

CURRICULUM VITAE

MAILING ADDRESS

Shaikh Shahinur Rahman, Ph.D
Professor
Dept. of Applied Nutrition and Food Technology
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Research Interest: Development of a novel diet and therapeutic targets for the management of endocrinological disorders like diabetes and cardiovascular diseases, Phytomedicine, Nutritional Biochemistry, and Food Science.

PROFESSIONAL EXPERIENCE

18 Sep 2022- Present	Professor Dept. of Applied Nutrition and Food Technology Faculty of Biological Science Islamic University, Kushtia-7003, Bangladesh.
31 Aug 2019 - 17 Sep 2022	Associate Professor Dept. of Applied Nutrition and Food Technology Faculty of Biological Science Islamic University, Kushtia-7003, Bangladesh.
2013 - 30 Aug 2019	Assistant Professor Dept. of Applied Nutrition and Food Technology Faculty of Applied Science and Technology Islamic University, Kushtia-7003, Bangladesh.
2010 to 2013	Lecturer Dept. of Applied Nutrition and Food Technology Faculty of Applied Science and Technology Islamic University, Kushtia-7003, Bangladesh.
2009 - 2010	Dietician and Health Educator Diabetic Association of Bangladesh (DAB) under BIRDEM hospital, Dhaka, Bangladesh.
Visiting Professor (2015-2017)	Department of Nutrition and Food Technology Faculty of Science and Technology Jashore Science and Technology University, Jashore, Bangladesh.

ACADEMIC DATA

DEGREE	TITLE	DEPARTMENT	UNIVERSITY	YEAR
Post-Doctoral Fellowship	Anti-diabetic effects of Plu kaow (<i>Houttuynia cordata</i> Thunb.): In vitro and In vivo study	Division of Pharmacognosy and Toxicology, Faculty of Pharmaceutical Sciences	Khon Kaen University Khon Kaen 40002, Thailand	2023 & 2024
PhD	Studies on Nutrient Analysis and Anti-diabetic Effects of Edible Portion of Sugar Palm (<i>Borassus flabellifer</i>) Fruit and Elephant Foot Yam (<i>Amorphophallus paeoniifolius</i>) Tuber in Rats	Applied Nutrition and Food Technology	Islamic University, Kushtia, Bangladesh	2019
Postgraduate	Effects of mixed dietary fats on the distribution of Triglycerides in different tissues of exercise-trained Swiss albino rats	Applied Nutrition and Food Technology	Islamic University, Kushtia, Bangladesh	2006
Undergraduate	Infants Feeding and Weaning Practices in Slum Dwellers of Jashore District in Bangladesh	Applied Nutrition and Food Technology	Islamic University, Kushtia, Bangladesh	2005

LIST OF PUBLISHED ARTICLES

Title of Article	Name of journal	First/Corresponding author	Impact factor	Year
Impacts of plu-kaow (<i>Houttuynia cordata</i> Thunb.) ethanolic extract on diabetes and dyslipidemia in STZ induced diabetic rats: Phytochemical profiling, cheminformatics analyses, and molecular docking studies	Antioxidants 2024, 13(9), 1064 https://doi.org/10.3390/antiox13091064	First Author	Q1 (Tier) journal IF: 6.0 Cite Score: 10.6 H index: 83	2024
Unveiling the Potent Antiviral and Antioxidant Activities of an Aqueous Extract from <i>Caesalpinia mimosoides</i> Lamk: Cheminformatics and Molecular Docking Approaches	Foods 2024, 13, 81. https://doi.org/10.3390/foods13010081	Co-author	Q1 (Tier) journal IF: 5.738 Cite Score: 5.8 H index: 73	2024
Proximate nutrient analysis of elephant apple (<i>Dillenia indica</i>) fruit and its hypoglycemic, and hypolipidemic potentials in alloxan-induced diabetic rats	Food and Humanity (Elsevier) Volume 1, December 2023, Pages 1355-1361 doi.org/10.1016/j.foohum.2023.10.003	First Author	(Peer-reviewed Journal)	2023
Protective effect of <i>Nigella sativa</i> Linn seeds (Black cumin seeds) fortified diet against sodium arsenite-induced toxicities	Food and Humanity (Elsevier) Volume 1, December 2023, Pages 1436-1441 doi.org/10.1016/j.foohum.2023.10.012	Co-author	(Peer-reviewed Journal)	2023

