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Dr. ASIF

[ASIF.338582@2freemail.com](mailto:ASIF.338582@2freemail.com)

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| Objective | To become a part of venerable organization to excel my skills. |
| Professional experience  **Dec 10, 2015 – To date**  **PMAS\_ Arid Agriculture University Rawalpindi, Pakistan**  Professor   * Prepared and delivered lectures in the field of Food Technology at under graduate and post graduate level. * Supervised the research activities of undergraduate and postgraduate students, and assisted in thesis write up at post graduate level.   ------------------------------------------------------------------------------------------------------------  **June 2015 – To date** [**Adjunct Researcher Ton Duc Thang University (Vietnam)**](http://demasted.tdt.edu.vn/index.php/en/research/research-groups/58-research/research-groups/355-demasted-s-group)  ----------------------------------------------------------------------------------------------------------------------------  **March 18, 2014 To March 13, 2015**  **Worked as Research scholar (postdoc) on Fulbright exchange visitor program at OARDC OHIO – USA.** (Availed Sabbatical Leave from PMAS-Arid Agriculture University during this period)  ----------------------------------------------------------------------------------------------------------------------------  **May 28, 2010 – Dec 10, 2015**  **PMAS\_ Arid Agriculture University Rawalpindi, Pakistan**  Associate Professor   * Prepared and delivered lectures in the field of Food Technology at under graduate and post graduate level. * Supervised the research activities of undergraduate and postgraduate students, and assisted in thesis write up at post graduate level. * Serving as member of supervisory committee of post graduate students for research and thesis in various disciplines. * Managed resources of labs * Involved in preparation of departmental budgets * Prepared, administer and grade examinations, laboratory assignments and reports * Prepared and reviewed tests in discipline of Food science& Technology for national testing services (NTS) Pakistan.   --------------------------------------------------------------------------------------------------------------------------------  Assistant Professor  December 2005–May 2010 PMAS\_ Arid Agriculture University Rawalpindi, Pakistan   * Prepared and delivered lectures in the field of Food Technology at under graduate and post graduate level. * Supervised the research activities of undergraduate and postgraduate students, and assisted in thesis write up at post graduate level. * Serving as member of supervisory committee of post graduate students for research and thesis in various disciplines. * Worked on sophisticated analytical equipments like HPLC, Atomic absorption spectrophotometer, Fourier Transform infra red spectrophotometer (FTIR). * As member of board of studies, developed new coursework for both undergraduate and post graduate classes. * Prepared, administer and grade examinations, laboratory assignments and reports * As laboratory in-charge, maintenance and up gradation of laboratories. * Managed the resources at various laboratories of Food Technology department. * Suggested and worked for new food product development by utilizing local resources. * Managed and supervised activities in labs and Food processing unit. * Involved in preparation of departmental budget for running various activities of department.   ---------------------------------------------------------------------------------------------------------------------------  Lecturer  **1998–2005 University of Arid Agriculture Rawalpindi, Pakistan**   * Teaching of different courses in the field of Food Technology at under graduate and post graduate level. * To supervise the research activities of undergraduate and postgraduate students, and also to assist in thesis write up at post graduate level. * Serving as member of supervisory committee of post graduate students in various disciplines. * As member of board of studies, development of new coursework for both undergraduate and post graduate classes. * Prepared, administer and grade examinations, laboratory assignments and reports * As lab in-charge, maintenance and up gradation of lab. * As Hostel Superintendent deals with all management affairs of hostel and boarder students. * Assist in establishment and working of Food processing research and training lab in university. * Implemented short training courses for local community for speeding profitability and poverty alleviation.   ----------------------------------------------------------------------------------------  Trainee Officer  **1997–1998 Habib Sugar Mills Nawabshah, Pakistan**   * Gained knowledge of sugar production and processing operation. * Run a biological laboratory independently that deals with biological control of insects/pests of sugar cane.   ­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| Summary of qualifications  2004–2009 University of Agriculture Faisalabad, Pakistan  PhD Food Technology. **CGPA 3.83 / 4.00**  1995-1997 University of Agriculture Faisalabad, Pakistan  M.Sc (Hons) Food Technology. **CGPA 3.93 / 4.00**  1990-1995 University of Agriculture Faisalabad, Pakistan  B.Sc (Hons) Agriculture Major Food Technology. **CGPA 3.64 / 4.00.**  1988-1990 F.Sc (Pre-Medical) **Ist Division**  1988 Matric **Ist Division**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
| Computer Skills   * + - * DOS, Word Perfect, Windows98, MS-Word, MS-Excel, Power Point, Ms-Access , Turbo C.       * MStatc, Minitab, SPSS, R- Studio, iNZight, Statistix8.1 (Statistical Software). * Six month Certificate course in Oracle database management (Developer Track) from Barani Institute of Information Technology, Pakistan organized by PITB. Courses covered were Fundamentals of computers, Networking Essentials, Visual Basic, Oracle Developer (SQL/PL-SQL, Forms 4.5, and Reports 2.1. Also completed a project Titled as “Retail store Management System.” * Endnote X5 , Mendeley - Citation and referencing software   **DataScience Projects**  <https://asifahmad.shinyapps.io/Coursera_Project/>  <https://asifahmad.shinyapps.io/Pres7/>  Online courses and certifications   * Fundamentals of Human Nutrition * Critical Thinking in Global Challenges * The Data Scientist’s Toolbox * R Programming * Getting and Cleaning Data * Exploratory Data Analysis * Reproducible Research * Statistical Inference * Regression Models | |
| Trainings/ Workshops/ Conferences   * Attended 13th Annual Fulbright & Humphrey Alumni Conference at the Higher Education Commission of Pakistan (HEC) Islamabad from 2 – 4 December 2016. Theme of the conference was “Agents of Change”. * Attended 12th Annual Fulbright & Humphrey Alumni Conference at the National University of Sciences & Technology (NUST) Islamabad from 4 – 6 December 2015. Theme of the conference was Innovation for Development – Towards a Sustainable Future. Paper presented “ Transformation of Agriculture in Pakistan”. * Attended Joint meeting of the Soft Wheat Quality Laboratory Research Review and Soft Wheat Quality Council held at Indiana polis, OHIO –USA . March 3-4, 2015. Presented Research on Wheat in Pakistan and Non- chemical extraction of dietary fiber. * Attended Seminars on Climate Change and the Plight of the Oceans - Fulbright Enrichment Seminar held at St. Petersburg and the Tampa Bay area, Florida –USA. November 5, 2014 to November 9, 2014. * Attended IFT Annual Conference at NewOrleans- Lousiana, USA **June 21–24, 2014.** * Attended 2nd International Conference on “Future Perspectives of Food Processing Industries in Pakistan and 2nd Food and Nutrition Expo – 11-12 December, 2012 at GC University, Faisalabad, Pakistan. Paper presented “Medicinal and Nutritive Attributes of Linseed by Asif Ahmad, Mehmood Tahir, KHAN AS, Wakeel Ahmad” * Attended International 3rd International conference of Botany held at Quaid-e-Azam University Islamabad – September 1-3, 2012. Paper presented “chemical composition and sensory evaluation of tea (*camellia sinensis*) commercialized in pakistan by Asif Ahmad, Muhammad Adnan, Imran Hayat” * National conference on Agriculture and Food security issues in global environmental prospective. Held at The university of Poonch Rawalakot on 11-13 July 2012. * Attended International Bio-energy conference held at PMAS-Arid Agriculture University Rawalpindi – April 18-20, 2012. Paper presented “ Prospects of Dairy Waste for production of ethanol