

Arafat Mohammed Goja Dangol

Associate Professor

Personal Data

Nationality | **Sudanese**

Date of Birth | **28/12/1976**

Department | **Clinical Nutrition**

Official IAU Email | **amdangol@iau.edu.sa**

Office Phone No. | **31303**

Language Proficiency

Language	Read	Write	Speak
Arabic	√	√	√
English	√	√	√
Others			

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2012- 2013	Postdoctoral Fellow	Huazhong Agricultural University	Hubei, Wuhan, China
09-12/2010	Postdoctoral Fellow	Tshwane University of Technology	Pretoria, South Africa
11/2009	Ph.D.	University of Khartoum	Khartoum, Sudan
11/2004	M.Sc.	University of Khartoum	Khartoum, Sudan
06/2000	B.Sc. (Hons.)	University of Kordofan	Al-Obaied, Sudan

PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

Postdoctoral Fellow	Aqueous Two-Phase Extraction and Bioseparation of biological products
Postdoctoral Fellow	Extending shelf-life of leafy green vegetables under modified atmosphere packaging
PhD	Microbiological Quality of the Nile water at Khartoum, Sudan
Master	Prevalence of Staphylococcus spp. in Fresh Beef in Khartoum State, Sudan
Fellowship	Prevalence of Staphylococcus spp. in different type of fresh meat in AL Obaied City, Sudan

Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work		Date
Associate Professor	Department of Clinical Nutrition, College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University,	Dammam, Saudi Arabia	Since 08/2014
Associate Professor	Department of Food Science and Technology, University of Bakht Al-Ruda.	Ed-Dueim, Sudan	2013 -2014
Postdoctoral Fellow	Huazhong Agricultural University	Hubei, Wuhan, China	2012- 2013
Postdoctoral Fellow	Tshwane University of Technology	Pretoria, South Africa	09-12/2010
Assistant professor	Department of Food Science and Technology, University of Bakht Al-Ruda.	Ed-Dueim, Sudan	2009 -2013
Lecturer	Department of Food Science and Technology, University of Bakht Al-Ruda.	Ed-Dueim, Sudan	2004 -2009
Demonstrator	Department of Food Science and Technology, University of Bakht Al-Ruda.	Ed-Dueim, Sudan	2002 -2004
Research Assistant	Sudanese Standard Metrology and Organization (SSMO): Food Quality Control Specialist.	North Kordofan State, El-Obaeid, Sudan	2000-2002

Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Coordinator, Department of Clinical Nutrition	College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University, Building, E, Office S 3095	Since 09/2016
Head, Curriculum Development Committee, Department of Clinical Nutrition	College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University, Building, E, Office S 3095	Since 02/2016
Member, Quality Committee, Department of Clinical Nutrition.	College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University, Building, E, Office S 3095	Since 02/2016
Head, Scientific Research Committee, Department of Clinical Nutrition.	College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University,	10/2015 -12/2018
Chair, Department of Food Science and Technology.	College of Agriculture, University of Bakht Al-Ruda, Sudan.	10/2010 –12/2012
Member, Strategic Planning Committee, Bakht Al-Ruda University.	Bakht Al-Ruda University, Sudan	01/2012 – 07/2014
Member, Editorial Board of Scientific Journal of Bakht Al-Ruda University.	Bakht Al-Ruda University, Sudan	03/2011 – 07/2014
Member, Graduate Studies & Scientific Research Committee, University of Bakht Al-Ruda.	Bakht Al-Ruda University, Sudan	05/2010 – 08/2014

