



Hamza Jan

Date of birth: 05/01/1996 | **Nationality:** Pakistani | **Phone number:**

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Address: Karachi, 75850, Karachi, Pakistan (Home)

WORK EXPERIENCE

27/03/2023 – CURRENT Karachi, Pakistan

LECTURER IQRA UNIVERSITY KARACHI

Contribute to learning and teaching initiatives, fostering an engaging educational environment.

- Conduct research in the field of nutrition, promoting innovation and scholarship.
- Participate in curriculum development to ensure relevance and quality.
- Drive quality assurance and enhancement efforts.

06/12/2020 – 20/03/2023 Lahore, Pakistan

SENIOR LECTURER AL-RAZI INSTITUTE

- Led instruction, and mentoring students in nutrition and related subjects.
- Played a key role in research, contributing to advancements in the field.
- Actively participated in curriculum development activities.
- Ensured quality assurance in teaching and learning.
- Research, Scholarship, and Innovation.
- Quality Assurance and Enhancement.

28/06/2018 – 15/07/2022 Faisalabad, Pakistan

PROJECT MANAGER STUDENTS NUTRITIONISTS CLUB PAKISTAN

I worked as a **Project Manager** for the **Pakistan Nutrition Awareness Program (PNAP) & Non-Communicable Diseases Awareness Program (NCDs)**. During my stay at SNCP, I worked hard and dedicatedly to the activities of the project. I have also participated in a number of clinical and community activities camps, seminars and malnutrition awareness campaigns in schools, hospitals, different universities and underprivileged areas of Pakistan. The core objective of these project is to achieve a Better nutritional status for the people of Pakistan.

My key Responsibilities:

1. Activity and resource planning
2. Organizing and motivating a project team
3. Controlling time management
4. Cost estimating and developing the budget
5. Ensuring customer satisfaction
6. Analyzing and managing project risk
7. Monitoring progress
8. Managing reports and necessary documentation

01/09/2018 – 01/09/2020 Faisalabad, Pakistan

RESEARCH ASSISTANT UNIVERSITY OF AGRICULTURE FAISALABAD

While Working as Research Assistant, Carried out Lab experiments and try to find out new products with high nutritional value. The Title of the project is "Enhancing & Value Addition of Milk by Developing Cheese & Cheese Spread"

EDUCATION AND TRAINING

2021 – 2021 Ireland

DIPLOMA IN FOOD SAFETY Alison

Website <https://alison.com/>

2018 – 2020 Faisalabad, Pakistan

M.SC HONS University of agriculture Faisalabad

Address University of agriculture Faisalabad, 38000, Faisalabad, Pakistan

2014 – 2018 Faisalabad, Pakistan

B.SC HONS University of agriculture Faisalabad

Address University of agriculture Faisalabad , 38000, Faisalabad, Pakistan

2012 – 2014 Faisalabad, Pakistan

F.SC PRE-MEDICAL Punjab College of Science

Address Punjab College of Science Satiyana Road , 38000, Faisalabad, Pakistan

2010 – 2012 Faisalabad, Pakistan

MATRIC Laboratory High School

Address Laboratory High School University of agriculture , 38000, Faisalabad, Pakistan

● LANGUAGE SKILLS

Mother tongue(s): **URDU**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
PANJABI	C2	C2	C2	C2	C2
ENGLISH	C1	C2	C1	C1	C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● DIGITAL SKILLS

Statistical analyses softwares (SPSS, R / R Studio, Amos, NVivo) | IBM Statistical package for Sciences (SPSS) | MINI TAB | Intermediate level of knowledge regarding the Agile Project delivery approach | Microsoft Office | Microsoft Powerpoint | public speaking skill | Organised and responsible person | Task Management | Slack (Virtual Chat Rooms Events) | Event planning | Survey Programs

● ADDITIONAL INFORMATION

PUBLICATIONS

Research/Review Articles

1. Maria Abdul Slam, **Hamza Jan**, Maha Naseer, Mehwish Liaquat, Sowaiba Muneer, and Ijaz Ashraf. 2022. Isolation and Characterization of Magnetite Producing Bacteria from Fresh and Marine Water sediments of Pakistan. Tobacco Regulatory Sciences.

