

MD KAMRUZZAMAN

Dept. of Applied Nutrition and Food Technology
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CURRICULUM VITAE

EDUCATION

September 2016 to September 2018	Master of Science (M.Sc.) Nutrition and Rural Development (Main Human Nutrition) Faculty of Bioscience Engineering Ghent University, Belgium Thesis: "Development of Improved In vitro Models to Study Bioavailability of β -Carotene Throughout the Gastro-Intestinal Tract". Promoter: Prof. John Van Camp (M.Sc. thesis supervisor) Final Result: Cum laude
May 2005 to April 2007	Master of Science (M.Sc.) Dept. of Applied Nutrition and Food Technology Islamic University, Kushtia, Bangladesh. Thesis: "Studies on Physicochemical, Hypoglycemic and Antimicrobial Properties of indigenous Bitter melon (<i>Momordica charantia</i>) & Fig (<i>Ficus auriculata</i>) of Bangladesh". Advisor: Md Rezaul Karim, Ph.D. Final Result: 1st class (3rd position in order of merit)
July 1999 to May 2005	Bachelor of Science (Honours) Dept. of Applied Nutrition and Food Technology Islamic University, Kushtia, Bangladesh. Project Dissertation: "Studies on the ratio of Carbohydrate, Protein and Fat in the diet supplied to the patient in Kushtia general hospital, Kushtia, Bangladesh". Advisor: Md. Abul Kashem Tang, Ph.D. Final Result: 1st class (2nd position in order of merit)
September 1995 to September 1998	Higher Secondary School Certificate Majors: Science Kushtia Government College, Kushtia, under Jessore Education Board, Bangladesh. Final Result: 1st Division.
January 1993 to August 1995	Secondary School Certificate Majors: Science Banwarinagar C. B. High School, Faridpur, Pabna, under Rajshahi Education Board, Bangladesh. Final Result: 1st Division.

SCHOLARSHIP AND AWARDS

September 2016 to September 2018	VLIR-UOS Master Scholarships (A very competitive scholarship provided by the Belgian Government for developing countries and is selected from numerous applicants).
01/2006	University Grants Commission (UGC) of Bangladesh (UGC is the apex body in Bangladesh governing all universities, public and private) merit Scholarship for brilliant result in undergraduate studies (2006).
07/1999 to 01/2004	Islamic University yearly merit scholarship, Kushtia, Bangladesh (Provided top 3 students of each department each year).

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RECEARCH EXPERIENCE

- | | |
|--------------------|--|
| 09/2016 to 09/2018 | Graduate Research
Master's Thesis: "Development of Improved In vitro Models to Study Bioavailability of β -Carotene Throughout the Gastro-Intestinal Tract".
Promoter: Prof. John Van Camp |
| 05/2005 to 04/2007 | Graduate Research
Master's Thesis: "Studies on Physicochemical, Hypoglycemic and Antimicrobial Properties of indigenous Bitter melon (<i>Momordica charantia</i>) & Fig (<i>Ficus auriculata</i>) of Bangladesh".
Advisor: Md Rezaul Karim, Ph.D. |
| 07/1999 to 05/2005 | Undergraduate Research
Project Dissertation: "Studies on the ratio of Carbohydrate, Protein and Fat in the diet supplied to the patient in Kushtia general hospital, Kushtia, Bangladesh".
Advisor: Md. Abul Kashem Tang, Ph.D. |

ACADEMIC EMPLOYMENT – TEACHING AND RESEARCH

- | | |
|-----------------------|--|
| 05/04/2019 to Date | Associate Professor
Dept. of Applied Nutrition and Food Technology
Islamic University, Kushtia-7003, Bangladesh. Web: http://www.iu.ac.bd

Responsibilities
Teaching different courses in the graduate and postgraduate level and supervise MSc thesis and BSc project work for Bachelor and Master students.

Courses Taught
Nutritional Assessment, Bioinformatics and Biostatistics, Geriatric Nutrition, Applied Nutrition and Dietetics, Nutrition in Emergency, Nutritional Problem, Survey & Surveillance, Food safety and Security, Human Physiology and others |
| 09/2013 to 04/04/2019 | Assistant Professor
Dept. of Applied Nutrition and Food Technology
Islamic University, Kushtia-7003, Bangladesh. Web: http://www.iu.ac.bd

Responsibilities
Teaching different courses at graduate and postgraduate levels and took part in research work supervising Bachelor and Master students.

