

CURRICULUM VITEA

PERSONAL DATA

Name: ***Muhammad Abbas***

Father's Name: Ghulam Rasul

Date of Birth: May 2nd, 1972

Domicile/Nationality: Mardan (N.W.F.P.), Pakistan

National Identity Card No.: 17301-9987788-5

Marital Status: Married

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ACADEMIC QUALIFICATION

	M.Sc. Honours*	B.Sc. Honours**	F.Sc.	S.S.C.
Specialization	Human Nutrition	Human Nutrition	Pre-Medical	Science
Institute	NWFP Agricultural University, Peshawar	NWFP Agricultural University, Peshawar	Islamia College, Peshawar	Islamia Collegiate School, Peshawar
CGPA	3.33 / 4.00	3.65 / 4.00	-	-
Marks	-	-	580/1100	551/850
Percentage	71.16%	77.33%	52.72%	64.82%
Division	1 st	1 st	2 nd	1 st
Session	1996-98	1992-96	1988-91	1977-88

* M.Sc. Honours is equivalent to M.Phil.

** B.Sc. Honours is equivalent to M.Sc.

EXPERIENCE

1. Working as **Lecturer (BPS-18)** since **August 15, 2007 till date** and also worked as **Lecturer (BPS-17)** for **more than three years** (March 09, 2004 – August 14, 2007) in the **Department of Human Nutrition, NWFP Agricultural University, Peshawar.**

Job Responsibilities:

- To teach different courses of the Department at B.Sc. (Hons.) & M.Sc. (Hons.) level.
- To supervise the student's research work and writing thesis, reports & review paper.
- To perform the duties assigned by the Chairman time to time.

2. Worked as *Research Associate* for **eight months** (July 07, 2003 - March 08, 2004) in

the **Department of Human Nutrition, NWFP Agricultural University, Peshawar.**

Job Responsibilities:

- Teaching and Research.
- To run the instruments available in the department's laboratory.
- To perform the duties assigned by the Chairman time to time.

3. Worked as *District Health and Nutrition Education Officer (BPS-17)* for **more than**

two years (Oct., 1997 - Dec.,1999) in the **Family Health Project (World Bank funded),**

Health Department, Government of N.W.F.P.

Job Responsibilities:

- To organize and conduct trainings/workshops/seminars in the district for community awareness about Health and Nutrition.
- To work in close collaboration with other departments, agencies and programmes (Education Department, Agricultural Department, Prime Minister Programme, Village Health Committees and various NGOs/CBOs etc.) at district level to ensure the coordinated development and implementation of Health and Nutrition Education (H&NE) policies and practices in the district.
- To monitor World Food Programme (WFP).
- To monitor Salt Iodization Programme.
- To visit schools for providing basic information to students regarding Health and Nutr.
- To act as bridge between District Health Office and Village Health Committees (VHC).
- To perform activities assigned by UNICEF and WHO from time to time.
- To conduct Health and Nutrition related surveys.
- To assist District Health Officer in all H&NE related activities.

4. Worked as *Research Investigator* for **three months** (April – June, 1997) in a Project

“Supplementation of Wheat Flour with Lysine”.

Job Responsibilities:

Data collection of socio-economic survey and 24-hours dietary recall.

*** Experience in Administration:**

Worked as *Staff Proctor* for **two years** (20th January, 2007 - 19th January, 2009).

PUBLICATIONS

1. **Muhammad Abbas**, Alam Khan and M. Muzaffar Ali Khan Khattak. Prevalence of obesity in male in relation to dietary intake and physical activity level. Pakistan Journal of Nutrition, 2(4): 234-237; 2003.
2. Salma Iman, Mohammad Ayub, **Muhammad Abbas** and Ihsan Mabood Qazi. Analysis of Intermediate Moisture Apple slices during storage. Sarhad Journal of Agriculture, 22(3): 545-549; 2006.
3. Iftikhar Alam Khattak, Niamat Ullah, **Muhammad Abbas**, Zia-ud-Din and Saleem Khan. Calcium fortification of vinegar with chicken eggshells. Sarhad Journal of Agriculture, 22(4): 681-684; 2006.
4. Iftikhar Alam Khattak, Zia-ud-Din, Saleem Khan, **Muhammad Abbas**, Niamat Ullah, Wajahat Nazif and Fozia Habib. Nutritional care in cancer. PUTAJ Science, 13: 1-17; 2006.
5. Safya A., Iftikhar Alam Khattak, Niamat Ullah, Fozia Habib, **Muhammad Abbas**, Saleem Khan, Zia-ud-Din and Zafar Iqbal. Garlic and its importance in human nutrition. PUTAJ Science, 13: 51-57; 2006.
6. Habibullah, **Muhammad Abbas** and Hamidullah Shah. Stability of vitamin A (Retinol) in Fats/Oils. Sarhad Journal of Agriculture, 23(2): 455-457; 2007.
7. Habibullah, **Muhammad Abbas** and Hamidullah Shah. Proximate and mineral