Nutritional and sensory attributes of biscuits enriched with buckwheat	Journal of Agriculture and Food Research (Elsevier) 2022 Sep 16:100394. doi.org/10.1016/j.jafr.2022.100394	Corresponding Author	IF-3.5 Cite Score-1.8 H Index 9 (Peer-reviewed Journal)	2022
Nutritional Analysis and Determination of Heavy Metal Content of Some Spices from the Northern Region, Bangladesh	Food and Nutrition Sciences Vol.13 No.6, June 29, 2022, 558-567 DOI: 10.4236/fns.2022.136042	First Author	IF-1.03 H Index 63 (Peer-reviewed Journal)	2022
Nutritional composition and antidiabetic effect of germinated endosperm (<i>Borassus flabellifer</i>), tuber (<i>Amorphophallus paeoniifolius</i>) and their combined impact on rats.	Biochemistry and Biophysics Reports (Elsevier) Volume 25, March 2021, 100917 doi.org/10.1016/j.bbrep.2021.100917	First Author	IF-2.834 Cite Score-4.6 H Index 36 (Peer reviewed Q2 Journal)	2021
Determinants of Nutrition Knowledge, Attitude and Practices of Adolescent Sports Trainee: A Cross-sectional Study in Bangladesh.	Heliyon (Elsevier) Volume 7, Issued 4, April 2021, e06637, https://doi.org/10.1016/j.heliyon.2021.e06637	Corresponding Author	IF-4.45 Cite Score-3.88 H Index 88 (Peer reviewed Q1 Journal)	2021
Quality improvement of cakes with buckwheat flour, and its comparison with local branded cakes	Curr Res Nutr Food Sci 2021; 9(2): 570-577 Doi: dx.doi.org/10.12944/CRNF.SJ.9.2.20	Corresponding Author	IF-1.06 Cite Score-1.8 h Index-22 (Scopus journal)	2021
Antibiotic Resistance Pattern of Clinical Isolates-Escherichia Coli, Enterobacter, Pseudomonas and Staphylococcus Aureus in the Western of Bangladesh	Frontiers in Environmental Microbiology. Vol. 7, No. 2, 2021, pp. 69-73. doi: 10.11648/j.fem.20210702.14	Co-author	Peer reviewed Journal	2021
Comparative studies on nutrient content of sugar palm (<i>Borassus flabellifer</i>) fruit pulp and endosperm and their anti-diabetic effects on rats.	Endocrine and Metabolic Science (Elsevier) https://doi.org/10.1016/j.endmts.2021.100113	First Author	IF-2.59 Cite Score-2.8 H Index 37 (Peer reviewed Journal)	2021
Quality improvement of noodles with mushroom fortified and its comparison with local branded noodles.	NFS Journal (Elsevier). August 2020; 20: 37-42 doi.org/10.1016/j.nfs.2020.07.002	Corresponding Author	IF-5.351 Cite Score-9.4 H Index 11 (Peer reviewed Journal)	2020

