




INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI



Name	Dr. Seema Puri	Photograph
Designation	Associate Professor	
E-mail	seema.puri@ihe.du.ac.in	
Educational Qualifications: <ul style="list-style-type: none">• Ph.D.(Nutrition), University of Delhi, Delhi• M.Sc. (Food and Nutrition), Lady Irwin College, University of Delhi, Delhi• BSc Home Science (Hons), Institute of Home Economics, University of Delhi, Delhi		
Teaching experience: 345 Months		
Subjects/Papers Taught Therapeutic Nutrition, Clinical Nutrition, Advanced Human Nutrition, Research Methods		
Awards received <ul style="list-style-type: none">➤ Laxmi Devi Basant Rai Gold Medal for standing 1st in MSc Home Science at University of Delhi➤ Distinguished Services Award 2010 conferred by the Geriatric Society of India.➤ Award for Significant Contribution in Dietetics and Nutrition 2014 conferred at International Conference on Multidisciplinary Healthcare, ICMHC-AIIMS, 9-14 January 2014, New Delhi.➤ Member, South Asian Infant Feeding Research Network (SAIFRN)➤ Member of Scientific Panel on Nutraceuticals, Functional Foods and Dietetic Products, FSSAI, GoI (2020-)➤ Member of Scientific Panel on Labelling, Claims and Advertisements FSSAI, GoI (2018-)➤ Former National Vice President, Indian Dietetic Association➤ Member, National Executive, Nutrition Society of India➤ Associate Editor, International Journal of Home Economics		
Research Interest/Specialization Infant and young child nutrition, geriatric nutrition, non communicable diseases		
ORCID No.: 0000-0002-1525-4199		
Research Projects:		

Title	Funding agency/organization	Duration of Project
Consumer Acceptability of Multiple Nutrient Fortified Salts	The India Nutrition Initiative – TATA Trust and Nutrition Impact Solutions	6 months
Consumer Acceptability of Double Fortified Salt	The India Nutrition Initiative – TATA Trust	8 months
Consumer Acceptability of Double Fortified Tea	University of Toronto and Nutrition Impact Solutions	3 months
Nutritional risk factors for growth and development of low birth weight infants in the first year of life	Indian Council of Medical Research	2 years
Analysis of IYCF Policies in South Asian Countries	South Asian Infant Feeding and Research Network (SAIFRN)	2 years
Effectiveness of milk supplementation on Nutritional Status of Pre-Adolescent Girls of Delhi”- An Evaluation	National Dairy Development Board & Mother Dairy Fruit and Vegetable Pvt Ltd	1 year
Artificial Sweeteners: A Study	Pepsico India Ltd	6 months
Nutrition Profiling of Oats Recipes	Pepsico India Ltd	6 months
Nutritional status of students of Vidyagyan school: An Evaluation	Micronutrient Initiative	1 year
Creating awareness about lifestyle modification and prevention/management of chronic degenerative diseases among elderly: use of radio messages	Department of Science and Technology	2 years
Development of Heart Healthy Recipes using Oats	Pepsico India Ltd	
Reducing maternal stressors and improving nutrition practices during pregnancy to enhance birth weight and infant survival: Designing An Innovative Intervention package	World Bank	18 months

Research papers since 2010 (APA format)

