

REPORT

on

International Conference on “Plant Based Food: Current Scenario and Future Perspectives and Food Expo 2018”

March 05-06, 2018



Department of Food Science and Technology
Muhammad Nawaz Shareef University of Agriculture
MULTAN, PAKISTANs

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EXECUTIVE SUMMARY

The plant-based foods include vegetables, whole grains, legumes and fruits. Plant-based foods are enriched with essential nutrients and useful for the development and maintenance of human health. Presently the heavy consumption of junk foods is linked to obesity and chronic health conditions such as high blood pressure, arthritis, atherosclerosis and even cancer. Current healthcare system is unsustainable which is more dependent on heavy medication. However to promote sustainable individual health and corporate health plant based food should be promoted at each step of human growth. Therefore strategies need to be designed to promote the nutritional medicine from plants to develop strong foundation of our entire healthcare system. Keeping in view the significance of plant based food and their role in human growth, Department of Food Science and Technology Muhammad Nawaz Shareef University of Agriculture, Multan organized international conference on “Plant Based Food: Current Scenerio and Future Perspective & Food Expo 2018” during March 5-6, 2018 in collaboration with **HEC**, **PARB** and **Private Sector**. The basic aim of this international conference was to provide for all those closely connected with Food and Agriculture, a forum for sharing experience and expertise in creating innovative and successful learning, teaching, research and outreach environments. The theme of the conference were:

- Role of plant based food in human nutrition and diet
- Functional and Nutraceuticals potentials of plant based food
- Impact of agricultural practices on quality and safety of plant based food
- Advances in processing and preservation of plant based food
- Post-harvest handling and losses of plant based food
- Food safety issues of plant based food
- Value addition
- Marketing opportunities and threats

The scientists from **Sri Lanka, Malaysia, South Korea, Indonesia, Oman, China, UAE and from all over the Pakistan** participated in the conference. The inaugural session of the conference was held on March 5, 2018. Prof. Dr. Asif Ali, Vice Chancellor, MNS University of Agriculture Multan welcomed distinguished national and international speakers and participants followed by address by **Dr. Muhammad Shafiq Chaudhry, Mr. Aslam Shaheen** (Planning Commission of Pakistan), **Prof. Dr. Javaid Aziz Awan** (Country Director IFANCA), **Prof. K.K.D.S. Ranaweera** (Sri Lanka), **HN Fernando** (Sri Lanka) and Chief

Guest **Prof. Dr. Zafar Tanvir**, Vice Chancellor, Nishtar Medical University, Multan. After inaugural session, the chief guest inaugurated the food expo and then the conference was proceeded for technical sessions. The other dignities who participated the conference include Dr. Amanat Ali (Oman), Mohamed Hasnain Isa (Malaysia), Niken Widya Palupi (Indonesia), Saphthala P.L. Galappaththi (Sri Lanka), Muhammad Noman Khan (China), Dr. Rizwan Elahi (China), Dr. Madhura Jayasinghe (Sri Lanka), Ahmed Musa Hago Bakheet (Uzbekistan), Shahbaz Ali (UAE), Prof. Dr. Tahir Zahoor (UAF), Prof. Dr. Zafar Hayat (UVAS), Dr. Saeed Akhtar (BZU) and Prof. Dr. Asif Ahmed (PMAS-AAUR).

In food expo more than 15 organizations participated and displayed the products. The private sector also provided financial assistance for the conference. The major sponsors from private sector were **Higher Education Commission Pakistan, Punjab Agriculture Research Board**, Volka Food International, Multan, Malik Foods, Multan, Amina Food Industry, Multan, Family Foods, Multan, Shama Ghee Industries, Multan, Rehmat Foods, Multan, International Food Industry, Multan and Al-Hilal Food Industries, Multan.

In technical sessions the experts highlighted the importance of plant origin foods in human health and also shared their research activities and outcome related to safety, quality, value addition, processing technologies and nutritional aspects of plant based foods.

During 2nd Day of conference a competition on Innovative Food Business Idea was also organized where more than 50 teams from the South Punjab region participated and cash prizes were distributed among the top 3 position holders.

The sessions were presided over by the scientists who drafted final recommendations for each technical session conducted after thorough discussion. The recommendations were presented by the session chairs individually and the final draft was presented in the concluding session of the conference. In concluding session, the souvenirs were distributed among the distinguished guests and the sponsors from private sector. A MoU between **MNS-University of Agriculture, Multan** and **University of Sri Jayewardenepura, Sri Lanka** for coordination in research and academic activities was also signed at the moment. The conference was ended with vote of thanks by the chief organizer with following recommendations.