Anti-hyperglycemic effect of the immature endosperm of sugar palm (<i>Borassus flabellifer</i>) fruit on type 2 diabetes mellitus patients-a case study.	Diabetes & Metabolic Syndrome: Clinical Research & Reviews (Elsevier). 2020; 14(5): 1317-1322. https://doi.org/10.1016/j.dsx.2020.06.055	First Author	IF-2.6 Cite Score-4.9 H Index 29 (Peer reviewed Journal)	2020
Is elephant foot yam (<i>Amorphophallus paeoniifolius</i>) tuber detrimental to patients with diabetes? (or a myth?).	Diabetes Metab Syndr (Elsevier). 2020; 14(5): 1015-1016. doi:10.1016/j.dsx.2020.06.052	First Author	IF-2.6 Cite Score-4.9 H Index 29 (Peer reviewed Journal)	2020
Proximate composition, phytochemical screening and anti-hyperglycemic effect of elephant foot yam (<i>Amorphophallus paeoniifolius</i>) tuber on alloxan induced diabetic rats.	Progress in Nutrition 2021; Vol. 23, N. 2: e2021068 DOI: 10.23751/pn.v23i2.9611	First Author	IF-0.384 H Index 8 (Peer reviewed Journal)	2020
Prevalence of pneumonia, diarrhea and anemia among infants (children up to 1 year) in south-west region of Bangladesh.	Int. J. Adv. Res. 7(12): 365-371. http://dx.doi.org/10.21474/IJAR01/10162	Corresponding Author	IF-0.07 H Index 21 (Peer reviewed Journal)	2019
A study on biochemical properties and effects of different vegetable oils on blood indices in wistar rats.	Journal of Pharmaceutical Research International. 25(5): 1-10, 2018	Co-author	H Index 8 (Peer reviewed Journal)	2019
Effects of coconut oil (<i>Cocos nucifera</i>) and sesame oils (<i>Sesamum indicum</i> L.) on rapeseed powder induced changes of cardio-hepatic enzymes in rat.	Progress in Nutrition 20 (Suppl 1): 96-101 doi: 10.23751/pn.v20i1-S.5543	First Author	IF-0.384 H Index 8 (Peer reviewed Journal)	2018
Effects of green tea (sliming herbal tea) and role of dietary practice to reduce obesity.	International Journal of Contemporary Research and Review. 9(6): FS 20181-20186 doi.org/10.15520/ijcrr/2018/9/06/519	First Author	Peer reviewed Journal	2018
Evaluation of effects of various rapeseed oils on serum lipids and cardio-hepatic enzymes in experimental rats.	International Journal of Nutrition and Metabolism. January 2018; 10(1): 1-5. doi:10.5897/IJNAM2017.0230 .	Second author	Peer reviewed Journal	2018
Evaluation and optimization of effective-dose of alloxan for inducing type-2 diabetes mellitus in Long Evans rat.	Indian Journal of Pharmaceutical Education and Research 51 (2S): S46-S53. doi:10.5530/ijper.51.4s.96	First Author	IF-0.47 H Index 17 (Peer reviewed Journal)	2017

Biochemical properties and chromatographic investigation of rape seed oils in Bangladesh.	International Journal of Nutrition and Metabolism. 9(6): 48-57. doi:10.5897/IJNAM2017.0224.	First Author	Peer reviewed Journal	2017
Impact of TT vaccination among adolescent girls through nutrition education in Sirajgonj district of Bangladesh.	International Journal of Scientific and Research Publications. January 2017; 7(1): 254-256. ISSN 2250-3153.	Second author	Peer reviewed Journal	2017
Role of nutrition education in improving the nutritional status of adolescent girls in North West areas of Bangladesh.	International Journal of Scientific & Engineering Research. November-2016; 7(11): 1340-1346.	Co-author	RG IF-0.37 Peer reviewed Journal	2016
Ameliorating effect of dietary sesame oil on high erucic acid rapeseed powder-induced changes of blood serum lipids in rats.	Journal of Environmental Science, Toxicology and Food Technology. Feb. 2016; 10(2): 49-53. doi:10.9790/2402-10224953	Co-author	Peer reviewed Journal	2016
Impact of bread made from mix cereals and pulses on the glycemic profile in type 2 diabetic patients-a randomized controlled trial.	Current Nutrition & Food Science. 2015; 11(2): 136-144. doi:10.2174/1573401311666150429225904	Co-author	IF-0.28 H Index 19 (Peer reviewed Journal)	2015
Effects of mixed dietary fats on the distribution of triglycerides in different tissues of exercised trained swiss albino mice.	Open Access Library Journal. November 2015; 2: 1-8. doi: 10.4236/oalib.1102113	First Author	IF-0.43 H Index 8 Peer reviewed Journal	2015
Impact of nutrition education on nutritional status of adolescent girls in south-west region of Bangladesh.	American Journal of Nutrition and Food Science. 2015; 2(1):1-6. doi:10.12966/ajnfs.01.01.2015	Second author	Peer reviewed Journal	2015
A study on Volumetric and Viscometric Properties for the Mixtures of DMF and Other Alcohols from Temperatures ranges 303.15K to 323.15K.	Journal of Neurosurgery. 2014; 2(2), 133-148. doi.org/10.24297/jns.v2i2.394	Co-author	Peer reviewed Journal	2014
A Study on the Relationship between Nutritional Status and Prevalence of Pneumonia and Diarrhoea among Preschool	Pediatrics Research International Journal. May 2014; i1-10.	First Author	Peer reviewed Journal	2014

