




INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI



Name	Dr Anshu Sharma	
Designation	Assistant Professor	
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Educational Qualifications:

PhD – Food and Nutrition (University of Delhi)

MSc – Home Science - Food and Nutrition (CCSHAU, Hisar)

BSc – Home Science (Hons) with specialisation in Food and Nutrition (University of Delhi)

Teaching experience:

- ✓ July 2010 to December 2020 as Guest Faculty at Ashoka Institute of hospitality and tourism management (AIHTM)
- ✓ July 2014 to May 2016 as Guest Faculty at Institute of Home Economics, University of Delhi
- ✓ July 2016 till date as Assistant Professor at Institute of Home Economics, University of Delhi
- ✓ Involved as a Counsellor (Teaching and evaluation) in IGNOU Diploma, certificate and PG nutrition courses since 2000
- ✓ Involved in teaching SOL nutrition courses (2017 – 2021)

Subjects/Papers Taught

BSc (Home Science)

- Food and Nutrition
- Nutrition for the Family
- Nutrition – A lifecycle approach
- Nutrition Health Communication
- Current Concerns in Public Health Nutrition
- Public Nutrition and Dietetics
- Sports Nutrition

MSc (Foods and Nutrition)

- Advanced Human Nutrition
- Public Health Nutrition
- Technical Writing
- Nutritional Epidemiology
- Public Health Applications of Malnutrition
- Problems, Policies and Programmes in Public Health Nutrition
- Nutrition Communication in Health Promotion

DDPHN

- Advanced Nutrition
- Public Health Nutrition

Awards received

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.

Research Interest/Specialization

- Maternal and Child Health
- Nutritional Anaemia
- Adolescent Nutrition
- Infant and young child feeding
- Sports Nutrition
- Yoga
- Immunity boosting foods

ORCID No.

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Research papers since 2010 (APA format)

- ✓ Anshu Sharma, K Madhavan Nair, S Garg, Prema Ramachandran. Impact of IM iron therapy in pregnant women with moderate anaemia. *Indian Journal of Obstetrics and Gynecology Research* 2022;9(3):361-368. ISBN no. E-ISSN: 2394-2754.
- ✓ Sharma A, Agarwal A and Agarwal KN. Prevalence of Nutritional Anemia in 'Brain Growth Period'. *SunText Rev Pediatr Care* 2022, 3(1): 128. ISSN: 2766-5216
- ✓ Dimple Rawat, Anshu Sharma, Arti Gulati, Amit Kumar, Ram Sagar. To determine the predictors of sleep quality in young adults using modifiable lifestyle factors for non-communicable diseases: A cross-sectional study. *Indian J Sleep Med* 2021; 16(4):97-101. eISSN: 0973-8746
- ✓ 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

- Have supervised eight Masters students for their dissertation
- Reviewer of papers in some journals
- 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.