by Farzana Siddique, Asif Ahmad, Muhammad Gulfraz” * Attended Training workshop on IFS-6 held at Lahore 21-24 May, 2012 * Presented paper entitled “Antimicrobial activity, phytochemical profile and trace minerals of black mulberry (*Morus nigra*l.) fresh juice” in International Workshop on Medicinal Plants: Conservation & Sustainable Use held at Quaid-i-Azam University Islamabad on 8-10 December 2011. * All Pakistan Food science conference held at NIFSAT , UAF on 14 Nov 2011. * Workshop on "olive cultivation- profitable business"  PMAS-AAUR on 28 July 2011. * Attended research workshop on "Citation and referencing in Research using Endnote X5" held at PMAS\_Arid agriculture University Rawalpindi. August 25, 2011. * Attended international workshop on "Climate Change and Sustainability of Agro-Environment: Challenges & Interventions" held at PMAS\_Arid agriculture University Rawalpindi. June 3-4, 2010 * Attended national training course on the Food safety management system ISO 22000: 2005 for auditors / Lead auditors held at Lahore. May 10-13, 2010. * International workshop on Modern Techniques in Molecular Biology. * Attended workshop on Dynamic learning Skills at Learning Innovation Division HEC, Islamabad from December 14-17, 2009. * Attended International conference on human nutrition, held at Faisalabad from 22 -25 February, 2010. * Industrial training in Yummy milk Products Lahore, Pakistan. * Industrial training in Crescent sugar Mills Faisalabad, Pakistan. | |
| Professional memberships   * + - * Member of IFT       * Member of Pakistan Society of Food Scientists and Technologists.       * Pakistan Botanical Society * Senior Member of Asia-Pacific Chemical, Biological & Environmental Engineering Society (APCBEES) * Member of The European Federation of Food Science & Technology (EFFoST) * Member of The International Society for Environmental Information Sciences (ISEIS)   Member of the International Association of Engineers (IAENG) | |
| Journal Reviewer/Member Editorial board   * [Member editorial board Journal of plant biology and & soil health](http://www.avensonline.org/biology/plant-biology-soil-health/editorial-board-21/). * [Member editorial Board Journal of Plant Health and Technology](http://crescopublications.org/journals/jpht.php) * [Member editorial board EC Nutrition (UK)](https://www.ecronicon.com/nutrition-editorial-panel.php) * [Member Editorial Board International Journal of Food Science and Nutrition.](http://www.foodsciencejournal.com/board)   + - * Reviewer of international journal of Food Science and Technology (UK).       * Reviewer for African Journal of Food Science and Technology.       * Reviewer for Pakistan Journal of Agricultural Sciences.       * Reviewer for Journal of Chemical Society of Pakistan.       * Reviewer for Journal of Agricultural research.       * Reviewer of Critical Reviews in Food Science and Nutrition.       * Reviewer of Chinese Journal of Natural Medicines.       * Reviewer of International Journal of Food Properties. | |
| Distinctions   * + - * Win Indigenous PhD scholarship from Higher education commission (HEC), Pakistan.       * Win University merit scholarship from University of Agriculture, Faisalabad, Pakistan.       * Win Fulbright fellowship for postdoc in USA       * HEC Approved supervisor to conduct PhD Research at University level.       * Win Research productivity award 2012       * Win Research productivity award 2014 | |
| Thesis   * Extraction, Characterization and Utilization of β-glucan. (**PhD Thesis**) * Chemical Preservation of Tomato Concentrate Prepared by Cold Break Method. (**MSc Thesis**).   **Ph.D Thesis supervision (Principal Supervisor)**   |  |  |  |  |  | | --- | --- | --- | --- | --- | | S.NO | Name | Year | Status | Title | | 1 | IMRAN HAYAT | 2014 | COMPLETED | Extraction, characterization and utilization of phaseolus vulgaris protein | | 2 | SUMAIRA KHALID |  | IN PROCESS | Evaluation of nutraceutical potential of ajwa dates | | 3 | MUHAMMAD KALEEM |  | IN PROCESS | Extraction and characterization of Nutraceuticals from Carissa opaca | | 4 | Tauseef Azam |  | IN PROCESS |  |   **Ph.D Thesis supervision (Co-Supervisor)**   |  |  |  |  |  | | --- | --- | --- | --- | --- | | S.NO | Name | Year | Status | Title | | 1 | Mudassir Ali Qazalbash |  | IN PROCESS | Screening for the selection of probiotics culture from yak milk for fermented milk product | | 2 | Kashif Sarfraz Abbasi | 2012 | Completed | Influence Of Packaging Materials And Storage Conditions On The Quality Attributes Of Potato (Solanum Tuberosum L.) Tubers | | |