Children in Kushtia.	doi:10.5171/2014.805309			
A comparative study on the nutritional quality of 5 (five) varieties of Bangladeshi Jujubes (<i>Zizyphus Mauritiana</i>)	American Journal of Nutrition and Food Science. 2014; 1(2):32-36. doi: 10.12966/ajnfs.04.03.2014	Second author	Peer reviewed Journal	2014
Effect of maternal status and breastfeeding practices on infant nutritional status - a cross sectional study in the south-west region of Bangladesh.	The Pan African Medical Journal. December 2013. 16:139. doi:10.11604/pamj.2013.16.139.2755	Second author	IF-0.21 SCI & Scopus journal	2013
Effect of exercise on the distribution of Triglycerides among various tissues of swiss albino mice.	JMED Research. January 2014. Article ID 497392. https://ibimapublishing.com/journals/jmed-research	First Author	Peer reviewed Journal	2013
A Comparative Study of Dietary Fiber Awareness, Diseases & Drugs Interaction in Rural and Urban Areas of Bangladesh.	Science Journal of Public Health. 2013; 1(5): 194-200. doi:10.11648/j.sjph.20130105.12	Second author	Peer reviewed Journal	2013
A cross sectional study on prevalence of diarrhoeal disease and nutritional status among children under 5-years of age in Kushtia, Bangladesh.	Science Journal of Public Health. 2013; 1(2): 56-61. doi:10.11648/j.sjph.20130102.12	Second author	Peer reviewed Journal	2013
Identification of fatty acid profile, lipid characterization and nutritional status of <i>Clarias batrachus</i> .	Nutritional Science and Food Technology. 2013; 1(1):1-6. doi: 10.7243/2054-1848-1-1	Co-author	Peer reviewed Journal	2013
Assessment of Social, Economic and Medical Determinant of Safe Motherhood in Dhaka City: A Cross-Sectional Study.	American Journal of Life Sciences. 2013; 1(3): 93-97. doi:10.11648/j.ajls.20130103.13	Co-author	Peer reviewed Journal	2013
Assessment and Comparison of Quality of Solar Tunnel Dried Bombay Duck and Silver Pomfret with Traditional Sun Dried Samples.	International Journal of Nutrition and Food Sciences. July 2013. 2(4): 187-195. Doi:10.11648/j.ijnfs.20130204.15	Co-author	Peer reviewed Journal	2013
Comparison of proximate composition and mineral content of some common pulses of Bangladesh.	Journal of Applied Science and Technology. June 2012. 8(1): 1-6.	Corresponding Author	Peer reviewed Journal	2012

Infants Feeding and Weaning Practices in Slum Dwellers of Jessore District in Bangladesh.	J. Socio. Res. Dev. 2009; 6(2): 552-557.	Second author	Peer reviewed Journal	2009
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INTERNATIONAL CONFERENCE

TITLE	INTERNATIONAL CONFERENCE ON	ORGANIZER	ABSTRACT ID	YEAR
Socio-demographic and metabolic factors associated with diabetes distress among people with type 2 diabetes in Bangladesh	Australasian Diabetes Congress (ADC)	Australasian Diabetes Congress in Adelaide, Australia, from 23-25 August 2023.	Author	2023
Nutrient Contents and Anti-hyperglycemic effects of the immature endosperm of sugar palm (<i>Borassus flabellifer</i>) fruit on patients with type 2 diabetes mellitus.	Food Technology and Nutrition <i>Theme:</i> Many of us not aware how the food lands in our plate – Come let's discover unseen world in Food Technology & Nutrition	Pride Conferences, Paris, France <i>Venue:</i> Hampton by Hilton Paris Clichy (Online)	Speaker	2022
Comparative studies on nutrient contents of <i>Borassus flabellifer</i> L. seeds at different maturity stages.	Role of Nutrition in Health and Development	Islamic University, Kushtia, Bangladesh	IU/ANFT/HEQEP/AIF -R3/W-1/CP-3338/29	2017

