

Curriculum Vitae

First: Personal data:

Name: Alaa Osama Abdelsalam Hasan Aboraya.

Date of birth: 9/4/1982 AD.

Place of Birth: Saudi Arabia.

Permanent Residence Address: 10 Tahrir St. - Dokki - Giza.

**Work Address: 65 El-Matabaa El-Ahlia St. - Bulaq Abu El-Ela -
Faculty of Nutrition Science - Helwan University - World Trade
Center - Nile Corniche.**

Mobile No.: 01006252626

Email: dr_alaa_aboraya@hotmail.com

Marital status: Married

**Current position: Professor of Nutrition - Faculty of Nutrition
Science - Helwan University.**

Foreign languages: English

Second: Academic progression:

- 1. Bachelor's degree in Home Economics, specializing in
Nutrition and Food Science, with a grade of "Very Good" with
honors, May 2005.**
- 2. Master's degree in Nutrition and Food Science in 2009.**
- 3. Ph.D. in Nutrition in 2013.**
- 4. Assistant Professor in 2019**
- 5. Professor in Nutrition 2024**

Third: Career progression:

Teaching Assistant: Department of Nutrition and Food Science - Faculty of Home Economics - Helwan University as of 2005 AD.

Assistant Lecturer: Department of Nutrition and Food Science - Faculty of Home Economics - Helwan University as of 2009 AD.

Lecturer: Department of Nutrition and Food Science - Faculty of Home Economics - Helwan University as of 2013 AD.

Assistant Professor: Department of Nutrition and Food Science - Faculty of Home Economics - Helwan University as of 2019 AD

Fourth: Academic Experience:

- Obtaining TOEFL.
- Obtaining ICTP certificate in computer.
- Obtaining ICDL certificate in computer.
- Obtaining the certificate of “preparation of university academic staff”

Fifth: Practical Activities:

Practical teaching at the Department of Nutrition and Food

Science .The subjects I taught are as follows:

- Principles of Nutrition, first year
- Food and Nutrition, first year.
- Human nutrition, second year.
- Food analysis, second year.
- Food Chemistry, second year
- Preparation of foods, second year
- Computer applications in the field of specialization, second year.

- Computer applications in the field of nutrition and food science, fourth year.
- Preparation and planning of meals, second year
- Preserving foods, third year.
- Nutrition in the different stages of life (1) ,third year
- Evaluation of foods, third year.
- Food Technology, fourth year.
- Nutrition of sensitive groups, fourth year.
- Evaluation of the nutritional status, fourth year.
- Food Products Development, fourth year.
- Advanced Food Science, fourth year.
- Supervising practical education, fourth year, Educational Division.
- Advanced Nutrition, third year.
- Management of Food Service System II
- Food Education, fourth year, Educational Division.
- Diet Therapy I , II , fourth year, Nutrition and Food Science.

Theoretical teaching at the Department of Nutrition and Food Science for the following subjects:

- Food and Nutrition, first year.
- Nutrition in the different stages of life (1) ,third year.
- Computer applications in the field of specialization, second year.
- Computer applications in the field of nutrition and food science, fourth year.
- Food Chemistry, second year.
- Feeding Communities, third year.
- Specialized English Language, second year.
- Evaluation of the nutritional status "Master of Nutrition".

-Management of Nutrition Services in Hospitals "Diploma of Diet Therapy".

-Nutrition for athletes, "Master of Nutrition".

-Food Technology and Quality Control, fourth year.

- Additives, fourth year.

- Normal and Modified Menu Planning

- Nutrition Education

- Nutrition Counseling

- Computer Application in Diet Therapy

- Computer Application in Food Services

- Nutrition for Special Groups

- Diet Therapy I , II

- Diet Therapy for Master and Diploma Degree

Supervising the training of students at the following hospitals:

-Ain Shams Specialized Hospital.

- Aldoaah "Preachers" Hospital

- Haram Hospital

- Heliopolis Hospital

-Applied Arts Graduates Hospital.

- Al-Hussein University Hospital.

- Sayeda Zainab Hospital

Student Activities:

- Attending the graduation ceremony of the Faculty students in the academic year 2012/2013 AD on 16/4/2014 AD.