Courses Taught
Nutritional Assessment, Applied Nutrition and Dietetics, Nutrition in Emergency, Nutritional Problem, Survey & Surveillance, Food safety and Security, Human Physiology and others |
| 09/2010 to 09/2013 | Lecturer
Dept. of Applied Nutrition and Food Technology
Islamic University, Kushtia-7003, Bangladesh. Web: http://www.iu.ac.bd

Responsibilities
Teaching different courses at graduate and postgraduate levels and took part in research work supervising Bachelor and Master students. |

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Courses Taught

Nutritional Assessment, Applied Nutrition and Dietetics, Nutrition in Emergency, Nutritional Problem, Survey & Surveillance, Food safety and Security, Human Physiology and others.

09/2018 to Date

Faculty Member

Faculty of Biological Science

Islamic University, Kushtia-7003, Bangladesh. Web: <http://www.iu.ac.bd>

09/2010 to 11/2018

Faculty Member

Faculty of Applied Science and Technology

Islamic University, Kushtia-7003, Bangladesh. Web: <http://www.iu.ac.bd>

EMPLOYMENT HISTORY – GENERAL

10/2008 to 09/2010

Dietician

Apollo Hospital Dhaka (450-bed multi-specialty facility delivering advanced tertiary care), Plot-81, Block-E, Bashundhara R/A, Dhaka-1229, Bangladesh.

Web: <http://www.apollodhaka.com>

Responsibilities

- To meet and assess all new patients and counsel them regarding their current diet and determine food acceptability, tolerance and physical status.
- To plan a diet for the patient as per requirement and to ensure nutritional awareness in the patient and their family for the prevention and control of diseases and promotion of health.

03/2008 to 06/2008.

Field officer

Human Development Research Centre, House - 5, Road-8, Mohammadia Housing Society, Mohammadpur, Dhaka-1207, Bangladesh. Web: <http://www.hdrc-bd.com>.

Responsibilities

Data collection and evaluation on sociodemographic, economic, nutrition and on Avian Influenza, H5N1).

PROFESSIONAL PROFILE

- Highly developed research qualitative and analytical skills with a strong capacity to conduct independent research.
- Demonstrated ability to develop goals, objectives and implement strategies through lesson planning and teaching experience.
- Proven ability to conceptualise problems and develop well-reasoned and integrated solutions, as demonstrated throughout M.Sc. and Honours research.
- Working knowledge of Word, Excel, PowerPoint, EndNote and Statistical Package like SPSS and R.