Scientific Achievements

Published Refereed Scientific Research

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	Eltigani OM Omer, Arafat M Goja , Kawther IA Elhag, Omayia MA Gadalarap	Haematobium Schistosomiasis Prevalence Among School Age Children in Irrigated Schemes at Shendi Locality, River Nile State, Sudan: Implication of Behavior and Risk Factors	Majmaah Journal of Health Sciences, Volume 8, Issue 1, 2020
2	Mohamed Elfatih Hassan, Guanglong Liu, Eltigani Osman Musa Omer, Arafat M Goja	Silver embedded C-TiO ₂ exhibits improved photocatalytic properties with potential application in waste water treatment.	Arabian Journal of Chemistry, Volume 12, Issue 7, November 2019.
3	Fatima Al-Beesh, Welayah Al-Ammar ¹ and Arafat M Goja	Assessing the Knowledge, Behavior and Practices of Food Safety and Hygiene among Saudi Women in Eastern Province, Saudi Arabia..	European Journal of Nutrition & Food Safety, 10(3): 178-186, 2019
4	Seham H. Alyami, Maha J. Alqahtani, Hawra H. Alsadah, Nouf A. Altumaysi, Omar I. Abuzaid, Arafat M. Goja .	Association between dietary intake and bone density among female Students at Imam Abdulrahman Bin Faisal University, Saudi Arabia.	IJCMPh, vol. 6, No 11 (2019)
5	Mubashir Zafar, Eltigani Osman Musa Omer, Ossama Ahmed Labib Ibrahim, Arafat M. Goja .	Evidence based Intervention to Prevent Anemia Among Women of Reproductive Age Group in Developing Countries; Review..	INTERNATIONAL JOURNAL OF BIOLOGY AND BIOMEDICAL ENGINEERING, (13):58-62. 2019
6	Mamoun A. Homaida, Yassin Haran, Eltigani O.M. Omer, Mohamed Elfatih Hassan and Arafat M. Goja	Antimicrobial Activity of the Seed Extracts of Carthamus tinctorius, Moringa oleifera and Jatropha curcas on Pathogenic Bacteria..	PJN. 18(1):20-24.2019
7	Eltigani OM Omer, Kawther Iesa Ahmed Elhag, Mohammed Elfatah, Arafat M. Goja .	Physiochemical Quality of the Water Sources in Shendi Locality, River Nile state Sudan.	Am. J. PharmTech Res. 2018; 8(6)
8	Rasha A. Siddig, Mohamed S. Osman, Arafat M. Goja and Elfatih A., M. Elsidig.	Physico-chemical Characteristics of Three Mango (Mangifera indica L.) Cultivars in Central Sudan.	Ijsrp. 6(12). 2016.
9	Goja, A.M. , Yang H, Cui M, Li C	Aqueous Two-Phase Extraction Advances for Bioseparation.	J Bioprocess Biotech (2013), 4:140 doi:10.4172/2155-9821.1000140
10	Goja, A.M. , Ahmed, T.A.A., Saeed, S.A.M. and Dirar, H.A.	Isolation and Identification of Staphylococcus spp. in Fresh Beef.	Pakistan Journal of Nutrition 12 (2): 114-

			120, 2013
11	Goja, A.M.	Bacterial Genera and Their Some Species of Nile Water.	Asian Journal of Biological Sciences (Malaysia),6(2):116-123, 2013
12	Goja, A.M.	Microbiological Assessment of three types of fresh fish (Tilapia niloticus, Labeo niloticus and Hydrocynus spp.) Sold in Ed Dueim, Sudan. New York Science Journal, 6(4): 49-54, 2013	New York Science Journal, Volume 6. Issue 4, 2013.
13	Goja, A.M.	Isolation and Identification of Staphylococci Species from Fermented Salt Fish (Fassiekh).	Researcher, 5(5): 81-85, 2013.
14	Goja, A.M.	Physico-chemical properties of oil produced from Moringa oleifera, Jatropha curcas and Carthamus tinctorius L seeds.	International Journal of Advanced Research (IJAR), 1 (4): 181-187, 2013.
15	Goja, A.M. and Osman, M.S.	Microbiological Quality of Some Vegetables Sold in Ed-Dueim Town, Sudan.	Pakistan Journal of Biological Sciences, 16 (12): 585-588, 2013
16	Goja, A.M. and Osman, M.S.	Preliminary Study on Efficacy of Leaves, Seeds and Bark Extracts of Moringa oleifera in Reducing Bacterial load in Water.	International Journal of Advanced Research (IJAR), 1 (4):124-130, 2013.
17	Homaida, M.A. and Goja, A.M	Microbiological Quality Assessment of Drinking Water at Ed-Dueim Town, Sudan.	New York Science Journal, 6(5): 10-16, 2013.

Refereed Scientific Research Papers sent to journals for Publication

#	Name of Investigator(s)	Research Title	Journal	status
1	Alammar, Welayah; albeesh, Fatimah; Puraydathil, Tunny; Arafat M.Goja	How can Dietary Habits effects on Dysmenorrhea among Health Track Students – A Cross Sectional study"	International Journal of Food Sciences and Nutrition	Under review
2	Arafat M Goja, Adel O Bakheet, Osama Zaroog, Said Sadat, Ali Al-Ghamdi.	Association of Body Mass Index, Age, and Gender with the Bone Mineral Density in Patients Referred to KFUH	Journal of The North for Basic and Applied Sciences	Under review
3	Nirjes Al-Mohammed ali1, Layla Al-Awami1, Zahra'a Al-sukairi1, Eman Al Kulayf1, Zainab Al-faraj1, Sara	Effects of Soy Isoflavone on Bone Health among Saudi Female Students Imam Abdulrahman Bin Faisal University.	women's health issues	Under review