- Participation in the visit of Bisco Misr to activate student's activities on February 19, 2015 AD.

- Attending the thirteenth Alumni Forum, April 2015 at Helwan University.
- Attending the 14th Alumni Forum, April 2016 at Helwan University.
- Conducting a visit with the students of the three years (second - third - fourth) of the Department of Nutrition and Food Science and the Department of Family and Childhood Institutions Management to the Enterprise Development Authority at (Diyarna) exhibition at the Fair Premises on 7/12/2017.
- Conducting a field visit with the students of the fourth year of the Department of Nutrition and Food Science to the Factories of Food Technology at the Agricultural Research Center from 3/4/2018 to 4/4/2018 AD.
- Attending the 17th Alumni Forum of April 2018 at Helwan University.
- Preparing and implementing the Faculty Alumni Forum in the academic year 2018/2019 AD.
- Preparing and implementing the graduation ceremony for students of the academic departments of the Faculty in the academic year 2018/2019 AD.

Exam and control work:

- Participation in the examination and control committees for the second year of the Faculty 2012-2013.
- Participation in the examination and control committees in the printing of questions at the Faculty as of 2013-2014, and so far.
- Participation in the examination and control committees in printing questions and controlling the therapy nutrition program at the Faculty as of 2015/2016, and so far.

Sixth: Quality and Education Development

Projects:

- Working as a member of the CQAPP team for the ongoing qualification and accreditation development project.
- Member of the Leadership and Governance Standard Team of the CQAPP Project at the Quality Assurance Unit at the Faculty.
- Member of the Board of Directors of the Alumni Follow-up Unit at the Faculty as of 23/4/2012 AD.
- Member of the Faculty's questionnaire distribution and unloading committee as of the academic year 2009/2010, and so far.
- Member of the Publication and Advertising Committee of the Quality Assurance Unit at the Faculty from 2013-2014 to 2014/2015 AD.
- Deputy Director of the Graduate Follow-up Unit from 2014/2015 to 2017-2018 AD.
- Head of the Publication and Advertising Committee on Quality for the Therapy Nutrition Program in the academic year 2014/2015 AD.
- Member of the Quality Committee for the Therapy Nutrition Program in the academic year 2014/2015 AD.
- Member of the Committee of Performance Development, Measuring Job Satisfaction and Evaluating Exams for the Therapeutic Nutrition Program in the academic year 2014/2015 AD.

- Member of the Committee for Performance Evaluation, Satisfaction Measurement and Evaluation of Exams for the Therapy Nutrition Program in the academic year 2015/2016 AD.
- Head of the Program Design Criterion and the Academic Standards Criterion for the Therapy Nutrition Program in the academic year 2015/2016 AD.
- Head of the Program Design Standard and the Academic Standards Standard for the Therapy Nutrition Program in the academic year 2015/2016 AD.
- Member of the Committee for the Regulation and Description of Doctoral Courses for the Therapy Nutrition Program in the academic year 2015/2016 AD.
- Director of the Graduate Follow-up Unit in the academic year 2017/2018, and so far.
- Member of the International Classification Unit at Helwan University from 2017/2018, and so far.
- Member of the Committee to Update the Regulation and Description of the program and courses for Ph.D. in Nutrition in the academic year 2018/2019 AD.

Seventh: Scientific Activities:

1. Seminars, conferences and workshops:

- Attending a workshop entitled "Mechanisms of Intellectual Property Rights Protection in the Education System" on 6/15/2009 at the Faculty of Nursing - Helwan University.
- Participation in the First International Conference in the Manufacture and Application of Biotechnology in the period 1 to 3/11/2010 AD.

- Participation in the First Conference on Therapy Nutrition entitled "A Healthy and Safe Food for a Society Free of Cancer Initiators" from 24/9/2011 to 25/9/2011 AD.

- Attending and participation with a research in the Arab Scientific Conference entitled "Prospects of Arab Cooperation for Community Development" from 9/5/2012 to 10/5/2012 AD.

- Participation in the First International Conference entitled "Applied Human Science and Technology in the Third Millennium" from 8/5/2013 to 9/5/2013 AD.