| Publications   1. Sammi, S., Masud, T., **Ahmad, A**., Naqvi, S. S., Ahmad, A., & Mujtaba, A. (2016). Potassium permanganate effects on postharvest conversation of Turning Tomato (Var. Rio Grande) fruits. Transylvanian Review, 24(8). (Accepted for Publication)      1. Khalid, S; **Ahmad,A**; Masud,T; Asad, M.J; Sandhu, M. 2016. Nutritional assessment of ajwa date flesh and pits in comparison to local varieties. Journal of Animal and Plant Sciences, Volume: 26, No. 4. (Accepted on February25, 2016). 2. Abbasi, K.S; Masud, T., Qayyum, A, Khan, S.U, **Ahmad, A.,** Mehmood, A, Farid, A and, Matthew A.J., 2016. Transition in tuber quality attributes of potato (Solanum tuberosum L.) under different packaging systems during storage. Journal of Applied Botany and Food Quality 89, 142 - 149. 3. Kaleem, M., **Ahmad, A**., Khalid, S., and Azam, M. T. 2016. HPLC condition optimization for identification of flavonoids from *Carissa opaca*. Sci.Int.(Lahore),28(1),343-348. 4. **Ahmad A**., Kaleem M, Ahmed Z, and Shafiq, H. 2015. Therapeutic potential of flavonoids and their mechanism of action against microbial and viral infections—A review. *Food Research International*. 77(2):221-235. (accepted June 23, 2015). [doi:10.1016/j.foodres.2015.06.021](http://dx.doi.org/10.1016/j.foodres.2015.06.021). IF: 2.818 5. Hayat I, **Ahmad A**, Ahmed A, Khalil S and Gulfraz M. 2014. Exploring the potential of red kidney beans (*phaseolus vulgaris* l.) To develop protein based product for food applications.The Journal of Animal & Plant Sciences, 24(3): 860-868. **ISSN: 1018-7081** 6. Ahmed A, Khalid N, **Ahmad A**, Abbasi N A, Latif M S Z and Randhawa M A. 2014. Phytochemicals and biofunctional properties of buckwheat: A review . The Journal of Agricultural Science, 152, pp 349-369. doi:10.1017/S0021859613000166. 7. Ahmed A, **Ahmad A,** Khalid N, Shandhu MA, Rhandhawa MA, Suleria HAR. 2014. A question mark on Iron deficiency in 185 million people of Pakistan: Its outcomes and Prevention. Critical Reviews in Food science and Nutrition. 54:1617-1635. 8. Abassi EA, Khalid N, Zbakh H and **Ahmad A**. 2014. Physicochemical characteristics, nutritional properties and health benefits of argan oil: A review. Critical Reviews in Food Science and Nutrition. 54:1401-1414. DOI: 10.1080/10408398.2011.638424. 9. **Ahmad A**, Hayat I, Arif S, Masud, T, Khalid N, Ahmed A. 2014. Mechanisms involved in the therapeutic effects of soybean (glycine max). International Journal of Food Properties. 17(6):1332-1354. 10. Anjum N, Maqsood S, Masud T, **Ahmad A** and Momin A. 2014. *Lactobacillus acidophilus*:Characterization of the Species and Application in Food Production. Critical Reviews in Food science and Nutrition. 54:1241-1254. 11. Tasneem M, Siddique F**, Ahmad A,** Farooq U. 2014. Stabilizers: Indispensable substances in dairy products of high rheology. Critical Reviews in Food science and Nutrition. 54:869-879. 12. Shafiq H, Ahmad A, Masud T, Kaleem M. 2014. Cardio-protective and anti-cancer therapeutic potential of Nigella sativa. Iranian Journal of Basic Medical Sciences. 17(12):967-979. 13. Khalid N, **Ahmad A**, Khalid S, Ahmed A, Irfan M. 2014. Mineral composition and health functionality of Zamzam water: A review. International Journal of Food Properties. 17(3):661-677. 14. Khalid N, Ahmed A, Bhatti MS, Randhawa MA, **Ahmad A** and Rabab Rafaqat. 2014. A question mark on zinc deficiency in 185 million people in pakistan- possible wayout. Critical Reviews in Food science and Nutrition. 54(9): 1222-1240. 15. **Ahmad A**, Arshad N, Ahmed Z, Bhatti MS, Zahoor T, Ahmad Z and Afreen A.2014. Perspective of surface active agents in baking industry: An overview. Critical Reviews in Food science and Nutrition. 54: 208-224. 16. Hayat I, **Ahmad A**, Masud T, Ahmed A and Bashir S.2014. Nutritional and Health Perspectives of Beans (Phaseolus vulgaris L.): An Overview. Critical Reviews in Food science and Nutrition. 54: 580-592. DOI:10.1080/10408398.2011.596639. 