PUBLICATIONS

**Peer-reviewed
Research Articles**

1. **M. Kamruzzaman**, M. Horowitz, K.L. Jones, and C.S. Marathe, Gut-Based Strategies to Reduce Postprandial Glycaemia in Type 2 Diabetes. *Frontiers in Endocrinology* 12 (2021), doi: 10.3389/fendo.2021.661877.
2. M. Bakhtiar, M. Masud-ur-Rahman, **M. Kamruzzaman**, N. Sultana, and S.S. Rahman, Determinants of nutrition knowledge, attitude and practices of adolescent sports trainee: A cross-sectional study in Bangladesh. *Heliyon* 7 (2021) e06637, doi: 10.1016/j.heliyon.2021.e06637.
3. A.G. Khan, **M. Kamruzzaman**, M.N. Rahman, M. Mahmood, and M.A. Uddin, Quality of life in the COVID-19 outbreak: influence of psychological distress, government strategies, social distancing, and emotional recovery. *Heliyon* 7 (2021) e06407, doi: 10.1016/j.heliyon.2021.e06407.
4. S.S. Rahman, N. Yasmin, **M. Kamruzzaman**, M.R. Islam, M.R. Karim, et al., Anti-hyperglycemic effect of the immature endosperm of sugar palm (*Borassus flabellifer*) fruit on type 2 diabetes mellitus patients-a case study. *Diabetes Metab Syndr* 14 (2020) 1317-1322, doi: 10.1016/j.dsx.2020.06.055.
5. Rezaul Malik, **M. Kamruzzaman**, M. Hafizur Rahman, S.M.A.R. and, and S.S. Rahman, Prevalence of Pneumonia, Diarrhea, and Anemia among infants (Children up to 1 year) in south-west region of Bangladesh. *International Journal of Advance Research* 7 (2019) 365-371, doi: 10.21474/IJAR01/10162
6. R. Islam, S. Kumar, J. Karmoker, **M. Kamruzzaman**, M.A. Rahman, et al., Bioaccumulation and adverse effects of persistent organic pollutants (POPs) on ecosystems and human exposure: A review study on Bangladesh perspectives. *Environmental Technology & Innovation* 12 (2018) 115-131, doi: 10.1016/j.eti.2018.08.002.
7. M.S. Alam, **M. Kamruzzaman**, S.A.A. Khanom, M.R.H. Patowary, M.T. Elahi, et al., Quality Evaluation of Ginger Candy Prepared by Osmotic Dehydration Techniques. *Food and Nutrition Sciences* 9 (2018) 376-389, doi: 10.4236/fns.2018.94030
8. M.S. Islam, S.S. Rahman, **M. Kamruzzaman**, M.S. Raza, M. Saifuzzaman, et al., Impact of nutrition education on nutritional status of adolescent girls in South-west Region of Bangladesh. *American Journal of Nutrition and Food Science* 2 (2015) 1-6, doi: 10.12966/ajnfs.01.01.2015.
9. M. Islam, **M. Kamruzzaman**, S. Islam, T. Elahi, S. Shahinur Rahman, et al., 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* 11 (2015) 136-144, doi: 10.2174/1573401311666150429225904.
10. T. Ahmad, **M. Kamruzzaman**, M. Ashrafuzzaman, A. Ahmad, and L. Ahmed, In vitro Antimicrobial Activity of different extracts of Gotu Kola and Water Spinach against pathogenic Bacterial Strains. *Current Research in Microbiology and Biotechnology* 3 (2015) 663-669, doi:
11. R. Parvin, M.A. Satter, S.A. Jabin, N. Abedin, F. Islam, **M. Kamruzzaman** and D. K. Paul, Studies on the development and evaluation of cereal based highly nutritive supplementary food for young. *International Journal of Innovation and Applied Studies* 9 (2014) 974-984, doi:
12. M. Jamal, M. Moniruzzaman, M. Shaheen, **M. Kamruzzaman**, M. Rashid, et al., Analysis of antimicrobial activity of *Calendula arvensis* against bacterial pathogens. *Int J Phytother Res* 4 (2014) 10-15, doi:
13. M.M. Islam, **M. Kamruzzaman**, M.T. Elahi, M. Ashrafuzzaman, and B.S. Azhar, Association of maternal Body Mass Index (BMI) and Mid Upper Arm Circumference (MUAC) and birth weight of newborn in the South-West Region of Bangladesh. *International Journal of Food and Nutritional Sciences* 3 (2014) 1-4.