SEMINER/WORKSHOP ATTENDED OR CHAIRED

TITLE	ORGANIZER	DATE	PLACE
Effective Teaching Strategies in the 21 st Century.	IQAC, Islamic University, Kushtia, Bangladesh.	August 12, 2020	Online based seminar
Covid-19 vs Immune foods to develop herd immunity.	Bangladesh Institute of Research and Training on Applied Nutrition (BIRTAN)	June 29, 2020	Ministry of Agriculture, Regional Branch of Khulna Division, Jinaidah, Bangladesh.
Covid-19: Patent Food & Nutrition Services	Educare Ideal School & College	July 17, 2020	Live at 7.30 p.m. www.educare.edu.bd
Bloom's Taxonomy of Educational/Learning objectives	IQAC, Islamic University, Kushtia.	February 18, 2019	IQAC seminar room (2nd Floor, IU Library Building).
Post Self-Assessment Improvement Plan	IQAC, Islamic University, Kushtia.	July 04, 2018	IQAC seminar room (2nd Floor, IU Library Building).

Bloom's Taxonomy of Learning and Post Self-Assessment Improvement Plan.	IQAC, Islamic University, Kushtia, Bangladesh.	February 16, 2017	IQAC seminar room (2nd Floor, IU Library Building).
Self Assessment process, Data Management and Report Writing	IQAC, Islamic University, Kushtia, Bangladesh.	February 15, 2017	IQAC seminar room (2nd Floor, IU Library Building).
Awareness Building Strategies for Self Assessment at Program Level.	Applied Nutrition and Food Technology Dept., Islamic University, Kushtia, Bangladesh.	March 13, 2016	Seminar Room, Dept. of ANFT

PRIOR EXPERIENCE IN IMPLEMENTING PROJECT/RESEARCH

TITLE OF THE PROJECT/ RESEARCH ACTIVITIES	DONOR/ SPONSOR	POSTION IN THE PROJECT	YEAR	
			FROM	TO
Anti-diabetic effects of Plu-Kaow (<i>Houttuynia cordata Thunb.</i>): In vitro and In vivo study	Program Management Unit for Human Resources & Institutional Development, Research and Innovation (PMU-B), Thailand Grant No.: B13F660069	Post-Doctoral Research Fellow	2023-2024	
Evaluation of cardiovascular enzyme (Creatine kinase-MB) activity by feeding Nipa palm (<i>Nipa fruticans</i>) fruit among alloxan-induced diabetic rats	UGC Scholarship (141/Edu/IU-2022/201)	Project Director	2022-2023	
Studies on the Investigation of Serum Lipid Profile of both Healthy Adults and Diabetic Rats, Supplementary fed with Nipa Palm (<i>Nypa fruticans</i>) Endosperm.	UGC Scholarship (141/Edu/IU-2021/335)	Supervisor of Masters Students	2021-2022	
Effects of a Vegan Diet on Liver Enzymes: A Prospective Study on Diabetic Rats	UGC Scholarship (141/Edu/IU-2021/327)	Supervisor of Masters Students	2021-2022	
Anti-hyperlipidemic effect of germinated endosperm of sugar palm (<i>Borassus flabellifer</i>) fruit on normal adult and diabetic rats	UGC Scholarship (141/Edu/IU-2020/634)	Project Director	2020-2021	
Formulation of a low-fat vegan diet and its impact on blood glucose level: A prospective study on diabetic rats	UGC Scholarship (141/Edu/IU-2020/634)	Supervisor of Masters Students	2020-2021	
Studies on Nutrient Content and Phytochemical Analysis and Antihyperlipidemic Effects of Elephant Apple Fruits (<i>Dillenia indica</i>) on Alloxan Induced Diabetic Rats	NST Fellowship, Bangladesh	Supervisor of Masters Students	2020-2021	