17. Shafiq H, Iftikhar F, **Ahmad A**, Kaleem M, and Sair AT. 2014. Effect of crystallization on the water activity of honey. International Journal of Food and Nutritional Sciences, 3(3):1:6. 18. Chatha, Z. A., **Ahmad, A**., Zahoor, T., & Raza, A. (2013). Comparative Effect of Gamma Irradiation, UV-C and Hot Water on Antioxidant Potential of Mango (Mangifera indica L.) Fruit. *Pakistan Journal of Nutrition, 12*(11), 1019-1023. 19. Chatha, Z. A., **Ahmad, A.**, Zahoor, T., Raza, A., & Kaleem, M. (2013). Effect of Gamma Irradiation, UV-Irradiation and Hot Water Treatment on Fungal Growth and Aflatoxin in Mango Fruits (Mangifera indica L.). *Pakistan Journal of Nutrition, 12*(12), 1050-1056. 20. Akhtar, S., Ahmed, A., **Ahmad, A.**, Ali, Z., Riaz, M., & Ismail, T. (2013). 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Nutritional and functional evaluation of wheat flour cookies supplemented with gram flour. International Journal of Food Science and Nutrition. 64(1): 63-68. 29. Shafiq, H, Iftikhar, F., A., Kaleem, M., & Sair, A. T. (2012). Effect of crystallization on the water activity of honey. International Journal of Food and Nutritional Sciences. 3(3): 1-6 30. A, Malik NA, Randhawa MA, **A**, Akhtar S, Ahmed H, Shah SS. 2012. Changes in vegetable oil used for commercial frying: A case study from Rawalpindi. Journal of the Chemical Society of Pakistan 34(5): 1079-1083. 31. Arif S, **A**,Masud T, Khalid N, Hayat I, Siddique F, Ali Muhammad. 2012. Effect of flour processing on the quality characteristics of a soy based beverage. International Journal of Food Science and Nutrition. 63(8):940-946. 32. **A**, Munir B, Abrar M, Bashir S, Adnan M, Tabassum T. 2012. Perspective of β -glucan as functional ingredient for food industry. Journal of Nutrition and Food Sciences. 2: 133. doi:10.4172/2155-9600.1000133. 33. Waqas, A, Ahmed A, **A**, Rhandhawa M. A. Khalid, N. 2012. Heavy metal contamination in vegetables grown in Rawalpindi, Journal of the Chemical Society of Pakistan. 34(4):914-919. 34. **Ahmad A**, Anjum FM, Zahoor T, Nawaz H and Dilshad SMR.2012. Beta glucan: A valuable functional ingredient in foods. Critical Reviews in Food Science and Nutrition. 52 (3):201-212. 35. Zafar S,Ahmed A, Ahmad R, Randhawa MA, Gulfraz M, **Ahmad A** and Siddique F. 2012. Chemical residues of some pyrethroid insecticides in eggplant and okra fruits: Effect of processing and chemical solutions. Journal of the Chemical Society of Pakistan 34(4): 1169-1175 36. Mehmood T, **A,** Ahmed A, Khalid N. 2012. Quality Evaluation and Safety Assessment of Different Cooking Oils Available in Pakistan. Journal of the Chemical Society of Pakistan 34(3): 518-525. 37. Siddique F, Tasneem M, **A,** Ahmed A, Gulfraz M and Watto FH. 2011. 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Amin A, Ali M, **A** and Hassan M. 2001.Effect of coatings and Polyethylene sheet on the shelf life of mangoes (*Mangifera indicaL.* ). Pak. J. Arid. Agric., 4(1-2): 7-13. 49. Ali M, Saeed MK, **A** and Nasreen A. 2000. Stabliztaion and preservation of yoghurt drink. Pak. J. Arid. Agric., 3(1-2): 33-37.      1. **Asif** and Ahmed Zaheer. 2011. Tailoring oat for future foods. In: Danielle L. Murphy (Ed.), Oats: Cultivation, Uses and Health Effects . NOVA SCIENCE PUBLISHERS, USA. **(BOOK CHAPTER)**. ISBN-10: 1613242778 ISBN-13: 9781613242773 . https://www.novapublishers.com/catalog/product\_info.php?products\_id=19839 2. **Asif** and Anjum Faqir Muhammad. 2010.Persepctive ofβ-glucan: Extraction and Utilization. VDM Publishers Germany .  ISBN-10:**3639290542**| ISBN-13:**978-3639290547.** 3. Khalid Nauman **Asif** and Ahmed Anwaar. 2012. Micronutrients Deficiencies in 185 Million People of Pakistan: Special Reference to Zinc and Iron. LAP LAMBERT Academic Publishing. ISBN-10: 3847301144 ISBN-13: 978-3847301141 4. **Asif,** Ahmed Zaheer. 2015. Nutraceutical Aspects of β -Glucan with Application in Food Products. In: **Alexandru Mihai Grumezescu** (Ed.). Nanotechnology in Food Industry . (Accepted Book Chapter) 5. **Asif** and Muhammad Kaleem.2015. Diet and bone disease. In: **Wenbiao Wu** (Ed.)Diets and Disease Causes and Prevention. NOVA SCIENCE PUBLISHERS, USA.  **ISBN:**978-1-63484-588-5 Weblink: | |
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