CURRICULUM VITAE

MAILLING ADDRESS

Shaikh Shahinur Rahman, Ph.D
Professor
Dept. of Applied Nutrition and Food Technology
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Research Interest: Functional Food and Nutraceutical Product Development; Therapeutic Nutrition; Metabolic and Endocrine Disorders; Bioactive Phytochemicals and Medicinal Plants; Food-Based Interventions for Chronic Disease Prevention and Management.

My current research focuses on the identification and characterization of bioactive compounds from food and medicinal plant sources, elucidation of their mechanisms of action, and the development of evidence-based therapeutic food products and nutraceutical supplements for the prevention and management of metabolic and endocrine disorders, including diabetes, hypothyroidism, dyslipidemia, obesity, and related chronic diseases.

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.
18 Sep 2013 - 30 Aug 2019	**Assistant Professor** Dept. of Applied Nutrition and Food Technology Faculty of Applied Science and Technology Islamic University, Kushtia-7003, Bangladesh.
18 Sep 2010- 17 Sep 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	Impact of *Borassus flabellifer* fruit endosperm on 6-propyl-2-thiouracil induced hypothyroid rats and associated metabolic disorders: *In Vivo* and *In Silico* Studies	Division of Pharmacognosy and Toxicology, Faculty of Pharmaceutical Sciences	Khon Kaen University Khon Kaen 40002, Thailand	2025
	Thyroid stimulatory activity of *Houttuynia cordata* Thunb. ethanolic extract: *In Vivo* and *In Silico* Studies	Division of Pharmacognosy and Toxicology, Faculty of Pharmaceutical Sciences	Khon Kaen University Khon Kaen 40002, Thailand	2024
	Anti-diabetic effects of Plu kaow (*Houttuynia cordata Thunb*.): *In vitro* and *In vivo* study	Division of Pharmacognosy and Toxicology, Faculty of Pharmaceutical Sciences	Khon Kaen University Khon Kaen 40002, Thailand	2023
PhD	Studies on Nutrient Analysis and Anti-diabetic Effects of Edible Portion of Sugar Palm (*Borassus flabellifer*) Fruit and Elephant Foot Yam (*Amorphophallus paeoniifolius*) 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

No.	Title of Article	Name of journal	First/ Corresponding author	Impact factor with index	Year
01.	**Shaikh Shahinur Rahman**, Md. Rakibul Hasan Rahat, Anuwatchakij Klamrak, Md. Rasul Karim, Muzahid Fahim, Md. Imtiajul Haque, Arafat Bin Muhammad, Sinthia Doly Shurmi, Akbor Hossain, Joy Baisnab, Shakh M. A. Rouf, Yutthakan Saengkun, Jureerut Daduang, Sakda Daduang. Integrative *In Silico* and Experimental Evaluation of *Borassus flabellifer* Immature Endosperm for Dual Modulation of Diabetes and Hypothyroidism.	Nutrients (MDPI) Nutrients 2026, 18(12), 1931; https://doi.org/10.3390/nu18121931	First Author	Q1 (Tier) journal IF: 5.0 Cite Score: 10.2 H index: 279 SJR: 1.499	2026