1. *Barkha Sachdeva, Seema Puri and Renu Arora.* Content Analysis of Food Related Television Advertisements Aimed at Children and Women: A Pilot Study in Delhi (2021). *The Indian Journal of Nutrition and Dietetics*, Vol. 58 (3):361-368
1. *Raman Marwaha, Aashima Dabas, Seema Puri, Mani Kalaivani, Arjun Dang, Vineet Dabas, Sangeeta Yadav, R Pullakhandam, Susheel Gupta, Archana Narang.* Efficacy of Daily Supplementation of Milk Fortified With Vitamin D2 for Three Months in Healthy School Children: A Randomized Placebo Controlled Trial. *Indian Pediatrics* (July 2021)58:820-825
2. *Meeta, Harinarayan CV, Marwah R.... Puri S et al.* Clinical Practice Guidelines on Postmenopausal Osteoporosis: *An Executive Summary and Recommendations – Update 2019–2020. *J Midlife Health.* 2020 Apr-Jun; 11(2): 96–112.
3. *Diabetes (India), National Diabetes Obesity and Cholesterol Foundation (NDOC), and Nutrition Expert Group, India**. Balanced nutrition is needed in times of COVID19 epidemic in India: A call for action for all nutritionists and physicians. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* 14(6) (2020) 1747-1750.* **S Puri member**
4. *Urvashi Mehlawat, Seema Puri, Tejmeet Kaur Rekhi.* Breastfeeding Practices among Mothers at Birth and at 6 Months in Urban Areas of Delhi-NCR, India. *J. Gizi Pangan, July 2020, 15(2):101-108.*
5. *M Shaheen, S Puri, N Tandon.* Prevalence of Frailty and Sarcopenia in Urban Indian Elderly. *HelpAge India Research and Development Journal, 2019, 25(3):18-24.*
6. *Richa Malik, Seema Puri, Tulsi Adhikari.* Perinatal determinants of adiposity in children aged 3-5 years in urban poor settings of Delhi: a retrospective study. *International Journal of Recent Scientific Research July, 2019;10 (07D): 33595-3359.*
7. *B Grover, S Puri, N Tandon.* Nutrient-Adipokine Interaction in NAFLD: A Review. *World Journal of Nutrition and Health, 2019, 7 (2): 30-34.*
8. **Seema Puri.** Addressing Critical Failures in Infant and Young Child Feeding in India. *Annals Nutr Met.* 2019;75:8-9.
9. *Urvashi Mehlawat, Tejmeet Kaur Rekhi, Seema Puri,* Status of Breastfeeding at Birth and at 6 Months Amongst Mothers Residing in Urban Delhi-NCR. *Annals Nutr Met.* 2019;75:368-369.
10. *Kavita Singh, Seema Puri, Geeta Chopra.* Maternal Mortality in India: An Overview of Social Causes. *International Journal of Scientific and Research Publications* 2018; 8 (3): 7-14.
11. *Urvashi Mehlawat, Seema Puri, Tejmeet Kaur Rekhi, Balraj Yadav.* Status of complementary feeding practices of infants and young children (6-23 months) in India: A Review .*New Ind J Paed* 6.4/7.1
12. *S. Puri, M. Shaheen, D.H. Pai Panandiker, R. Sinha.* **Midlife Factors That Influence The Aging Process: An Indian Perspective.** *J Aging Res Clin Practice* 2017; 6:246-251.
13. *Christopher PF Marinangeli, Julianne Curran, Susan I Barr, Joanne Slavin, Seema Puri, Sumathi Swaminathan, Linda Tapsell, Carol Ann Patterson.* Enhancing nutrition with pulses: defining a recommended serving size for adults. *Nutrition Reviews* 1 December 2017, 75(12): 990–1006..
14. *Smriti Sharma, Seema Puri, Anura Kurpad.* Potential of probiotics in hypercholesterolemia: A Review of In vitro and In vivo findings. *Alternative Therapies in Health and Medicine,* December, 2017 - Vol. 23, No. 7.
15. **Seema Puri, Sylvia Fernandez, Amrita Puranik, Deepika Anand, Abhay Gaidhane, Zahiruddin Quazi Syed, Archana Patel, Shahadat Uddin, Anne Marie Thow.** Policy content and stakeholder network analysis for infant and young child feeding in India. *BMC Public Health* 2017, 17(Suppl 2):461.
16. *Anne Marie Thow, Sumit Karn, Madhu Dixit Devkota, Sabrina Rasheed, SK Roy, Yasmeen Suleman, Tabish Hazir, Archana Patel, Abhay Gaidhane, Seema Puri, Sanjeeva Godakandage, Upul Senarath, Michael J. Dibley.* Opportunities for strengthening infant and young child feeding

