




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: 13 Years, September 2012 onwards		
Subjects/Papers Taught: <ul style="list-style-type: none">• BSc (Home Science): Nutrition for the Family, Nutrition Health Communication, Public Nutrition and Dietetics, Food Science, Research Methods in Home Science• MSc (Home Science)- Statistics and Computer Application, Research Methods, Public Health Nutrition, Nutritional Epidemiology, Technical Writing		
Research Interest/Specialization: <ul style="list-style-type: none">• Maternal, infant and young child nutrition• Management of severe acute malnutrition• Food fortification• Food and nutrition security and resilience• Monitoring and evaluation of health programmes		
Research Projects		
Title	Funding agency/organization	Duration of Project
<ul style="list-style-type: none">• Co-trainer for implementation of the quantitative Follow-Up Survey for the GIZ SENU Project in Madhya Pradesh and Maharashtra	ICON INSTITUT GmbH, Germany	3 Months
<ul style="list-style-type: none">• Facts Driven Community- Based Intensive Participatory Approach for Improving Child Nutrition Status in Himachal Pradesh	PHNDC & CORD	3 years
<ul style="list-style-type: none">• Designing tools for assessing the implementation status of obesity policies, strategies and interventions and surveillance in Member States of WHO South- East Asia Region	World Health Organization	2 months
<ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• 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. <i>Indian J Public Health</i>. 66(3):313-320. doi: 10.4103/ijph.ijph_708_22.• Aggarwal S, Sabharwal V, Kaushik P, Joshi A, Aayushi A and Suri M (2022) Postbiotics: From emerging concept to application. <i>Front. Sustain. Food Syst</i>. 6:887642.		

- 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 (
- 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.
- 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.
- Sabharwal, V., and Passi, SJ. (2014). Effectiveness of Peer-Counselling for Promoting Optimal Complementary Feeding Practices among Infants Belonging to Urban Slums of Delhi' *International Journal of Medical Research and Health Sciences*, 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). *The Indian Journal of Nutrition and Dietetics*, 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. *The Indian Journal of Nutrition and Dietetics*, 50 (12): 492-8. ISSN: 0022-3174

Book Chapters:

- Co-authored *Essentials of Research Methodology: A Practical Manual*, published by Elite Publishing House (ISBN: 978-81-955567-9-3).
- Contributed as a co-author to multiple chapters in the *Post Graduate Diploma in Public Health Nutrition* developed by the Department of Community Health Administration, National Institute of Health and Family Welfare, Government of India.
- Co-authored the chapter titled "*Existing Evidence and Essential Nutrition Actions for Improving Maternal and Child Nutrition*" in the module on Nutrition in Reproductive and Child Health, part of the *Postgraduate Diploma in Management of Reproductive and Child Health Programmes* offered by the Indian Institute of Public Health, Delhi, through distance learning.

Conference Proceedings:

- 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

Association with Professional Societies

- Life member of Nutrition Society of India
- Life member of Nutrition Foundation of India
- Life member of Indian Dietetic Association
- Member of Breastfeeding Promotion Network of India
- Member of Epidemiology Foundation of India
- 6. Life member of Home Science Association of India

Awards Received

- Received an Appreciation Award from Quaker Oats for poster presentation at the 47th Annual National Conference of the Nutrition Society of India, held at NIN, Hyderabad, December 2015.
- Awarded the J. N. Bose Memorial Award for Best Paper Presentation at the 44th Annual National Conference of the Indian Dietetic Association, held from 3–5 November, 2011.
- Awarded the Senior Research Fellowship by the Indian Council of Medical Research (ICMR) for the period 2004–2008.
- Secured First Position in B.Sc. (Hons) Home Science with specialization in Food and Nutrition at the Institute of Home Economics, University of Delhi, in 1997.
- Conferred the Onkar Nath Ganju Memorial Prize for being the best student of B.Sc. (Hons) Home Science, 1997.

Any other**Contribution in National Programmes and Policy Framing**

- Member of expert committee for drafting National Guidelines on Lactation Management Centres in Public Health Facilities, MoHFW. GoI, 2017.
- Member of Joint Review Mission on Mid-May Meal Delhi, conducted by MHRD, GoI, 2013.
- Advocacy officer for amendment of IMS Act Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992

Experts on Panels of Organizations/ Journals

- Institutional Ethics Committee of RAK College of Nursing, 2024 onwards
- Expert Committee on Hospital, Diagnostics & Wellness and Medical Devices for 2022-23 at PHD Chamber of Commerce & Industry.
- Editorial board of International Journal of Nutrition and lifestyle
- Reviewer for European Journal of Nutrition and Food Safety

ORCID ID: <https://orcid.org/0000-0003-2571-9794>

LinkedIn profile: <https://www.linkedin.com/in/dr-vandana-sabharwal-32b43612a>