Formulation of a Vegan Diet and its Impact on lipid profile Level: A Prospective Study on Rats	NST Fellowship, Bangladesh	Supervisor of master's Students	2020-2021
Formulation of Mushroom Fortified Noodles and its composition with locally available Noodles	UGC Scholarship (141/Edu/IU-2018/530)	Supervisor of master's Students	2018-2019
Effect of <i>Borassus flabellifer</i> (Palm) fruit pulp on lipid profile on diabetic and non-diabetic rats	UGC Scholarship (141/Edu/IU-2017/308)	Supervisor of master's Students	2017-2018
Proximate composition Analysis and Hypoglycemic Effect of <i>Piper chaba</i> (Chui jhal) Stem bark on Long Evans Rats	UGC Scholarship (141/Edu/IU-2017/206)	Project Director	2017-2018

SUPERVISION OF THESIS STUDENTS (MASTERS LEVEL)

International Student Academic Session: 2017-18	<p>Title: A study on Body Composition of Students and Teachers: A cross-sectional study.</p> <p>Name of Student: Hamse Mohamed Mohamoud.</p> <p>Address: October Street, ADH, Hargeisa, Somalia.</p>
National Students 2012-Present	<ul style="list-style-type: none"> • Formulation of a low-fat vegan diet and its impact on blood glucose level and lipid profile: A prospective study on diabetic rats. • Formulation and evaluation of nutritional profile of mushroom fortified noodles and its comparison with locally available noodles. • Nutrient and phytochemical analysis of elephant apple (<i>Dillenia indica</i>) fruits and its anti-hyperlipidemic effects on alloxan induced diabetic rats. • Proximate composition analysis and hypoglycemic effect of <i>Amorphophallus paeoniifolius</i> tuber in diabetes induced Long Evans rats. • Effect of young palm fruit seeds (PFS) on Type 2 diabetic patients-a cross-sectional study. • Studies on nutrient analysis and anti-diabetic effect of <i>Piper chaba</i> stem bark in rats. • Determinants of Nutrition Knowledge, Attitude and Practices of Adolescent Sports Trainee: A Cross-sectional Study in Bangladesh. • Prevalence of Thalassemia: A Cross-Sectional Study Conducted on People Age 1-50 Years in Khulna Division, Bangladesh • Comparative studies on nutrient contents of two different varieties of <i>Amorphophallus paeoniifolius</i> & <i>Amorphophallus campanulatus</i>.

Course Responsibilities 2010-Present	Course Conducted: <ul style="list-style-type: none"> • Dietary Management of Nutritional Deficiency and Chronic Disorders • Applied Dietetics & Clinical Nutrition • Food Biotechnology • Technology of Food Preservation • Human Physiology Practical Conducted: <ul style="list-style-type: none"> • Formulation and preparation of diets for different case study (Masters). • Practical approaches to the nutritional management of metabolic syndrome. • Phytochemicals screening and Nutrient analysis from various food samples. • Nutritional status assessment of various age groups.
Other Experience	
2021- 2023	Assistant Provost Saddam Hossain Hall, Islamic University, Kushtia-7003, Bangladesh.
2012- 2015	Assistant Provost Lalon Shah Hall, Islamic University, Kushtia-7003, Bangladesh.
2009-2010	International Training on-“Diabetics Management through Diabetics Educator Programme (DEP) from BIRDEM, Dhaka, Bangladesh.
Language Proficiency	Fluency in Spoken and Writing Bengali (native) and English
Personal Information	Place and Date of Birth : Bangladesh; 31 December 1982. Marital Status : Married Passport No. : B00011989 National ID No. : 4198916720 e-TIN Number : 653402788766 ORCID NO. : 0000-0002-9146-3929 Researchgate ID : www.researchgate.net/profile/Shaiikh-Rahman-4/research COVID-19 Vaccination Certificate No.: BD877150462452

REFERENCES

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Professor in Biochemistry
Division of Pharmacognosy and Toxicology,
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DECLARATION

I certify that the information stated in this curriculum vitae is true and complete to the best of my knowledge. I authorize the concerned authority to verify the information provided in this resume.



(Shaikh Shahinur Rahman, Ph.D)

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