

CURRICULUM VITAE



PERSONAL INFORMATION

Name: **SADAF SHAKOOR**
Father's Name: Abdul Shakoor
Permanent Address: Chak No.53/2-L, Tehsil & District Okara - Pakistan
Present Address: Faculty of Medicine and Health Sciences,
Universiti Putra Malaysia, Malaysia
Lecturer, UAF Sub Campus Burewal-Vehari, Punjab, Pakistan.
Date of Birth: 21-10-1986
Gender: Female
Marital Status: Married
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ACADEMIC QUALIFICATION

Sr. No	Examination	Year	Board/ University	Marks/ CGPA	Division
1	PhD (Nutritional Science)	2019	University Putra Malaysia	3.8/4	1 st
2	B.Ed	2011-13	Allama Iqbal Open University, Islamabad	591/900	1 st
3	M.Sc. (Hons.) (Food & Nutrition)	2009-11	Univ. of Agriculture, Faisalabad	3.40/4	1 st
4	B.Sc. (Hons.) Home Economics	2005-09	Univ. of Agriculture, Faisalabad	3.46/4	1 st
5	F.Sc (Pre-Medical)	2002-05	B. I .S .E Multan	736/1100	1 st
6	Matric (Science)	2000-02	Federal Board Islamabad	526/800	1 st

PROFESSIONAL EXPERIENCE

- Working as a Lecturer of Food and Nutrition, Institute of Rural Home Economics, University of Agriculture, Faisalabad from 6th February 2012 up to date.
- 9 week internship as NUTRITIONIST at Fatima Memorial Hospital ,Lahore

Performed Additional Duties at UAF

- Assistant Superintendent, Ayesha Saddiqa Hall, University of Agriculture, Faisalabad
- Co-In charge of Debating Club, UAF
- Co-Tutor of TGM Group Fatima-3, UAF

RESEARCH WORK COMPLETED

M.Sc. (Hons.) Thesis

Physiological biochemistry and nutritive value of caprine milk at two different stages of lactation under the supervision of Dr. Naheed Abbas 2011.

- Supervising 15 students as supervisor and 20 as a committee member

RESEARCH PAPER PUBLISHED

- Shakoor S, A.Q. Rao, N. Shahid, A. Yaqoob, T.R. Samiullah, S. Shakoor, A. Latif, B. Tabassum, M.A.U. Khan, A.A. Shahid, and T. Husnain (2019). Role of oral vaccines as an edible tool to prevent infectious diseases. *Acta Virologica*, 63(3):245-252. Q3
- Shakoor, S., F. Ali, A. Ismail, ZU Rahman, MR Sabran, and N. Mohtarrudin. (2019). Toxicity of tartrazine, curcumin and other food colorants: Possible Mechanism of adverse effects. Review paper. Accepted. *Online Journal of Veterinary Research. OJVR*. ISSN: 1328-925x. *Master List Journal*.
- Muhammad Asif khan, Muhammad Nadeem, Allah Rakha, Sadaf Shakoor, Amir shahzad, Muzzam rafique khan. (2016). Structural Characterization of oat bran (1-3), (1-4)-D-glucans by lichenase hydrolysis through HPAEC-PAD. *International Journal of Food Properties*, 19(4): 929-935.Q3
- Shakoor, S., A. Kanwal, N. Abbas, M. A.Mirza and S. Arif, 2014. Prevalence of Osteoporosis in Relation to Serum Calcium and Phosphorus in Aging Women. *J. Glob. Innov. Agric. Soc. Sci.*, 2014, 2(2): 70-75.

- Arif, S, A. Tahira, N. Abbas, M.I. Khan & S. Shakoor. 2014. Metabolic Syndrome Development in Relation to Low Birth Weight. *J. Glob. Innov. Agric. Soc. Sci.*, 2014, 2(2): 82-87.
- Shakoor, S., A. Kanwal, N. Abbas, M. A.Mirza and S. Arif, 2014. Effect of Natural Dietary Fibers (Wheat Porridge) on Hyperlipidemia Rats. *J. Glob. Innov. Agric. Soc. Sci.*, 2(1): 39-44.

