

Dr. Nadia Akram

Assistant Professor

Ph.D. Food Technology

Kinnaird College for Women, Lahore

E-mail: nadia.akram@kinnaird.edu.pk

EDUCATIONAL QUALIFICATION

| Degree | Year | Marks/CGPA | Institution |
|---|-------------|-------------------|--|
| Ph.D (Food Technology) | 2016 | 3.78/4.00 | National Institute of Food Science and Technology, University of Agriculture Faisalabad, Pakistan. |
| M.S. (Food Technology) | 2012 | 3.94/4.00 | National Institute of Food Science and Technology, University of Agriculture Faisalabad, Pakistan. |
| B.S. (Food Science and Technology) | 2010 | 3.87/4.00 | National Institute of Food Science and Technology, University of Agriculture Faisalabad, Pakistan. |
| F.Sc (Pre-Medical) | 2006 | 901/1100 | Government College Women University Faisalabad |
| Matriculation | 2004 | 702/850 | Sacred Heart Convent High School, Faisalabad |

PROFESSIONAL EXPERIENCE

- Worked as **Assistant Professor at Department of Food Science & Technology, Government College Women University, Faisalabad** from April, 2017 to August, 2017.
- Working as **Assistant Professor at Department of Food Science & Human**

Nutrition, Kinnaird College for Women, Lahore from September, 2017 till date.

PRACTICAL EXPERIENCE

- Conducted research on project entitled “**Characterization and Cooking Quality of Different Chickpea (*Cicer arietinum*) Varieties**” as part of MS studies.
- Conducted research on project entitled “**Functional Attributes and Bio-assay of Modified Cereal Starches**” as part of PhD studies.

RESEARCH PUBLICATIONS (Papers & Abstracts)

- Hafsa Naeem, Aqsa Akhtar, **Nadia Akram**, Hafiz Ansar Rasool Suleria and Nauman, Khalid. Formulation and characterization of lentils milk-based soft cheese analogs: Insights on physicochemical and textural properties. Legume Science. Vol 6(03), pp 2-9.
- Zaniab Akram, **Nadia Akram**, Abdul Maajid Khokhar, Asim Mumtaz, Talha Hafeez (2024). Effect of restaurant attributes on customer satisfaction. Journal of Xi'an Shiyong University (Natural Science Edition) Vol 67 (08), pp 308-314.
- Zoyya Khalid, **Nadia Akram**, Qurat ul Ain Aleem and Mahnaz Nasir Khan. Physicochemical Characterization of Bovine Colostrum. Journal of Natural and Applied Sciences Pakistan, Vol 6 (1), 2024 pp 1798-1814.
- Rabia Naz, **Nadia Akram**, Fasiha Ilyas, Syeda Aliya Sherazi, Nida Tasneem Khan. 2023. Momordica Charantia and Polypeptide-P:A mini review on their medicinal potential in diabetes care. Journal of Population Therapeutics & Clinical Pharmacology. 30(19).2162-2169.
- Noor-e-Huma, **Nadia Akram** & Rabia Naz. 2020. Use of Clove Carrot Mix in Cookies; A Way towards Development of Low Caloric and High Fiber Cookies with Improved Organoleptic Properties. European International Journal of Science and Technology. 9(7): 1-15.
- Ayesha Imran Butt, Natalia Malik, Shazia Tahseen, **Nadia Akram**, Fasiha Ilyas & Mahnaz Nasir Khan. 2020. Development of an Anthocyanin Rich Vegetable Soup Mix. Pakistan Journal of Medical and Health Sciences. 14(1): 13-16.
- Khadija Arshad, Rabia Naz, Mahnaz Nasir Khan, **Nadia Akram**. 2019. Branched chained amino acids enriched bar and chronic liver disease: a case study. Journal of Natural & Applied Sciences Pakistan. 1(1): 18-22.

