

# *Dr. Muhammad Rizwan Tariq*

## **Present Address**

*Institute of Agricultural Sciences, University of the Punjab, Quaid-i-Azam Campus Lahore*

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**Date of Birth:** 29<sup>th</sup> March 1986

**Gender:** Male

**Nationality:** Pakistani



## **PROFESSIONAL QUALIFICATION**

Ph.D (Food Technology)		<b>2015</b>
M.Sc. (Hons.)	<b>3.65/ 4.00</b>	<b>2010</b>
Major Subject: Food Technology		
University of Agriculture, Faisalabad, Pakistan		
B.Sc. (Hons.) Agriculture	<b>3.52/ 4.00</b>	<b>2008</b>
Major Subject: Food Technology		
University of Agriculture, Faisalabad, Pakistan		
Higher Secondary School Certificate	<b>758/1100</b>	<b>2004</b>
Major Subject: Pre-Medical		
Board of Intermediate & Secondary Education, Multan – Pakistan		
Secondary School Certificate	<b>612/850</b>	<b>2001</b>
Major Subject: Science		
Board of Intermediate & Secondary Education, Multan – Pakistan		

## **PROFESSIONAL EXPERIENCE**

- ❖ Working as **Assistant Professor** in Department of Food Sciences, Faculty of Agricultural Sciences, University of the Punjab-Lahore since **December 30, 2019**
- ❖ Worked as **Assistant Professor** in Department of Diet and Nutritional Sciences, University of Lahore Islamabad Campus from **September 25, 2017 to 29 December 2019**

- ❖ Worked as **Assistant Professor** in Department of Food Science and Technology, University College of Agriculture & Environmental Sciences, The Islamia University of Bahawalpur from **February 25, 2016** to **February 24, 2017**
- ❖ Worked as **Assistant Professor** in Department of food and nutrition, GC University Faisalabad-Sahiwal Campus from **November 27, 2014** to **December 28, 2015**
- ❖ Internship at Allied hospital Faisalabad as a Nutritionist from **March 2010** to **August 2010**
- ❖ Internship at United Industries Faisalabad as a Quality Assurance and Quality Control Supervisor from **February 2008** to **June 2008**

## **RESEARCH TRAINING**

Research training under **HEC IRSIP** as Visiting Scholar in University of Illinois at Urbana-Champaign USA from **August 2013** to **January 2014**

## **RESEARCH GRANTS**

### **Principal Investigator**

Nutritional profile and quality attributes of rabbit meat as compared to indigenous chicken. 2016-2017 **0.5 million PKR**. Funded by **Higher Education Commission (HEC), Pakistan**

## **RESEARCH WORK**

- ❖ Effect of different stabilizers on the quality of carbonated flavoured whey drink
- ❖ Exploring the potential of rabbit meat as a functional food
- ❖ Skeletal muscle tissue gene expression with specific emphasis of diet on inflammation and insulin resistance gene networks of dairy cattle

## **RESEARCH PAPERS**

- ❖ Amjad, A., M. Sohaib, H. Nawaz, M. S. Javed, M. Shah, F. H. Shah, **M. R. Tariq**, M. W. Sajid, A. A. Khan et al. 2021. Assessment of rheological and quality characteristics of bread made by the addition of ginger powder in wheat flour. Food Science and Technology. **Accepted.**
- ❖ Javed, M. S., A. Amjad, M. Shah, F. H. Shah, H. Sardar, **M. R. Tariq**, A. A. Khan et al. 2020. Isolation and characterization of moringa oleifera L. flower protein and utilization in functional food bars. Food Science and Technology. **Accepted.**
- ❖ Ahmad, Z., M. Rafay, M. R. Shaheen, M. S. Javed, O. M. Tarar, **M. R. Tariq**, M. A. Nasir. 2019. A Comparative study on extraction and characterization of melon seed oil and its

application in baking. *The Journal of Animal and Plant Sciences*. 29 (3): 2019.

