




**INSTITUTE OF HOME ECONOMICS**  
**UNIVERSITY OF DELHI**



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**Educational Qualifications:**

- B.Sc. (Hons.) Home Science (Specialization in Food and Nutrition) - Lady Irwin College, University of Delhi, 1995
- M.Sc. Food and Nutrition (Specialization in Community Nutrition) - Lady Irwin College, University of Delhi, 1997 (University Topper)
- Bachelor of Education (B.Ed.) - Lady Irwin College, University of Delhi, 1999 (Distinction Holder)
- Ph.D. Nutritional Sciences - School of Continuing Education, Indira Gandhi National Open University, Delhi, 2022

**Other Courses**

**International:**

- Tutor Briefing Workshop on Nutrition Education – ENACT course organized by FAO and NIN, 2020
- Certificate course in Principles of Social Research, London School of Hygiene and Tropical Medicine, University of London, United Kingdom, 2015 - 2016
- Certificate course in Basic Statistics for Public Health and Policy, London School of Hygiene and Tropical Medicine, University of London, United Kingdom, 2014 - 2015
- Course in Digital Literacy and Innovation for Tomorrow's Education (D-LITE), Edinburgh College, Scotland, 2013 - 2014
- Short Term Course in Food and Nutrition Program Planning and Management, University of the Philippines Los Banos, Philippines, 2003

**National:**

- Faculty Development Programme on 'Soft Skills' - NPTEL-AICTE MOOC on SWAYAM platform, 2020
- Faculty Development Programme on 'Stress Management' - NPTEL-AICTE MOOC on SWAYAM platform, 2019
- Course on 'Latest Trends in Pedagogy and Assessment' - Annual Refresher Programme in Teaching (ARPIT), 2019
- Course on Research Methodology organized by UGC-Human Resource Development Centre, Jamia Millia Islamia, New Delhi, 2019
- Programme on Capacity Building in Survey Research Methodology for Researchers and Faculty organized jointly by ICMR-National Institute of Medical Statistics, New Delhi and Institute of Applied Statistics and Development Studies, Lucknow at ICMR-NIMS, New Delhi, 2018
- 17<sup>th</sup> Science Communication Workshop organized by The Wellcome Trust/DBT India Alliance at Indian National Science Academy, New Delhi, 2018

- Training course on ‘Statistical Package for Social Sciences’ at Delhi University Computer Centre, University of Delhi, 2017
- UGC sponsored 7th three-week Refresher Course in Human Rights & Social Inclusion (Interdisciplinary) organized by UGC-ASC, Jamia Millia Islamia, 2011
- UGC sponsored 18th three-week Refresher Course in Education organized by UGC-ASC, Jamia Millia Islamia, 2010
- UGC sponsored 4-week Orientation Course by Centre of Professional Development in Higher Education (CPDHE), University of Delhi, 2006
- Course in Entrepreneurship in Food Processing organized by Centre for Entrepreneurship and Career Oriented Programme (CECOP), Shaheed Rajguru College of Applied Sciences for Women, University of Delhi, 2002
- Training in Fruit and Vegetable Preservation and Nutrition conducted by the Community Food and Nutrition Extension Unit of Food and Nutrition Board, DWCD, Ministry of Human Resource Development, 2002
- Six-month course from NIIT in ‘Advanced Certificate in PC Applications’, 1998

**Teaching experience:** 22 years

### **Subjects/Papers Taught**

Public Health Nutrition, Programme Planning in Public Health Nutrition, Perspectives in Food and Nutrition Security, Programmes and Policies for Food and Nutrition Security, Normal Nutrition, Nutrition and Dietetics, Food Science, Nutritional Biochemistry, Statistics and Research Methods, Advanced Nutrition, Nutrition and Ageing, and Policies, Programmes and Services for Older Adults

### **Awards received**

- Recipient of Laxmi Devi and Basant Rai Gold Medal for securing 1<sup>st</sup> position in M.Sc. Food and Nutrition at University of Delhi (1997)
- Recipient of Mrs. B. Tara Bai Award for securing 1<sup>st</sup> position in M.Sc. Food and Nutrition at University of Delhi (1997)
- Recipient of Dr. Bina Roy Scholarship for B.Ed. (1999)
- Recipient of FNP Scholarship to attend the Short Term Course in Food and Nutrition Program Planning and Management conducted by Regional Training Program on Food and Nutrition Planning (RTP-FNP), Institute of Human Nutrition and Food, College of Human Ecology, University of the Philippines Los Banos in cooperation with the Netherlands Development Administration, Kingdom of Netherlands and Food and Agriculture Organization of the United Nations from April 29 – July 28, 2003 at the University of the Philippines Los Banos, Philippines.
- Declared 'Digital Literacy Champion' in the course on 'Digital Literacy and Innovation for Tomorrow's Education' (D-LITE) organized by University of Delhi in collaboration with Edinburgh College, Scotland and attended one week training in Digital Literacy to Edinburgh College, Scotland, UK (July 2014)
- Received IDA President's Award for Best Research Poster in Community Nutrition at 47<sup>th</sup> Annual National Conference of Indian Dietetic Association held at AIIMS, New Delhi from 21<sup>st</sup> - 23<sup>rd</sup> December 2014