02.	Namwongsa, S., Phetcharaburanin, J., Boonlue, S., Apiraksakorn, J., Nualkaew, N., Thawornchinsombut, S., Sae-eaw, A., Daduang, J., Boonyarat, C., Daodee, S., Monthakantirat, O., Jangpromma, N., Waiwut, P., Chaveerach, A., Sumanont, Y., Lee, S. Y., **Rahman, S.S.**, & Daduang, S. Medicinal Plants and Natural Bioactives in Geroprotection: Integrating Neuroprotective, Metabolic, and Immuno-Modulatory Mechanisms with AI-Driven Nutriphenomics.	Pharmaceuticals (MDPI) Pharmaceuticals, 19(11), 1688. https://doi.org/10.3390/ph19111688	Co-author	Q1 (Tier) journal IF: 5.7 Cite Score: 9.0 H index: 120 SJR: 1.140	2026
03.	Most. Sunzida Afrose, Md. Shamim, Md. Saiful Islam, S. M. Yasin Shourav, Md. Riaz Hosen, **Shaikh Shahinur Rahman**, Safaet Alam, Md. Rasul Karim. An Integrated Pharmacological Evaluation and GC-MS/MS-Guided Metabolite Profiling of Diospyros sylvatica Roxb. Leaves Revealing Analgesic, Antioxidant, and Antidiabetic Activities.	Chemistry & Biodiversity (Wiley) 23, no. 6 (2026): e71364. https://doi.org/10.1002/cbdv.71364	Co-author	Q2 journal, IF: 2.5 H-index: 87, CiteScore: 3.5 SJR: 0.425	2026
04.	Baisnab Joy, Md. Saiful Islam, Md Reduanul Haque Kavey, S. M. Yasin Shourav, Md. Riaz Hosen, Md. Faysal Abid, **Shaikh Shahinur Rahman**, Anuwatchakij Klamrak, Arunrat Chaveerach, Sakda Daduang. GC-MS Guided Phytochemical Fingerprinting and Multi-Target Therapeutic Evaluation of *Ixora chinensis* Lam. Leaves: Insights into Its Hypoglycemic and Analgesic Activities.	Biology (MDPI) 15, no. 8: 592. https://doi.org/10.3390/biology15080592	Co-author	Q1 journal, IF: 3.5 H-index: 467 CiteScore: 7.4 SJR: 0.888	2026
05.	Md. Rakibul Hasan Rahat, Md. Imtiajul Haque, Sinthia Doly Shurmi, Akbor Hossain, Muzahid Fahim, Arafat Bin Muhammad, Nur Islam Bahar, Md. Earul Islam, Razibul Islam, Md. Kamruzzaman, **Shaikh Shahinur Rahman**. Clinical, Hematological, and Nutritional Profling of Thalassemia Patients: Insights From a Cross-Sectional Study	Anemia (Wiley) Anemia, 2026; 2026:8514650 https://doi.org/10.1155/anem/8514650	Corresponding Author	Q2 journal IF-3.7 H-index: 37 CiteScore-3.3 SJR-0.52	2026
06.	Nopkuesuk N, Klamrak A, Nabnueangsap J, Narkpuk J, **Rahman SS**, Saengkun Y, Janpan P, Soonkum T, Sitthiwong P, Jangpromma N, Kulchat S. Hydroethanolic extract of *Schinus terebinthifolia* as a promising source of anti-influenza agents:	PLoS One 20(6): e0324990. https://doi.org/10.1371/journal.pone.0324990	Co-author	Q1 Journal IF: 3.75 H index: 467 Cite Score: 5.6	2025