- ❖ Khubaib, A., M. H. Mehmood, M. A. Iqbal, T. Masud, M. Qazalbash, S. Saleem, S. Ahmed, **M. R. Tariq**, W. Safdar et al. 2019. Isolation and characterization of exopolysaccharide producing strains of *Lactobacillus Bulgaricus* from curd. *Food Science and Nutrition*. 7: 1207-1213.
- ❖ Mehmood, M. H., M. A. Iqbal, M. Daood, **M. R. Tariq**, K. Ali. 2019. Hypocholesterolemic effect of oat seeds on the rabbit and meat. *Punjab University Journal of Zoology*. 34(1): 27-33.
- ❖ Naz, H., Abdullah, S., Abbas, K., **Tariq, M. R.**, Shafique, L. Nazeer, G. 2019. Comet Assay: quantification of damaged DNA in *Catla catla* exposed to endosulfan+chlorpyrifos. *Punjab University journal of zoology*. 34(1): 85-88.
- ❖ Sheas, M. N., Rasool, H., Rafique, M. N., **Tariq, M. R.**, Muhammad, A. and Ali, K., 2019. Exploring the potential of honey and curcumin as antidepressant. *Punjab University Journal of Zoology*. 34(1): 89-95.
- ❖ Sameem, M. S., **M. R. Tariq**, Z. Ahmad, and M. W. Sajid. 2018. Effect of CaCl<sub>2</sub> and controlled atmosphere storage on phytochemical characteristics of guava fruit. *The Food Science and Technology*. 38: 356-362.
- ❖ Fernanda, B., J. Osorio, **M. R. Tariq**, C. Li, J. Caputo, M. Socha, J. J. Llor. 2017. Peripheral leukocyte and endometrium molecular biomarkers of inflammation and oxidative stress are altered in periparturient dairy cows supplemented with Zn, Mn, and Cu from amino acid complexes and Co from Co glucoheptonate. *Journal of Animal Science & Biotechnology*. 8: 33.
- ❖ Fernanda, B., J. Osorio, **M. R. Tariq**, J. Caputo, M. Socha, J. J. Llor. 2016. Corium molecular biomarkers reveal a beneficial effect on hoof transcriptomics in periparturient dairy cows supplemented with zinc, manganese, and copper from amino acid complexes and cobalt from cobalt glucoheptonate. *Journal of Dairy Science*. 99:1–9.
- ❖ **Tariq, M. R.**, M. I. Khan, A. Sameen and M. U. Nisa. 2016. Effect of flaxseed enrichment on quality attributes of rabbit meat and meat product. *The Journal of Animal and Plant Sciences*. 26:1850-1858.
- ❖ **Tariq, M. R.**, M. I. Khan, Z. Ahmad, A. Sameen and M. S. Javed. 2016. Development of healthier rabbit meat by supplementation of linseed in the feed and its impact on human blood lipid profile. *Journal of Food Processing and Preservation*. DOI: 10.1111/jfpp.13194

- ❖ Khan, M. I., C. Jo., **M. R. Tariq**. 2015. Meat flavour precursors and factors influencing flavour precursor-A systematic review. *Meat Science* 110: 278–284.
- ❖ Hussaini, A., **M. R., Tariq**, F. T. da Rosa, J. Kesser, Z. Iqbal, O. Mora, H. Sauerwein, J. K. Drackley, E. Trevisi, J. J. Loo. 2015. Insulin sensitivity in adipose and skeletal muscle tissue of dairy cattle in response to dietary energy level and 2,4-Thiazolidinedion (TZD). *Plos One*. 10: e0142633.
- ❖ **Tariq, M. R.**, M. I. Khan, A. Sameen and M. U. Nisa. 2015. Enrichment of flaxseed for developing functional rabbit meat. *Sarhad Journal of Agriculture*. 31: 70-74.
- ❖ Anwer, M., M. I. Khan, I. Pasha, **M. R. Tariq** and M. Sohaib. 2013. Quality assessment of meat in relation to colour and muscle fiber types. *PAK. J. FOOD SCI* 23(2): 80-86.
- ❖ Sameen, A., **M. R. Tariq**, N. Huma and M. I. Khan. 2013. Effect of stabilizers on the quality of carbonated flavoured whey drink. *African Journal of Agricultural Research*. 8: 445-448.
- ❖ **Tariq, M. R.**, A. Sameen, M. I. Khan, N. Huma and A. Yasmin. 2013. Nutritional and therapeutic properties of whey-A review. *Annals Food Science Technology*. 14(1).
- ❖ Khan, M. I., M. N. Adrees, **M. R. Tariq** and M. Sohaib. 2013. Application of edible coating for improving meat quality: A review. *PAK. J. FOOD SCI* 23(2): 71-79.