M. AlOtaishan1, Tunny S. Purayidathil1, Omar I. Abuzaid1, Arafat M. Goja1			
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Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date
1	Arafat M Goja	Microbiological quality of the Nile water	Workshop 'Cross-Cutting Agriculture and Health' in Dar-Es-Salaam, Tanzania, Gottingen Alumni. Organized: CeTSAF and UGM, Gottingen Uni., IITA and Sokoine Uni. DAAD Sponsor (Nov. 28 –Dec .4, 2011)
2	Arafat M Goja	<i>E. coli</i> isolated from Nile water	Visiting Research Fellow Seminar, Tierarztliches Institute in Georg-August- University- Gottingen, Germany (February 2008).

Current Researches

#	Research Title	Name of Investigator(s)
1	Study of the Hypoglycemic and Hypolipidemic Properties of Gongolis Fruit Pulp (<i>Adonsonia Digitata</i>) Extracts on Experiemnetal Animals.	Arafat M Goja , Mohamed S. Ismail, Omar I Abuzaid
2	Metabolic Health Benefits of Green Cardamom (<i>Elettaria Cardamomum</i>) and Bitter Gourd (<i>Momordica Charantia</i>) Supplements in Type 2 Diabetic Patients: A Double-blind Randomized Placebo-controlled Clinical Trial	Arafat M Goja, et al.

Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	Cross-Cutting Agriculture and Health' in Dar-Es-Salaam, Tanzania	Dar-Es-Salaam, Tanzania, Gottingen Alumni. Organized: CeTSAF and UGM, Gottingen Uni., IITA and Sokoine Uni. DAAD Sponsor (Nov. 28 –Dec .4, 2011)	Speaker Presented a scientific paper
2	Clinical Nutrition Symposium Ones Feeding Strategies for Clinically ill-patients,	May 2018, John Hopkins Aramco Healthcare Center. Dammam, Saudi Arabia.	Attendance and participation

Membership of Scientific and Professional Societies and Organizations

- Member, Saudi Society for Clinical Nutrition (SSCN), Saudi Arabia.

- Sudanese Environment Conservation Society (SECS): Commitment for The Future Generations. Khartoum, Sudan.
- Sudanese Dairy and Cheese Producers Association (SDCAP) - White Nile State - Sudan.
- Sudanese Agricultural Engineers union (SAEU). Khartoum, Sudan.

Teaching Activities Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Nutritional Biochemistry I	NUTR 212	lectures/labs
2	Microbiology & Parasitology	NUTR 214	lectures/labs
3	Principle of food sciences	NUTR 215	lectures/labs
4	Nutritional Biochemistry II	NUTR 222	lectures/labs
5	Food Analysis	NUYR 225	lectures/labs
6	Community Nutrition & Public Health	NUTR 324	lectures
7	Food safety and Environmental Health	NUTR 414	lectures/labs
8	Functional foods	NUTR 426	lectures/labs
9	Professional ethics in dietetics,	NUTR 423	lectures

Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

1	Nutritional Biochemistry I (NUTR 212) This course covers the structure, chemical properties and functions of macronutrients (carbohydrates, lipids, proteins), micronutrients (minerals and vitamins), enzymes, hormones and nucleic acids.
2	Nutritional Biochemistry II (NUTR 222) The course focuses on human nutrition and metabolism. It covers metabolic pathways of nutrient and reviews concepts of energy conservation and expenditure through catabolic and anabolic pathways. The functional and regulatory roles of macro- and micro-nutrients will be stressed
3	Microbiology & Parasitology (NUTR 214) This course describes the different properties of microorganisms (cellular, physiological, biochemical) and their relation to human health and disease. In addition, students will realize the interaction between human body and different microorganisms present in foods and how to control the growth and assure the quality of food products.
4	Principle of Food Sciences (NUTR 215) This course provides an introductory overview of food groups, their components and chemical & physical properties. The effect of processing and preservation on food safety, quality and nutritive value is introduced. The role of local, regional and international food regulation and legislation bodies will be highlighted.
5	Food Analysis (NUTR 225) This course will cover the methods used for food analysis, food sampling, and the theoretical bases of the methods used for estimation of food components , determine the percentage of moisture, ash , minerals , carbohydrates , lipids , nitrogenous compounds and determination of