	Phytochemical profiling, cheminformatics, molecular docking and dynamics simulations.				
07.	**Rahman SS**, Klamrak A, Mahat NC, Rahat RH, Nopkuesuk N, Kamruzzaman M, Janpan P, Saengkun Y, Nabnueangsap J, Soonkum T, Sangkudruea P. Thyroid stimulatory activity of *Houttuynia cordata* Thunb. ethanolic extract in 6-propyl-thiouracil-induced hypothyroid and STZ induced diabetes rats: *In Vivo* and *In Silico* Studies.	Nutrients (MDPI) 2025, 17, 594. https://doi.org/10.3390/nu17030594	First Author	Q1 (Tier) journal IF: 5.0 Cite Score: 10.2 H index: 279 SJR: 1.499	2025
08.	**Rahman SS**, Klamrak A, Nopkuesuk N, Nabnueangsap J, Narkpuk J, Janpan P, Saengkun Y, Soonkum T, Sriburin S, Teeravechyan S, Sitthiwong P. Integrative Computational Approaches to Assess Anti-Influenza Activity in *Caesalpinia mimosoides* Lamk Hydroethanolic Extract.	Scientific Reports (Springer Nature) https://doi.org/10.1038/s41598-025-87585-5	First Author	Q1 journal IF: 3.8 H index: 315	2025
09.	Saengkun Y, Klamrak A, Janpan P, **Rahman SS**, Erviana R, Puangmalai N, Jangpromma N, Daduang J, Daduang S, Areemit J. C-Terminal Modification Contributes the Antibacterial Activity of a Cecropin-like Region of Heteroscorpine-1 from Scorpion Venom.	Biology (MDPI) 2025; 14(8):1044. https://doi.org/10.3390/biology14081044	Co-author	Q1 journal, IF: 3.5 H-index: 467, CiteScore: 7.4, SJR: 0.888	2025
10.	Janpan P, Schmelzer B, Klamrak A, Nabnueangsap J, Saengkun Y, **Rahman SS**, Rungsa P, Mattanovich D, Daduang S. Functional Investigation of Mutant *Vespa tropica* Hyaluronidase Produced in Pichia pastoris: In Silico Studies and Potential Applications.	Fermentation (MDPI) 2025, 11(9), 497; https://doi.org/10.3390/fermentation11090497	Co-author	Q1 journal, IF: 3.3, Cite Score: 5.7, SJR: 0.629, h-index: 64	2025
11.	Rahman SA, Kabir MH, **Rahman SS**, Kamruzzaman M. The validity of mid-upper arm circumference as an indicator of underweight, overweight and obesity adults in Bangladesh.	PLOS ONE 20(7), e0327499. https://doi.org/10.1371/journal.pone.0327499	Co-author	Q1 Journal IF: 3.75 H index: 467 Cite Score: 5.6	2025
12.	Mahade Hasan, Opshora Islam Zayeda, Nasrin Sultana, Rifa Tasniya Zisan, Shammy Akter, **Shaikh Shahinur Rahman**, M. Rezaul Karim and M. Mominul Islam. Practices on Safer Food among Household Food Handlers in the South-West Region in Bangladesh.	J Clin Nutr Diet Vol. 11 No. 2: 160. DOI: 10.36648/2472-1921.11.2.160	Co-author	Q4 Journal IF: 0.84 H index: 11 Cite Score: 1.33	2025

13.	**Rahman SS**, Klamrak A, Nopkuesuk N, Nabnueangsap J, Janpan P, Choowongkomon K, Daduang J, Daduang S. Impacts of plu-kaow (*Houttuynia cordata* Thunb.) ethanolic extract on diabetes and dyslipidemia in STZ induced diabetic rats: Phytochemical profiling, cheminformatics analyses, and molecular docking studies.	Antioxidants (MDPI) 2024, 13(9), 1064 https://doi.org/10.3390/antiox13091064	First Author	Q1 (Tier) journal IF: 6.6 Cite Score: 12.4 H index: 169	2024
14.	Klamrak A, Nabnueangsap J, Narkpuk J, Saengkun Y, Janpan P, Nopkuesuk N, Chaveerach A, Teeravechyan S, **Rahman SS**, Dobutr T, Sitthiwong P. Unveiling the Potent Antiviral and Antioxidant Activities of an Aqueous Extract from *Caesalpinia mimosoides* Lamk: Cheminformatics and Molecular Docking Approaches.	Foods (MDPI) 2024, 13, 81. https://doi.org/10.3390/foods13010081	Co-author	Q1 (Tier) journal IF: 5.738 Cite Score: 7.4 H index: 97	2024
15.	Janpan P, Schmelzer B, Klamrak A, Tastub P, Upathanpreecha T, **Rahman SS**, Nabnueangsap J, Saengkun Y, Rungsa P, Mattanovich D, Daduang S. Production of Vespa tropica Hyaluronidase by *Pichia pastoris.*	Journal of Fungi (MDPI) J. Fungi 2024, 10, 854. https://doi.org/10.3390/jof10120854	Co-author	Q1 (Tier) journal IF: 4.2 Cite Score: 6.7 H index: 64	2024
16.	Mohamoud HM, Kamruzzaman M, Islam MM, Klamrak A, **Rahman SS**. Body composition, nutritional status, and socio-demographic factors among university students and teachers in Bangladesh: A pilot study.	Food and Humanity (Elsevier) 3 (2024): 100417. https://doi.org/10.1016/j.foohum.2024.100417	Corresponding Author	Q2 journal IF-3.5 Cite Score: 3.3 H index: 19 SJR: 0.593	2024
17.	**Rahman SS**, Reja MM, Islam MR, Islam MM, Rouf SM, Rahman MH. Proximate nutrient analysis of elephant apple (*Dillenia indica*) 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	Q2 journal IF-3.5 Cite Score: 3.3 H index: 19 SJR: 0.593	2023
18.	Easmin A, Karim MR, **Rahman SS**, Hasan MM, Elahi MT, Islam MS, Islam MM, Paul DK. Protective effect of *Nigella sativa 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	Q2 journal IF-3.5 Cite Score: 3.3 H index: 19 SJR: 0.593	2023
19.	Farzana T, Hossain FB, Abedin MJ, Afrin S, **Rahman SS**. 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	Q1 (Tier) journal IF-4.8 Cite Score: 5.4 H Index: 28	2022