RECOMMENDATIONS

- Innovative ideas presented in conference regarding agricultural practices of plant based foods, new minimal processing techniques and nutritional importance of plant based foods was helpful for the students, industrialists and researchers.
- Similarly, mutual transfer of research knowledge with international researchers was a good opportunity for students, industrialists and researchers.
- Conference was helpful for the students, researchers and industrialist to get new ideas about research in plant based foods and to ensure the safety and quality of plant based foods by using minimal processed technologies.
- Keeping in mind nutritional significance of plant based foods, efforts must be taken to promote their consumption practically focusing regional performance
- Diversified strategies must be designed to incorporate all plant groups e.g. cereals, pluses, nuts, fruits and vegetable condiments to improve the balance intake of all essential nutrients
- National data base for functional food of Pakistan must be developed in analogy of Japan/Korea
- Consumption of fresh fruit and vegetables directly or in the form of green salad/drinks may be encouraged and promoted
- Spices, condiment and herbal products of known health significance must be promoted as minor ingredient of regular diet like ginger, clove, black pepper etc.
- Plants are essential source of bioactive compounds with tremendous therapeutic potential. In this regard research must be come up with technical skills to improve extraction and their safe application in food products
- Plant baed bioactive compounds must be assessed for potential health benefits through clinical trials
- Vlaue addition of plant based food mut be the focused reseach area in coming decades.
- Food industrial wastes and by-products may be intelligently processed for development of value added natural products
- Govt. should declare certain regions of the country like Cholistan and South Punjab as “Herbal Valleys” to conserve natural flora of medicinal significance
- Govt. should devise policies to capture nutraceutical and functional global marketes
- There must be a continuous awareness compaigen regarding importance of plant based foods for balanced diet and diet therapies.

INAUGURAL SESSION

The Department of Food Science and Technology, Muhammad Nawaz Shareef University of Agriculture, Multan (MNSUAM) has organized his first international conference on **“Plant Based Food: Current Scenario and Future Perspectives”** on March 5-6, 2018 which aimed to bring together leading academic scientists, researchers and research scholars to exchange and share their experiences and research results on all aspects of Food and Agriculture. It also provided an interdisciplinary platform for policy makers, top managers, researchers, practitioners and educators to present and discuss the most recent innovations, trends and concerns as well as practical challenges encountered and solutions adopted in the fields of food and agricultural practices.

The international scientists from Sri Lanka, South Korea, Malaysia, Indonesia, China, UAE and Oman along with renewed national scientists from all over the country (Pakistan) has participated in the conference. The conference sessions were held at MNSUAM started on 5th of March with the inauguration session succeeded by technical sessions and concluding session on March 6, 2018. A food expo was also arranged with the collaboration of various food industries. Guests visited the stalls setup by different industries/ companies and appreciated the efforts of private sector in domain of food science and technology in Pakistan.

Welcome address by Vice Chancellor

The Vice Chancellor, MNSUAM Prof. Dr. Asif Ali warmly welcomed everyone at the conference especially the foreign scientists Prof. K.K.D.S. Ranaweera from Sri Lanka, Dr. Hasnain Issa from Malaysia, Dr. Sungkhon Park from South Korea, S.P.L. Galappaththi from Sri Lanka, Ms. Niken Widya Palupi from Indonesia, Dr. Noman Khan from China, Dr. JMJK Jayasinghe from Srilanka, Dr. Amanat Ali from Oman, Mr. Shahbaz Ali from UAE, Dr. Rizwan Elahi from China and HN Fernando from Sri Lanka. Prof. Dr. Asif Ali also warmly welcomed the national scientists who spared special time to grace the event specially Dr. Shafiq Chaudhry (Pioneer/Senior most food scientist of Pakistan), Dr. Javaid Aziz Awan and delegates from University of Agriculture Faisalabad, GC University Faisalabad, University of Veterinary and Animal Sciences Lahore, University of Lahore, University of Sargodha, Sargodha, PMAS-Arid Agriculture University, Rawalpindi, University of Karachi, Karachi and University of Agriculture, Peshawar.

