

CV Of Professor Rasha Sobhy Ahmed Ismail

Helwan University

Name: Rasha Sobhy Ahmed Ismail

Jop : Professor of Nutrition Faculty of Nutrition Science /Helwan University.

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Employment History

- Professor of Nutrition, Faculty of Nutrition Sciences, Helwan University, March 2025.
- Head of the Nutrition and Food Sciences Department from 29 November 2023, to 28 November, 2024.
- Professor, Department of Nutrition and Food Science, Faculty of Home Economics, Helwan University 26, June 2012.
- Assistant Professor, Department of Nutrition and Food Science, Faculty of Home Economics, Helwan University, 27 August 2006.
- Lecturer, Department of Nutrition and Food Science, Faculty of Home Economics, Helwan University, 20 May 2001.
- Assistant Lecturer in the Department of Nutrition and Food Sciences, Faculty of Home Economics, 11/17/1997.
- Teaching Assistant in the Department of Nutrition and Food Sciences, Faculty of Home Economics, from 10/27/1993.
- Bachelor of Home Economics Nutrition and Food Science 1993. Excellent with honors first in the batch.

Skills:

- Teaching for under graduated students at Faculty of Nutrition Science Helwan University 2025.

- Teaching for under and post graduated students at Nutrition and food science Department Faculty of Home Economics Helwan University since 1993.

- Teaching for under post graduated students at Nutrition and food science Department Faculty of Home Economics Helwan University since 2001.

- Teaching for Undergraduate students Dietetics Program Faculty of Home Economics Helwan University .

- Member of Home Economics Standing Committee for Promotion of Professors and Assistant Professors.2022-2025 (Tight).

- Member of Home Economics Committee for the quality assurance.
- Coordinator of vision and objectives standard Dietetics Program Faculty of Home Economics Helwan University Since 2017.

- Member of many Scientific agencies.

- Tight for many Niche journals.

- Having Shield honor from Taibah University Saudi Arabia

- Having a lot of training courses in the fields of academic guidance, the educational quality and E-learning

- Certified Trainer at Helwan University Since 2021.

- Scientific supervision of many Ph.D. and Master Theses

List of the latest published research:

- **Rasha Sobhy Ahmed Ismail; Ashraf Abd El-Aziz Abd El-megeid and Sherihan Mohi El-Din Ibrahim Mousa (2023).**

Effect of Turmeric and Arabic Gum Supplementation on Liver Enzymes and Liver Antioxidant Enzymes in Rats Suffering from Glycerol Toxicity.
Egyptian J. of Nutrition Vol. 38 (2): 127-146.

- **Ashraf Abd El-Aziz Abd El-megeid; Rasha Sobhy Ahmed Ismail and Sherihan Mohi El-Din Ibrahim Mousa (2023).**

Effect of Turmeric and Gum Arabic Supplementation on the Kidney Alteration Caused by Glycerol Toxicity in Rats.
Egyptian J. of Nutrition Vol. 38 (2): 96-126.

- **Gamila, M.S, Rasha,S. A.Ismail and Ashraf . A.Abdel-Megeid : (2021)**

Effects of Calcium and Vitamin D intakes on lipid profile,kidney and liver function in post weaning rats .

Egyption J.of Nutrition Vol.xxxVINo.2

- **Gamila, M.S, Rasha,S. A.Ismail and Ashraf . A.Abdel-Megeid : 2021)**

Effects of Calcium and Vitamin D intakes on later adiposity outcome
Egyption J.of Nutrition Vol.xxxVINo.2

- **Fawzy.A.El-shobaki.Rasha.S.A.Ismail shraf . A.Abdel-Megeid and N.S.Ismail (2012)**

Effect of Figs fruit (Ficus Carica L.) and its leaves on hepatotoxicity in rats.

Egyption J.of Nutrition Vol.xxVIIINo.1 Fawzy .A.El-shobaki.

- **Rasha,S. A.Ismail(2011)**

Potential effect of vitamin C with different levels of combinations from (Zn & Se) on some complications in diabetic rats.

Egyptian J.of Nutrition Vol.xxVI No.3

- **Rasha,S. A.Ismail(2011)**

Potential effect of vitamin C with different levels of combinations from (Zn & Se) on some complications in diabetic rats.

Egyptian J.of Nutrition Vol.xxVI No.3

- **Rasha,S. A.Ismail(2009)**

Effect of selenium and zinc supplementation on the nutritional status of diabetic rats.

