

# MEAT COMPOSITION AND NUTRITION



Owais Yousuf  
Kaiser Younis  
Khwaja Osama  
*Editors*

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# About the Editors

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## **Owais Yousuf, PhD**

*Assistant Professor, Islamic University of Science and Technology,  
Awantipora, India*

**Owais Yousuf, PhD**, has been enriching the academic and research landscape with his expertise in the field of food technology. He is presently serving as an Assistant Professor at the Islamic University of Science and Technology, Awantipora, India. Before this, he served in the Department of Bioengineering at Integral University, Lucknow, India, where he made significant contributions through his teaching and research endeavors. Dr. Yousuf's principal research and teaching interests lie in the field of food engineering and technology, a passion that was formally recognized with his PhD in Process & Food Engineering, awarded in 2019 from G. B. Pant University of Agriculture & Technology, Pantnagar, India. Beyond the classroom and laboratory, he is known for his skills in writing and his avid reading habits, contributing frequently to magazines and newspapers. His engagement with the academic community extends to active participation in over 50 conferences, workshops, and training programs at both national and international levels. Leading a research group with a focus on food by-product utilization, Dr. Yousuf and his team have achieved notable advancements in the development of edible films from food waste over the last five years. Their research aims to create practical applications that benefit a wide range of stakeholders, including consumers, farmers, agricultural organizations, environmentalists, government agencies, and industry. He has authored more than 50 manuscripts, including research articles, reviews, and book chapters. He has also edited three books with world-renowned publishers and is in the process of a few more.

**Kaiser Younis, PhD**

*Associate Professor, Integral University, Lucknow, India*

**Kaiser Younis, PhD**, earned a bachelor's degree in Food Technology from the Islamic University of Science and Technology, Kashmir, India. He holds a master's in Food Engineering from Guru Jambheshwar University of Science and Technology, Hisar, India, and a Ph.D. in Post-Harvest Engineering and Technology from Aligarh Muslim University, Aligarh, India. His doctoral research focused on dietary fiber-enriched meat products with extended shelf life. Beginning his career in 2016, Dr. Younis joined Integral University, Lucknow, India, as an Assistant Professor. There, he was not only revered for his unique teaching methodology but also for his considerable contributions to research in food engineering and technology. As an author of 50 manuscripts and a mentor to two PhD and five MTech students, he has propelled his students to make significant contributions to the food technology sector. In 2023, Dr. Younis returned to his alma mater, the Islamic University of Science and Technology, Kashmir, India, as an Assistant Professor in the Department of Food Technology, where he continues to inspire and guide the next generation of food technologists. Additionally, Dr. Younis serves as a consultant for Flavin Private Ltd., Lucknow, India, providing his expertise in developing novel nutraceuticals and processing techniques. Kaiser Younis's dedication and contributions to food engineering and technology have made him a respected and admired figure among peers and students alike.

**Khwaja Osama, PhD**

*Assistant Professor, Department of Bioengineering,  
Integral University, Lucknow, India*

**Khwaja Osama, PhD**, is a seasoned researcher with a rich academic background. He is currently working as an Assistant Professor in the Department of Bioengineering at Integral University, Lucknow, India. Dr. Osama's academic journey began with an MTech in Biotechnology from the Institute of Engineering and Technology, AKTU, Lucknow, India. His thirst for knowledge led him to pursue a PhD in Food Process Engineering from Integral University, where he explored the intricacies of food production and preservation. With 24 research papers published in reputable journals, Dr. Osama has left an indelible mark on the scientific community.

His work spans process optimization, modeling, and sustainable practices within the food industry. He has taught and researched bioprocess and food process engineering, worked in a multicultural environment, and mentored and guided undergraduate and postgraduate students on various research projects in food technology, biotechnology, and biomedical engineering. He has attended and organized various national and international conferences. He is a lifetime member of the Association of Food Scientists and Technologists (AFSTI) and the Indian Society for Agricultural Engineers (ISAE). He is passionate about education and innovation and strives to impart his knowledge and skills to his students and colleagues.

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