- policies in South Asia: Insights from the SAIFRN policy analysis project. *BMC Public Health* 2017, 17(Suppl 2):404.
17. Sonal Gupta Jain, **Seema Puri**, Anoop Misra, Seema Gulati, Kalaivani Mani. Effect of oral cinnamon intervention on metabolic profile and body composition of Asian Indians with metabolic syndrome: a randomized double-blind control trial. *Lipids in Health and Disease* 2017; 16:113..
 18. Majida Shaheen, **Seema Puri**, Nikhil Tandon. Overview of Frailty in Elderly. *J Indian Acad Geriatr* .2016; 12:58-65.
 19. **Seema Puri**. Transition In Infant And Young Child Feeding Practices In India. *Current Diabetes Review* 13: 1-5, 2017
 20. Majida Shaheen, **Seema Puri**, Nikhil Tandon. Physical Activity Measurement in Elderly- The Indian Scenario. *J Physical Activity Res* 2016, Vol. 1, No. 1, 9-14.
 21. Smriti Sharma, **Seema Puri**, Anura Kurpad. Potential of probiotics in hypercholesterolemia: a meta-analysis. *Indian J Public Health* 2016; 60(4): 280-186. Neha Gupta, Sonika Verma, Abhishek Singh, Nikhil Tandon, **Seema Puri**, Narendra Kumar Arora. Adaptation of locally available portion sizes for food frequency questionnaires in Nutritional epidemiological Studies: How much Difference does it make? *Indian J Community Med* 2016; 41:228-34.
 22. **Seema Puri**, Deepika Anand. The State Of Nutrition of the Marginalized Community in India. *International Journal of Recent Advances in Multidisciplinary Research*, August -2015.2(8): 588-593.
 23. Smriti Sharma, **Seema Puri**. Prebiotics and Lipid Metabolism: A Review. *Alternative Therapies in Health and Medicine*, 2015, 31 S3: 28-36.
 24. **Seema Puri**. Book Review: Nutrition for Sport and Exercise: A Practical Guide by H. Daries. *Indian J Med Res*, March 2015, 141: 373-375.
 25. Husain D, Khanna K, **Puri S**, Haghighizadeh M. Supplementation of Soy Isoflavones Improved Sex Hormones, Blood Pressure, and Postmenopausal Symptoms. *J Am Coll Nutr*. 2015 Jan 2;34(1):42-48.
 26. S Miharshahi, K Agho, I Kabir, SK Roy, U Senarath, K Tiwari, A Patel, T Hazir, DS Akram, **S Puri**, M Dibley. Association Between Lack of Exclusive Breastfeeding and Diarrhoeal Morbidity: An Analysis of National Data Sets From South Asia (abstract). *Annals of Nutrition and Metabolism*, 63(Suppl. 1):831-831, 2013.
 27. **Puri S**. Dietary Tips for Elderly. *Indian Journal of Geriatric Care* January-April 2012 Vol 1. No.1.
 28. Anand D, **Puri S**, Mathew M. Assessment of quality of life of HIV positive people receiving ART: An Indian perspective. *Ind J Comm Med*, 37: 165-169 (July, 2012)
 29. Misra A, Nigam P, Hills AP, Chadha DS, Sharma V, Deepak KK, Vikram NK, Joshi S, Chauhan A, Khanna K, Sharma R, Mittal K, Passi SJ, Seth V, **Puri S**, Devi R, Dubey AP, Gupta S for Physical Activity Consensus Group. Consensus Physical Activity Guidelines for Asian Indians. *Diabetes Technol Ther*, Jan 2012; 14:1-16.
 30. Raman K Marwaha, **Seema Puri**, Nikhil Tandon, Sakshi Dhir, Neha Agarwal, Kuntal Bhadra & Namita Saini .The effects of sports training and nutrition on bone mineral density in young Indian healthy females. *Indian J Med Res*. 134 (3):307-313(Sept 2011).
 31. RK Marwaha, N Tandon, S Chopra, N Agarwal, MK Garg, B Sharma, RS Kanwar, KBhadra, S. Singh, K. Mani and **S. Puri**. Vitamin D status in pregnant Indian women across trimesters and different seasons and its correlation with neonatal serum 25(OH) D levels. *British Journal of Nutrition* 106: 1383- 1389 (2011)
 32. Misra A, Sharma R, Gulati S, Joshi SR, Sharma V, **Puri S** et al For The National Dietary Guidelines Consensus Group. Consensus Dietary Guidelines for Healthy Living and Prevention of Obesity, the Metabolic Syndrome, Diabetes, and Related Disorders in Asian Indians. *Diabetes Technol Ther*, June 2011:13(6): 683-694.
 33. Marwaha RK, Tandon N, Agarwal N, **Puri S**, Agarwal R, Grewal K, Reddy DHK, Singh S, Mani K. Impact of two regimens of vitamin D supplementation on Calcium – Vitamin D- PTH axis of school

