

**PRO-Media Coordinator's Office  
Jamia Millia Islamia**

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Press Release

**JMI professor appointed member in scientific panel on oils and fats of FSSAI**

Food Safety and Standards Authority of India (FSSAI), Government of India has appointed Prof. M. Zahid Ashraf from the Department of Biotechnology of Jamia Millia Islamia(JMI) as a member of the scientific panel on oils and fats for a period of three years.

This scientific panel provides scientific and technical advice along with the development of standard for food products in India. They carry out their work in accordance with the provisions of the FSSAI regulations.

Oils and fats constitute important parts of human diet and play an important role in overall nutrition of the body. Intake of good fats is a key feature for physical, mental, emotional and spiritual wellness of the human body. Restrictions on the Trans-fats and promotion of the good unsaturated fats will lead us to the new India which is fit.

Such scientific panels from FSSAI are committed for enhancing awareness in healthy eating practices and are paramount for achieving the goal of healthier nation.

The commendation has been made keeping in view of Prof. Ashraf's vast experience in the area of lipids and their crucial role in the development of cardiovascular diseases.

His earlier studies dealt with the understanding of the role of oxidized lipids and their derivatives in the development of atherosclerotic plaque that make the way for heart attack, stroke, etc.

Dr Ashraf is an elected Fellow of the National Academy of Sciences, Allahabad and the Indian Academy of Sciences, Bangalore. He is also the recipient of prestigious ICMR's Basanti Devi Amir Chand and DBT's National Biosciences award 2018.

**Ahmad Azeem**  
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