- Received 1<sup>st</sup> Prize for Research Poster at ‘Workshop on Clinical Nutrition’ organized by Department of Dietetics, Indraprastha Apollo Hospitals, New Delhi and Centre and Centre for Research on Nutrition Support Systems on 30<sup>th</sup> July 2016 at Indraprastha Apollo Hospitals, New Delhi
- Received 1<sup>st</sup> Prize for Research Poster at ‘5<sup>th</sup> Workshop on Clinical Nutrition’ organized by Department of Dietetics, Indraprastha Apollo Hospitals, New Delhi and Centre and Centre for Research on Nutrition Support Systems on 23<sup>rd</sup> September 2017 at Indraprastha Apollo Hospitals, New Delhi
- Received 3<sup>rd</sup> Prize for Research Poster at AMIFOST-2017 National Conference on Food Safety, Nutrition Security and Sustainability organized by Amity University and Association of Food Scientists and Technologists (India) – Delhi Chapter at Amity Institute of Food Technology, Amity University Campus, Noida on 26<sup>th</sup> September 2017
- Received 1<sup>st</sup> Position in Research Poster Presentation at the UGC-Sponsored National Conference on ‘Food Safety, Nutritional Security and Sustainability’ held at Shyama Prasad Mukherji College for Women, University of Delhi, Delhi on 6<sup>th</sup> – 7<sup>th</sup> March 2020
- Received 3<sup>rd</sup> Prize in Slogan Competition on the subject “Eat Right Bite by Bite” organized by the Home Economics Association - Nagpur Chapter on 2<sup>nd</sup> September 2020
- Supervised 23 M.Sc. Food and Nutrition dissertations – Seven received the ‘Best Dissertation Award’ for the year
- Papers Presented at Conferences/Seminars/Workshops/Courses - International: 8 and National: 31

#### **Research Interest/Specialization**

Macro and micronutrient deficiencies, eating behaviour, disordered eating, child and adolescent nutrition, nutrition programme planning, development of nutrition education modules

**ORCID No.:** <https://orcid.org/0000-0003-2413-2254>

#### **Research Projects**

<b>Title</b>	<b>Funding agency/organization</b>	<b>Duration of Project</b>
‘Dietary Practices, Lifestyle Patterns and Nutritional Status of Nurses from Government Health Facilities in Delhi’ (2015 – 16)	University of Delhi (Research and Development Grant)	1 year
‘Effect of an integrated intervention package including yoga training and diet counselling on health status of young college-going females’ (2015 – 16)	University of Delhi (Innovation Project: IHE/301/2015-16)	1 year
‘Digital Literacy and Innovation for Tomorrow's Education (D-LITE)’ (2013 – 2015) (as Team Member)	UK-India Education Research Initiative Project (UKIERI)	2 years

‘Statistical and epidemiological capacity building to enhance India-UK collaborations’ (2014 – 2016)	UK-India Education Research Initiative Project (UKIERI)	2 years
‘Third Party Evaluation and Monitoring of Mid Day Meal Programme in Delhi - Directorate of Education, GNCT of Delhi’ (2008)	Directorate of Education, GNCT of Delhi	3 months
‘Determinants of healthy eating in young girls attending college and promoting healthy lifestyles in them - GOI/WHO Biennium Project’ (2003 – 2004)	GoI/WHO	2 years
‘Multicentric Study on Prevalence, Etiology and Prevention of Iron Deficiency Anaemia among School Children’ (1997 – 1998)	Kellogg’s India Pvt. Ltd.	1 year