Egyptian J.of Nutrition Vol.xxllll No.4

- **Rasha,S. A.Ismail(2009)**

Nutrients intake awareness of pregnant women in Cairo governorate.

Egyptian J.of Nutrition and health Vol. No.4

- **Rasha.S.A.Ismail. Ashraf . A.Abdel-Megeid and Aly .R.Abdel-Moemin (2009)**

Carbon tetrachloride-induced liver disease in rats: the potential effect of supplement oils with vitamins E and C on the nutritional status.

German Medical Science .Vol .7.ISSN1612-3174

- **Rasha.S.A.Ismail. Mona .M.El-Saidand Bayomey.A.M(2007)**

Effect of Egyptian Tomato Sauce and Tomato fresh juice as a source of lycopene on rats suffering from chronic liver diseases.

Conferance of home economics 2007

- **Rasha,S. A.Ismail(2003)**

Breast feeding and Weaning Practices of Infants at Cairo Governorate

Egyptian Journal of Nutrition .Vol. XVIII/ No. (3) P. 1-14 September

- **Rasha,S. A.Ismail and Ashraf . A.Abdel- Megeid (2003)**

Heavy Metal Concentrations in Bolti and Bouri Fish in
Local Markets,
Egyptian Journal of Nutrition.

Vol. XVIII/ No. 3. P. 55-74, September

- **Ashraf.A.Abdel Megeid,Mona.M.El.Said,Ahmed.A.Farrag and Rasha .S A.Ismail and (2003)**

Biological Study on the Effect of Different Kinds of Coffee on
Adult Female Rats.

Journal of Home Economics Vol. (13): No. (2) P. 1-23

Scientific Publications:

Authoring many scientific publications and books, alone or in collaboration with others, including:

- Authoring Nutrition during life cycle with others in English,2021 / 2022
- Authoring Nutrition Education with others in English,2022 / 2023
- Authoring Nutritional Counseling in English for students of the Therapeutic Nutrition Program, Helwan University, for the academic year 2023/2024. (with others)
- Authoring Nutrition Assessment with others in English,2023 / 2024.
- Authoring (Nutrition and Elderly) in English for students of the Therapeutic Nutrition Program, Helwan University, for the academic year 2022/2023
- Authoring (Food Security) with others in English, 2024.
- Authoring Advanced Nutrition 1 - Advanced Nutrition 2 (with others) 2025
- Authoring (Human Nutrition 1 - Human Nutrition 2) (with others) 2025 .

- Authoring (Professional Ethics) with others in English, 2025.
- Authoring Recent Trends in Nutrition with others in English, 2024.

Scientific supervision of many master's and doctoral theses.

Supervisor of the master's thesis:

- Supervising the master's thesis of the student / Kholoud Mustafa, entitled:
Studying The Potential Effect of Centaurea cineraria and Centaurea cyanus
Plants on Hepatotoxicity Induced in Rats cyanus Centaurea Centaurea
Cineraria On hepatotoxicity induced in mice.

The thesis has been registered for the academic year 2023/2024.

- Supervising the master's thesis of the student / Asmaa El-Sayed Mustafa El-Sayed El-Wasif, entitled:

Effect of different levels of flax seeds and its oils on chronic liver diseases in rats.

The thesis was approved on May 6, 2007.

- Supervisor of the master's thesis for the study: Marwa Mohamed Reda, entitled: "The effect of barley and barley-fortified bread on diabetic rats."

The thesis was discussed and approved on May 8, 2006.

Supervising P.h D Theses

- Supervising the doctoral dissertation of Awatif Abdel Hamid, entitled:

The effect of beta vulgaris Land rumex dentatus on rats suffering from chronic liver diseases

The thesis was registered for the academic year 2020/2021.

- Supervising the doctoral thesis of Sherihan Mohi El-Din Ibrahim, entitled:

Effects of supplementation with Turmeric and Arabic gum on kidney alteration induced by glycerol toxicity in rats

The thesis was registered for the academic year 2017/2018 and was awarded the degree on 12/17/2023.

- Supervising the doctoral thesis of Jamila Mohamed Sayed Ahmed, entitled:

Effects of Calcium and Vitamin D intakes in post weaning rats on Later Adiposity outcome.

The thesis was registered for the academic year 2017/2018 and was discussed on 10/17/2022.

- Supervising the doctoral thesis of Nevin Seoufi Ismail, entitled:
Effect of Figs fruit (*Ficus Carica*, L.) and its leaves on hyperglycemia and hepatotoxicity in rats.

The thesis was approved on May 4, 2009.