The Vice Chancellor briefed about the academic and infrastructural development of MNSUAM particularly national and international collaborations of the university. Prof. Dr. Asif Ali emphasized on improving the educational system and highlighted the need of activity and research oriented systems. The Vice Chancellor of MNS-UAM Prof. Dr. Asif Ali emphasis on plant based food for healthy life and appreciated the plant based product development competition among the students. He expressed heartiest gratitude to the public and private sponsors of the conference

Address by Dr. Shafiq Chaudhry

Dr Shafiq Chaudhry is the pioneer in Food Technology in Pakistan and CEO of Ramna foods. Firstly he told about emergence of food technology in early years as a subject than later it expands and different degrees started in it. His focus was mainly on the consumption of fresh and healthy vegetables and he also promoted the kitchen gardening concept. He told that we should take more portion of our diet from fruits and vegetable group. He stated that fruits and vegetables are rich source of vitamins, minerals and anti-oxidants that act as anti-aging agents. He also focused on the consumption of natural juices instead of artificial with chemicals etc. He also focused on the consumption of plant based foods to eliminate different diseases that are caused by using junk food.

Address by Chief Guest

Prof. Dr. Zafar Tanvir, Vice Chancellor, Nishtar Medical University, Multan was the chief guest at inaugural session. Dr. Zafar Tanvir is a medical doctor and has deep knowledge and relation with diet especially from plant based foods. He appreciated the efforts of MNS-UAM to develop a platform for the researchers to come out and share their ideas.

He applauded the rise of MNSUAM in a very short span and greatly appreciated the efforts of Prof. Dr. Asif Ali in making Multan as a hub of agricultural activities in Punjab. He congratulated Vice Chancellor, MNSUAM for arranging a splendid conference. He shared his medical experience related with diet and gives suggestions how we can improve our health by using more fruits and vegetables instead of spicy diet. He focused on use of more and more fiber and vitamins and minerals enrich foods.



Inaugural Session



Speech by Prof. Dr. Asif Ali (Vice Chancellor)



Speech by Dr. Shafiq Chaudhry (Guest of Honor)



Speech by Prof. Dr. Zafar Tanvir (Chief Guest)

Addresses by other speakers

The other speakers including **Mr. Aslam Shaheen** (Planning Commission of Pakistan), **Prof. Dr. Javaid Aziz Awan** (Country Director IFANCA), **Prof. K.K.D.S. Ranaweera** (Sri Lanka), **Dr. Sungkhon Park** (South Korea), **HN Fernando** (Sri Lanka) and **Dr. Saeed Akhtar** (Director, Institute of Food and Nutrition BZU) also highlighted the importance of food from plant origin and their quality and safety aspects.

INAUGURATION OF FOOD EXPO 2018

After inaugural session the food expo was inaugurated by the chief guest where a number of organizations/companies displayed the products and samples were also distributed among the visitors. The list of stalls displayed by different firms is as under:

1. Punjab Food Authority
2. Vegetable Nursery Project, MNSUAM
3. SFA Food, Kabeer Wala
4. Malik Foods Multan
5. Amina Food Industry, Multan
6. Family Foods BWP Road Multan
7. Allah Din Group of companies, Multan
8. Rehmat Foods Multan
9. Sh. Khwaja & Co Pvt Ltd Lahore
10. Bhutta International Pvt Ltd Multan
11. International Food Industry Multan
12. Shujaabad Agro industries Multan
13. Al-Masoom Café Multan
14. Faizan and company Lahore
15. HB and company Krachi
16. Al-Khair Flour Mills Multan
17. Lottier Flavour company Karachi
18. Al-Hilal Food Industries Multan



Dr. Javaid Aziz Awan (Guest Speaker)



Mr. Aslam Shaheen (Guest Speaker)



K.K.D.S. Ranaweera (Invited Speaker)



HN Fernando (Invited Speaker)



Inauguration of Food Expo 2018

TECHNICAL SESSIONS

The venues for technical sessions were Conference Hall and Committee Room, MNS-University of Agriculture, Multan. The detail of session is as under:

Technical Session-I:

Date and Time : 5th March, 2018 (Venue Conference Hall)

