




INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI



Name	Dr Vandana Sabharwal		Photograph
Designation	Assistant Professor		
E-mail	Vandana.sabharwal@ihe.du.ac.in		
Educational Qualifications: PhD Food and Nutrition			
Teaching experience: January 2012 till date			
Subjects/Papers Taught: BSc (Home Science) <ul style="list-style-type: none"> - Nutrition for the Family - Nutrition Health Communication - Public Nutrition and Dietetics - Food Science - Research Methods in Home Science MSc (Home Science) <ul style="list-style-type: none"> - Statistics and Computer Application - Research Methods - Public Health Nutrition - Nutritional Epidemiology - Technical Writing 			
Awards received <ul style="list-style-type: none"> - Appreciation award by Quaker Oats for Poster presentation at 47th Annual National Conference of Nutrition Society of India, NIN Hyderabad, December 2015 - J N Bose Memorial Award for best paper presentation at 44th Annual National Conference of Indian Dietetic Association, held on 3-5 November, 2011 - Senior Research Fellowship by Indian Council of Medical Research (2004-2008) - First Position in B. Sc. (Hon) Home Science with specialization in Food and Nutrition at the Institute of Home Economics, University of Delhi, 1997 - Onkar Nath Ganju Memorial Prize for being the best student of BSc (Hons) Home Science, 1997 			
Research Interest/Specialization: <ul style="list-style-type: none"> - Infant and young child nutrition - Management of severe acute malnutrition - Food fortification - Food and nutrition security and resilience - Monitoring and evaluation of health programmes 			
ORCID No.			
0000-0003-2571-9794			
Research Projects			
Title	Funding agency/organization	Duration of Project	
Designing tools for assessing the implementation status of obesity	World Health Organization	2 months	

policies, strategies and interventions and surveillance in Member States of WHO South- East Asia Region		
Maternal factors and seasonal influences on the infants' birth weight, growth and development – a study among rural/urban poor in Delhi'	University Grant Commission	2 years

Research papers since 2010 (APA format)

- Duggal M, Sesikeran B, Arlappa N, Nair S, Shekhar V, Sabharwal V (2022). Large-scale staple food fortification as a complementary strategy to address vitamin and mineral vulnerabilities in India: A critical review. *Indian J Public Health*. 66(3):313-320. doi: 10.4103/ijph.ijph_708_22. PMID: 36149111.
- Aggarwal S, Sabharwal V, Kaushik P, Joshi A, Aayushi A and Suri M (2022) Postbiotics: From emerging concept to application. *Front. Sustain. Food Syst*. 6:887642. doi: 10.3389/fsufs.2022.887642
- Aggarwal S, Sabharwal V, Nagpal N, Khera N, Pandita P, Rachna, Adhikari S and Bhat P. Knowledge, Perception and Practices of Immunity Boosters During Covid-19 Outbreak Among Adults Residing in Urban Areas of Delhi.(2022) *International Journal of Food and Nutritional Sciences*. 11:54-61. DOI: 10.4103/ijfans_139-22
- Suri M, Sabharwal V, Kaushik P, Joshi A, Aayushi and Aggarwal S. Association of Prebiotic and Probiotic Food Consumption with Depression, Anxiety and Stress among College Going Students. (2022). *The Indian Journal of Nutrition and Dietetics*, 59 (1), 68-88 2022. <https://doi.org/10.21048/IJND.2022.59.1.28714>. ISSN: 0022-3174; eISSN: 2348-621X.
- Sabharwal, V., Subbiah, N., Yadav, A. (2021). Exploring Spectrum of Nutritional Challenges in the Context of Covid-19 Pandemic in India. *Indian Journal of Applied Research*. 11 (3). ISSN No2249 - 555X | DOI : 10.36106/ijar
- Sarkar, A., Sabharwal, V., Qualitz, G., Bader, N. (2020). Influence of Social Inequalities on Dietary Diversity and Household Food Insecurity: An In-Depth Nutrition Baseline Survey Conducted in Madhya Pradesh, India. In Biesalski HK (ed): Hidden Hunger and the Transformation of Food Systems. How to Combat the Double Burden of Malnutrition? *World Rev Nutr Diet. Basel, Karger*, 121,212–220 . ISBN: 978-3-318-06697-5 (DOI:10.1159/000507515)
- Mathews, T., Bhardwaj, M., Kapila, R., Sabharwal, V., Suri, M. (2020). A Questionnaire Based Pilot Study of Sleep Patterns and Problems Among the Elderly in Delhi. *International Journal of Current Advanced Research*, 09(06), 22482-22487. DOI: <http://dx.doi.org/10.24327/ijcar.2020.22487.4436>
- Mondkar, J., Chugh Sachdeva, R., Shanbhag, S., Khan, A., Manuvar Sinha, M., Dasgupta, R., Israel-Ballard, K., Sabharwal, V. (2018). Understanding Barriers and Facilitators for Human Milk Banking Among Service Providers, Mothers, and Influencers of Preterm and Sick Neonates Admitted at Two Health Facilities in a Metropolitan City in India. *Breastfeeding Medicine*, 13(10):694-701. doi: 10.1089/bfm.2018.0103 . ISSN. 15568253
- Wadhwa, KS., and Sabharwal, V. (2018) Exploring usage of smart phone for accessing nutrition information among college going students of Delhi. *International Journal of Recent Advances in Multidisciplinary Research*, 5 (6), 3918-3923.
- Puri, D., Kataria, D., Sabharwal, V. (2018) Augmenting Frying Stability of Soybean Oil by Incorporation of Curcumin. *Global Journal of Engineering Science and Researches*, 5(6) :176-182. DOI- 10.5281/zenodo.1291917.
- Nangia, S., Sachdeva, RC., and Sabharwal, V. (2018). Human Milk Banking: An Indian Experience. *NeoReviews*, 19:e201. DOI: 10.1542/neo.19-4-e201-210. ISSN 1526-9906 (Scopus and UCG-Care Approved)
- Puri, D., Kataria, D., Sabharwal, V. (2016). Enhancing stability of soyabean oil by addition of curcumin. Proceedings of International conference on Development of Economies through Innovation and Sustainable Growth: Vision 2020, Institute of Hotel Management, Catering and Nutrition and International Association of Research and Development Organization. ISBN: 978-194523994-6.
- Sharma, P., and Sabharwal, V. (2014) Development of a Nutritious Infant Food Premix using Household Food Processing Techniques. *International Journal of Food and Nutritional Sciences*, 4 (5):64-70. e-ISSN: 2320-7876.
- Sabharwal V. (2014) Myths and Beliefs Surrounding Complementary Feeding Practices of Infants in India. *Journal of Community Nutrition and Health*, 3 (1); 34-8.
- Sabharwal, V., and Passi, SJ. (2014). Use of Participatory Rural Appraisal as a Tool for Understanding Reasons for Non- Exclusive Breastfeeding in the First Six Months of Infancy. *International Journal of Food and Nutritional Sciences* 3(1); 116-120.

