritionists Convention 2022. December 15, 2022. Organised by Bahauddin Zakariya University Multan Pakistan.
21. Participation in 32nd Conference of Pakistan Society of Food Scientists and Technologists Food Crisis in Pakistan; Opportunities and Solutions, Organized by Bahauddin Zakariya University Multan, Pakistan.
22. Participation in One-Day Seminar on The Science of Remembering: First Step to Academic Success. January 30, 2025. Organized by Bahauddin Zakariya University Multan, Pakistan
23. Participation in One-Day Seminar on Metalloid Balances in Soils under the Wheat-Maize System. February 02, 2025. Organized by Bahauddin Zakariya University Multan, Pakistan

TEACHING EXPERIENCE AT UNIVERSITY LEVEL

At the university, the minimum teaching load for Lecturers is 9 credit hours (8 to 10 teaching hours per week). Since early 2014, I have been teaching the assigned load. I have taught the following courses, often to more than one class/session.

M.Sc. (Hons.) Food Microbiology
FM-503: Food Born Diseases 3(3+0)
FM-502: Microbiology-II 3(3+0)

B.Sc. (Hons.) Food Science and Technology
FST-101: Introduction to Food Science and Technology 3(2+1)
FST-107: Fruits and Vegetables Processing 3(2+1)

FST-104: Food Processing and Preservation 3(2+1)
FST-108: Sugar and Confectionary Technology 3(2+1)
FST-202: Food Safety and Public Health 3(3+0)
FST-303: General Microbiology 3(2+1)
FST-307: Technology of Oils and Fats 3(2+1)
FST-309: Food Laws and Regulations 3(3+0)
FST-310: Food Microbiology 3(2+1)

B.Sc. (Hons.) Human Nutrition and Dietetics
HND-108: Macronutrients in Human Nutrition 3(3+0)
HND-308: Micronutrients in Human Nutrition 3(3+0)

B.Sc. (Hons.) Dairy Technology
DT-505: Fermented Milk Products 3(2-1)
DT-509: Advanced Analytical Techniques and Sensory Evaluation in Milk and Milk Products 3(2-1)
DT-703: Advanced Fermented Milk Products 3(2-1)

REFERENCES

1. **Prof. Dr. Yung-Fu Chang**
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2. **Prof. Dr. Muhammad Riaz**
   Dean Faculty of Food and Nutrition, Bahauddin Zakariya University, Multan 60800, Pakistan
   Phone: +92306-7905770; E-mail: riaz@bzu.edu.pk