



PARKASH MEGHWAR
ENTHUSIASTIC FOOD TECHNOLOGIST

Village Verhar Taluka Diplo District Tharparkar

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Why Parkash?

Initiative-taking, dynamic, and enthusiastic Food Technologist with good knowledge about analysis of foods, always seeking development skills and scientific knowledge, ability to manage projects and tasks, committed personality, spend time in research activities, work on scientific publications.

PERSONAL INFORMATION

Date of Birth: 15-02-1999 Nationality: Pakistani Marital status: Single

EDUCATION:

Matriculation	Board of Intermediate and Secondary Education Mirpurkhas.	2014
Intermediate	Board of Intermediate and Secondary Education Mirpurkhas.	2016
B. Sc. (Hons.)	Institute of Food Sciences and Technology, Sindh Agriculture University, Tandojam.	2017-20

TECHNICAL EDUCATION

C.I.T Genius Foundation School System Thatta Sindh (Computer Sciences)

EXPERIENCE:

- **Internee:**
Unique Foods Private Limited Kotri Oct-Nov 2020
- **Internee:**
Halal Research Council Oct-Nov 2020
- **Internee:**
National Foods Pvt. Limited Karachi. June-July-2018
- **Project Work:**
One-month field survey conducted at different farmers and stakeholders. July-Aug 2018
- **Internee:**
Two weeks internship training at Food Technology section, Food, and Marine Resource Research Centre, Pakistan Council of Scientific and Industrial Research Laboratories Complex Karachi. April-May 2019
- **Researcher** April-2019 to present

RESEARCH SKILLS:

- ☐ Writing articles, project reports, reviews, survey & research papers, synopsis, thesis, manuals, recipes.
- ☐ Designing questionnaires to collect survey data.
- ☐ Organizing data in tabulation and graphs.
- ☐ Analyzing data using SPSS and Statistix-8.1.

TECHNICAL SKILLS:

- ☐ Good command on MS-Office (Word, Power Point, Excel)
- ☐ Good typing speed (35 WPM)
- ☐ Internet browsing and installing windows XP, 7, 8.
- ☐ Installation of different computer software.
- ☐ Command on SPSS and Statistix-8.1

LAB SKILLS

- ☐ Development of bakery products and new formulas.

- ☐ Processing of vegetables and fruits.
- ☐ Laboratory testing of Milk (Milk Sampling, physical or visual examination, pH, Titratable acidity, Moisture, Sugarcane, CoB Test, Total Solids, Specific gravity, Fat content, Protein content).
- ☐ Laboratory testing of Meat (Moisture content, Drip loss, Cooking loss)
- ☐ Beverage plant and steam generator, water analysis i.e., pH and TDS determination.
- ☐ Nutritional assessment of community (Anthropometric, Clinical, and dietary assessment).
- ☐ Knowledge about ante-mortem and post-mortem inspections & slaughtering methods of animals.
- ☐ Innovation in food product developments
- ☐ Milk and meat hygiene practices.
- ☐ Laboratory testing including flour, tea, and fishmeal using AOAC Methods.
- ☐ Media preparation for microbial growth.
- ☐ Preparation of chemical solution.
- ☐ Quality testing of fish.
- ☐ Rendering of fat.

OTHER SKILLS

- ☐ Oral presentation & communications
- ☐ Strong coordination, event management.
- ☐ Online applying for different opportunities.
- ☐ Creating social platforms to serve mankind through limited resources.

HOBBIES

- ☐ Reading English newspapers, magazines, scientific papers, stories, recipes.