## **ABSTRACT PUBLISHED IN PROCEEDING / PROFESSIONAL PRESENTATION / TALK**

- Moazzam, A., A.Z. Awan, M.T. Manzoor, S. Ali, S.W. Ali, **M.R. Tariq** and M. Shafiq. 2020. Post-harvest treatments improve the physicochemical Characteristics of guava (*psidium guajava*) fruit cv. Surahi. In Abstracts, International Horticulture Conference (IHC2020). Institute of Agricultural Sciences, University of the Punjab, Lahore, Pakistan. pp 03. February 26-28.
- **Tariq, M.R.**, S.W. Ali. 2020. Strategies to enhance bioactive components in horticultural Produce for countering metabolic syndrome. In Abstracts, International Horticulture Conference (IHC2020). Institute of Agricultural Sciences, University of the Punjab, Lahore, Pakistan. pp 123. February 26-28.
- Sheas, M.N., **M.R. Tariq**, S.W. Ali and W. Safdar. 2020. Investigating the potential of honey and curcumin as nutraceutical. In Abstracts, International Virtual Conference on

Plant Based Food: for Food Security and Pandemic Management. MNS-University of Agriculture, Multan, Pakistan. pp 48. October 15-16.

- **Tariq, M.R.**, S.W. Ali, R. Mahamood, and W. Safdar. 2020. Awareness about consumption of organic food and food products in Pakistan. In Abstracts, International Virtual Conference on Plant Based Food: for Food Security and Pandemic Management. MNS-University of Agriculture, Multan, Pakistan. pp 49. October 15-16.
- Ayesha, A., M. Ashraf. **M. R. Tariq**. 2019. Diet induced acid/base balance and related problems. 1st Pakistan Food – Nutrition International Summit, July 10-11.
- Ayesha, A., M., Ashraf, B. Kanwal, S. A. Zahra, **M. R. Tariq**. 2019. Dietary management of polycystic ovary syndrome (PCOS). 1st Pakistan Food – Nutrition International Summit, July 10-11.
- Huda, I., J. Khan, M. Burhan, **M. R. Tariq**. 2019. Prevalence of food insecurity and its health consequences in developing countries. 1st Pakistan Food – Nutrition International Summit, July 10-11.
- Sheas, M. N., K. Ali, W. Safdar, **M. R. Tariq**. 2019. Investigating the potential of honey and curcumin as nutraceutical. 1st Pakistan Food – Nutrition International Summit, July 10-11.
- Waseem, S., **M. R. Tariq**, M. N. Sheas,. 2019. Physical, chemical and antioxidant properties of algal oil nanoemulsions. 1st Pakistan Food – Nutrition International Summit, July 10-11.
- **Tariq, M. R.**, K. Ali, W. Safdar, M. N. Sheas. 2019 Antihypertensive characteristics of oat seeds as functional food. 1st Pakistan Food – Nutrition International Summit, July 10-11.
- Waseem, S., **M. R. Tariq**, M. N. Sheas,. 2019. Cytotoxic and antioxidant activity evaluation of essential oils from lavender and its nano-emulsions for nutraceuticals. 1st Pakistan Food – Nutrition International Summit, July 10-11.
- **Tariq M. R.**, Ahmad Z., M. I. Khan, M. S. Javed, M. A. Nasir, S. Ahmad. Advances in research on the quality and safety of poultry meat. International Conference on Foods of Animal Origin, March 30-31, 2017.
- **Tariq M. R.**, Ahmad Z., M. I. Khan, M. S. Javed, M. A. Nasir, S. Ahmad. Advances in research on the quality and safety of rabbit meat. 3<sup>rd</sup> International conference on safe food for all, March 2-3, 2017.
- Ahmad Z., R Hussain, M. A. Nasir, M. Riaz, **M. R. Tariq**. Bio-evaluation of sunset yellow color in wistar rat. Research and Enterprise on Food Safety in Developing World-An international conference, Dec 5-8, 2016.

