




INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI



Name	Dr. Bani Tamber Aeri		Photograph
Designation	Professor		
E-mail	bani.aeri@ihe.du.ac.in , baniaeri@yahoo.co.in		
Educational Qualifications: <ul style="list-style-type: none">• PhD (Nutrition), University of Delhi• M.Sc. (Food and Nutrition), University of Delhi• B.Sc. (Hons) Home Science, University of Delhi			
Teaching experience: 18 years Worked as Scientific Officer at Nutrition Foundation of India from July 1996 to May 2001			
Subjects/Papers Taught Nutrition for the Family (B.Sc Home Science), Clinical Nutrition (M.Sc Food and Nutrition), Nutrition Communication and Diet counseling (M.Sc Food and Nutrition), Therapeutic Nutrition (DDPHN)			
Awards received 2015 Alex Malaspina Travel Award by ILSI			
Research Interest/Specialization Lifestyle related disorders and finding solutions for preventing them, mental well-being and its relation with diet			
ORCID No.: 0000-0001-8979-9960			
Research Projects:			
Title	Funding agency/organization	Duration of Project	
Prevalence of cardio-metabolic risk factors among employed adults in urban Delhi – nutrition environment measurement study' (2016-17)	UGC funded	2 year	

Association of depression and anxiety with nutrient intake across the lifespan: A Systematic Review of epidemiological studies	ILSI	6 months
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Research papers since 2010 (APA format)

- Tamber B and Sharma A (1999). Anaemia in adolescence and pregnancy - Reviews and Comments. NFI Bulletin. 20 (2): 8
- Gopalan C and Aeri BT (2001). Strategies to combat under nutrition. *Economic and Political Weekly*. Vol. XXXVI, No.33, 3159-69
- Gopalan C and Tamber B (2003). Food-based approaches to prevent and control micronutrient malnutrition: scientific evidence and policy implications. In: Simopolous AP, Gopalan C eds. Plants in human health and nutrition policy. World Review of Nutrition and Dietetics. Vol 91. Switzerland: Karger : 76-131
- Vohra A and Aeri BT (2008). Probiotics: A recipe for good health. Nutrition and disease management. Update Series 39: 1-13
- Shraddha Chauhan and Bani TamberAeri (2013). Prevalence of cardiovascular disease in India and its economic impact- A review International Journal of Scientific and Research Publications, Volume 3, Issue 10,
- Rashmi Maharaj, Santosh Jain Passi, Bani TamberAeri (2014). Efficacy of Iron Fortified Food/ Supervised Iron-Folic Acid (IFA) Supplementation on the Hemoglobin Status of Pregnant Women from Urban Slums of Delhi, India. Asian Journal of Multidisciplinary Studies. Volume 2, Issue 10
- Bani TamberAeri and Santosh Jain Passi (2014). Contraception: Perceptions and practices of women in an urban slum community of Delhi. International Journal of Scientific and Research Publications (IJSRP), Volume 4, Issue 10,
- Shokeen D, Aeri BT (2015) Risk Factors Associated with the Increasing Cardiovascular Diseases Prevalence in India: A Review. J Nutr Food Sci 5: 331.
- Shraddha Chauhan and Bani T. Aeri (2015). The rising incidence of cardiovascular diseases in India: Assessing its economic impact. J. Preventive Cardiology Vol. 4 No. 4
- Priti Khanna and Bani TamberAeri (2016). The Unexplored Relationship Between Diet & Mental Health: A Review. Journal of Medical Science and Clinical Research. Vol 4 (2):
- Preeti Khanna and Bani T Aeri (2016). The psychological aspects of food choices and dietary intake of adolescents: A review. Int J of Nutr and Food Sci. Vol 5 (3).
- Kaur Harmeet and Bani TamberAeri (2017). Metabolic syndrome: Concepts and Criteria: A Review. International Journal of Food and Nutritional Sciences, Vol 6, Issue 3, 61 – 74
- Kaur H andAeri BT (2017). Hypertension in India: An insight into the NFHS 4 Data. International Journal of Scientific and Research Publications Vo 7, Issue 7, 539 – 543
- Shokeen D andAeri BT. (2017). Prevalence of cardio-metabolic risk factors: A cross sectional study among employed adults in urban Delhi, India. Journal of Clinical and Diagnostic Research. Vol 11, Issue 8 LC01-LC04
- Shokeen D, Aeri BT (2017): Incidence of Overweight and Obesity among Children and Adolescents in India. Int. J. Life. Sci. Scienti. Res., 3(5):1392-1399.
- Kaur H, Aeri BT. (2017) Hypertension in India: An insight into the NFHS 4 Data. International Journal of Scientific and Research Publications Vo 7, Issue 7, 539 – 543 (ISSN 2250 – 3153) Corresponding Author
- Shokeen D, Aeri BT. (2017) Prevalence of cardio-metabolic risk factors: A cross sectional study among employed adults in urban Delhi, India. Journal of Clinical and Diagnostic Research. Vol 11, Issue 8 LC01-LC04 (ISSN 0973-709x) . Corresponding Author
- Khanna P and Aeri B. “Depression, Anxiety Symptoms and Eating Behaviour: Prevalence and Association among adolescents studying in public schools of Delhi is published in conference proceedings of IAFOR Asian Conference on Psychology and the Behavioural Sciences (ISSN 2187-4743)