### Research papers since 2010

1. Sachdeva, S., & **Gupta, S.** (2022). Knowledge, Attitude and Involvement of First-Time Fathers in Infant and Young Child Feeding and Care Practices. *Current Research in Nutrition and Food Science*, 10(3). Online First, Available from: <https://bit.ly/3QVOZgx>
2. **Gupta, S.**, & Kapur D. (2022). Energy Intake, Expenditure and Balance among Female College Students Having Normal and Disordered Eating Behaviors in Delhi, India. *International Journal of Food and Nutritional Sciences*, 11(6), 156-162. [http://dx.doi.org/10.4103/ijfans\\_210\\_22](http://dx.doi.org/10.4103/ijfans_210_22)
3. **Gupta, S.** (2022). Knowledge, Attitudes and Practices related to Food Wastage among Indian Men and Women. *International Journal of Food and Nutritional Sciences*, 11(4), 17-24. [http://dx.doi.org/10.4103/ijfans\\_92-22](http://dx.doi.org/10.4103/ijfans_92-22)
4. Diabetes (India), National Diabetes Obesity and Cholesterol Foundation (NDOC), and Puri, S., **Gupta, S.**, Jain, S.G. et al. as members of the Nutrition Expert Group, India. (2020). 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 and Reviews*, 14(6), 1747-1750. <https://doi.org/10.1016/j.dsx.2020.08.030>
5. Kapur, P., Pathak, A., **Gupta, S.**, Bhardwaj, M., and Suri, M. (2020). An Overview of Dietary Approaches to Prevent the Development of Glaucoma. *The Indian Journal of Nutrition and Dietetics*, 57(3), 342-362. <https://doi.org/10.21048/ijnd.2020.57.3.23638>
6. **Gupta, S.**, & Kapur, D. (2019). Body Image Disturbance, Weight Perception and Body Mass Index of Female College Students in Delhi Having Normal and Disordered Eating Behaviours. *The Indian Journal of Nutrition and Dietetics*, 56(2), 145-154. <https://doi.org/10.21048/ijnd.2019.56.2.22546>
7. **Gupta, S.**, & Kapur, D. (2018). Depression, Anxiety and Stress among Female College Students in Delhi having Normal and Disordered Eating Behaviours. *Indian Journal of Youth & Adolescent Health*, 5(4), 1-5. <https://doi.org/10.24321/2349.2880.201820>

8. **Gupta, S.**, Arora, K., & Trilok-Kumar, G. (2018). Zinc Content of Cereals and Pulses in Delhi. *The Indian Journal of Nutrition and Dietetics*, 55(2), 227-241. <https://doi.org/10.21048/ijnd.2018.55.2.16049>
9. Gupta, M., & **Gupta, S.** (2017). Dietary Practices, Lifestyle Patterns and Nutritional Status of Emerging Male Adults in Different Living Arrangements. *Current Research in Nutrition and Food Science*, 5(3), 320-329. <http://dx.doi.org/10.12944/CRNFSJ.5.3.17>
10. **Gupta, S.** (2017). Dietary Practices and Nutritional Profile of Female Nurses from Government Hospitals in Delhi, India. *Iranian Journal of Nursing and Midwifery Research*, 22(5), 348-353. [https://doi.org/10.4103/ijnmr.ijnmr\\_167\\_16](https://doi.org/10.4103/ijnmr.ijnmr_167_16)
11. **Gupta, S.**, & Kapur, D. (2017). Nutrition Transition: A Precursor of Disordered Eating Behaviour among Young Indians. *The Indian Journal of Nutrition and Dietetics*, 54(2), 227-241. <https://doi.org/10.21048/ijnd.2017.54.2.12468>
12. Suri, M., Saini, N., & **Gupta, S.** (2017). Exploring the effect of yoga and diet counseling on dietary intake of college-going females. *International Journal of Physical Education, Sports and Health*, 4(1), 155-160. <https://www.kheljournal.com/archives/2017/vol4issue1/PartC/4-1-17-603.pdf>
13. **Gupta, S.** (2017). Self-perceived occupational stress and blood pressure profile of nurses from government hospitals. *International Journal of Medical Science and Public Health*, 6(1), 180-185. <http://dx.doi.org/10.5455/ijmsph.2017.20082016616>
14. Suri, M., Saini, N., **Gupta, S.**, Pathak, V., Agarwal, I., Sharma, S., et al. (2016). Exploring the Physiological Effects of Integrated Intervention of Yoga and Diet Counseling. *International Journal of Physical Education, Sports and Health*, 3(6), 220-226. <https://www.kheljournal.com/archives/2016/vol3issue6/PartD/3-6-1-410.pdf>
15. **Gupta, S.**, & Gaur, S. (2016). Lifestyle Patterns, Eating Practices and Obesity among Nurses – A Review. *International Journal of Health Sciences and Research*, 6(11), 258-266. [https://www.ijhsr.org/IJHSR\\_Vol.6\\_Issue.11\\_Nov2016/40.pdf](https://www.ijhsr.org/IJHSR_Vol.6_Issue.11_Nov2016/40.pdf)
16. Chamoli, R., & **Gupta, S.** (2016). Dietary Practices and Nutritional Status of Elderly having Varied Dental Status. *The Indian Journal of Nutrition and Dietetics*, 53(4), 417-432. <https://doi.org/10.21048/ijnd.2016.53.4.8400>
17. Suri, M., Saini, N., & **Gupta, S.** (2016). Exploring the Physiological Effects of Yoga: A State of the Art Review. *International Journal of Physical Education, Sports and Health*, 3(2), 316-320. <https://www.kheljournal.com/archives/2016/vol3issue2/PartF/3-2-31.pdf>
18. **Gupta, S.**, Kumari, G., & Mehto, G. (2016). Self-Care Behaviour Practices and Related Factors among Hypertensive Men and Women in Delhi. *Asian Journal of Multidisciplinary Studies*, 4(1), 12-19.
19. Singh, P., & **Gupta, S.** (2015). Influence of Non-Maternal Caregivers on Morbidity Profile, Dietary Intake and Development of Preschool Children. *International Journal of Scientific and Research Publications*, 5(8), 1-6. <https://www.ijsrp.org/research-paper-0815/ijsrp-p4421.pdf>