girls of Delhi (India) (Sept.2010). *Indian Ped* 47 (9):761-769.

Books published/edited

1. **Puri Seema, Bhagat Archana, Aeri Bani, Sharma Anshu.** Food Exchange Lists – A tool for Meal Planning. Elite Publishing House Limited, 2019.
2. **Puri Seema** (contributing author). PINK BOOK: Guide to safe and nutritious food at home. FSSAI, 2017
3. **K Khanna, Gupta S, Seth R, Passi SJ, Mahna R, Puri S.** Textbook on Nutrition and Dietetics, (2nd Ed) Elite Publishing House Limited, 2014.ISBN: 978-81-88901-53-1
4. **NACO (SeemaPuri as consultant),** National Guidelines for Providing Nutritional Care and Support for Adults living with HIV and AIDS, 2012
5. **NACO(SeemaPuri as consultant),,** Nutrition Guidelines for HIV Exposed and Infected Children (0-14 years of age), 2012
6. **Seema Puri and Geeta Chopra.** Healthy and Positive Pregnancy Initiative(HAPPI) – A Training Manual, Institute of Home Economics, 2011.
7. **Seema Puri and Kumud Khanna.** A Guide to Healthy Eating in Old Age. Institute of Home Economics and Department of Science and Technology, 2009.
8. **Seema Puri.** Diet for the Elderly – a self-help booklet, HelpAge India, 2008 (revised).
9. **Seema Puri.** Diet for the Elderly – a self-help booklet, HelpAge India, 2000.
10. **Kalyan Bagchi, Seema Puri (eds)** Diet and Ageing- Exploring Some Facets, Society for Gerontological Research, and HelpAge India, New Delhi 1999.
11. **K Khanna, Gupta S, Seth R, Passi SJ, Mahna R, Puri S.** Textbook on Nutrition and Dietetics, Phoenix Publishers, New Delhi, 1997.
12. **K Khanna, S J Passi, S Puri.** Dietary Promotion of Vitamin A Rich Foods through Agriculture, Horticulture and Social/ Farm Forestry--A Report, Institute of Home Economics, 1996.

Book chapters published/edited

1. **Seema Puri, Majida Shaheen.** *Nutrition for the elderly.* In Public Health Nutrition in Developing Countries, 2nd Edition. Ed Sheila Chander Vir. Woodhead Publishing India Pvt Ltd, New Delhi 2021.
2. **Seema Puri, Majida Shaheen.** *Nutrition in Old Age.* In Handbook of Geriatric Care. Ed OP Sharma. Viva Books Private Limited, New Delhi 2019.
3. **Deepika Anand, Seema Puri.** *Knowledge, Attitude and Practices of HIV Positive Adults in India: Rural – Urban Differences.* In HIV/AIDS Oxidative Stress and Dietary Antioxidants. Ed VP Preedy & RR Watson. Academic Press, Elsevier Publishers, UK, 2018.
4. **Seema Puri.** *Nutrition Support.* In Principles and Practice of Geriatric Medicine. Ed OP Sharma, Viva Books Pvt Ltd, India (2015).
5. **Deepika Anand, Seema Puri.** *HIV AIDS in India: A Nutritional Panorama.* In Health of HIV Infected Persons not on ART. Ed R Watson. Elsevier Publishers, UK, 2015.
6. **Kumud Khanna, Seema Puri.** *Nutrition for the Aged.* In Public Health Nutrition in Developing Countries. Ed Sheila Vir. Woodhead Publishing India Pvt Ltd, Delhi (2011).
7. **Seema Puri.** *Nutrition for Healthy Ageing.* In Health and Ageing in the World's Largest Democracy. Ed Shanthi Johnson. Nova Science Publishers, USA (2011).
8. **Seema Puri, Deepika Pahwa Anand.** *Nutritional Care in Cancer.* In Sahayata: A hand book for persons touched with cancer. Cancer Patients Aid Association, New Delhi 2010.
9. **Seema Puri.** *Food technologies for healthy diets for senior citizens.* In Assistive Technologies for Healthcare. Eds Suman Bhatia and Vinita Sharma. Associated Book Service 2010.