- Participation in the Third Conference on Therapy Nutrition, entitled "A Healthy and Safe Food for a Society Free of Cancer Initiators" from 24/9/2013 to 25/9/2013.

- Attending and participation in the First International Conference of the Faculty entitled "Applied Human Sciences in the Third Millennium" from 8/5/2013 to 9/5/2013.

- Attending and participation in the Second International Conference of the Faculty entitled "Human development and Labor Market Requirements" from 5/5/2014 to 7/5/2014 AD.

- Participation in the Scientific Symposium entitled "Obesity is a Problem That Has Solutions" on 26/2/2014 AD.

- Participation in the Scientific Symposium entitled "Food and Nutrition and its Relationship with Cardiovascular Diseases" held on 4/13/2014 AD.

- Participation in the Second Environmental Forum Day entitled "Development of Slums between Reality and Expectations" held on 3/31/2014 AD.

- Attending a Symposium at the Institute of Nutrition entitled "The Role of Modern Technologies in Nutrition" on 16/4/2014 AD.
- Obtaining an Online Advanced Course in Medical Nutrition Therapy of Kidney Disease from the Egyptian Society for Nutrition and Health Guidance from 17/10/ 2014 to 26/12/2014 AD.
- Attending a symposium at the Institute of Nutrition entitled “School Nutrition - Special Food and its Relationship with Health” on 12/15/2014 AD.
- Participation in the First International Conference of the Faculty of Specific Education entitled “Specific Education for Sustainable Development” from 12/11/2014 AD to 13/11/2014 AD.
- Attending a workshop at the National Research Institute entitled "Modern Trends to Produce Better Food" on 12/16/2014 AD.
- Attending the Scientific Symposium of the National Institute of Nutrition entitled "The Optimal Method for Proper Nutrition" on 3/17/2015.
- Attending the Scientific Symposium of the National Research Center entitled "Healthy Nutrition: Prevention and Treatment" on 4/29/2015.
- Attending the workshop of the Academy of Scientific Research and Technology and Children's Cancer Hospital 57357 entitled "A safe Healthy Food for a Society Free of Cancer Initiators" on 28/8/2015.
- Attending the First International Conference on Obesity and Nutrition, entitled "The New in Obesity: From Causes to Treatment" on 3/12/2015.

- Attending the Fourth Conference of the Egyptian Arab Society for Health and Therapy Nutrition, entitled "Nutrition and Cancer" on 3/19/2015.
- Attending the Third International Conference of the Faculty entitled "Modern Trends in Scientific Research - A Development Vision" on 4-6/5/2015.
- Attending the Twenty-Seventh Local Conference of the United Arab Society for the Study of Diabetes and Metabolism, entitled "The Pathogens of Diabetes, Heart and Fasting" on 21/5/2015.
- Attending the Third International Conference of the Faculty entitled "Modern Trends in Scientific Research - A Development Vision" on 4-6/5/2015
- Attending a workshop of the Egyptian Society for Nutrition and Health Guidance entitled “Obesity Journey from Healthy to Fad Diets and Illusion Miracle Medications Workshop” on 7/25/2015.
- Attending the Fifth Conference of the Egyptian Arab Society for Health and Therapy Nutrition, entitled "Nutrition of the Digestive System" on 18/2/ 2016 (Second term) .
- Attending the Second International Conference on Obesity and Nutrition, entitled "Modern Methods in Obesity Control and Drug Therapy" on 23-24/3/2016. (Second term) .
- Attending the Scientific Symposium entitled "Nutrition and Food Safety" on 27/3/2016 AD.