- composition of Mungbean. *Sarhad Journal of Agriculture*, 23(2): 463-466; 2007.
8. Mohammad Ayub, Quasid Ahmad, **Muhammad Abbas**, Ihsan Mabood Qazi and Iftikhar Alam Khattak. Composition and adulteration analysis of milk samples. *Sarhad Journal of Agriculture*, 23(4): 1127-1130; 2007.
9. Saleem Khan, **Muhammad Abbas**, Fozia Habib, Iftikhar Alam Khattak and Nadeem Iqbal. Prevalence of Diabetes Mellitus in Mir Pur and Kotli Districts of Azad Jammu & Kashmir (AJ&K). *Sarhad Journal of Agriculture*, 23(4): 1141-1143; 2007.
10. Mujib-ur-Rehman, Naushad Khan and **Muhammad Abbas**. Availability and utilization of Primary Health Care services in the rural areas of District Peshawar. *Sarhad Journal of Agriculture*, 23(4): 1217-1223; 2007.
11. Iftikhar Alam Khattak, Naveed Ullah, **Muhammad Abbas**, Parvez I. Paracha and Saleem Khan. Prisoners Women and Children – From nutritional perspective. *Sarhad Journal of Agriculture*, 24(1): 123-127; 2008.

OTHERS:

- Submitted a thesis on “*Prevalence of Obesity in relation to Diet and Physical Work in Tehsil Mardan*” for M.Sc. (Hons.) Degree.
- Submitted a review paper on “*Goiter and its Prevention*” for B.Sc. (Hons.) Degree.

TRAININGS/WORKSHOPS/SEMINARS

1. Participated in the two days training on “*Project Management*” held at **NWFP Agricultural University, Peshawar** (April 02-03, 2010).
2. Participated in the training on “*PC-I Development*” held at **NWFP Agricultural University, Peshawar** (July 16-18, 2007).
3. Participated in all technical sessions and hands-on training held during “*National Training Seminar on Biosafety and Biosecurity Initiatives*” under the auspices of **U.S. Department of State’s Biosecurity Engagement**

Program (BEP-USA), Pakistan Agricultural Research Council (PARC) and Planning Commission of Pakistan held at Islamabad, Pakistan (June 18-19, 2007).

4. Attended the “*Staff Development Course*” organized by **National Academy of Higher Education, Higher Education Commission, Pakistan** held at **N.W.F.P. Agricultural University, Peshawar** (February 26 – March 22, 2007).
5. Completed a five days training on “*Kjeltec Nitrogen Analyzer*” at **Food Technology Research Laboratory, National Agricultural Research Center (NARC), Islamabad** (August 18-22, 2003).
6. Attended a five-day training course on “*Primary Health Care Management Problems*” at **P.A.R.D., Peshawar** (October 13-17, 1998)
7. Successfully completed the course “*Applied Nutrition*” at **Health Services Academy, Islamabad** (September 21-October 02, 1998).
8. Participated in the “*4th National Conference of Pakistan Society of Biochemistry and Molecular Biology*” held at **N.W.F.P. Agricultural University, Peshawar** (April 07-10, 1997).
9. Member of the Organizing Committee of “*SAARCFOODS Organizational Meeting*” sponsored by **FAO/UNU** held at the **Department of Human Nutrition, N.W.F.P. Agricultural University, Peshawar** (August 17-20, 1996).

OTHERS:

- Participated in the three days training on “*Understanding the Use of Internet and Up Keeping the Networking System*” held at **NWFP Agricultural University, Peshawar** (February 21-23, 2008).
- Successfully attended the “*Training of Presiding Officers*” conducted by **UNDP and Election Commission of Pakistan (ECP) at Peshawar** (December 11, 2007).

COMPUTER SKILLS

- Successfully completed a three months course of *MS Office* at **Brains Degree College and Institute of Computer Sciences, Peshawar** (1998).

CO-CURRICULAR ACTIVITIES

- Active member of *Youth Anti Narcotics Programme* (1995-96). Also awarded a **Merit Certificate**.
- Awarded a *Blood Donation Certificate* at University (1996).
- Member of *University Hockey Team* for three consecutive years (1993-96). Participated in *All Pakistan Inter-University Hockey Championship* twice.
