



CARESMA JOSEPH CHUWA,  
TARI UKIRIGURU,  
P.O BOX 1433,  
MWANZA,  
TANZANIA.

Email: [carechuwa@gmail.com](mailto:carechuwa@gmail.com)

Phone no: (+91) 8580913263/+255 763 369 868.

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#### Education

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| 2019-ongoing | <b>Doctor of Philosophy</b><br>Ph.D. (Food Technology)<br>Dr. Yashwant Singh Parmar<br>University of Horticulture and<br>Forestry, Nauni-Solan Himachal<br>Pradesh, India.                              |
| 2010-2013    | <b>Master of Science</b><br>M.Sc. (Food Science)<br>Sokoine University of Agriculture,<br>Department of Food Technology,<br>Nutrition and Consumer Sciences,<br>Morogoro, Tanzania.                     |
| 2002-2005    | <b>Bachelor of Science</b><br>B.Sc. (Food Science and<br>Technology)<br>Sokoine University of Agriculture,<br>Department of Food Technology,<br>Nutrition and Consumer Sciences,<br>Morogoro, Tanzania. |
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## Research and Training

**Doctoral Research Associate** (2019-2021) with Dr. Anju K. Dhiman, Professor and Dean College of Horticulture, Dr.Yashwant Singh Parmar University of Horticulture and Forestry, HP, India.

**Project: “Low-cost complementary food formulations to combat malnutrition in infants and children”.**

**Masters Research Associate** (2010- 2013)  
With Dr. Abdulsool Zacharia, Sokoine University of Agriculture, Department of Food Technology, Nutrition and Consumer Sciences. Morogoro, Tanzania.

**Project: “Effect of Processing Methods on  $\beta$ -Carotene Content and Sensory Attributes of Orange-Fleshed Sweet Potato Products in Lake Zone Tanzania**

**Bachelor of Science (2002-2005)**  
With Dr. N.B Shayo, Sokoine University of Agriculture, Department of Food Technology, Nutrition and Consumer Sciences. Morogoro, Tanzania.

**Project: “The contribution of indigenous vegetables to household food security”.**

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## Publications

1. **Caresma Chuwa\***, Anju K Dhiman and NS Thakur. 2021. Study on modification of native potato starch by various techniques. The Pharma Innovation. 10(2): 538-540
2. **Caresma Chuwa\***, Devina Vaidya, Jyoti Rani. 2021. Nutrition and Health Care for Cancer Care and Prevention. International Journal for Research in Applied Science & Engineering Technology (IJRASET). Volume 9 Issue I Jan 2021- Available at [www.ijraset.com](http://www.ijraset.com)
3. **Chuwa C\***, Sharma B, Mwita MA, Gwandu FB, Waibe JM (2021) Low Glycaemic Index Foods: A Resolution to Ameliorate Type 2 Diabetes. J Diabetes Treat 6: 1087. DOI: 10.29011/2574-7568.001087
4. **Caresma Chuwa\***, Anju K Dhiman, NS Thakur, Deepika Kathuria, Sunakshi Gautam, Babita Sharma 2020. Comparative studies on extraction of starch through physical, enzymatic and alkaline method. International Journal of Food Science and Nutrition: ISSN: 2455-4898, Volume 5; Issue 6; 2020.

5. **Caresma Chuwa\***, Anju K Dhiman, Deepika Kathuria, Mariam A Mwita, Sunakshi Gautam. 2020. Food Fibres: A Solution to Combat Non-Communicable Diseases. Nutrition and Metabolism: An Open Access. DOI: 10.29011/NMOA-105.100005
  6. **Caresma Chuwa\***, Devina Vaidya, Deepika Kathuria, Sunakshi Gautam, Sakshi Sharma, Babita Sharma. 2020. Ozone (O<sub>3</sub>): An Emerging Technology in the Food Industry. Food & Nutrition Journal, 5: 224. DOI: 10.29011/2575-7091.100124
  7. Babita Sharma, Krishan Datt Sharma, **Caresma Chuwa. 2020.** Sea Food Bioactives for Health and Wellness. International Journal of Science and Research (IJSR), Volume 9 Issue 11, November 2020. DOI: 10.21275/SR201127155219
  8. **Caresma Chuwa\***, Anju K. Dhiman and Deepika Kathuria. 2020. General Overview of Malnutrition under-five children in low-income countries and solution to mitigate. Current Journal of Applied Science and Technology. 39(48): 466-482. DOI: 10.9734/CJAST/2020/v39i4831266
  9. S. C. Jeremiah, I. L. Ndyetabula, G. S. Mkamilo, S. Haji, M. M. Muhanna, **C. Chuwa**, S. Kasele, H. Bouwmeester, J. N. Ijumba, and J. P. Legg (2015). The Dynamics and Environmental Influence on Interactions between Cassava Brown Streak Disease and the Whitefly, *Bemisia tabaci*. vol.105(5):646-55. Doi: 10.1094/PHYTO-05-14-0146-R.
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## INTERNATIONAL TRAINING

- ✓ Value Addition and Product Diversification of Coconut and Cocoa at Central Plantation Crops Research Institute (CPCRI), Kasaragod-India from 1<sup>st</sup> March to 15<sup>th</sup> March 2018.
- ✓ Engendering Agricultural Research for Development Course at Morogoro from 27<sup>th</sup> -31<sup>st</sup> March 2018.
- ✓ Communication for Behaviour Change at TCDC- ARUSHA from 15<sup>th</sup> - 19<sup>th</sup> October 2012.