- Khanna P and Bani Tamber Aeri (2018). Risk factors for mental health disorders: from conception till adulthood. CRNSS Update. Nutrition in Disease Management. Update Series 80,1-7.
- Arora P and Bani Tamber Aeri (2019). Gestational Weight Gain among Healthy Pregnant Women from Asia in Comparison with Institute of Medicine (IOM) Guidelines-2009: A Systematic Review. Journal of Pregnancy, vol. 2019, Article ID 3849596, 10 pages,. <https://doi.org/10.1155/2019/3849596>.
- Khanna P, Chattu, VK and Aeri BT (2019). Nutritional aspects of depression in adolescents - A systematic review. Int J Prev Med. (10): 42
- Arora, P., Aeri BT. (2019) Burden of Antenatal Depression and its Risk Factors in Indian Settings: A Systematic Review. Indian Journal of Medical Specialities.2019. 10:55-60
- Kaur, H., & Aeri, BT. (2019). Protective Impact of Fruits and Vegetable Intake on Cardiovascular Risk Factors-A Review. Journal of Clinical and Diagnostic Research, 13(5), OE06 - OE09 (ISSN 0973 - 709X)
- Arora, P., Aeri BT. (2019). Antenatal Depression: Prevalence and its Associated Factors among Overweight/Obese Pregnant Women residing in North-West Delhi {abstract} *Annals of Nutrition and Metabolism*, 75(3), pg.353. (ISSN 0250-6807)
- Chauhan, S., & Aeri, B.T. (2020). Depression, anxiety, and stress among Indian urban affluent adults. *Indian Journal of Social Psychiatry*, 36(1), 60.
- Khanna, P., & Aeri, B. T. (2020). Association of Depression and Anxiety Symptoms with Body Mass Index (for age cut offs) in non-clinical sample of adolescents studying in public schools of Delhi; cross sectional study. *Indian Journal of Community Health*, 32(2), 386 - 393. Retrieved from <https://www.iapsmupuk.org/journal/index.php/IJCH/article/view/1483>
- Kaur, H. and Aeri, B., 2020. Assessing the Prevalence of Dyslipidemia in Apparently Healthy Urban Obese Adults Residing in South Delhi, India. *Jurnal Gizi dan Pangan*, 15(2), pp.63-70. ISSN 1978-1059 EISSN 2407-0920
- Chauhan, S. & Aeri, B. (2020). Consumption of Canola Oil vs. Other Common Oil(s) in Dyslipidemia. *Jurnal Gizi dan Pangan*, 15(3): 159-168 ISSN 1978-1059 EISSN 2407-0920
- Shokeen,D.& Aeri, B. (2020). What we eat and where we work is what we become: worksite food environment exposure and cardiometabolic health among employed adults of Urban Delhi, India. *J Nutr Sci Vitaminol*, 66: S25-S31 Online ISSN: 1881-7742 Print ISSN: 0301-4800
- Khanna P., Aeri B.T. (2020). Association of Quantity and Quality of Protein Intake with Depression and Anxiety Symptoms among Adolescent Boys and Girls (13–15 Years) Studying in Public Schools of Delhi. *J Nutr Sci Vitaminol*, 66: S141-S148 Online ISSN: 1881-7742 Print ISSN: 0301-4800
- Arora P. Aeri B.T (2021).Association between high pre-pregnancy body mass index and antenatal depression: A study among pregnant women of upper socio-economic strata in North-West Delhi, India. *Clin Epidemiol Global Health*. Volume 11,100787,ISSN 2213-3984
- Aeri , B. T. (2021). Role of probiotics and vitamins in maintaining a healthy gut microbiome: recent advances. *Indian Journal of Community Health*, 33(3), 543–546.
- Shokeen, D., Aeri, B.T., Sinha, S. (2022). Assessment of food environment at work and its association with cardiometabolic health among employed adults in Delhi, India. *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*, 60(7): 102544

