

SALEHA AHMED

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PROFESSIONAL SUMMARY

Motivated and results-driven professional with strong communication, problem-solving, and organizational skills. Committed to delivering high-quality work and contributing to team and company success in a dynamic work environment.



WORK HISTORY

➤ **RESEARCH ASSISTANT:** *Fatima Jinnah Women University, Rawalpindi, Pakistan (Jan 2024-June 2024)*

Responsibilities

- Analysis of laboratory samples through HPLC, FTIR, and Atomic absorption spectrophotometer
- Design and conduct experiments, followed by scientific protocols and procedures.
- Gathering, analysing, and interpreting data from experiments and studies.
- Preparation of detailed reports of analysis, and their management.

➤ **RESEARCHER: PSDP Project “Productivity Enhancement of Wheat”, Food Science Research Institute, National Agricultural Research Centre, Islamabad, Pakistan (Aug 2021-Sep 2022)**

Responsibilities

- Physicochemical, rheological, biochemical, and microbiological analysis of food samples
- Management of data and report writing
- Research and review article writing
- Maintenance and controlling of laboratory apparatus and cleanliness
- Training of Students

➤ **SCIENCE TEACHER - Faisal Model High School, Muslim Town, Rawalpindi, Pakistan (Oct 2020 – Aug 2021)**

Responsibilities

- Worked as a workflow lead and prioritized all the critical tasks during COVID-19 situation.
- Devised and implemented strategies to create and maintain cohesive school community within virtual classroom setting.
- Assessed submitted class assignments, determined grades and reviewed work with struggling students to boost success chance.
- Evaluated and revised lesson plans and course content to facilitate and moderate classroom discussions and student- centered learning.



EDUCATION

PMAS Arid Agriculture University Rawalpindi, Pakistan (2017-19)

Master of Science (Hons.) Agriculture **Food Technology**

CGPA: 3.95/4.00

PMAS Arid Agriculture University Rawalpindi, Pakistan (2013-17)

Bachelor of Science (Hons.) Agriculture **Food Technology**

CGPA: 3.51/4.00

Allama Iqbal Open University, Islamabad, Pakistan (2018-2020)

Bachelor of Education (B. ED 1.5 Year)

Grade: A

Govt. Degree College for Women, B/Block, S/Town Rawalpindi, Pakistan (2011-12)

HSSC (Pre – Med)

M.C Girls Model High School, S/Town Rawalpindi, Pakistan (2009-2010)

SSC (Science)



SKILLS & TOOLS

- Capable of using Word, Excel, PowerPoint, Publisher, In Page and, adobe Photoshop.
- Statistical techniques (SPSS, Endnote, Minitab, and Statistix).
- Microbiological techniques (Antimicrobial assay).
- Physico-chemical techniques (rheological testing, physical and chemical testing of food samples).
- Good command on instruments (Glutomatic, Farinograph, Falling Number, Soxhlet Apparatus, Inframatic Flour Analyser (NIR), ProxiMate (NIR), HPLC, UV-Spectrophotometer, Autoclave, Atomic Absorption Spectrophotometer (AAS), and Fourier Transform Infrared Spectrophotometer (FTIR).
- Analytical and critical thinking, research and, development
- Good written and oral communication skills in English as well as Urdu
- Good at team management, group work and working individually
- Capable of working under pressure, multitasking, and Quick learner



ACADEMIC PROJECTS

- **M.Sc. (Hons.) Thesis** – Biochemical and Microbiological Study of Licorice
- **B.Sc. (Hons.) Project** – Production of Basil Syrup, a nutraceutical beverage
- **B. ED (1.5 Year) Project** – Enhancement of listening skills in pupils through listening based activities



PUBLICATIONS

- Haixi, L., **Ahmed, S.**, Shahbaz, M., Abid, J., Jahangir, M., & Khan, S. (2025). Quality Improvement in Gluten-Free Bread: A Comprehensive Review of Modern Techniques and Ingredients. Food Reviews International, 41, 1–35. DOI: <https://doi.org/10.1080/87559129.2025.2537966>.
- Abid, J., **Ahmed, S.**, Syed, W., Al-Rawi, M. B. A., & Maphosa, M. (2025). Impact of camel milk incorporation on proximate nutritional composition and overall quality of rice and buckwheat-based gluten-free bread. Cogent Food & Agriculture, 11(1), 2444368. DOI: <https://doi.org/10.1080/23311932.2024.2444368>.
- Abid, J., **Ahmed, S.**, Xia, T., & Wang, M. (2024). Rice as a Nutritional Grain: Examining Its Role in Healthy Products and Disease Prevention. Food Reviews International, 1–24. DOI: <https://doi.org/10.1080/87559129.2024.2335897>.
- **Ahmed, S.**, Ahmad, A., Izhar, K., Safdar, M. N., Raja, M. U., & Aslam, I. (2022). Effect of different solvents on phytochemical and antimicrobial potential of licorice extract. World Journal of Biology and Biotechnology, 7(1), 15-21. DOI: <https://doi.org/10.33865/wjb.007.01.0474>.
- Aslam, I., Ahmad, A., Raja, M. U., & **Ahmed, S.** (2023). In vitro compositional and phytochemical analysis of green and black tea. World Journal of Biology and Biotechnology, 8(3), 19-23. DOI: <https://doi.org/10.33865/wjb.008.03.1113>.