- Attending the Fourth International Conference of the Faculty entitled "Activating the Role of Home Economics in Citizenship and Community Development" on 16-17/5/2016.
- Attending the Scientific Day entitled "Nutrition for the Healthy and Sick in Ramadan" on 12/5/2016.
- Attending the Thirteenth Conference entitled "Diabetes: Intestines and Liver" from 28 to29 September 2016 at the National Training Institute.
- Attending the Eleventh International Conference of the Arab Society for the Study of Diabetes and Metabolism, from 11 to 13 October 2016 AD.
- Participation with a lecture in the Seventh Conference under the title "Hotel Services in Hospitals between Reality and Expectations (2)" during the period from 27 to 30 March 2017 at Nasser Institute.
- Attending a conference entitled "Updating Weight Control" on 23/2/ 2017.
- Preparation and organization of the symposium held at the Faculty under the title "Small Development Projects" on Sunday 2/4/2017.
- Attending the Fourth Conference of the Arab Society for Therapy Nutrition and Complementary Medicine entitled "Shedding light on vitamin D Hormone and Human Health" on 6/4/2017 at Pyramiza Hotel, Cairo.
- Attending and participation at Helwan University premises in the Higher Education Conference 2017 for Egyptian Universities from 20 to 21/7/2017 AD.

- Attending the Thirteenth Conference entitled "Diabetes: Intestines and Liver" from 27 to 28 September 2017, at the National Training Institute.
- Attending the Eleventh International Conference of the Arab Society for the Study of Diabetes and Metabolism, from 10 to 12 October 2017 AD.
- Attending and participation with a research in the Fifth - Arab Nineteenth International Conference on Home Economics “Home Economics at the Service and Development of Society and the Environment” at Menoufia University from 16 to 17/10/2017 AD.
- Attending a training course entitled "Food Safety Management System (ISO 22000) from January 31 to February 1, 2018.
- Attending and participation with a research paper in the Fifth Scientific - Third International Conference of the Faculty of Specific Education - Ain Shams University, entitled "Contemporary Global Trends and Vanishing of Specific Specializations" in the period from 20/2/2018 to 22/2/2018 AD.
- Attending a symposium entitled “The Role of the Multidisciplinary Team in the Management of the Surgical Oncology Cases” held on 1/3/2018.
- Attending, preparing and organizing a symposium held at the Academic Department of the Faculty entitled "Immunity and Nutrition", on 3/21/2018.
- Attending and participation with a research paper in the Annual Conference (the Thirteenth Arab – the Tenth International) of the Faculty of Specific Education - Mansoura University entitled “Qualitative Education in Egypt and the Arab World in Light of Sustainable Development Strategies” from 11/4/2018 to 12/4/2018 AD.

- Attending and participation with a research paper in the Fifth International Scientific Conference of the Faculty of Specific Education - Tanta University entitled “Qualitative Education and its Role in Creating Projects for the Development and Development of Sinai” from 21/3/2018 to 23/3/2018 AD.
- Attending the Scientific Symposium held at the Department of Nutrition and Food Science at the National Research Center entitled “Food and Nutrition for Better Health” on 17/4/2018.
- Attending the Environment Forum in celebration of the World Environment Day, entitled "Challenges Facing People with Special Needs" on 16/4/2018.
- Attending the International Scientific Conference entitled "Performance and Sports Nutrition" on 3/10/2018.
- Attending the scientific symposium of the Egyptian Society for Nutrition entitled "Nutrition and Health" on 9/12/2018.
- Attending a Clarivate Analytics workshop entitled "Research Quality and Performance" on 10/31/2018.
- Attending a Clarivate Analytics workshop entitled "Research Funding and Collaboration" on 1/11/2018.
- Attending a Nature Research Academies workshop entitled "Effective Academic Writing" on 7/11/2018.
- Attending a Nature Research Academies workshop entitled "Clinical Research Methodology" on 25/8/2019.
- Attending a Derwent workshop entitled "Introduction to patents" on 19/12/2019.
- Attending and participation with a workshop in the celebration activities of Orphan’s Day on 8/4/2019.

- Holding a workshop at the Faculty of Nursing within the framework of the international campaign to combat violence against women, on 3/12/ 2019.

-Attending and participation with a research paper in the Fifth International Scientific Conference of the Faculty of Home Economics - Helwan University entitled “Home Economics and the Challenges of Sustainable Development in Africa” from 29/9/2019 to30/9/2019 AD.

Attending training courses and academic courses to develop the competencies of the faculty members:

- Using global databases from 17/11/2009 to 18/11/2009 AD.