- **Tariq M. R.**, Ahmad Z., M. I. Khan, M. S. Javed, M. A. Nasir, S. Ahmad. Exploring processing technologies to enhance shelf stability and safety of meat and meat products. Research and Enterprise on Food Safety in Developing World-An international conference, Dec 5-8, 2016.
- Nasir M. A., Z. Ahmad, M. S. Javed, **M. R. Tariq**. Inventions in processing techniques, a promising tool for food safety. Research and Enterprise on Food Safety in Developing World-An international conference, Dec 5-8, 2016.
- Javed M. S., Z. Ahmad, M. W. Sajid, **M. R. Tariq**, M. A. Nasir. Milk Contamination an Existential risk. Research and Enterprise on Food Safety in Developing World-An international conference, Dec 5-8, 2016.
- **Tariq M. R.**, A. Sameen, M. I. Khan and S. Ahmad. Utilization of Whey for production of Valuable Dairy Product (Whey Drink). 2<sup>nd</sup> International Conference on Food Properties (ICFP) Bangkok, Thailand. May 31-2 June 2016.
- **Tariq M. R.**, M. I. Khan, A. Sameen and N. Huma. 2016. Possible Impacts of Climate Change on Food Safety and Security. Organized by GC University, Faisalabad-Sahawal Campus. April 01, 2016.
- **Tariq M. R.** Food safety challenges in Pakistan. Organized by GC University Faisalabad-Sahawal Campus. January 28, 2016.
- **Tariq M. R.** Future Perspective of Food Scientists & Nutritionists. Organized by GC University Faisalabad-Sahawal Campus. September 8, 2015.
- Khan, M. I., **M. R. Tariq** and C. Jo. 2015. Development of Low-Fat Rabbit Meat through Dietary Supplementation of Oat. KoSFoST International Symposium and Annual Meeting: Food beyond Science and Technology. June 3-5, 2015, Bexco, Busan, Korea.
- **Tariq M. R.**, M. I. Khan., Faiz F and R. Parveen. 2014. Nutritional therapies for reducing risk of bone diseases. Two days international conference on nutritional therapies against lifestyle related disorders organized by National Institute of Food Science & Technology University of Agriculture, Faisalabad-Pakistan. May 29-30, 2014.
- **Tariq M. R.**, Khan, M. I., A. Sameen and N. Huma. 2012. Health benefits of functional foods. Future Perspectives of Food Processing Industry in Pakistan organized by Department of Food Science, GC University, Faisalabad. December 11-12, 2012.
- Khan, M. I., **M. R. Tariq** and A. Sameen. 2012. The role of meat and meat products as functional foods. Future Perspectives of Food Processing Industry in Pakistan organized by Department of Food Science, GC University, Faisalabad. December 11-12, 2012.
- Khan, M. I., A. Sameen, **M. R. Tariq** and M. S. Arshad. 2011. Strategies for the production of healthier meat and meat products. 10th International and 22nd National

Chemistry conference, University of Agriculture, Faisalabad. November 21-23, 2011.

- Sameen, A., M. I. Khan, M. Sajid and **M. R. Tariq**. 2011. Therapeutic properties of butter milk. 10th International and 22nd National Chemistry conference, University of Agriculture, Faisalabad. November 21-23, 2011.
- Sameen, A., N. Huma, M. I. Khan, A. Yasmeen and **M. R. Tariq**. Whey and whey protein from drain to gain. International science conference on utilization of modern agriculture technology in changing environmental perspectives July 21-23, 2010.