LANGUAGES:

- ☐ English (speaking, reading, writing)
- ☐ Urdu (speaking, reading, writing)
- ☐ Sindhi (speaking, reading, writing)

AWARDS

- ☐ Awarded with **PM Laptop** in February 2019.
- ☐ Received **certificate** of active participation by “The Makers Youth Network” presents peace.
- ☐ Awarded with the **training certificate** of one month by **National Foods (Pvt.) Limited**, Karachi, Sindh.
- ☐ Awarded with the **training certificate** of 15 days by Pakistan Council of Scientific and Industrial Research (**PCSIR**), Labs. Complex Karachi, Sindh.
- ☐ Awarded with **HEC-NEED BASED SCHOLARSHIP**
- ☐ Awarded with **MINORITY SCHOLARSHIP**, Government of Pakistan.
- ☐ Awarded with **MINORITY SCHOLARSHIP**, Government of Sindh.

AFFILIATIONS

- ☐ **Reviewer at** International Journal of Multidisciplinary Research and Explorer
- ☐ **Member at** Research and Scientific Innovation Society
- ☐ **Member at** International Associations of Journals and Conferences
- ☐ **Reviewer at** Journal of Applied Agriculture & Biology- Indonesia
- ☐ **Member at** International Association of Oncology (August 2020)
- ☐ **Member at** Council on Undergraduates Research Washington DC. (July 2020).
- ☐ **Member American** Society for Nutrition (Since 13th July)
- ☐ **Ambassador at** The Citizens Foundation (Since 4th July)
- ☐ **Volunteer** Halal Research Council (Since June 2020)
- ☐ Nominated **as Head Volunteer** at All Sindh Plantation drive “Go Green Sindh” Taluka Diplo, District Tharparkar on 12th July 2018.
- ☐ Selected as an **Organizer** at Modern Testing Service (MTS).

- ❑ Nominated as **Member** at Helping Hands Social Welfare Organization Jamshoro.
- ❑ Initiated **celebration of Education** Day at GHS Verhar on 8th January 2018.
- ❑ Started struggle through platform “Let’s together to serve mankind” in August 2018.
- ❑ Nominated **President** at “Let’s together to serve mankind” Social welfare organization

ACHIEVEMENTS

- ❑ Completed a **Project** entitled, “The Challenges faced by the Sindh Farmers for Desi Mango crop” during June-July 2018.
- ❑ **Introduce new food product** in February 2020 entitled, “Pomegranate peel powder and moringa leaves decoction”.
- ❑ **Publication certificate** from INTERNATIONAL ACADEMIC AND RESEARCH CONSORTIUM (IARC).
- ❑ **Publication certificate** from International Journal of Trends in Scientific Research and Development.

INTERNATIONAL CONFERENCES/SEMINARS ATTENDED

- ❑ **Participant at** International Virtual Conference (Plant Based Food: Potential for Food Security and Pandemic Management) held on October 15-16, 2020. Organized by Department of Food Science and Technology, MNS-University of Agriculture, Multan, Pakistan.
- ❑ **Organized Webinar** on Understanding the importance of Undergraduate Research with the collaboration of Aisa Hai Pakistan Organization (AHP).
- ❑ **Oral Presentation: Parkash Meghwar (2020).** The role of Nutrition during COVID-19 in Pakistan. International Conference on Nutrition, Organized by The Nutrition Times held on 22-23 July 2020.
- ❑ A seminar on **Importance of Halal Certification** by **Mr. Tayab Abdul Habib**
- ❑ A seminar on **challenges for Halal Tourism Industry in view of pandemic COVID-19** by **Mr. Fazal Bahardeen**
- ❑ A seminar on **Development of Halal Industry** by **Ms. Annamaria Aisha Tiozzo**
- ❑ A seminar on **Halal Slaughtering** by **Prof. Dr. Jawid Aziz Awan**
- ❑ A seminar on **Global overview and potential of Halal Industry** by **Muhammad Zubair Mughal**

ARTICLES

- ❑ “**Healthy benefits and way of utilization of peels of citrus fruits, banana and pomegranates**” has been published on www.agrimoon.com India.
- ❑ “**Banana-A gift of nature**” has been published on www.agrimoon.com India.
- ❑ “**Food Safety Trainings for Street Food Vendors are mandatory in Sindh**” has been published on www.foodsciencenews.com