- Skills of preparing and evaluating baked bakery products affiliated to the project to improve the quality of education in the field of nutrition and food science during the period from 3/5/2005 to 10/5/2005 AD.

- Mechanisms for Developing Educational Programs in the period from 27/9/2011 to 28/9/2011 AD.

-Preparing Lectures Using Multimedia, held on 29/10/ 2011 AD.

- Managing the Research Team from 16/9/2013 to17/9/2013 AD.

- Financial and Legal Affairs of University Business in the period from 2/3/2014 to3/3/2014 AD.

-Active Education held on 12/8/2014 AD.

-Attending the "University Teacher Preparation" course from 26/10/2014 to 30/10/2014 AD.

-Attending the Course of Developing the Competencies of the Faculty Members “credit hours” on the two days of 10/23/2014 and 5/11/2014 AD.

- Effective Presentation Skills from 27/2/2010 to 28/2/2010.
- The System of Credit Hours in the period from 24/2/2010 AD to25/2/2010 AD.
- Organizing Conferences from 21/2/2010 AD to 22/2/2010 AD.
- Ethics of Academic Research in the period from 14/2/2010 to15/2/2010 AD.
- Evaluation of Students in the period from 7/2/2010 to8/2/2010 AD.
- Publication of Research Internationally in the period from 3/3/2010 to 4/3/2010 AD.
- Attending a training course to develop the competencies of the Faculty members entitled "Strategic Planning" on 6 and 7/5/2015 AD.
- Attending a training course to develop the competencies of Faculty members entitled "Creative Thinking" on 24 and 25/5/2015 AD.
- Attending a training course to develop the competencies of Faculty members entitled "Modern Teaching Methods" on 11 and 12/11/2015 AD.
- Implementation of a training course entitled "Nutrition of Sensitive Groups" from 9 to11 / 7 / 2019 AD.
- Implementation of a training course entitled "Therapy Nutrition" from 3/11/2019 to 25/11/2019 AD.
- Attending a course on developing the competencies of Faculty members entitled “Designing curricula in light of Labor Market Competencies and Quality Standards” from 27/10/2020 to28/10/2020 AD.

3- Authored Publications:

- Co-authoring the book entitled “Nutrition of Community” in the academic year 2013/2014 AD.
- Participation in modifying and adding materials to the book entitled “Nutrition of Communities” in the academic year 2015/2016 AD.
- Participation in modifying and adding materials to the book entitled “Communities Nutrition” in the academic year 2017-2018.
- Co-authoring the book entitled “Added Stuff” in the academic year 2017-2018 AD.
- Co-authoring the book entitled “Food Technology and Quality Control” in the academic year 2020-2021 AD.
- Co-authoring the book entitled “Packaging” in the academic year 2020-2021 AD.

Eighth: Committees:

- Worked as Secretary of the Council of the Academic Department in the academic year 2016-2017 till 2018-2019 AD.
- Worked as Vice Head of the Academic Department in the academic year 2016-2017 till 2018-2019 AD.
- Member of the Technical Committee of the Production Unit in the academic year 2017-2018 AD.
- Member of the Raw Materials Inspection Committee for the Department of Nutrition and Food Science in the following academic years 2005/2006, 2006/2007, 2007/2008 and 2014/2015 AD.

-Member of the Practice Committee for Purchasing Raw Stuff for the Department of Nutrition and Food Science in the academic year 2011/2012 on 9/9/2012 AD.

- Member of the committee responsible for setting the estimated value of items required for practical lessons at the Department of Nutrition and Food Science in the academic year 2014/2015 and in academic year the 2015/2016 AD.

- Member of the Quality Committee, Department of Nutrition and Food Science.

- Member of the committee responsible for the leadership work of the Department of Nutrition and Food Science in the academic year 2018 and 2019 AD.

-Member of the Egyptian Society for Nutrition at the National Institute of Nutrition 2011-2014 AD.

- Member of the Egyptian Society for Home Economics 2014-2015 AD.

- Member of the Egyptian Arab Society for Health and Therapy Nutrition 3/19/2015 AD.

- Member of the Egyptian Society for Nutrition and Health Guidance on 19/5/2015 AD.

- Member of the Food Standards Examination Committee for University Hostels in the academic year 2020/2021 AD.