- Abid, J., Khan, D., Bano, N., & **Ahmed, S.** (2022). Proximate nutritional evaluation and consumer acceptability of product prepared by rice and amla based gluten-free flour. IOSR Journal of Environmental Science, Toxicology and Food Technology (IOSR-JESTFT), 16(10), 40-47. DOI: <https://doi.org/10.9790/2402-1610014047>.
- Abid, J., Ayub, M.U., **Ahmed, S.**, Ali, H.U., Zeb, M., Zahid, R.S. & Khan, S. (2022). A study on rice and buckwheat-based diet and its role in celiac disease: an overview. International Journal of Community Medicine and Public Health, 9(12), 4699-4704. DOI: <https://dx.doi.org/10.18203/2394-6040.ijcmph20223233>.
- Abid, J., Rehman, A., Touqeer, M.M., Shah, S.M.H., Ayub, M.U., Ali, H.U., **Ahmed, S.**, Ahmad, N., Nasim, R. and Amin, S.E. (2022). Food preservation methods and use of nanomaterials as a preservative. Journal of Xi'an Shiyu University, Natural Science Edition, 18(12), 1057-1074. Cited: www.xisdxxsu.asia.



CERTIFICATIONS

- **APPRECIATION LETTER:** Best performance. Faisal Model High School, Service Road, Muslim Town, Rawalpindi, Pakistan (February 2021).
- **APPRECIATION LETTER:** Made online classes successful in the COVID-19 pandemic situation by making good videos lectures, maximum online attendance and cooperation with the parents. Faisal Model High School, Muslim Town, Rawalpindi, Pakistan (Dec - Jan 2021).
- **CERTIFICATE OF TEACHING PRACTICE:** Govt. Girls High School Al Madrassa Tul-Binat, Sadiqabad, Affandi colony, Rawalpindi, Pakistan (30 Jan - 15 March 2020).
- **CERTIFICATE OF SCHOLARSHIP:** The Punjab Educational Endowment Fund (PEEF) in recognition of achievement in Graduation (2017).
- **APPRECIATION LETTER:** Spring Flower Show. Made successful decoration with flowers by using Optical Art style. PMAS Arid Agriculture University, Rawalpindi Pakistan (14 April 2014).
- **CERTIFICATE OF MERIT:** 1st position in Pre-Medical. Government Degree College for Women, B/block, S/Town Rawalpindi Pakistan (19th March 2013).



COURSE/INTERNSHIP/TRAINING

- **TRAINING:** 3-days Hands on Training Workshop on HPLC Method Development and Validation. National University of Medical Sciences, Islamabad, Pakistan (22-24 Aug, 2022).
- **TRAINING:** E-Symposium for Teachers on GLOBAL SKILLS: Connect, Collaborate, Create. OXFORD UNIVERSITY PRESS, Pakistan (1-4 Dec, 2020).
- **INTERNSHIP:** Work on Biochemical and Microbiological Study of Licorice, concept about proximate composition and antioxidant potential of Licorice was covered, National Agricultural Research Centre, Food Science Research Institute, Islamabad Pakistan (11 Sep to 31 Oct 2018).
- **WORKSHOP:** Introduction to Endnote, Introductory information about the citations. Scientific Associations of Young Scholars, Rawalpindi Pakistan (07 July 2018).
- **SEMINAR:** A # Zero Hunger World by 2030 Is Possible. Concept about malnutrition was covered. PMAS Arid Agriculture University, Rawalpindi Pakistan (16 Oct 2018).
- **COURSE:** Diploma in Information Technology (DIT), Women Development and Welfare Centre, Rawalpindi Pakistan (2 March - 1 Nov 2013).



LANGUAGES

- English and Urdu



HOBBIES

- Reading, Writing, Art work, Cooking, and Music



REFERENCE

- **Dr. Asif Ahmad**
Professor (Institute of Food and Nutritional Sciences), PMAS Arid Agriculture University, Rawalpindi, Pakistan, **Email:** asifahmad@uaar.edu.pk, asifahmad1@gmail.com, **Phone:** +92-334-5628182
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