SUBMITTED RESEARCH PAPERS

Shakoor, S., A. Ismail, Z.U. Rahman, M.R. Sabran, N. Mohtarrudin. Impact of curcumin and tartrazine on minerals status, thyroid and reproductive hormones disruption *in vivo* (Journal: Food Science and Biotechnology).

Shakoor, S., A. Ismail, Z.U. Rahman, M.R. Sabran, N. Mohtarrudin. Effect of food colors supplementation on reactive oxygen species, antioxidant vitamins level and DNA damage (Journal: International Journal of Food Science and Nutrition).

Shakoor, S., A. Ismail, Z.U. Rahman, M.R. Sabran, N. Mohtarrudin. In vivo study of synthetic and natural food colors effect on biochemical and immunity parameters ((Journal: Food Production, Processing and Nutrition).

LIST OF PUBLICATION IN SUBMISSION PROCESS

Shakoor, S., A. Ismail, Z.U. Rahman, M.R. Sabran, N. Mohtarrudin. Determination of the histopathological changes by tartrazine and curcumin on liver, kidney, ovary, intestine, adrenal and thyroid gland tissues of female albino rats.

Shakoor, S., A. Ismail, Z.U. Rahman, M.R. Sabran, N. Mohtarrudin. Gut microbiota modifications induced by tartrazine and curcumin in female *Sprague Dawley* rats.

ABSTRACTS/PROCEEDINGS/BOOK

- Sadaf Shakoor, Amin Ismail, Zia Ur Rahman, Mohd Redzwan Sabran, Norhafizah Mohtarrudin. 2018. Qualitative, quantitative screening and proximate analysis of commercially available food colorants tartrazine and curcumin: before and after addition to feed. International conference on “Nutrition and Obesity Prevention” held during October 01-02, 2018 in Las Vegas, USA
- Mahi S, **Shakoor S**, Ismail A, and Shehzad A, 2016. Biochemical and nutritional analysis of biscuits supplemented with lemon peel powder. 31st scientific conference on Better Nutrition Healthier Malaysians 31May – 1st June 2016. Hotel Istana, Kuala Lumpur.

- Baqri N, **Shakoor S**, Ismail A, Iftikhar H, 2015. Nutritive value and microbial analysis of raw goat and camel milk from rural areas of Faisalabad. International conference on opportunities and challenges in dairy industry. 26th -27th November, 2015. University of Agriculture Faisalabad, Punjab, Pakistan.
- Amna Masroor, **Sadaf Shakoor**, Mubashra Hussain, 2014. Ameliorative Potency of Garlic and Ginger mixture against Diabetes: Diabetic Mice Modeling Study. Lap Lambert Academic Press ISBN No. 978-3-659-55416-2
- **Sadaf Shakoor**, Amna Masroor, Naheed Abbas, AAsif shahazad and Sana Arif, 2014. Efficiency of Garlic and Ginger mixture on blood glucose level and lipid profile of alloxan induced diabetic mice. Two days International Conference on Nutrition therapies against lifestyle related disorders organized by NIFSAT UAF on May 29-30th 2014.
- Hira Iftikhar, Naheed Abbas, sadaf Shakoor and Issa Khan, 2014. Hypocholestrolemic effect of flaxseed lignin and beta glucan in postmenopausal women. Two days International Conference on Nutrition therapies against lifestyle related disorders organized by NIFSAT UAF on May 29-30th 2014.
- Naheed Abbas, Asna Majeed, **Sadaf Shakoor** and Masood Sadiq Butt, 2014. Cardio-protective activity of *juglans regia* (English walnut); A controlled feeding trial. Two days International Conference on Nutrition therapies against lifestyle related disorders organized by NIFSAT UAF on May 29-30th 2014.
- Sana Arif, Saba Liaqat, Naheed Abbas, Masood Sadiq Butt and **Sadaf Shakoor**, 2014. Clinical trial of almond consumption effect on hyperlipidemia level and body fat in humans. Two days International Conference on Nutrition therapies against lifestyle related disorders organized by NIFSAT UAF on May 29-30th 2014.
- Naheed Abbas, Iqra Tahir, **Sadaf Shakoor** and Tahir Zahoor, 2014. Nutritional Assessment of Osmotically Dehydration Bana Chunks. Abstract No. 78, Dec., 12, 2013, at ATCF UAF 2014.
- Naheed Abbas, Zohra Tariq, **Sadaf Shakoor** and Tahir Zahoor, 2014. Comparative Study on Mineral and Nutritive Profile of Fresh and Dehydrated Banana Stirred Yogurt. Abstract No. 79, Dec., 12, 2013, at ATCF UAF 2014.
- Fasiha Ilyas, **Sadaf Shakoor**, Naheed Abbas, Aslam Mirza and Sana Arif, 2013. Prevalence of Osteoporosis in relation to Serum Calcium and Phosphorus in Aging Women. International Conference on Emerging Issues in Nutrition and Food Safety