Ninth: Researches:

First: Researches published in international journals:

- **Naeem M. Rabeh and Alaa O. Aboraya.(2014):** Hepatoprotective Effect of Dill (*Anethum graveolens* L.) and Fennel (*Foeniculum vulgare*) Oil on Hepatotoxic Rats. Pakistan Journal of Nutrition 13 (6): 303-309, 2014.

- **Alaa O. Abo-Raya, Nehal A. Alfky and Aml F. Elgazar,(2013):** Anti-Obesity and Antidiabetic Activities of Red Ginseng Plant Extract in Obese Diabetic Male Rats. Global Journal of Pharmacology 7 (4): 390-397, 2013.
- **Aml F. Elgazar and Alaa O. AboRaya, (2013):** Nephroprotective and Diuretic Effects of Three Medicinal Herbs Against Gentamicin-Induced Nephrotoxicity in Male Rats. Pakistan Journal of Nutrition, 12 (8): 715-722, 2013.
- **Aly R abdel-moemin and Alaa Osama Aboraya, (2014):** Innovative beverages of coffee and tea based on dandelion (Taraxacum officinale) roots and leaves. Agricultura, 11: No 1-2: 1-10 (2014).

Second: Researches published in local journals:

Alaa O. Aboraya (2015): Protective Effect of Grape Seed Extract and Vitamin E against Hepatic Oxidative Stress in Male Rats. Home Econ.J. Vol.31, 17- 32, 2015.

Alaa O. Aboraya ,(2016): Protective effect of pomegranate juice in combination with diets supplemented with calcium and vitamin K on osteoporosis in ovariectomized rats. Egyptian Journal of Nutrition. Vol.31,No.1:137-164(2016).

Third: Researches published in international conferences:

Marwa Ezz El-Din Ibrahim, Alaa Osama Aboraya, (2018). A Comparative Study of Possible Preventive Effects of Dietary Ginger on Hepatocarcinoma Rats. The modern global Orientation and the

development of the specific education. In the period from 20 – 22 February 2018.

Shaimaa H Negm, Alaa O. Aboraya, (2018). Therapeutic Effects of Avocado Fruit and seed (*Persea Americana* Mill) on Immune System in Rats. First International Conference of Qualitative Higher Education Faculty – Mania University, in the period from 17 – 19 July 2018.

Tenth: Supervised Dissertations:

First: Master's Dissertations:

- **A Comparative Study of Possible Preventive Effects of Dietary Quercetin, Luteolin and Black Rice (*O sativa L. indica*) Extract on Hepatocarcinoma Rats.**
- **Effect of Chia seed (*Salvia hispanica L.*) on weight Reduction of obese Rats**
- **Effect of Black Raisins on prevention and treatment of Hypercholesterolemia in Rats**
- **Study effect of different types of salt in progression of Chronic Renal Failure in Rats.**
- **The Protective Effect of Aqueous Extract of Bael (*Aegle Marmelos*) Leaves on Hepatotoxicity and Nephrotoxicity in Rats.**
- **The Effect of Nutrition Education Program to Improve Health and Nutritional Status of Depression Patients.**
- **Study effect of different levels of Soy and Meat on Chronic Renal Failure Rats.**
- **Protective effect of Phytate and Magnesium against formation of Calcium Oxalate Stones induced by Ethylene Glycol in Rats.**

- Study the blood urea nitrogen index of some animal and plant protein in acute renal failure rats

Second: PhD Dissertations:

- Protective effect of *Taraxacum officinale*, *Zingiber officinale* and *Curcuma longa* seeds on fatty liver in male albino rats.
- Effect of Golden Berry (*Physalis Peruviana*), Banana (*Musa Balbisiana*) Fruits and It's Peels on Acute Hepatotoxicity with Diabetes.
- The effect of food pattern on malnutrition prevalence in preschool children.
- Influence of Virgin Coconut and Sesame Seeds Oils on Lipid Profile and Glucose Level in Diabetic Male Rats.
- Bioactive effect of Marjoram, Flaxseed and Licorice on Polycystic Ovary Syndrome Induced in Female Rats.