- **Nadia Akram**, Imran Pasha, Nuzhat Huma and Muhammad Asghar. 2017. Effect of modified cereal starches on dough and bread quality. Pakistan Journal of Agricultural Sciences.
- Imran Pasha, Sehrish Hussain, Muhammad Issa Khan and **Nadia Akram**. 2015. Utilization of processed *Vigna mungo* L. flour in cookies. Nutrition & Food Science. 45:883-894.
- **Nadia Akram**, Faqir Muhammad Anjum, Imran Pasha and Humaira Ashraf. “Lemon grass: A multifaceted herb” in International Conference on Emerging Issues in Nutrition & Food Safety held on 21-23 October, 2013 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad, Pakistan.
- Shabbir Ahmad, Ayesha Sameen, Imran Pasha, Muhammad Issa Khan, **Nadia Akram** and Muhammad Furhan Chughtai. “Quality of processed Cheddar Cheese as a function of emulsifying salt replaced by κ -Carrageenan” in International Conference on Nutritional Therapies Against Lifestyle Related Disorders held on 29-30 May, 2014 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad, Pakistan.
- **Nadia Akram**, Imran Pasha, Ayesha Riaz, Shabbir Ahmad and Hussnain Raza. “Resistant starch ; A milestone towards improvement in nutraceutical facet of cereals” in International Conference on Nutritional Therapies Against Lifestyle Related Disorders held on 29-30 May, 2014 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad, Pakistan.
- Shabbir Ahmad, Imran Pasha, Muhammad Saeed, Ayesha Sameen, Muhammad Adnan Nasir and **Nadia Akram**. 2014. “Application of emerging technologies to control salmonella in Foods” in International Conference on Agriculture, Food Security and Climate Change held on 09-11 September, 2014 organized by University of Poonch, Rawalakot.
- **Nadia Akram**, Imran Pasha and Shabbir Ahmad. 2014. “Modified Starch; a novel ingredient in imitation cheese”. Presented in Food Festival and International Symposium on Technological and Nutritional Aspects of Value Added Dairy Products held on 12-14 November, 2014 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad, Pakistan.
- **Nadia Akram**, Imran Pasha, Humaira Ashraf, Ayesha Raiz and Faima Atta Khan.

“Microencapsulation; A novel approach towards fortification to combat micronutrient malnutrition” in International Conference on Malnutrition in South Asia: The peril persists held on 23-24 February, 2015 organized by Department of Food Science & Technology, Bahauddin Zakariya University, Multan, Pakistan

- Imran Pasha, Abdullah Salik and **Nadia Akram**. “Thermal & chemical modification of rice starch to enhance slowly digestible fraction” in 14th European Young Cereal Scientists & Technologists Workshop held on 14-17 April, 2015 organized by University of Copenhagen, Denmark.

ORAL/POSTER PRESENTATION

- Rabia Naz, **Nadia Akram**, Hamda Manzoor and Laraib Rafqat “Cactus pear: a dry land weed for better nutrition” International Conference on Pharma, Food and Healthcare in conjunction with 13th Pak Pharma & Healthcare Expo Center Lahore, 9th-10th March 2022.
- Noor-e-Huma, **Nadia Akram** & Mahnaz Nasir “Development & Standardization of Water Chest Nut flour enriched recipes” in 30th All Pakistan Food Science Conference on 10th -11th December, 2019 at University of Lahore, Lahore-Pakistan.
- Rabia Shah, **Nadia Akram**, Rabia Naz & Mahnaz Nasir Khan “Effect of Different Drying Methods on the Quality of Pumpkin Fractions” in 1st International Conference on Science, Technology & Innovation, 2nd – 4th April, 2019 held at Kinnaird College for Women, Lahore.
- Wajeeha Sadaf, **Nadia Akram**, Mahnaz Nasir Khan & Rabia Naz. 2019. “Utilization of organ meat in the formulation of iron sprinkle”. Poster in 4th International Conference on “Food and Nutrition Security in Changing Climate” (ICFNS-2019) March, 3-4, 2019 organized by Institute of Food Science and Nutrition, Bahauddin Zakariya University, Multan.
- **Nadia Akram**, Mahnaz Nasir Khan & Memoona Khalid. “Consumption of Food Group Servings: Young Adolescents’ Reality vs. Recommendations” in 1st Sino-Pak Agriculture Forum & Food & Nutrition Expo” in collaboration with Islamic Food and Nutrition council (IFANCA), USA. Pakistan Halal Assembly on 21-22th March, 2018 organized by Government College University, Faisalabad.