PUBLICATIONS

- ❑ **Parkash Meghwar & Allah Jurio Khaskheli (2020);** Neem – A Tree Can Solve Current Global Problem of Coronavirus Outbreak. **IAR J Agri Res Life Sci, 1(5)136-138.**
- ❑ **Parkash Meghwar | Dileep Kumar | Preeti Dhanker | Mukesh Kumar** "Food Safety Practices among Street Food Vendors in Diplo, Sindh, Pakistan" Published in **International Journal of Trend in Scientific Research and Development** (ijtsrd), ISSN: 2456-6470, Volume-4 | Issue-6, October 2020, pp.1630-1634, URL: <https://www.ijtsrd.com/papers/ijtsrd33692.pdf>

ABSTRACTS

Nutritional management during viral infection in Pakistan. 2-days International Conference on Nutrition 22nd -23rd July 2020 organized by The Nutrition Times.

PARTICIPATIONS

- ❑ Attended World Food Day on 16th October 2019 at Institute of Food Sciences and Technology, Sindh Agriculture University, Tandojam.

- Attended Seminar on World Food Day at Indus Hotel, organized by SAU, Tandojam, University of Sindh, WFP, FAO, UNICEF, Sustainable development goals and Government of Sindh.
- Attended banana festival at Agriculture Research Centre on 6th October 2019.
- Attended Youth Conference in Hyderabad Sindh.
- Attended Sindh Literature Festival at Sindh Museum Hyderabad.
- Attended China Scholarship Seminar at Indus Hotel Hyderabad.
- Attended Lecture Program “Extremism, role of state and its solution” by Jami Chandio at Sindh University Campus Thatta on 7th January, 2018.
- Attended 3rd Rising Festival on 11th April 2018 at Dr. A.M Sheikh Auditorium Sindh Agriculture University, Tandojam.
- Attended 4-days Training Program at Village Hyder Shah Abri by Sindh Development Society (SDS), British Council on 10th April 2018.
- Attended “an Interactive Seminar on National Integration V/S 5th Generation Warfare” at Senate Hall, VC Secretariat, Sindh Agriculture University, Tandojam on 30th May, 2018.
- Meeting with Chairman of Pakistan Youth Council Sir. Atiq Raja on 2nd June 2018.
- Attended Conference by Young Social Reformers at Diamond Hall Indus Hotel Sindh on 3rd June 2018.
- Attended Thar Craft Exhibition at Diamond Hall Indus Hotel Hyderabad on 4th June 2018.
- Attended World Food Day at Institute of Food Sciences and Technology Sindh Agriculture University, Tandojam on 16th October, 2017.
- Attended Grow Festival at A.M Sheikh Auditorium Sindh Agriculture University, Tandojam.
- Attended meeting by Central Peace Committee for Interfaith Harmony, Government of Pakistan at Hyderabad Club Hyderabad, on 17th September, 2017.
- Attended Program on Sindh Development on 31st March 2018 at Children Park, Sindh Agriculture University, Tandojam.
- Attended World Food Day at Institute of Food Sciences and Technology, Sindh Agriculture University, Tandojam on 16th October 2018.
- Attended Event “Our actions are our Future” on 16th October at Indus Hotel Hyderabad. The aim was “A Zero Hunger by 2030 is Possible”.
- Attended Seminar on “Safe use of Pesticide” By BAYER Company at Senate Hall, VC Secretariat, Sindh Agriculture University, Tandojam.
- Attended “International Rural Women’s Day “at A.M Sheikh Auditorium Sindh Agriculture, University, Tandojam on 14th October, 2018.
- Attended Role of Youth for Climate Change at A.M Sheikh Auditorium Sindh Agriculture, University, Tandojam.

RESEARCH INTEREST:

Food Sciences and Technology

REFERENCES:

References will be provided upon request.

(PARKASH MEGHWAR)