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## BAYAN YOUSEF ATA AL TARIFI

### OBJECTIVE

I am seeking a position as a lecturer in the Department of Nutrition and Food Science organization that will enhance my horizon of knowledge and give me the chance to prove myself as the best candidate in the organization.

### SKILLS & ABILITIES

Computer Skills: Microsoft Office, several popular accounting SPSS 20 Prism 5,8,9, Chems sketch and Chemdraw software, Design expert Topspin 3.6.2 (NMR), Molecular Docking Software, Rest software (Gene expression Dissertation Experience Language: Native fluency Arabic (Spoken, written, oral) Advanced proficiency English (written, oral) Spanish (fair knowledge)

### EXPERIENCE

- 2025-Present Assistant professor, Faculty of Allied Medical Science, Clinical nutrition and dietetics department, Philadelphia University.
- 2024-present Reviewer at journal of Mycology and mycological science.
- 2023- present Health educator, Ministry of health, Kuwait.
- 2023-present, Reviewer at Journal of Experimental Agriculture
- 2019-2020, Research assistant, Nutrition lab, university Malaysia Terengganu.
- 2019- present, Reviewer at Food Analytical Method.
- 2018- present, Reviewer at Journal of Agriculture Science and Food Technology.
- 2017, Research assistant, Food science and animal lab
- 2013, University of Science and Technology, Food Chemistry Lab. -2012-2013, University Science and Technology, Assistance in Food Science Lab.
- 2009-2011, Hetien Collage, Lecturer

### EDUCATION

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| FOOD SAFETY AND ISO 22.000:2018 TRAINING DIPLOMA IBS ACADEMY – KUWAIT  | 2024      |
| MINI MBA-HEALTHCARE ORGANIZATION MANAGEMENT IBS ACADEMY – EGYPT  | 2023      |
| FACULTY OF FISHERIES AND FOOD SCIENCE UNIVERSITY MALAYSIA TERENGGANU-TERENGGANU, MALAYSIA  | 2017-2021 |
| PH.D. IN FOOD TECHNOLOGY/ FOOD BIOTECHNOLOGY “THE EFFECT OF DIETARY ASTAXANTHIN-RICH GREEN MICROALGAE „HEMATOCO CCUS PLUVIALIS’ ON ANTI-AGING PROCESS”. WITH A GOOD STANDING COVERING A WIDE RANGE OF TOPICS INCLUDING: RESEARCH METHODOLOGY |           |

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| AGRICULTURE FACULTY UNIVERSITY OF JORDAN – JORDAN<br>PHD COURSES IN FOOD SCIENCE AND TECHNOLOGY WITH A VERY GOOD GPA (3.47).             | 2014-2017 |
| AGRICULTURE FACULTY UNIVERSITY OF SCIENCE AND TECHNOLOGY – JORDAN<br>MSC FOOD SCIENCE AND TECHNOLOGY/FOOD SCIENCE WITH V.GOOD GPA (83.2) | 2011-2013 |
| NURSING FACULTY AL AL-BAYT UNIVERSITY – JORDAN<br>GENERAL SECONDARY EXAMINATION CERTIFICATE WITH GOOD GPA(70.9)                          | 2003-2007 |

## INTERNATIONAL SEMINAR AND WORKSHOP

- 2025, Profesional Diploma of nutrogonomic, American University, Egypt.
- 2025, Attended course for Diabetic pediatric Nutrition, Dasman, Kuwait.
- 2020, Attended Basic Principles of Writing Scientific Manuscript, online.
- 2020, Attended the Seminar on Science and Technology 2020 Virtual Conference.
- 2019, Participated at the Advanced Data Analysis with State Workshop.
- 2018, Attended Towards meeting of Quality Warranty in Effective Product Production Through Effective Mechanical Production Test.
- 2018, Attended to Introduction to Scholarly Publishing for Researchers.
- 2018, Attended to A Guide to Getting Published.
- 2018, Attended to Author Strategies for Successful Journal Publication.
- 2018, Attended Microbiology Workshop.
- 2017, Participated at Writing A Scholarly Paper.
- 2011, Attended to Nutrition Workshop in Civil Society Development Center.
- 2009, Attended to The Sixth Annual Pediatric Review Course
- 2005, Attended to Communication Skills Courses in English.

## SKILLS AND PERSONAL QUALITIES:

### Language:

Native fluency Arabic (Spoken, written, oral)

Advanced proficiency English (written, oral) Spanish (fair knowledge).

### Computer Skills:

Microsoft Office, several popular accounting SPSS 20 Design expert Topspin 3.6.2 (NMR) Molecular Docking Software Rest software (Gene expression)

### SKILLS

Able to apply the available teaching strategies and latest training models.