## **Conferences / Seminars / Workshops / Advisory Service / Symposiums / Exhibitions / Competitions**

- International Horticulture Conference (IHC2020). Institute of Agricultural Sciences, University of the Punjab, Lahore, Pakistan. February 26-28.
- International Virtual Conference on Plant Based Food: for Food Security and Pandemic Management. MNS-University of Agriculture, Multan, Pakistan. October 15-16.
- Nationwide awareness drive roadshow on halal industry organized by Halal Research Council. Institute of Agricultural Sciences, University of the Punjab, Lahore, Pakistan. March 12, 2020.
- International Webinar Series “UM Palembang Menciptakan SDM Unggul Menuju Indonesia Maju” on “Halal Food and Beverage” organized by Quality Assurance Institutions of Universitas Muhammadiyah Palembang. June 25, 2020.
- Online awareness session on E-codes and their critical halal aspects in food industries organized by Global Halal Services. June 25, 2020
- Online training on International food standards organized by National Alliance for Safe Food (NAFS). May 14, 2020.
- Online training on “The Global Markets Programme: A Pathway towards GFSI-Recognized Certification” organized by National Alliance for Safe Food (NAFS). June 20, 2020
- Online training on SQF Food Safety-edition 8.1 organized by QA Learning Hub. July 19, 2020
- Food safety quiz on 2nd world food safety day organized by Department of food technology, AKS University, Satna, India. June 7, 2020
- Online course on Nutrition during sports training and main day sponsored by National Alliance for Safe Food (NAFS) and Dietitians and Nutritionists in Clinical Practice. July 02, 2020.

- Webinar on COVID-19 Diaries – Braving through the pandemic organized by Relive Now. July 12, 2020
- Training course on OIC/SMIIC Standards on Halal Issues and Halal Quality Infrastructure organized by Halal Research Council. July 4, 2020
- Awareness session on Importance of Halal Accreditation organized by Halal Research Council. July 7, 2020
- Awareness session on Basics of Halal Certification organized by Halal Research Council. June 22, 2020
- Awareness session on Impact of COVID-19 on Halal Industry organized by Halal Research Council. June 27, 2020
- Live Panel Discussion on Pathogen Detection in Food Safety organized by PerkinElmer, Inc. July 29, 2020
- A series of webinars on Global Emergence of Halal Industry organized by Halal Research Council. July 10-28, 2020
- National Webinar on Scholarly Publishing and Research Metrics organized by College of Food and Dairy Technology India. July 30, 2020.
- A webinar on “Food Safety and the Corona Virus Disease 2019” organized by QSI-CERT Canada. July 20, 2020.
- Training course on Basic Elementary Food Safety Training and Combat COVID-19 organized by Food Tech Club Bhupatinagar, West Bangal India. July 15, 2020
- Webinar on Food Safety, Nutrition & Entrepreneurship opportunities (FSNE-2020) organized by Department of Food Processing Technology, West Bengal India. August 05-07, 2020.
- Training course on Spice Technology organized by QA Learning Hub. August 08, 2020
- International webinar on Food Science, Nutrition and Global Food Security organized by Department of Food Technology, Vikrama Simhapuri University India. September 03, 2020
- Webinar on The Impact of Technology on Education in the New Normal organized by Department of Information and Communications Technology Philippine. August 07, 2020
- Webinar on Responsible Leadership organized by UNICAF. October 26, 2020
- International Online Halal Food and Pharma course (4 weeks) organized by Halal Awareness and Research Council Karachi-Pakistan. September 03-26, 2020
- International Webinar on "Future Scope and Trends of Biotechnology & Allied Sciences" organized by Food Tech Club Bhupatinagar, West Bangal India. September 27-28, 2020.