organized by National Institute of Food Science with collaboration UNICEF on October 21-23, 2013

- **Sadaf Shakoor, 2012.** Comparison of Daily Food Nutrient Profile of Urban and Rural School Children of Faisalabad District. 2nd International Conference on Future Perspective of Food Processing Industry in Pakistan organized by GC University, Faisalabad held on December 11-12, 2012
- Sarfraz Ahamd, Faqir Muhammad Anjum, Tahir Zahoor, Masood Sadiq, **Sadaf Shakoor** and Zafar Hussain, Natural Food Therapy of Thrombocytopenia in Dengue Patients in. 2nd International Symposium on Prevention, Management and Future Strategies on Dengue Fever organized by Punjab Medical College with the collaboration of NIFSAT and USDA held on September 24-25, 2012.
- **Sadaf Shakoor, Zia-ur-Rahman and Naheed Abbas, 2012.** Physiological biochemistry and nutritive value: Caprine milk at two different stages of lactation. LAP LAMBERT Academic. ISBN No.:978-3659-12017-6

ARTICAL PUBLICATIONS

- **Sadaf Shakoor, Dr. Ayesha Riaz and Dr. Shoukat Ali, 2014.** Phal aur Sabziyan antioxidants kay behtreen zaray. Zari Digest, University of Agriculture, Faisalabad. Page No. 24.
- Dr. Naheed Abbas and **Sadaf Shakoor, 2014.** Gaza aur gazai allergy. Zari Digest, University of Agriculture, Faisalabad. Page No. 50
- Zubaria Ayeb, Dr. Balqees Fatime and **Sadaf Shakoor, 2014.** Hamari Ghaza me Tamator ki Ahmiyat. Zari Digest, University of Agriculture, Faisalabad. Page No. 22
- Zubaria Ayub, Sana Arif and **Sadaf Shakoor, 2013. Roz Marah Zindagi me Tandrust aur tawana Rahne k lea Nashta Keun Zarori hai?** Zari Digest, University of Agriculture, Faisalabad. Page No. 43-44
- Naheed Abbas and **Sadaf Shakoor, 2012.** Thalassemia. Zari Digest, University of Agriculture, Faisalabad Page No. 37-38.
- **Sadaf Shakoor, 2011.** Green Tea. Kish-e-Nau, University of Agriculture, Faisalabad. Page No. 44-46.