2. Amna Shehzad; Roshina Rabail; Seemal Munir; **Hamza Jan**; Diego Fernández Lázaro; Rana Muhammad Aadil. 2022. Impact of Oats on Appetite Hormones and Body Weight Management: A Review. Current Nutrition Reports.

3. **Hamza Jan**, Aysha Sameen, Muneeb Khan, Sana Ashraf, Noor Younis, Farwa Tariq, Tayyaba Tariq, Development and quality evaluation of cheese spread enriched with branched-chain amino acids. Submitted

4. Noor Younis, Muneeb Khan, Adan Hafeez, Muhammad Imran Hussain, **Hamza Jan**, Comparative Effects of Dried Aloe Vera Gel on Blood Sugar (glucose) in Type- and Type-II Diabetic Patients.

5. Asma Batool, Sara F. Ghanem, **Hamza jan** , Huda Ismail4 , Marzough Aziz Albalawi , Rehab Al-Massabi , Sanaa Almowallad , Amnah A. Alharbi , Mody Albalawi , Nahla Zidan , Ameliorative Effect Of Peppermint Oil (Mentha Piperita L.) In Liver Function And Serum Lipid Peroxidation Biomarkers In Male Albino Rats With Induced Nonalcoholic Fatty Liver Disease: A Randomized Clinical Control Trial.

Abstracts and Articles Published in Conferences/workshops

1. Aysha Sameen, Farwa Tariq, Tayyaba Tariq, **Hamza Jan**, and Sana Mahmood. 2020. Immunity boosting nutrients in context to combating infections. International Virtual Conference on Plant-Based food for Food Security and Pandemic Management. Organized by the Department of Food Science and Technology. MNS-University of Agriculture, Multan.
 2. **Hamza Jan**, Aysha Sameen, and Farwa Tariq. 2020. Effect of branch chain amino acid enrichment on quality attributes of cheese spread. International Turkic world congress on science and engineering.
 3. Farwa Tariq, Aysha Sameen, **Hamza Jan**, Tayyaba Tariq, Abubakar Khalid. Cheese Spread; is a nutritious value-added dairy product. 30th All Pakistan Food Science Conference and Food and Nutrition Expo. Organized by Pakistan Society of Food Scientists. 2019.
 4. **Hamza Jan**, Hira Iftikhar, Waheed Triq. Reducing Food Waste by a New Food Sharing Concept (Social Recipes). INT. Food and Nutrition Conference. Organized by Institute of Home Sciences, University of Agriculture, Faisalabad. 2017.
 5. **Hamza Jan**, Sana Ashraf, Noor Younis, and Muneeb Khan. 2022. A GLANCE AT THE RESTORATIVE POTENTIAL OF BASIL SEEDS. International Summit on Hormonal Disorders.
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RESEARCH / PROJECTS

Research Project Titles

- Tharparker Nutrition Assessment & Sustainable Dietary Pattern Development Program Pakistan Nutrition Awareness Program" (promising nutrition consultancy for 300,000 people).
- Alteration of complex carbohydrates with refined carbohydrates in bakery products to minimize the risk of hyperglycemia.
- Fortification of Iron, Zinc, Folic Acid, and Vit. B12 in wheat flour and amplify the message of nutrition to combat anemia in Pakistan: " Assessment of nutrition and dietary patterns in school and university-going students of province Punjab, Pakistan"
- Utilization of Berberis aristata for the management of non-insulin-dependent diabetes mellitus in an animal model"
- Combating calcium deficiency in lactating females by utilizing the calcium from egg shells"Assessment of the antioxidant and nutrient potential of Moringa capsules and its effect on blood profile and hypertension is the description.
- Enhancing the value addition of milk by developing specialized cheese and cheese spread

PROFESSIONAL COMPETENCIES

PROFESSIONAL MEMBERSHIP

- Life Member of the "Nutritionists Society of Pakistan".
- Life Member of the "Pakistan Society of Food Scientists and Technologists"

Key Skills and Experience

1. Carried research on the management of nutrition and diet for diseases like diabetes, cardiovascular and obesity.
2. Work for Food Safety and Food Security across Pakistan, especially in tharparkar dessert. Expertise in providing counseling sessions to spread the culture of nutrition and well-being among the staff and the incumbents of the health center.
3. Took part in various campaigns to educate and create awareness among the public on the role of nutrition and the prevention of health risks.
4. Highly energetic and passionate about learning about the latest advancements in the field of science.