Session Chair : Dr. Mian Anjum Murtaza, Dr. Muhammad Riaz

Session Moderator: Dr. Ghulam Mueen-ud-Din

Time	Speakers and Titles
11:30 AM	Concepts of Halal in Plant based foods” by Prof. Dr. Javaid Aziz Awan
11:45 AM	Antioxidant properties of selected green leafy vegetables grown in Sri Lanka Prof. K.K.D.S. Ranaweera, Sri Lanka
11:45-12:00 PM	Food safety issues in agriculture Dr. Saeed Akhtar, Pakistan
12:00-12:15 PM	Agricultural practices and sustainability Dr. Hasnain Issa, Malaysia
12:15-12:30 PM	Probing the antihypercholesterolemic potential of apricot kernel oil Dr. Zafar Hayat, Pakistan
12:30-12:45 PM	Hypolipidemic perspectives of bittergourd (<i>Momordica charantia</i> L.) Ethanol extracts in rat model Dr. Muhammad Umair Arshad, Pakistan
12:45-1:00 PM	Innovative technologies in processing of vegetable for value addition Dr. Sungkhon Park, South Korea
1:00-1:15 PM	Preservation of fresh cut fruits by acidic electrolyzed water Dr. Anwaar Ahmed, Pakistan
1:15-1:30 PM	Bio-preservative potential of traditional spices and medicinal plants against food borne pathogens Dr. Anjum Murtaza, Pakistan
1:30-2:30 PM	Prayer and Lunch Break

Technical Session-II

Date and Time : 5th March, 2018 (Venue Conference Hall)

Session Chair : Prof. Dr. Zafar Hayat, Dr. Muhammad Umair Arshad Bajwa

Session Moderator: Dr. Muhammad Shahid

2:30-2:45 PM	Development of “Spicy oil”; a composite spice oleoresins flavoring in coconut oil, to suit Sri Lankan Cuisine S.P.L. Galappaththi, Sri Lanka
2:45-3:00 PM	Medicinal perspective of fruits and vegetable waste Dr. Shahid Basheer, Pakistan

03:00-3:15 PM	Anticancer effects of ginsenoside Rg3 extracted from Panax ginseng Dr. Noman Khan, China
3:15-3:30 PM	Omega Fatty Acids, Phenolic Compounds and Lipolysis of Cheddar Cheese Supplemented with Chia (<i>Salvia hispanica</i> L.) Oil Dr. Muhammad Nadeem, Pakistan
3:30-3:45 PM	Co-encapsulation of flax seed oil and eugenol for the development of functional foods Dr. Hafiz Rizwan Shareef, Pakistan
3:45-4:00 PM	Anticancer effects of ginsenoside Rg3 extracted from Panax ginseng Dr. Noman Khan, China
4:00-4:15 PM	Discussion
4:15-4:30 PM	Discussion and Tea Break

DAY TWO, 6 March, 2018

Technical Session-III:

Date and Time: 6th March, 2018 (Conference Hall)

Session Chair: Prof. K.K.D.S. Ranaweera, Dr. Mohammad Hasnain Issa

Session Moderator: Dr. Muhammad Shahbaz

Time	Speakers and Titles
10:00 – 10:15 AM	Study on the supply chain of banana and development of novel technologies to minimize postharvest losses Dr. JMJK Jayasinghe, Srilanka
10:15 – 10:30 AM	Optimization of Ultrasound Assisted Extraction of Phytochemicals from King’s Ruby Grapes (<i>Vitis vinifera</i>) Dr. Asif Ahmed
10:30 – 10:45 AM	Optimal Plant-Based Diets And Their Impact On Human Health Dr. Amanat Ali , Oman
10:45 – 11:00 AM	Food Safety in Pakistan: Issues, Challenges and Way Forward Mr. Shahbaz Ali, UAE
11:00 – 11:15 AM	Health Implications of Calcium Carbide as Fruit Ripening Agent Mr. Abd-ur-Rehman, Pak Pure Line, Pakistan
11:15 – 11:30 AM	Study on the supply chain of banana and development of novel technologies to minimize postharvest losses Dr. Kamran Khan, Pakistan
11:30-12:00	Discussion and Tea Break
12:00-12:30 PM	Food Innovative Business Idea Competition

Technical Session-IV:

Date and Time: 6th March, 2018 (Committee Room)

Session Chair: Dr. Saeed Akhtar, Dr. Aneela Hameed

Session Moderator: Dr. Tariq Ismail

Time	Speakers and Titles
10:00 – 10:15 AM	Development of “Spicy oil”; a composite spice oleoresins flavoring in coconut oil, to suit Sri Lankan Cuisine HN Fernando, Srilanka