20.	Islam MZ, **Rahman SS**, Das AK, Kamruzzaman M, Rahman MH. 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
21.	**Rahman SS**, Salauddin HM, Rahman M, Muhsin MM, Rouf SM. Nutritional composition and antidiabetic effect of germinated endosperm (*Borassus flabellifer),* tuber (*Amorphophallus paeoniifolius*) 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 (Q2 Journal) Cite Score-4.6 H Index 43 (Peer reviewed)	2021
22.	Bakhtiar M, Masud-ur-Rahman M, Kamruzzaman M, Sultana N, **Rahman SS**. 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 (Q1 Journal) Cite Score-3.88 H Index 88 (Peer reviewed)	2021
23.	Farzana T, Fatema J, Hossain FB, Afrin S, **Rahman SS**. 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/CRNFSJ.9.2.20	Corresponding Author	IF-1.06 (Q2 journal) Cite Score-1.8 h Index-27 (Scopus)	2021
24.	Sakline MG, Roy D, Ahmed T, **Rahman SS**, Rouf SM, Rithu MN, Rahman MM, Sarwar MT. 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	Q3 journal (Scopus)	2021
25.	**Rahman SS**, Chowdhury SN, Salauddin M, Hosen Z, Karim MR, Rouf SM. Comparative studies on nutrient content of sugar palm (*Borassus flabellifer*) 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 (Q3 journal) Cite Score-2.8 H Index 37 (Elsevier)	2021
26.	Parvin R, Farzana T, Mohajan S, Rahman H, **Rahman SS**. 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 (Q1 journal) Cite Score-11.1 H Index 41 (Elsevier)	2020

27.	**Rahman SS**, Yasmin N, Kamruzzaman M, Islam MR, Karim MR, Rouf SM. 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: Clinical Research & Reviews (Elsevier). 2020; 14(5): 1317-1322. https://doi.org/10.1016/j.dsx.2020.06.055	First Author	IF-4.4 (Q1 journal) Cite Score-8.6 H Index 98 SJR-1.17 (Peer reviewed)	2020
28.	**Rahman SS**. Is elephant foot yam (*Amorphophallus paeoniifolius*) tuber detrimental to patients with diabetes? (or a myth?).	Diabetes & Metabolic Syndrome: Clinical Research & Reviews (Elsevier). 2020; 14(5): 1015-1016. doi:10.1016/j.dsx.2020.06.052	First Author	IF-4.4 (Q1 journal) Cite Score-8.6 H Index 98 SJR-1.17 (Peer reviewed)	2020
29.	**Rahman SS**, Muhsin MM, Karim MR, Zubaer M, Rahman MH, Rouf SM. Proximate composition, phytochemical screening and anti-hyperglycemic effect of elephant foot yam (*Amorphophallus paeoniifolius)* tuber on alloxan induced diabetic rats.	Progress in Nutrition 2021; Vol. 23, N. 2: e2021068 DOI: 10.23751/pn.v23i2.9611	First Author	IF-0.51 (Q3 journal) H Index 20 (Peer reviewed Journal)	2020
30.	Rezaul Malik, M. Kamruzzaman, Md. Hafizur Rahman, Shakh Md. Abdur Rouf, **Shaikh Shahinur Rahman**. 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
31.	Md. Tohidur Rahman, Meherunnahar, Muhammad Ali, **Shaikh Shahinur Rahman**, A. Y. K. M. Masud Rana, Kumkum Yeasmin and Md. Hafizur Rahman. 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 DOI: 10.9734/JPRI/2018/v25i530112	Co-author	H Index 8 (Peer reviewed Journal)	2019
32.	**Rahman SS**, Rahman H. Effects of coconut oil (*Cocos nucifera*) and sesame oils (*Sesamum indicum* 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-0.51 (Q3 journal) H Index 20 (Peer reviewed)	2018
33.	**Rahman SS**, Ali M, Sarwar MT, Rana AM, Rahman MH. 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