<ul style="list-style-type: none"> ▪ Sabharwal, V., and Passi, SJ. (2014). Effectiveness of Peer-Counseling for Promoting Optimal Complementary Feeding Practices among Infants Belonging to Urban Slums of Delhi' <i>International Journal of Medical Research and Health Sciences</i>, 3(2):289-96. ▪ Sabharwal, V., and Passi, SJ. Exploring Reasons for Not Practicing Exclusive Breastfeeding for the First Six Months in Urban Slums of Delhi. (2013). <i>The Indian Journal of Nutrition and Dietetics</i>, 50(12): 506-17. ISSN: 0022-3174 ▪ Sabharwal, V., and Sharma, P. (2013). Effect of Food Insecurity on Nutritional Status of Children (6-59 Months) – A Study in Urban Slum of North Delhi. <i>The Indian Journal of Nutrition and Dietetics</i>, 50 (12): 492-8. ISSN: 0022-3174
Conference Proceedings published/edited
<ul style="list-style-type: none"> • Suri M, Aggarwal S, George A, Sabharwal V, Kumar B and Parray I. Proceedings of Two-day International Brain Research Organization Virtual Symposium on Recent Trends in Brain Research: Unlocking the Mysteries. AkiNik Publications. 2022
Book chapters published/edited
<ul style="list-style-type: none"> ▪ Co-authored the chapters in Post Graduate Diploma in Public Health Nutrition developed by Department of Community Health Administration, National Institute of Health and Family Welfare, Government of India. <ul style="list-style-type: none"> - Nutrition promotion for good health - Nutrition during neonatal period and Infancy - Severe Acute Malnutrition: community based/ facility-based management - Understanding Malnutrition - Meal planning and home-based care - Nutrition Promotion and Communication Strategies: methods of communication - Planning and conducting Nutrition/ Health Education Programme for the community ▪ Co-Author chapter entitled 'Existing evidence and essential nutrition action for improving maternal and child nutrition' for Module nutrition in Reproductive and child health of postgraduate diploma in management of Reproductive and Child Health Programmes offered by Indian Institute of Public Health Delhi through distance learning mode (2012).
Association with Professional Societies
<ol style="list-style-type: none"> 1. Life member of Nutrition Society of India 2. Life member of Nutrition Foundation of India 3. Life member of Indian Dietetic Association 4. Member of Breastfeeding Promotion Network of India 5. Member of Epidemiology Foundation of India 6. Life member of Home Science Association of India
Any other
<ul style="list-style-type: none"> ▪ Member of expert committee for drafting National Guidelines on Lactation Management Centres in Public Health Facilities, 2017