Books published/edited:

- Aeri,B.T, Bajaj, M., Lamba, J, Venkatesh,M., Khanna, P. and Bhogle S. (2020). Daily recommendations and Food Fortification - A handbook for states and UTs. FSSAI https://ffrc.fssai.gov.in/assets/news/file/daily_recommendations_food_fortification.pdf
- Puri S, Bhagat A, Aeri BT and Sharma A. . (2019)Food Exchange List: A Tool for Meal Planning. Elite Publishing House, New Delhi India. ISBN: 978-81-9355965-5
- Drafted the Monograph on ‘Sweetness: Role of Sugar and Low Calorie Sweeteners’ for ILSI

India in October 2017 http://www.ilsindia.org/PDF/Monograph_on_Sweetness_Role_of_Sugar_Low_Calorie_Sweeteners.pdf

- Drafted the Monograph on ‘Probiotics in human health’ for ILSI India in October 2019. http://www.ilsindia.org/PDF/Status_Paper_On_Role_of_Probiotics_In_Promoting_Healthy_Microbiome_For_Health_And_Immunity/Status_Paper_On_Role_of_Probiotics_In_Promoting_Healthy_Microbiome_For_Health_And_Immunity.pdf

Book chapters published/edited

- Chapter ‘Supporting mental health in children and adolescents: exploring the link between food intake and mental well-being’. In: Childhood in India: opportunities and Challenges Ed. Seema Puri. (2020) Nova Science Publishers Inc. New York: 115-149
- Chapter ‘Healthy diets for all’ In: Agarwal P and Mathur P Ed.(2020). Eat Right- A food systems approach. Published by Eat Right Foundation. Page 197-226
- Food and Nutrition section of the CBSE i, Curriculum for class XI and XII in the Human Studies Unit.

Association with Professional Societies

- Co-Convenor of NSI Delhi Chapter April 2018- March 2022; Convenor NSI Delhi Chapter April 2022 till date
- Active member of NetProFan, Life member of IDA and NSI
- Partnered with NIPCCD for conducting training of functionaries on Dietary management of Anaemia and Nutrition and Brain
- Collaborated with NCERT to prepare a module for the MOOC Food Nutrition and Healthy Living uploaded on Swayam Portal
- Collaborated with Cancer Society of India and prepared a module on ‘Diet and Cancer’ launched by AICTE for SWAYAM Portal
- Involved in FSSAI activities as part of NetProFan

Any other

Invited as Expert/Chairperson in several conferences and symposia