34.	Rahman MH, **Rahman SS**, Mandal D, Rahman MN. Evaluation of effects of various rapeseed oils on serum lipids and cardio-hepatic enzymes in experimental rats.	International Journal of Nutrition and Metabolism. 2018; 10(1): 1-5. doi:10.5897/IJNAM2017.0230.	Second author	Peer reviewed Journal	2018
35.	**Rahman SS**, Yasmin N, Rahman AT, Zaman A, Rahman MH, Rouf SM. 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-0.8 (Q3 Journal) H Index 27 (Peer reviewed)	2017
36.	**Rahman SS**, Rahman MH, Nasreen L, Begum UH, Yesmin M, Rahman MN. 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
37.	Razzak MA, **Rahman SS**, Ali MA, Uddin MS, Matin F. 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
38.	Razzak MA, Al Hasan SM, **Rahman SS**, Asaduzzaman M, Juliana FM, Hossain MS. 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
39.	Rahman MH, Habib K, **Rahman SS**, Nasreen L, Ud-Daula A. 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
40.	Islam M, Kamruzzaman M, Islam S, Elahi T, **Shahinur Rahman S**, Kumar Paul D, Chaudhury AZ, Rouf A, Samad A. 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-0.8 (Q3 Journal) Cite Score-2.0 H Index 19 (Scopus Journal)	2015
41.	**Rahman SS**, Ali MA, Rahman MN. 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

42.	Islam MS, **Rahman SS**, Kamruzzaman M, Raza MS, Saifuzzaman M, Aktar MJ, Hossain MS. 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	Corresponding Author	Peer reviewed Journal	2015
43.	Uddin MH, Khan MZ, Islam MS, Khan GA, Abdullah-Al-Muhit M, Ferdaus J, Momin MA, **Rahman SS**. 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
44.	**Rahman SS**, Khatun A, Azhar BS, Rahman H, Hossain S. A Study on the Relationship between Nutritional Status and Prevalence of Pneumonia and Diarrhoea among Preschool Children in Kushtia.	Pediatrics Research International Journal May 2014; i1-10. doi:10.5171/2014.805309	First Author	Peer reviewed Journal	2014
45.	Talukdar MI, **Rahman SS**, Akhtaruzzaman M, Samad MA. A comparative study on the nutritional quality of 5 (five) varieties of Bangladeshi Jujubes (Zizyphus *Mauritiana*).	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
46.	Islam M, **Rahman S**, Islam M, Samad A. 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-0.72 (Q3 Journal) H Index 49 (Scopus Journal)	2013
47.	**Rahman SS**, Sultana S, Iqbal NB, Rahman MN. 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
48.	Ahmed MT, **Rahman SS**, Islam MS, Rana AM, Rahman MH. 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
49.	Khatun A, **Rahman SS**, Rahman H, Hossain S. 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

50.	Islam R, Mondol LK, Sheikh L, **Rahman SS**, Islam M, Rahman A. Identification of fatty acid profile, lipid characterization and nutritional status of *Clarias batrachus*.	Nutritional Science and Food Technology 2013; 1(1):1-6. doi: 10.7243/2054-1848-1-1	Co-author	Peer reviewed Journal	2013
51.	Ara S, Mominul IM, Kamruzzaman M, Toufiq EM, **Sk Shahinur Rahman**, Sabir HM. 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
52.	Haque E, Kamruzzaman M, Islam MS, Sarwar T, **Rahman SS**, Karim MR. 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
53.	Paul T, Mozumder NR, Akhtaruzzaman M, **Rahman SS**, Samad MA. 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
54.	Paul DK, **Rahman MS**, Rahman MH, Elahi MT, Prodhan UK. 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
55.	Rahman MH, **Rahman SS**, Akter S. Enhancing Nutritional Security in Bangladesh Innovations and Challenges.	Bangladesh Journal of Food and Nutrition. 2024 Sep 30;1(1):01-3.	Second author	Peer reviewed Journal	2024
56.	Rahman MH, **Rahman SS**, Akter S. Nourishing Bangladesh: A Call for Integrated Approaches to Food Security and Public Health.	Bangladesh Journal of Food and Nutrition. 2025 Apr 1; 2(2):1-3.	Second author	Peer reviewed Journal	2025