PROFESSIONAL TRAINING

- Two days Virtual short course on “**Qualitative Research in Nutrition**” on February 28 - 29, 2024 by Department of Community Health Sciences, Aga Khan University, Karachi.
- One day Pre-Conference International Workshop on **Rehabilitation & Allied Health Sciences**, 6th October, 2023 organized by Riphah International University, Lahore-Pakistan.
- Five Days Training Course on “**Food Security – Issues and Mitigation Strategies**”, 26-30 September, 2022 organized by Akhtar Hameed National Center for Rural Development (AHKNCRD) Government of Pakistan, Establishment Division.
- One day “**Outcome Based Education & Embedded Assessment**”, 12 December, 2020 organized by Quality Enhancement Cell, Kinnaird College for Women, Lahore-Pakistan.
- Five days Training in “**Auditing and Inspection Level-3**”, 15-19 April, 2019 in collaboration with School of Health & Food Safety COTHM Pakistan & Dubai & High Field at University of Health Sciences.
- Five days Training in “**Food Safety Train the Trainer Level 4**”, 15-19 April, 2019 in collaboration with School of Health & Food Safety COTHM Pakistan & Dubai & High Field at University of Health Sciences.
- One day “**Quantitative Data Analysis Workshop**”, 17 January, 2019 organized by Quality Enhancement Cell, Kinnaird College for Women, Lahore-Pakistan.
- Five days “**Indigenous Teacher Training Workshop**” Under Continuous Professional Development Program, 11-15 January, 2018 organized by Food Science and Human Nutrition Department, Kinnaird College for Women, Lahore-Pakistan.
- One day “**Halal Food & Safety Standards Training Workshop**”, 18 April, 2018 in collaboration with Punjab Halal Development Agency, Lahore-Pakistan.
- One day workshop “**Sensory Evaluation Method for New Product Development**”, 14 September, 2018 a collaborative effort of Kinnaird College for Women, Lahore and Dalda Foods Ltd. Lahore.
- Five days training course on “**Standards & Auditing Skills for Halal-Compliance & Halal Lead Auditor Training Course**”, March 2016 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad in collaboration with Halal Foundation Pakistan.

- Two days training course on “**Entrepreneurship Approach in Value Added Baked Products**”, 27-28 April, 2015 organized by Faculty of Food, Nutrition and Home Sciences, University of Agriculture, Faisalabad
- Two days training workshop on “**Cite While You Write**”, 2-3 September, 2015 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad.
- Two days International Training Workshop on “**Restorative Potential of Nutraceutical Against Malignancy**”, 6 -7 January, 2014 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad under Pak-US Joint Project.
- Four days E- learning Training course on “**Risk Management of Food borne pathogens**”, 19-22 May, 2014 organized by National Productivity Organization in collaboration with Asian Productivity Organization.
- Three day training course on “**Super Critical Fluid Extraction Technique: Isolation of Functional & Nutraceutical Food Components**”, 20-22 October, 2012 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad under Pak-US Joint Project.

PARTICIPATION IN CONFERENCES/SEMINARS

- Three days 4th International Conference on **Rehabilitation Sciences & 1st International Conference on Allied Health Sciences**-organized by Riphah International University on 6-8th October, 2023.
- One day seminar “Enabling Breastfeeding, making a difference for working parents” for the Breastfeeding Awareness Week 2022 – organized by Department of Food Science and Human Nutrition in Collaboration with Directorate General Health Services, Government of Punjab and UNICEF on 31st August, 2023.
- Three day National Conference on **Global Science Technology & Management Conference**- organized by The Islamia University Bahawalpur and Evolution Pakistan on 9-11th February, 2023.
- One day National Consultation on “**Multi-sectoral Nutrition Stakeholders’ Response to Minimize the Impact of Flood Calamity on Food and Nutrition Security of Vulnerable Population**” – organized by Planning Commission M/o Planning Development and Special initiatives (Nutrition Section) Government of

Pakistan on 27th September 2022.