10:15 – 10:30 AM	Guava leaves: Natural tool to combat diseases Dr. Sameem Javaid, Pakistan
10:30 – 10:45 AM	Value Addition in Fruit and Vegetable Supply Chains Dr. Muhammad Amin, Pakistan
10:45 – 11:00 AM	Phytonematodes for global food security Dr. Arslan Khan, Pakistan
11:00 – 11:15 AM	Selenium supplementation of wheat for improved nutritional quality under water limited environment Dr. Fahim Nawaz, Pakistan
11:15 – 11:30 AM	Bio-control as alternative for safer climate, health, food and habitat Dr. Munawar Saleem Ahmad, Pakistan
11:30-12:00	Discussion and Tea Break
12:00-12:30 PM	Food Innovative Business Idea Competition

CONCLUDING SESSION

12:30 PM	Seating of the delegates and guests
12:40 PM	Arrival of the Chief Guest
12:45 PM	Recitation from the Holy Quran and Naat-e-Rasool-e-Maqbool
12:50 PM	Conclusive remarks of the invited National and International Speakers
01:15 PM	Recommendations by Dr. Muhammad Riaz
01:30 PM	Distribution of Souvenirs
01:45 PM	Concluding address by Prof. Dr. Asif Ali , Vice Chancellor, MNSUAM
02:00 PM	Remark by Prof. Dr. Shafqat Saeed (Dean)
02:05 PM	Vote of thanks (Chief Organizer)
02:00 PM	Lunch and Goodbye!

INNOVATIVE FOOD BUSINESS IDEA COMPETITION

A plant based innovative food business idea completion was also arranged on second day of the conference in collaboration with Department of Agribusiness, MNS-University of Agriculture, Multan. The students of different educational institutes as well as from local community participated in the competition. More than 50 team participated in the competition and cash prizes were distributed among the winners (top 3 positions).

CONCLUDING SESSION

The concluding session was chaired by Prof. Dr. Asif Ali (Vice Chancellor) who appreciated the organizing team for successful execution of the conference and paid thank to all the national and international delegates for participation in the conference. He also distributed souvenir among the foreign speakers and sponsors from the private sector for their financial support.

The Dean Faculty of Agriculture, Prof. Dr. Shafqat Saeed and Chief Organizer, Dr. Umar Farooq also paid thanks to the participants and sponsors.

The recommendations of the conference were presented by Dr. Muhammad Riaz and an MoU was also signed between **MNS-University of Agriculture Multan** and **University of Sri Jayewardenepura, Sri Lanka** at the moment.



MoU Signing Ceremony

FOREIGN DELEGATES

Sr. No.	Name of the Foreign Speaker	Country
1.	Hemavaruni Nisansala Fernando	Sri Lanka
2.	Sapthala P.L. Galappaththi	Sri Lanka
3.	K. K. D. S. Ranaweera	Sri Lanka
4.	Dr. Amanat Ali	Oman
5.	Mohamed Hasnain Isa	Malaysia
6.	Niken Widya Palupi	Indonesia
7.	Muhammad Noman Khan	China
8.	Dr. Rizwan Elahi	China
9.	Dr. Madhura Jayasinghe	Sri Lanka
10.	Shahbaz Ali	UAE
11.	Ahmed Musa Hago Bakheet	Uzbekistan