## NATIONAL TRAINING

- ✓ Farming System Approach Phase I and II at Umoja Lutheran Hostel Moshi from 24<sup>th</sup> - 12<sup>th</sup> December 2008 and 16<sup>th</sup> - 26<sup>th</sup> November 2009 respectively.
- ✓ Client Oriented Research and Development Management Approach (CORDEMA) at ARI-UKIRIGURU from 8<sup>th</sup> -14<sup>th</sup> June 2009.
- ✓ Grant Winning Research Proposal Training at VETA –DODOMA from 20<sup>th</sup> - 27<sup>th</sup> April 2009.

### Internship Programs

**Brookside Dairy Tanzania Limited -Arusha Tanzania**  
**“Food Quality Assurance Officer”**

- ✓ Quality control of raw and processed milk products
- ✓ Outgoing product inspection
- ✓ Packaging and labeling of milk products

**Duration:** May-June 2005

## **Iringa Vegetable Oil and Refining Industries Limited Iringa Tanzania**

### **“Food Quality Assurance Officer”**

- ✓ Processing sunflower seeds to oil
- ✓ Quality control of Sunflower cooking oil
- ✓ Filtration of refined and unrefined sunflower cooking oil
- ✓ Production of milk and fruit candies
- ✓ Outgoing products quality inspection
- ✓ Packaging and labeling of cooking oil and candies

**Duration: May-June 2004**

**The University of Dar-es-salaam, Department of Chemical and Process Engineering, Cocacola Kwanza Limited plant at Mikocheni B Dar-es-salaam, Tanzania Breweries Limited (TBL) Dar-es-salaam, Dar Brew plant at Ubungo Dar-es-salaam, Ben’s Winery small scale Food Processing Morogoro and Dewech rice milling machine Morogoro**

- ✓ To familiarize and operate food processing equipment
- ✓ To familiarize with food handling equipment
- ✓ To operate filtering machine and wine filtration using filter aids kieselguhr
- ✓ Drying process as a food preservation method
- ✓ Pressure drop in foods and its importance
- ✓ Size reduction of cereal products
- ✓ Plate heat exchange in foods

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## **STRENGTH AND CAPABILITIES**

- ✓ Meeting personal targets by setting and prioritizing objectives and tasks.
- ✓ Learning to adapt quickly to new working environment and concepts
- ✓ Improving personal and technical skills through self-dedication.
- ✓ Ability to lead and to work with a team.
- ✓ Committed to accomplishing tasks on time.
- ✓ Ability to work diligently.
- ✓ Ability to appreciate and work with different nationalities.
- ✓ Ability to negotiate in case of misunderstandings.
- ✓ Strong written and oral communication skills
- ✓ Good Computer skills
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## **HEALTH AND HOBBIES**

- ✓ Excellent physical condition, healthy mentally and good eyesight.
- ✓ Watching TV programs, reading magazines, motivational books and traveling.
- ✓ Love physical exercising
- ✓ Reading Spiritual books and listening to Gospel music
- ✓ Like cooking and eating functional foods

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## REFEREES

1. **Heneriko Kulembeka (PhD)**

Director, TARI-Ukiriguru,

P.O Box 1433, Mwanza

Mobile +255 767 298 773

Email: [heneriko.kulembeka@tari.go.tz](mailto:heneriko.kulembeka@tari.go.tz)

2. **Dr. Anju K. Dhiman**

Prof. and Dean

College of Horticulture

Dr. Y.S.R. Horticultural University, India - 534101

Phone: (+91) 01792- 252344, 01792-252119, @ 9418123300 (M)

Email: [deancoh@yspuniversity.ac.in](mailto:deancoh@yspuniversity.ac.in) [deancoh.uhf@gmail.com](mailto:deancoh.uhf@gmail.com)

3. **Mariam A. Mwita**

Nutrition Coordinator (Morogoro)

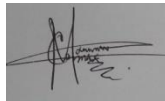
Save the children

Mobile +255 688 382 309

Email: [mariam.mwita@savethechildren.org](mailto:mariam.mwita@savethechildren.org)

I **Caresma Joseph Chuwa** certify that to the best of my knowledge and belief that all the information provided above is true, regarding my qualification and experience. I understand that any willful misstatement described herein may lead to my disqualification or dismissal, if engaged.

Caresma J. Chuwa



12 December, 2021.

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