- One day seminar “**Set Up for Breastfeeding, Educate and Support**” for the Breastfeeding Awareness Week 2022 – organized by Department of Food Science and Human Nutrition in Collaboration with Directorate General Health Services, Government of Punjab and UNICEF on 30th August, 2022.
- **Business Idea Competition** at the **3rd International Conference of Social Science and Humanities Conference** – Organized by Office of Research Innovation and Commercialization, Kinnaird College for women, Lahore on 19th May, 2022.
- Two days International Conference on “**Pharma, Food & Healthcare in conjunction with 13th Pak Pharma & Healthcare Expo**” -organized by National Alliance for Safe Foods on 9th -10th March, 2022.
- One day “**Consultative Session on Incorporating Nutrition Education in Medical Curricula for Doctors, Specialists and Allied Health Professionals: A Preventive & Curative Approach**” organized by SUNAR & Planning & Development Commission Wing Pakistan on 6th December, 2021 at Pearl Continental, Lahore.
- One day “**Innovative Idea & Product Launch**” on 1st December, 2020 Organizer- Organized by Department of Food Science & Human Nutrition in Collaboration with Office of Research Innovation and Commercialization- Kinnaird College for Women, Lahore.
- Two days conference “**Current Trends & Future Perspectives of Citrus Fruit**” on 10-11th March, 2020 organized by Department of Food Science & Technology, Government College Women University, Faisalabad.
- Two days **30th All Pakistan Food Science Conference** on December 10th-11th, 2019 at University of Lahore, Lahore-Pakistan.
- One day “**1st DICE Virtual Innovation Competition**” on 2nd December, 2019 Organizer- Organized by Office of Research Innovation and Commercialization- Kinnaird College for Women, Lahore.
- One day seminar/road show on **New R&D Framework of HEC** on November 23rd, 2019 at University of Punjab, Lahore-Pakistan.
- Three days **1st PNDS International Conference on Non-Communicable Diseases (NCDs)** on November 1st -3rd, at Avari, Lahore-Pakistan.
- One day International Business Exhibition **Lift Pakistan Conference 2019** on November

1st, 2019 organized by University of Management & Technology (UMT), Lahore at Pearl Continental Hotel, Lahore-Pakistan

- Two days **DICE Mega Innovation & Entrepreneurship Event** on October 11th-12th, 2019 at AUST- Abbottabad in collaboration with DICE USA.
- Two days “**1st International Conference on Science, Technology and Innovation**” on April 2nd- 4th, 2019 Technical Session Moderator- Organized by Office of Research Innovation and Commercialization- Kinnaird College for Women, Lahore.
- Two days **Science Expo & Conference** on February 11th-12th, 2019 at PCSIR Lahore in Collaboration with HEC and Federal Ministry of Science and Technology.
- One day Seminar on “**Nutrition & Stress Management**” on Feb 26th, 2019 a collaborative effort of Kinnaird College for Women, Lahore and Punjab Food Authority.
- One day Seminar on “**Breastfeeding and Lactation**” on October 6th, 2018 a collaborative effort of Kinnaird College for Women, Lahore, Higher Education Commission (HEC) and South Asian Federation of Obstetrics and Gynaecology (SAFOG).
- Two days **7th Invention to Innovation Summit 2018** on March 7th-8th, 2018 at University of Punjab, Lahore-Pakistan.
- **Food and Nutrition Week** held on Nov 3-7th, 2015 organized by University of Veterinary & Animal Sciences, Lahore, Pakistan & Forman Christian College, (A Chartered University) Lahore, Pakistan.
- Two days international conference on “**Malnutrition in South Asia: The Peril Persists & Food Expo 2015**” held on Feb 23-24th, 2015 organized by Department of Food Science & Technology, Bahauddin Zakariya University, Multan - Pakistan.
- Two days international conference on “**Nutritional Therapies Against Lifestyle Related Disorders**” held on May 29-30th, 2014 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad, Pakistan.
- International symposium on “**Technological and Nutritional Aspects of Value Added Dairy Products**” held on November 12-14th, 2014 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad, Pakistan.
- International Conference on “**Emerging Issues in Nutrition and Food Safety**” held on 21-23th October, 2013 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad, Pakistan.

RESEARCH GRANTS

- Won **NRPU project** entitled “Modulation of sensory perception and effectual development of snack foods by incorporating *Azadirachta indica* (Neem) plant for diabetics” worth **6.46 Million Rupee** as **Principle Investigator**.

HONOUR & AWARDS

- Indigenous Ph.D fellowship 5000 Phase II (2013)
- Train the Trainer on Food Safety and Manufacturing (Level 4) Course
- Train the Trainer on Food Inspection & Auditing (Level 3) Course
- International Reviewer for LWT Food Science & Technology Journal (2023)

SUPERVISORY ASSIGNMENTS

- Member; Thesis Defense Committee of M.Phil Research, Food Science & Human Nutrition, Kinnaird College for Women Lahore.
- Supervise BS and MPhil research work.
- External Supervisor for MPhil Thesis Defense at School of Food and Agricultural Sciences (SFAS), University of Management and Technology, Lahore.
- External Supervisor for MPhil Thesis Defense at Department of Chemistry, University of Engineering & Technology, Lahore.