CERTIFICATIONS

1. Certificate of completion in Food Safety and Hygiene in the Catering Industry.
2. Certificate of completion in ISO 22000:2018 - Elements of Food Safety Management System (FSMS).
3. Certificate of Participation in a Webinar: Early Influences on Sensory Development and Food Preferences.
4. Certificate of completion internship in Fatima memorial hospital Lahore.
5. Certificate of Participation in a seminar by Abbot Nutrition.
6. Certificate of Participation in a Workshop on Nutrition Awareness of School Going Children and Review of Nutrition and Food. Safety Curricula Practiced at Higher Educational Institutes of Pakistan.
7. Certificate of Participation in a conference on Recent Trends in Food Processing and Technology.
8. Certificate of Participation in an International Seminar on Food Processing a Neglected Pearl of Food Sector.
9. Certificate of Participation in a Seminar on Value Added Food Products.

10. Certificate of Participation in a Seminar on Special Topics in Neonatal Care.

AREAS OF EXPERTISE

- Public Health Nutrition
- Program Management
- Clinical Counselling
- Community Nutrition Practices
- Therapeutic Foods development
- Event Planning
- Project Management
- Lab Experiments
- Nutrition & Dietetics
- Product Development

EDUCATIONAL BACKGROUND

Major Subjects

- **M.Sc. (Hons.) Human Nutrition and Dietetics, University of Agriculture, Faisalabad**
Maternal and Child Nutrition, Professional Dietetics, Recent Advances in Human Nutrition and Dietetics, Microbiology and Public Health, Physiology of Digestion and Metabolism, Nutrigenomics and Proteomics, Food Safety, Food Security.
- **B.Sc. (Hons.) Human Nutrition and Dietetics, University of Agriculture, Faisalabad**
Human Nutrition and Dietetics, Food Technology, Public Health, Consumer Psychology, Food Safety.

VOLUNTEERING

VOLUNTEER & COMMUNITY NUTRITION ACTIVITIES • Organized **Tharparker Nutrition Program** 2016-17

- Served as a volunteer health worker in Fatima Memorial Hospital LHR.
- Vice-Chairman Nutritionist Society of Pakistan
- Organized nutrition campaigns in schools of Lahore and Faisalabad under the Punjab Nutrition Awareness Program.
- Member organizing committee first-ever meeting of nutritionists "National Nutritionist Meet 2018" at Sarena Faisalabad.
- Member organizing committee Nutrition awareness seminar at Punjab community service centre Faisalabad.
- Member organizing committee free mock test sessions of Nutrition Students for NTS preparation in Lahore and Faisalabad.
- Actively worked in the management team of Nutrition Mala 2015 organized by the University of Agriculture Faisalabad

REFERENCES

Dr. Aysha Sameen

Job title: Professor
Company name: Government College Women's University Faisalabad (GCWUF)
Work address: Government College Women University, Block Z Madina Town, Faisalabad, Punjab
Work phone number: +923326610733
Work email: Dr.ayshasameen@gcwuf.edu.pk

Dr. Tooba Mehfooz

Job title: Assistant Professor
Company Name: Iqra University Karachi
Work Address: Human Nutrition & Dietetics Department, Iqra University, Karachi.
Work Phone number: +923453705223
Work email: tooba.mehfooz@iqra.edu.pk

Dr. Muneeb Khan

Job title: Assistant Professor
Company name: Ripha International University Lahore
Work address: Department Food & Nutrition of Ripha International University Lahore

Work phone number: +923367993611

Work email: Muneebkhan2001@gmail.com