PUBLICATIONS**Peer-reviewed
Research Articles
(Continued)**

14. M. Hasanuzzaman, **M. Kamruzzaman**, M.M. Islam, S.A.A. Khanom, M.M. Rahman, et al., A study on tomato candy prepared by dehydration technique using different sugar solutions. *Food and Nutrition Sciences* 5 (2014) 1261-1271, doi: 10.4236/fns.2014.513137.
15. F. Khatun, **M. Kamruzzaman**, M. Islam, S. Islam, H. Rahmn, et al., Health hazards and the socioeconomic status of female labour of tobacco processing mills in Kushtia, Bangladesh. *Science Journal of Public Health* 1 (2013) 1-8, doi: 10.11648/j.sjph.20130101.11.
16. M. Islam, S. Rahman, **M. Kamruzzaman**, M. Islam, and A. Samad, Effect of maternal status and breastfeeding practices on infant nutritional status - a cross sectional study in the south-west region of Bangladesh. *Pan Afr Med J* 16 (2013) 139, doi: 10.11604/pamj.2013.16.139.2755.
17. E. Haque, **M. Kamruzzaman**, M.S. Islam, T. Sarwar, S.S. Rahman, et al., 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* 2 (2013) 187-195, doi: 10.11648/J.IJNFS.20130204.15.
18. S. Ara, I.M. Mominul, **M. Kamruzzaman**, E.M. Toufiq, S. Sk, et al., Assessment of social, economic and medical determinant of safe motherhood in Dhaka City: a cross-sectional study. *American Journal of Life Science* 1 (2013) 93-97, doi: 10.11648/j.ajls.20130103.13.
19. Z.H. Rafiqueel Islam, Masudur Rahman, **Md. Kamruzzaman**, Kamrun Nahar, Atiqur Rahman, M. A. Sattar Physicochemical Analysis and Characterization of Lipids of *Cyprinus carpio*. *J. Bang. Soc. Pharm. Professionals* 2 (2012).
20. T. Pervin, S. Yeasmin, R. Islam, **M. Kamruzzaman**, A. Rahman, et al., Studies on nutritional composition and characterization of lipids of *Lates calcarifer* (Bhetki). *Bangladesh Journal of Scientific and Industrial Research* 47 (2012) 393-400, doi: 10.3329/bjsir.v47i4.14068.
21. S. Rahman, R. Islam, **M. Kamruzzaman**, K. Alam, and A. Jamal, *Ocimum sanctum* L.: A review of phytochemical and pharmacological profile. *American Journal of Drug Discovery and Development* 1 (2011) 1-15.
22. **M. Kamruzzaman**, M. Rezaul Karim, A.T.M. Mizanur Rahman, a. Md. Hafizur Rahman, and M.S. Hossain, Antimicrobial activities of ethanol extract of indigenous Bitter melon (*Momordica charantia*) and Fig (*Ficus auriculata*) against pathogenic bacterial strains. *Journal of Applied Science and Technology* 5 (2008) 27-31, doi:
23. **M. Kamruzzaman**, M. Rezaul Karim, Hafizur Rahman, B.S.A. and, and S.M.A. Rouf, Hypoglycemic activities of ethanol extract of indigenous Bitter melon (*Momordica charantia*) and Fig (*Ficus auriculata*) on Swiss albino mice. *Journal of Applied Science and Technology* 5 (2007) 9-14.

**Conference
Proceeding**

1. Rahman, S. S., Yasmin, N., **Kamruzzaman, M.**, Islam, M. R., Karim, M. R., & Rouf, S. M. (2020). Anti-hyperglycemic effect of the immature endosperm of sugar palm (*Borassus flabellifer*) fruit on type 2 diabetes mellitus patients-a case study. *Diabetes & Metabolic Syndrome; International Conference on Food Technology & Nutrition*", Paris France, September 13 – 15, 2021, Poster Presentation.
2. AU Daula, Rk Roy, MS Matubbar, **M Kamruzzaman** (2014). Determination of Nutritional Status of Under-Five Children Employing Multiple Interrelated Contributing Factors in Southern Part of Bangladesh, 5th Regional Public Health Conference jointly organized by Bangladesh University of Health Science and Department of International Health, University of Oslo, Norway. Page 40, December 2014, Oral Presentation.

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ORCID ID: <https://orcid.org/0000-0001-5138-2182>**TRAINING AND WORKSHOP PARTICIPATED**

- International Conference on Food Technology & Nutrition", Paris, France, from September 13 – 15, 2021, Registered as poster presenter.
- 20th Diabetes and Endocrine Conference jointly organized by Bangladesh University of Health Science and Diabetic Association of Bangladesh, from 18-20th December 2014.
- 25th Regional Public Health Conference jointly organized by Bangladesh University of Health Science and Department of International Health, University of Oslo, Norway. From 17-18th December, 2014.
- 3 days training program on Customer Service Excellence organized by Apollo Hospital Dhaka.
- 4. A daylong workshop entitled Youth leadership development Organized by Community Development Library (CDL) Kushtia. Bangladesh.

LANGUAGE

Bengali	Native				
English	Proficient				
IELTS Score	Overall	Listening	Reading	Writing	Speaking
	7.5	8.5	7.0	7.0	7.0

EXTAR CURRICULAR ACTIVITIES

07/2013 to 07/2015	House Tutor Lalon Shah Hall, Islamic University, Kushtia-7003, Bangladesh. Web: http://www.iu.ac.bd
Social skills and competences	<ul style="list-style-type: none"> • Teamwork: I have worked in various types of teams from research teams to university cricket and football league. • Intercultural skills I am experienced at working the Nutrition Society of Islamic University, Kushtia, Bangladesh as Vice-Chairman.
Interests	Reading books, listening to music, travelling, playing cricket and football.

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REFERENCES

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Md. Abdus Samad, Ph. D.

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