TRAINING/WORKSHOP/SEMINAR/CONFERENCE

- Attended as oral speaker International conference on “ Nutrition and Obesity Prevention” held during October 01-02, 2018 in Las Vegas, USA.
- Attended ILSI SEA region Malaysian Country Committee 9th scientific seminar on **DRIVERS OF CONSUMER FOOD CHOICES**. 15th November 2016 organized by ILSI Southeast Asia Region Malaysian Country Committee and Nutrition Society of Malaysia. .
- Attended International workshop **NUTRITIONAL POLICY TO PRACTICE IN PAKISTAN- EXPLORING THE CHALLENGES & RESEARCH OPPORTUNITIES** as presenter on March 8-11, 2015 organized by Khyber Medical Univ. with collaboration of HEC and British Council.
- Attended **LIVESTOCK SEMINAR** on March, 16, 2015 arranged by UAF- Sub campus Burewala.
- Participated in International Conference on **NUTRITIONAL THERAPIES AGAINST LIFESTYLE RELATED DISORDERS** as Presenter on May 29-30, 2014 organized by NIFSAT, UAF.
- Attended training course on **HUMAN RESOURCE DEVELOPMENT FOR BETTER LIVELIHOOD AND GROWTH IN SOUTH ASIA** organized by SAARC Human Resource Development Centre Islamabad-Pakistan on April 21-26, 2014.
- Attended **HND CURRICULUM REVIEW WORKSHOP** held on April 9, 2014 organized by NIFSAT and EFS, UAF
- Member of the Management team in the **WORLD’S WOMEN DAY** at 8th March 2014 at UAF
- Attended **MASTER CLASS IN ENQUIRY-BASED LEARNING** at the University of Agriculture Faisalabad on March 1st, 2014.
- Attended International workshop on **ADVANCES IN FOOD ANALYTICAL METHODS: OILS/FAT AND PHENOLICS** held on December 4-6, 2013 in COMSTECH, Islamabad.
- Participated in Consultative Workshop on **DEVELOPMENT OF COMMERCIAL FARM DATA RECORDING SHEETS & WORLD EGG DAY CELEBARTION** at University of Agriculture, Faisalabad held on Oct 11, 2013.
- Attended International Training Workshop on **SAFETY EVALUATION AND QUALITY CONTROL OF FOOD, HEALTH CARE PRODUCTS AND PHARMACEUTICALS** from June 23, 2013 to July 12. 2013 at School of Bioscience and Bioengineering, South China University of Technology, P.R. China.

- Attended series of Workshop for Co-Tutors **LEARNING BY DOING: TOOLS & TECHNIQUES FOR WORKING AS A TEAM** organized by Office of Senior Tutor, University of Agriculture Faisalabad held on May 2, 3, 6 and 7, 2013.
- Participated in Stakeholder Workshop on **CREATIVE VENTURES BY HOME ECONOMISTS**, Institute of Rural Home Economics, University of Agriculture Faisalabad held on June 16, 2012.
- Attended Conference on **WEIGHT MANAGEMENT** held on November 3rd 2012.
- Attended 1st International Conference on **SAFE FOOD & HUMAN HEALTH** organized by Govt. College University Faisalabad, held on January 10-11, 2012.
- Attended and participated in **TRAINING COURSE ON EDIBLE COATINGS**, National Institute of Food Science and Technology, University of Agriculture, Faisalabad held on 25-26 November 2011.
- Attended and Successfully completed Afghanistan-Pakistan-USA tri lateral commission training program in support of capacity development for agricultural trade in the Islamic republic of Afghanistan and Islamic republic of Pakistan entitled **GOOD MANUFACTURING PRACTICES AND SANITATION STANDARDS OPERATING PROCEDURE, GOOD AGRICULTURE PRACTICES, HACCP AND HACCP PLANS** held in July, 2011 organized by University of Agriculture, Faisalabad.
- Five days course on **INFANT & YOUNG CHILD FEEDING (IYCF)** National Institute of Food Science and Technology, University of Agriculture, Faisalabad held on June 6-10, 2011.
- Attended two days workshop on **REHABILITATION AND GUIDANCE OF SPECIAL CHILDREN (INCLUSIVE EDUCATION)**, Department of Home Economics, UAF, held on 11-12 March, 2011.
- Attended International conference on **TECHNOLOGICAL AND SCIENTIFIC ASPECTS OF DAIRY PRODUCTS WITH SPECIAL REFERENCE TO FRENCH CHEESES** organized by National Institute of Food Science and Technology, UAF held on February 21-23, 2011.

CO- CURRICULAR ACHIEVEMENTS

- Worked as Vice President in UPMISA (Universiti Putra Malaysia International Student Association) from March 2018- June 2019.
- Participated in NUST INTERNATIONAL MODEL UNITED NATIONS as **OBSERVER** in Islamabad to held on 24-8th January, 2013.

- Also have **UNIVERSITY COLOUR.**
- Won Three All Pakistan and Two in House debate competitions held in university of Agriculture Faisalabad.
- Participated throughout my educational career in speeches and debates and art activities.
- Participated in Fashion Show held on March 19, 2011
- 1st position in DEBATE (IQBAL DAY) held in 2002
- 2nd position in CULTURAL SHOW on 24 Oct 2002.
- 2nd position in SPEECH COMPETITION on 25 Oct 2002
- 1st position in DEBATE on 8 March 2004.