NATIONAL PARTICIPANTS FROM ACADEMIA AND RESEARCH

1	Prof. Dr. Asif Ali	39	Awais Ur Rehman
2	Prof. Dr. Shafqat Saeed	40	Babar Ali
3	Prof. Dr. Zulfiqar Ali	41	Muhamamd Zahid Sattar
4	Prof. Dr. Hammad Nadeem	42	Saman Rashid
5	Prof. Dr. Ishtiaq Rajana	43	Asad Irshad
6	Prof. Dr. Irfan Ahmed Baig	44	Ali Kumail Bhukhari
7	Dr. Shafiq Chaudhry	45	Maryam Latif
8	Dr. Muhammad Atif Randhawa	46	Hafiz M. Ahsan
9	Dr. Naveed Ahmed	47	Mariyam Idrees
10	Dr. Anwar Ahmed	48	Muhammad Ismail
11	Prof. Dr. Asif Ahmed	49	Zaki Khan
12	Dr. Muhammad Arshad Malik	50	Misbah Sharif
13	Tariq Sarwar Awan	51	Jawad Ali
14	Dr. Asif Raza	52	Fizza Mazher
15	Dr. Ammar Matloob	53	Nazish Javed
16	Dr. Muhammad Amin	54	Rimsha Umer
17	Dr. Kashif Razzaq	55	Aqsa Noor
18	Dr. Muhammad Faheem	56	Zohaib Yousaf
19	Dr. Muhammad Hasan	57	Dr. Kashif Razzaq
20	Dr. Saeed Akhtar	58	Dr. Muhammad Ameen
21	Prof. Dr. Zafar Hayat	59	Dr. Abid Hussain
22	Dr. Mian Anjum Miurataz	60	Dr. Muqqarab
23	Dr. Ghulam Mueen-ud-Din	61	Dr. Nazr Farid
24	Dr. Muhammad Riaz	62	Dr. Sami ullah
25	Dr. Umar Farooq	63	Dr. Gulzar
26	Dr. Muhammad Shahbaz	64	Mr. Arif
27	Dr. Ambreen Naz	65	Kaleem Yameen
28	Dr. Shabbir Ahmad	66	M. Awais Bhutta
29	Dr. Shamas Murtaza	67	H. Khizar Zahid
30	Miss Afshan Shafi	68	Muhamamd Nasir
31	Mr. Furqan Ahmad	69	Khizar Hayat
32	Zulqarnain Akbar	70	Fatima Shahid
33	Usama Mubarik	71	Urooshiha Imtiaz
34	Muavia Latif	72	Ahmad Muneer
35	Anas Ali Saddiqui	73	Muhammad Hasnain
36	Shahrina Shakir	74	Muhammad Ahsan
37	Muhammad Islam Gill	75	Ammara Sakhi
38	Muhammad Mohsin	76	Zaeem Uzair Zaeem Shan

77	Riffat farid	116	Ayesha ghauri
78	Abdul rauf	117	M.saeed afzal
79	Ihtisham Manzoor	118	Zoha imran
80	Ali Hasnain	119	M. adnan haider
81	Sadaf Yaqoob	120	Amna khan
82	Nida Muneer	121	M.umar
83	Arish Hayat	122	Ali asghar
84	Awais Sattar	123	Mubarrah nadeem
85	Fahad Zulfiqar	124	M.arslan boota
86	Waqas Ali	125	Zunara batool anwar
87	Madeeha Saleem	126	M.haroon
88	Toheedur-Rehman	127	Khalil ali
89	Muhammad Nasir	128	Mahnoor saleem
90	Waqas Ahmad	129	Sobia ambreen
91	Zunaira Qasim	130	M.akram muzamil muavia
92	M. Bahadur Ali	131	Aamna shahid
93	Shazia Ramzan	132	Labiqa binte imran
94	Hassan Iqbal	133	Zia ur rehman
95	Faisal Iqbal	134	Falak hashim
96	Amna Gul	135	Uswa javed
97	Nouman Farid	136	Hafiza laiba
98	Aqsa Hafeez	137	M.umer saleem
99	Saira Nawaz	138	Ahmad faraz
100	Muhammad Awais	139	M.hamza shahid
101	Toheedur-Rehman	140	Rehman liaqat
102	Dr. Ambreen Naz	141	M.arslan
103	Dr. M. Shahabaz	142	Maria iqbal
104	Dr. Shabbir Ahmad	143	Amir sharif
105	Dr. Shamas	144	Ali razzaq
106	Ms. Afshan Eman	145	H.m.khalid
107	Name	146	Kaenat urooj
108	Mubashra niaz	147	Romisa mahmood
109	Ahmad rasool	148	Moeen ahmad
110	H.fariha maqsood	149	Javeria ali
111	M.tahir riaz	150	M.yar abid
112	Ehtisham murtaza	151	Rashid nawaz
113	Shazma sarwar	152	M.faizan khan
114	Maira iqbal	153	M.sultan asif
115	Mubashir hussain	154	Ijaz fareed