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 (*Borassus flabellifer*) fruit on patients with type 2 diabetes mellitus.	Food Technology and Nutrition *Theme*: 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 *Venue*: Hampton by Hilton Paris Clichy (Online)	Speaker	2022
Comparative studies on nutrient contents of *Borassus flabellifer* 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/POSTER PRESENTATION ATTENDED OR CHAIRED

TITLE	ORGANIZER	DATE	PLACE
Effective Teaching Strategies in the 21st 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
Therapeutic potential of immatured endosperm of sugar palm fruit on 6-propyl-2-thiouracil induced hypothyroid rats	UGC Scholarship (141/Edu/IU-2026/70)	Project Director	2025-2026	
Development and Evaluation of a Functional Herbal Tea Blend for Digestive Health	Akij Food & Beverage Ltd.	Project Director	2025-2026	
Development of a Nutrient-Enriched Ready-to-Eat (RTE) Breakfast Meal for Health and Wellness	Akij Food & Beverage Ltd.	Project Director	2025-2026	
Antihypothyroid Potential of *Mangifera indica* Leaf Extract: A Preclinical Evaluation	NST Fellowship, Bangladesh	Supervisor of Masters Students	2025-2026	
Impact of *Borassus flabellifer* fruit endosperm on 6-propyl-2-thiouracil induced hypothyroid rats and associated metabolic disorders: In Vivo and In Silico Studies	Post Doctoral Training for Frontier Research, Khon Kaen University Khon Kaen 40002, Thailand Grant Code: PD2568-02-11	Post-Doctoral Research Fellow	2024-2025	
Anti-diabetic effects of Plu-Kaow (*Houttuynia cordata Thunb*.): 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 (*Nipa fruticans*) 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 (*Nypa fruticans)* 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 (*Borassus flabellifer*) 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	NST Fellowship, Bangladesh	Supervisor of Masters Students	2020-2021	

Antihyperlipidemic Effects of Elephant Apple Fruits (*Dillenia indica*) on Alloxan Induced Diabetic Rats			
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 *Borassus flabellifer* (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 *Piper chaba* (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	***Title:*** A study on Body Composition of Students and Teachers: A cross-sectional study. ***Name of Student***: Hamse Mohamed Mohamoud. ***Address:*** October Street, ADH, Hargeisa, Somalia.
National Students 2012-Present	• 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 (*Dillenia indica*) fruits and its anti-hyperlipidemic effects on alloxan induced diabetic rats. • Proximate composition analysis and hypoglycemic effect of *Amorphophallus paeoniifolius* 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 *Piper chaba* 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 Amorphophallus (*Amorphpphallus paeonifolius* & *Amorphophallus campanulatus*).

Course Responsibilities 2010-Present	***Course Conducted:*** • Dietary Management of Nutritional Deficiency and Chronic Disorders • Applied Dietetics & Clinical Nutrition • Food Biotechnology • Technology of Food Preservation • Human Physiology ***Practical Conducted:*** • 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-"Diabeties Management through Diabeties Educator Programme (DEP) from BIRDEM, Dhaka, Bangladesh.
2002-2006	Bangladesh National Cadet Corps (BNCC) Navy wing (Islamic University, 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. : B00266869 National ID No. : 4198916720 e-TIN Number : 653402788766 ORCID ID : 0000-0002-9146-3929 Google Scholar link : https://scholar.google.com/citations?user=PHm3fTAAAAAJ&hl=en Researchgate link : www.researchgate.net/profile/Shaikh-Rahman-4/research Scopus Author ID : 57203821209 COVID-19 Vaccination Certificate No.: BD877150462452

REFERENCES

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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.



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