- Capable to conduct independent linguistic solutions and forecast plans used for analyzing and teaching strategies in the English language.
  - Ability to organize and coordinate lectures, seminars, workshops and conferences.
  - Ability to work well in a team as well as independently.
  - Effectively able to work under pressure and meet targets with minimum supervision.
  - Excellent planning, organization and prioritizing skills.
  - Excellent interpersonal and communication skills
  - Able to take initiative, critically think and problems solve.
  - Very aware, accepting and understanding of diverse people and cultures
  - Full efficiency in using various IT software and platforms.
  - An eye for detail Excellent communicator
  - Tactful & articulate Problem solving Excellent organizational skills
  - Time management
  - Good team player Communicating.

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### PUBLICATION

-AL-Tarifi, B. Y., Mahmood, A., Assaw, S., Sheikh, H. I., AL-Bashabsheh. Z. (2025). **EFFECT OF ASTAXANTHIN IN RICH COOKIES ON ANTI-AGEING PROCESS ASSOCIATED WITH EXPRESSION OF THE FOXO3 GENE *IN VIVO***. Annal of agriculture sciences. [Submitted].

-AL-Tarifi, B. Y., Mahmood, A., Assaw, S., & Sheikh, H. I. (2022). **Fighting ageing with dietary astaxanthin from *Hematococcus pluvialis***. [Conference journal]

-AL-Tarifi, B. Y., Mahmood, A., Assaw, S., & Sheikh, H. I. (2021).

**In vitro study on anti-inflammatory and anti-proliferative mechanism of astaxanthin using computational molecular docking approaches.** Journal of Sustainability Science and Management.

-AL-Tarifi, B. Y., Mahmood, A., Assaw, S., & Sheikh, H. I. (2020). **Application of Astaxanthin and its Lipid Stability in Bakery Product**. Current Research in Nutrition and Food Science Journal, 8(3), 962-974. <http://dx.doi.org/10.12944/CRNFSJ.8.3.24> 356

AL-Tarifi, B. Y., Mahmood, A., Assaw, S., & Sheikh, H. I. Comparison of Different Organic Solvents on Antioxidant Activity of Astaxanthin Extracted from *Hematococcus pluvialis* Using Colorimetric and Noncolorimetric Methods. <http://dx.doi.org/10.13005/ojc/360316>

Rababah, T. M., Alhamad, M., Al-Mahasneh, M., Ereifej, K., Andrade, J., Altarifi, B., ... & Yang, W. (2015). **Effects of drying process on total phenolics, antioxidant activity and flavonoid contents of common Mediterranean herbs**. International Journal of Agricultural and Biological Engineering, 8(2), 145-150. <https://www.ijabe.org/index.php/ijabe/article/viewFile/1496/pdf>

## PROCEEDINGS

B.Y. AL-Tarifi, S. Assaw\* and H. I. Sheikh. Effects of Astaxanthin (ASTA) on Aging-related Biomarkers in Rats Consuming ASTA-Enriched Cookies. 17th Asean Food Conference 2023.

B. Y. AL-Tarifi, A. Mahmood, S. Assaw\* and H. I. Sheikh. Astaxanthin: current studies of anti-inflammatory and anti-proliferative mechanisms in raw 264.7 and mcf-7 cells. Proceedings of the 13th seminar on Science and Technology 2020. October 6-7, 2020 pp 4750. e- ISSN 2735 - 2226 .

Bayan Yousef Ata Altarifi: Fighting Aging with Dietary Astaxanthin from *Hematococcus pluvialis*. 12th MIFT NATIONAL FOOD SCIENCE AND TECHNOLOGY COMPETITION 2021. August 4th- 5th, 2021 pp 51.

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## REFERENCES [REFERENCE NAME]

Malik Hadadin : Instructor at the University of Jordan

**Email: hadadinmalik@hotmail.com**

Azizah Mahmood Instructor at University Malaysia Terengganu

**Email: azizah.m@umt.edu.my**

Suvik Assaw Instructor at University Malaysia Terengganu

**Email: suvikumt@gmail.com**

HASSAN IBRAHIM SHEIKH MOHAMED

**Email: sheikh@umt.edu.my**

### **Teaching Skills and Personal attributes**

Discussing course objectives, expectations

Focusing on teaching basic verb identification.

Able to communicate effectively both verbally and in writing.

Flexible and adaptable. Considerate and patient.

Enjoy working with all ages.

Can involve and inspire students from all levels.

Can form quick and productive relationships with pupils and staff.

Able to stay calm in all situations. Can assimilate within a department and school quickly and effectively.

Professional Able to use computer-assisted educational resources.

Researching new topic areas and maintaining up-to-date subject

### **Knowledge:**

A committed and organized professional.

Experience of the independent sector and of teaching A levels.

Fully aware of diversity and cultural issues