**Books published/edited**

Nil

### **Book chapters published/edited**

1. Shipra Gupta, Pushpa Sundararaj and Suvira. “Integrated Child Development Services and Nutritional Status of Women (20-35 Yrs)” in Foods and Nutrition Update: Challenges Ahead, edited by Sushma Sharma and Pushpa Sundararaj, Phoenix Publishing House Pvt Ltd, 2001, pp 120 – 130. (ISBN 81-7484-041-9)
2. Public Nutrition - Practical Manual (MFNL-006) for M.Sc. Dietetics and Food Service Management, Indira Gandhi National Open University (IGNOU), 2006.
3. Home Science Lab Manual (Senior Secondary Course 321), © National Institute of Open Schooling, India, 2008.
4. Chapter entitled “Life Begins” in Home Science (Secondary Course) book, National Institute of Open Schooling (NIOS), India; 2009.
5. Chapters for Bachelor's of Vocational Education and Training (B.VET) Programme, School of Vocational Education and Training (SOVET), Indira Gandhi National Open University (IGNOU), 2011
6. Chapters for one year Post-Graduate Diploma Programme in Public Health Nutrition offered by National Institute of Health and Family Welfare (NIHFW), 2014
7. Subject Matter Expert/Course Writer/ Peer Reviewer for MOOC on ‘Food and Nutrition for Healthy Living’ offered by Central Institute of Educational Technology, National Council of Educational Research and Training, New Delhi on SWAYAM platform

### **Association with Professional Societies**

- Indian Dietetic Association – Life member (Elected Executive Member of IDA-Delhi Chapter, 2011 – 2014)
- Nutrition Society of India – Life member
- Indian Society for Parenteral and Enteral Nutrition – Life Member
- Home Science Association of India – Life Member
- Epidemiology Foundation of India – Life Member
- Foods and Nutrition Alumnae Chapter, Lady Irwin College Alumni Association, University of Delhi – Life member (Treasurer 2000-2004; Secretary 2004 – 2012)

### **Any other**

- Staff Secretary, IHE (2021 - 2022)
- Teacher-in-charge, Department of Food & Nutrition and Food Technology, IHE (2020 - 2022)
- Member, Institutional Ethics Committee, IHE (2020 - 2022)
- Member, Covid Task Force, IHE (January – July 2021) & Convenor (August 2021 onwards)
- Member, Core Committee, NEP Curriculum for Home Science - Food and Nutrition (2022 onwards)
- Member, Core Committee, DBT Star College Scheme, IHE (2019 - 2020)
- Member, Enabling Unit, IHE (2019 - 2021)
- Member, Equal Opportunity Cell, IHE (2019 - 2021)
- Liaison Officer-EWS, IHE (2019 - 2021)
- PG Admission Committee (2015, 2020, 2021, 2022)
- FYUP and CBCS Curriculum Core Committees - Home Science (2013 - 2016)
- Assistant Public Information Officer, IHE (2012 - 2016)
- Deputy Superintendent – Examinations, IHE (2014)
- Moderation Committee (2012 - 2016)

- Member-Governing Body, IHE (2012 - 2013)
- Department Courses Committee (2012 onwards)
- Assistant Coordinator, IGNOU-IHE Study Centre (2008 - 2010)