




INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI



Name	Dr Anshu Sharma	Photograph
Designation	Assistant Professor	
E-mail	anshu.sharma@ihe.du.ac.in	
Educational Qualifications: PhD – Food and Nutrition		
Teaching experience: July 2016 till date		
Subjects/Papers Taught		
BSc (Home Science)		
<ul style="list-style-type: none">- Food and Nutrition- Nutrition for the Family- Nutrition – A lifecycle approach- Nutrition Health Communication- Public Nutrition and Dietetics- Sports Nutrition		
MSc (Home Science)		
<ul style="list-style-type: none">- Advanced Human Nutrition- Public Health Nutrition- Technical Writing- Nutritional Epidemiology- Public Health Applications of Malnutrition- Current Concerns in Public Health Nutrition- Nutrition Communication in Health Promotion		
DDPHN		
<ul style="list-style-type: none">- Advanced Nutrition		
Awards received		
<p>Young Scientists’ Senior Award in Community Nutrition for Oral presentation on “Detection and Management of anaemia in pregnant women from low socio-economic group” at the XXXVIII Annual conference of Nutrition Society of India in 2006 at Kolkata.</p>		
Research Interest/Specialization		
<ul style="list-style-type: none">- Maternal and child Health- Nutritional Anaemia- Adolescent Nutrition- Infant and young child feeding- Sports Nutrition- Yoga- Immunity boosting foods		

ORCID No. : 0000-0002-1732-439X

Research papers since 2010 (APA format)

- ✓ Dimple Rawat, Avishek Roy, Arti Gulati, Vivek Shankar and Anshu Sharma. (2021). Impact of yoga-based interventions as an integrative approach during COVID-19: A Review. *Indian Journal of Health and well-being*. 12(3), 292-297. ISSN (p)2229-5356 (o) 2321-3698
- ✓ Rawat D, Gulati A, Sharma A, Kumar A. (2020). Transmission and case fatality rate associated with COVID-19 in Asian Countries as per Global Hunger Index. *Journal of Indian Medical Association*. 2020: 118(12):34-38. ISSN: 0019-5847
- ✓ Rawat D, Gulati A, Singh N, Vikram NK, Kumar A, Sharma A. (2020) “Holistic approach during a pandemic for healthy well-being”, *IJND*. 57(3):329-340. ISSN : 0022-3174
- ✓ Dimple Rawat and Anshu Sharma. (2019). Association between sleep duration and body mass index. *Pusa Journal of Hospitality and applied sciences*. 13, Volume-V. ISSN 2395-020X.
- ✓ Anshu Sharma, Salila Thomas, Pushpa Sundararaj. (2018). Assessment of dietary intake of moderately anaemic pregnant women visiting a PHC in Delhi. *Pusa Journal of Hospitality and applied sciences*. 30, Volume-IV. ISSN 2395-020X.
- ✓ Anshu Sharma and Neelam Khetarpaul. (2015). Development, nutritional evaluation and utilization of cereal-legume-whey blends. *Proceedings of UGC – Sponsored National Seminar on Food and Textile Industry – Emerging Trends and Perspectives*. Pp 88. ISBN no. 978-81-7844-331-0.

Books published/edited

- ✓ Puri S, Bhagat A, Aeri BT, Sharma A. *Food Exchange List: A tool for Meal Planning*. 2019. ISBN 9788193599655.

Association with Professional Societies

1. Life member of Nutrition Society of India
2. Life member of Indian Dietetic Association
3. Association of Sports, Nutrition and Fitness Sciences

Any other

- Active participation in outdoor sports like running and cycling
- Honorary vice-president in Women’s Indian Chamber of Commerce & Industry (WICCI), Haryana non-profit NGO council.