10. *Seema Puri. Nutritional care of elderly.* In Handbook of Elderly Care. Ed OP Sharma, Geriatric Society of India, New Delhi 2009.
11. *Seema Puri. Diets for Elderly.* In Textbook of Geriatric Medicine. Ed OP Sharma, Geriatric Society of India, New Delhi 2008.
12. *Seema Puri. Understanding Music's Emotional Powers.* In "Music Therapy as an Alternative Medicine" edited by Kalyan Bagchi, Society for Gerontological Research, New Delhi 2007.
13. *Seema Puri. Music Procedures and their Impact on Emotional Health.* In: "Music Therapy – the Sacred and the Profound" edited by T.V. Sairam, Nada Centre for Music Therapy, Chennai 2006.
14. *Seema Puri. Maternal and Child Nutrition.* In "Food and Nutritional Security", UN World Food Programme, Lancer Publishers and Distributors, New Delhi 2005.
15. *Seema Puri. Music and the Psyche of the Elderly.* In: Music, Mind and Mental Health edited by Dr. Kalyan Bagchi, Society for Gerontological Research, New Delhi 2003.
16. *Seema Puri. Alzheimer's disease: Common Concerns.* In: Alzheimer's disease in India, edited by Dr. Kalyan Bagchi, Society for Gerontological Research, New Delhi 2002.
17. *Kalyan Bagchi, Seema Puri. Food and Nutrition Security and Women.* In: Women and Food Security – Role of Panchayats, edited by Pradeep Chaturvedi, Concept, New Delhi 2002.
18. *Seema Puri. Nutritional Concerns of Older Persons.* In: Active Ageing in the New Millennium, edited by Aabha Chaudhary, Anugraha, New Delhi 2001.
19. *Seema Puri. Dietary Antioxidants and Ageing – A Review.* In: Diet and Ageing- Exploring Some Facets, edited by Dr. Kalyan Bagchi and Ms **Seema Puri**, Society for Gerontological Research and HelpAge India, New Delhi 1999.

Association with Professional Societies

International:

- South Asian Infant Feeding Research Network (SAIFRN)
- International Federation of Home Economics

National

- Indian Dietetic Association – Vice President, National Executive Council (2015-2018), Member NEC and Head, Media and Communication, IDA (2011-2014)
- Nutrition Society of India- Executive council member
- Nutrition Coalition for Sustainable Security in India
- Home Science Association of India
- Association of Gerontology, India
- Indian Academy of Geriatrics
- Alzheimers and Related Disorders Society of India - Member Secretary, Delhi Chapter, 1999-2001.

Any other

- International Short term Training Programmes:
 - Intensive Training Course on Enhancing Capacity to Strengthen Policy and Interventions to Reduce Child Undernutrition. Sydney School of Public Health, Sydney Medical School, University of Sydney, Australia.
 - 3rd Summer Institute for Global Health Researchers, Instituto Nacional de Salud Publica, Cuernavaca, Mexico.
 - International Short term Training Course in Social Gerontology, United Nations International Institute of Ageing, Malta.