- Webinar on Methods to Determine Antioxidant Capacity in Food Samples organized by Faculty of Applied Sciences, Universiti Teknologi MARA Malaysia. December 12, 2020
- Training course on Career Development organized by Pakistan Society of Food Scientists and Technologists Lahore. September 19, 2020
- A One Day International Level Webinar on “Working with people-empathy, mindfulness and balance organized by the Department of Human Resource Management, Faculty of Humanities and Science, Adayalampattu. December 11, 2020.
- Training course on “Pakistan Halal Standards PS-3733 Implementations in Food Industries” October 01, 2016 Organized by National Alliance for Safe Food and Jamia Markaz Uloom-e-Islamia.
- Technical Workshop on “Food safety, Hygiene and Quality-HACCP Based Approach” May 18, 2016 jointly Organized by National Alliance for Safe Food & COMSATS Sahiwal.
- One-day training on “Cite While You Write” by using Endnote Software, April 12, 2016 Organized by Main Library Baghdad-ul-Jadeed Campus, The Islamia University of Bahawalpur.
- International workshop on Application of soy proteins in meat extrusion, meat replacement and structuring technologies organised by American Soybean Association (ASA) and World Initiative for Soy in Human Health (WISHH) in collaboration with Meat Science Laboratory, National Institute of Food Science & Technology, University of Agriculture, Faisalabad-Pakistan. 09 May 2014.
- Training course on “Supercritical Fluid Extraction Technique: Isolation of Functional and Nutraceutical Food Components” Organized by NIFSAT. October 20-22, 2012.
- Workshop on “Food industry needs based projects for research in academia”. 17 June, 2010 at University of Agriculture, Faisalabad-Pakistan.
- One day seminar on “Safe Food Healthy Nation” November 16, 2017 jointly organized by National Alliance for Safe Food & UOL Islamabad campus.
- Two days International Conference on “Malnutrition & Food Expo 2016” Organized by IFSN Bahauddin Zakariya University Multan.
- One day National Conference on “Climate Change and Plant Biodiversity 2016”. April 01, 2016 Organized by GC University Faisalabad-Sahiwal Campus.
- A Seminar on “Food safety challenges in Pakistan”. January 28, 2016 Organized by GC University Faisalabad-Sahiwal Campus.

- A Seminar on “Future Perspective of food scientists & Nutritionists”. September 8, 2015  
Organized by GC University Faisalabad-Sahawal Campus.
- International Conference on “Nutritional therapies against lifestyle related disorders”  
Organized by NIFSAT. May 29-30, 2014.
- International Conference on Emerging Issues in Nutrition and Food Safety. March 21-23,  
2013.
- Future Perspectives of Food Processing Industry in Pakistan. December 11-12, 2012  
Organized by NIFSAT.
- 10<sup>th</sup> International and 22<sup>nd</sup> National Chemistry conference, November 21-23, 2011 at  
University of Agriculture, Faisalabad-Pakistan.
- International Conference on “Technological and Scientific Aspects of Dairy Products with  
Special Reference to French Cheeses. Organized by NIFSAT. February 21-23, 2011.
- International Seminar on Halal Food Production. Organized by NIFSAT. January 14,  
2011.
- International Conference on “Recent advances in human nutrition with special reference  
to vulnerable groups”. 22-25 February 2010 at University of Agriculture, Faisalabad-  
Pakistan.

## **BOOK CHAPTER**

- **Tariq, M. R.** 2019. Bioactive compounds from animal origin foods. In: Khan, M. I and A. Sameen. (Eds.) Animal sourced foods for developing economies preservation, nutrition, and safety (pp. 177-186). CRC Press USA.

## **INTERPERSONEL SKILLS**

Windows operating and Programming, Microsoft Office (Word, Excel, PowerPoint)

## **LANGUAGE SKILLS**

Holding English Proficiency Certificate Awarded by University of Agriculture, Faisalabad

## **SPORTS**

Cricket, Football, Fris B, Volley Ball, Hockey, Badminton

## **REFERENCES**

**1. Dr. Muhammad Issa Khan (Associate Professor)**

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University of Agriculture, Faisalabad – Pakistan.

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