155	M.Asif	194	Rasheeda perveen
156	Saleha sajjad	195	Maqbool Ahmed
157	Uzair zahid	196	Bilal Yaseen
158	Madkha gul	197	Mr. Sagar Mehmood
159	Almas afzal	198	Mr. Malik Abid Hussain
160	M. bilal arshad	199	Mr. Malik Haji Nazir
161	Mariam tayyab	200	Mr.M. Zeeshan Bhutta
162	Nasir shareef	201	Ch. Nasir Sohail
163	Maryam latif	202	Ch.M.Khlid
164	Sermad abbas	203	Mr. Irfan Ahmad
165	Aqdas ayaz khattak	204	Mr. Abdurrehman
166	M.nadeem	205	Mr. Abubakar
167	M.bilal younas	206	Mr. M. Kamran Ishaq
168	M.zain hafeez	207	Name
169	M. noman	208	Nimra kirn
170	M.mazhar	209	Ali razzaq
171	Usama aslam	210	H.m.khalid
172	Saleem	211	Kaenat urooj
173	Samra khan	212	Romisa mahmood
174	Amir sohail	213	Moeen ahmad
175	Sana mahmood	214	Javeria ali
176	Gulsher ahmad	215	M.yar abid
177	Hassan umer	216	Rashid nawaz
178	M.amir aleem	217	M.faizan khan
179	Wahab hussain	218	Riffat farid
180	Amir ismail	219	Abdul rauf
181	Abdullah usman jamil	220	M.sultan asif
182	Wajeeha ayub	221	Ijaz fareed
183	Hafiz saif ullah	222	Uzair zahid
184	Muqaddas fatima	223	Madkha gul
185	Tayaba amir	224	Almas afzal
186	Khalid mehmood	225	M. bilal arshad
187	Usama masood	226	Mariam tayyab
188	Mubasher ajmal	227	Nasir shareef
189	M.kamran	228	Maryam latif
190	M.babar bashir	229	Maria iqbal
191	Sonia mansab	230	Amir sharif
192	M.imtiaz	231	Abrar Ahmad
193	Adnan zaman	232	M. Kashif

233	Abdul basit	272	Eman farukh
234	Ume ruqia	273	M.brahim
235	M.asim ammar	274	Sikandar iqbal
236	Misbah ramzan	275	Abu bakar
237	M.usman	276	Anam riaz
238	Aqsa	277	M. adeel
239	Maham siddiqui	278	Amna
240	Huma Khalid	279	Bilal rehman
241	Anum basher	280	Shehzad ali
242	M.asif	281	Muzammil javed
243	Saleha sajjad	282	Zanib fatima
244	Rida Zahra	283	Usama munawar
245	Abdul basit	284	Abdul rehman
246	Nimra abdul sattar	285	Habib ur rehman yazdan
247	Ume ruqia	286	Nabeel abdullah
248	M.asim ammar	287	Anweesha
249	Misbah ramzan	288	M.ali shan
250	M.usman	289	Shahzaib anwar
251	Aqsa	290	Sajid ali aslam
252	Maham siddiqui	291	Wajiha
253	Huma Khalid	292	Nabeel haris
254	Anum basher	293	Saboor malik
255	M.nasim hashim	294	Mr. Qasir Javaid
256	Ahsan raza	295	Mr.M. Zeeshan
257	Mazhar ashfaq	296	Mr.M. Shan Bhutta
258	Samina faryad	297	Mr. Sufyan Ali
259	Qirrat mazhar	298	Mr. M. Waseem
260	Ammara jamil	299	Mr. Tanvir Ahmad
261	Maham ali	300	Mr. Kareem ali
262	Shahzal fatima	301	Mr. Ali Nawaz
263	M.usman	302	Dr. Mudassir Yaseen
264	Mubasher ajmal	303	M. Umar Farooq
265	Allah wasaya	304	Hafeez ur Rehman
266	Usama fyaz	305	Saqib Javed
267	M.hussain	306	Dilshad Hussain
268	Rashid ilyas	307	Mazhar Iqbal
269	Hamid raza	308	Usama
270	Arsalan	309	Rubina Ahmad
271	Maryam riaz	310	Muhammad Majid

311	M. Jalil Tabish	350	Khair Muhmmad
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2. Mr. Qasir Javaid

Malik Foods Multan

1. Mr. Malik Abid Hussain
2. Mr.M. Zeeshan
3. Mr. Malik Haji Nazir

Rifson Foods Multan

1. Mr. M. Zeeshan Bhutta
2. Mr.M. Shan Bhutta

Rehmat Food Ind. Multan

1. Ch. Nasir Sohail
2. Mr. Sufyan Ali
3. Ch. M. Khlid
4. Mr. M. Waseem
5. Mr. Irfan Ahmad

Family Foods Multan

1. Mr. Abdurrehman
2. Mr. Tanvir Ahmad
3. Mr. Abubakar

Lottier Flavour Company Karachi

1. Mr. M. Kamran Ishaq
2. Mr. Kareem Ali

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