	food components by modern methods.
6	<p>Community Nutrition and Public Health (NUTR 324) This course focuses on assessing the nutritional needs and problems of local, national and international communities. Students will learn effective and appropriate communication skills and techniques to improve food habits. They will explore the functions and essential services of public health nutrition.</p>
7	<p>Food Safety & Environmental Health (NUTR 414) This course explores the importance of food safety and hygiene in a global context through discussing and analyzing foodborne diseases and food safety hazards and evaluating their potential risks to public health in a variety of settings. The management and control of hazards during food production will be analyzed and thoroughly discussed. Students will be equipped with the required knowledge to assess the causes of foodborne diseases and decide the best preventative strategies. Major safety and quality control systems and food safety legislations will be addressed.</p>
8	<p>Functional Foods (NUTR 426) This course will describe functional foods and nutraceuticals, including their health benefits, development, and regulation. In addition, recent significant research advances in the field of functional foods, nutraceuticals, bioactive compounds, antioxidants and dietary supplements, micronutrient fortification, herbs in disease prevention and health promotion will be discussed.</p>
9	<p>Professional Ethics in Dietetics (NUTR 423) Students will learn how to develop leadership characteristics towards achieving their deemed vision in dietetics' field. They will learn their rights and duties as health care practitioners. They will also know how to attain a strong motivation, service orientation, and how to adhere to the dietitians' code of ethics and belongs to a professional association. This course will also highlight the role of nutritionists and dietitians and prepare students for job seeking.</p>

Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	to
1	Nutritional Biochemistry I	√		√			
2	Microbiology & Parasitology	√		√			
3	Principle of food sciences	√		√			
4	Nutritional Biochemistry II	√		√			
5	Food Analysis	√		√			
6	Community Nutrition & Public Health	√		√			
7	Food safety and Environmental Health	√		√			
8	Functional foods	√		√			

9	Professional ethics in dietetics,	√		√			
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Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
1	(M.Sc. in Food Sciences & Technology)	Microbiological Quality Assessment of Drinking Water at Ed-Dueim Town.	University of Bakht Al-Ruda, Sudan.	2012
2	(M.Sc. in Horticulture) Co-Supervisor	Physico-chemical Characteristics of Three Mango (<i>Mangifera indica</i> L.) Cultivars in Central Sudan.	University of Bakht Al-Ruda, Sudan.	2015

Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1	Bachelor dissertation Co-Superior	The Association between Iron Deficiency Anemia and Cognitive Abilities among Female University Students	Department of Clinical Nutrition, College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University	2019-2020

Administrative Responsibilities, Committee and Community Service

(Beginning with the most recent)

Administrative Responsibilities

#	From	To	Position	Organization
1	Since 09/2016	present	Coordinator, Department of Clinical Nutrition	College of Applied Medical Sciences, IAU.
2	Since 02/2016	present	Head, Curriculum Development Committee, Department of Clinical Nutrition	College of Applied Medical Sciences, IAU.
3	10/2015 -	12/2018	Head, Scientific Research Committee, Department of Clinical Nutrition.	College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University,
4	10/2010 –	12/2012	Chair, Department of Food Science and Technology.	College of Agriculture, University of Bakht Al-Ruda, Sudan.

Committee Membership

#	From	To	Position	Organization
1	Since 03/2016	present	Member, Strategic planning Committee, Department of	College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal

			Clinical Nutrition.	University. Saudi Arabia
2	Since 02/2016	present	Member, Quality Committee, Department of Clinical Nutrition.	College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University. Saudi Arabia
3	Since 10/2015	present	Member, Scientific Research Committee, Department of Clinical Nutrition.	College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University. Saudi Arabia
4	01/2012 –	07/2014	Member, Strategic Planning Committee, Bakht Al-Ruda University.	Bakht Al-Ruda University, Sudan
5	03/2011 –	07/2014	Member, Editorial Board of Scientific Journal of Bakht Al-Ruda University.	Bakht Al-Ruda University, Sudan
6	05/2010 –	08/2014	Member, Graduate Studies & Scientific Research Committee, University of Bakht Al-Ruda.	Bakht Al-Ruda University, Sudan

Volunteer Work

#	From	To	Type of Volunteer	Organization
	2012	2018	Reviewer	Scientific Journal of Bakht Al –Ruda University, Sudan
	2012	2013	Reviewer	Online International Journal of Microbiology Research

Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

1	Good knowledge and skills in Computer & Information technology
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Last Update
20/8/2020