



MSc Dissertation (2025-26)

S. No.	Name of Student	Name of Supervisor/s	Dissertation Title
FN01	Afreen Mansoor	Prof. Shipra Gupta	Influence of Social Media on Dietary and Lifestyle Behaviours among College Students in Delhi
FN02	Parul Goel	Ms. Archana Bhagat	A comparative study on Awareness, Perception and Food Consumption behaviors of Ready to Eat Foods among College Students living as Day Scholars and Hostellers
FN03	Simran Dua	Ms. Archana Bhagat	Knowledge, Attitudes and Practices towards Food Waste among Households
FN04	Chandrika Nimesh	Prof. Shipra Gupta and Dr. K. Geeta	Impact of Occupational Stress on Dietary Practices and Nutritional Status among Teachers of Private Schools in Delhi
FN05	Deepali Upadhyay	Ms. Archana Bhagat and Prof. Bani Tamber Aeri	Association of perceived stress and emotional eating behaviours in young adult females: A cross sectional study
FN06	Deepika	Dr. Ankita Gupta	Development and evaluation of guava-kiwi fruit jam : analysis of physiochemical,nutritional and sensory properties.
FN07	Ishita Gupta	Dr. Ankita Gupta and Dr.Tahreen Kausar	Assessment of Nutritional Status and Stress Coping Strategies among College-Going Students in New Delhi
FN08	Atom Chanu Blondii	Prof. Bani Tamber Aeri	A Comparison Study on "Sustainable Diet Practices" among young adults of Delhi and Manipur
FN09	Itu Dutta	Dr. Vidhu Yadav	Green Synthesis of Nanocellulose from Agri-food waste and its application
FN10	Jahnavi	Dr. K. Geeta and Dr. Meenakshi Vachher	Consumer Acceptability and Nutrient Analysis of Foxtail Millet based Food Products
FN11	Jigmat Angmo	Dr. Vandana Sabharwal	Knowledge and perception of eating disorders among nutritional professionals practicing in Delhi NCR
FN12	Angel Yadav	Dr. Vandana Sabharwal and Dr. Meenakshi Vachher	Dietary Practices and Perceptions Among Women with Polycystic Ovary Syndrome Attending a Public Hospital in Delhi
FN13	Mansi	Dr. Vidhu Yadav	Green synthesis of silver nanoparticles and



			their application in Kodo millet starch-based biodegradable films
FN14	Priya Dwivedi	Ms.Sanyogita Soni	Nutritional assessment of cancer patients undergoing chemotherapy
FN15	Prachi Mishra	Ms. Deepshikha Kataria	Development and Evaluation of a millet-based frozen patty fortified with pea protein isolate
FN16	Prerna Negi	Prof. Bani Tamber Aeri	HFSS Foods consumption and its association with hypertension and adiposity phenotype (thin-fat obesity) among working women
FN17	Prinshi Bajpai	Dr.Vidhu Yadav and Dr. Vandana Sabharwal	Dietary fibre intake and its association to gut health among young adults in Delhi - NCR
FN18	Himanshi	Dr. Tahreem Kausar	The Association of Nutrition with Menstrual Cycle and Work Performance of Domestic Workers
FN19	Sakshi Gupta	Ms. Deepshika Kataria	Effect of frying Frozen vs. Freshly prepared Indian snacks on Advanced Glycation End Products (AGEs) and oxidative stability of frying oil
FN20	Khushi verma	Dr. Tahreem Kausar	Market Survey on HFSS Bakery Products Based on Labelling in Shahadra, Delhi
FN21	Sneha yadav	Prof. Shipra Gupta	Nutrition Knowledge and Perceptions Regarding Nutrition Education Preparedness and Practices among Teachers of Government and Private Schools in Delhi
FN22	Tsering Dolkar	Dr. Kumari Geeta	Knowledge, attitude and practice about fortified foods among college going girls
FN23	Upasana Yadav	Ms.Sanyogita Soni	Dietary diversity and its associated factors among college going students
FN24	Vaishnavi Singh	Dr. Ankita Gupta	A Study on Food Choices and the Influence of Food Delivery Applications Among College Students



MSc Dissertation (2024-25)

S. No.	Name of Student	Name of Supervisor/s	Dissertation Title
FN01	Akshara M	Dr. Tahreem Kausar	Development and nutritional evaluation of home-based premix and formulation of sweet and savoury product
FN02	Alina Khan	Dr. Kumari Geeta	Association of culinary skills and ultra processed foods consumption pattern in adults (25-45 years) residing in Delhi-NCR
FN03	Amrita	Dr. Bani Tamber Aeri	Nutritional adequacy of pre- and post- competition meals consumed by professional football players in Delhi
FN04	Ayushi Kapoor	Ms. Archana Bhagat	Knowledge and practice of using performance-enhancing substances among individuals attending fitness centres
FN05	Deepshikha Gupta	Dr. Bani Tamber Aeri	Impact of breakfast consumption on academic performance and risk of depression among adolescent girls attending government school in Delhi
FN06	Farhaque Parveen	Dr. Vandana	Microencapsulation of bioactive compounds of <i>syzygium cumini</i> (jamun) leaves extract for enhanced stability
FN07	Garima Batra	Dr. Vandana Sabharwal	Impact of sugar claims on purchase decisions and perceptions among women suffering from or at risk of lifestyle disorders residing in Delhi/NCR
FN08	Kusum	Dr. Vandana	Formulation, development, and analysis of gluten free nachos by incorporating pumpkin peel flour and lemongrass powder
FN09	Michelle Loyi	Ms. Deepshikha Kataria	Effect of sun drying and tray drying on the antioxidant and antimicrobial properties of fermented bamboo shoots
FN10	Nisha	Ms. Deepshikha Kataria	Knowledge, attitude and practices (KAP) regarding dietary fat consumption pattern among women residing in Jhajjar district, Haryana
FN11	Piyusha	Prof. (Dr.) Shipra Gupta	Knowledge, attitude and practices about fluid intake and hydration among college students in Delhi-NCR
FN12	Priya Dwivedi	Ms. Srishti Negi	Caregivers' perspectives on high sugar and salt intake in infant diets: a KAP assessment in Delhi
FN13	Shiwani	Dr. Vidhu Yadav	Green synthesis, characterization and antimicrobial activity of metal nanoparticles prepared for biowaste
FN14	Sreeshna Anil	Dr. Kumari Geeta	Assessment of dietary patterns, adaptability and nutritional challenges among migrants from kerala to Delhi
FN15	Surbhi Juyal	Prof. (Dr.) Shipra Gupta	Perceptions about home food environment and association with diet and body mass index among female college students in Delhi
FN16	Vanshika Anand	Ms. Archana Bhagat	Breakfast skipping and its relation to health compromising behaviours among college going students



			of Delhi
FN17	Vanshika Saini	Mrs. Sanyogita Soni	Knowledge and perception of plant-based diets among urban young adults: a cross-sectional study on health and environmental sustainability
FN18	Yashita	Ms Ankita Gupta	Impact of dietary habits on obesity among school teachers in Delhi
FN19	Vanshika Malhan	Dr. Vandana Sabharwal	Assessment of perceived benefits and affordability of ICMR-NIN myplate for the day among women residing in urban slums of Delhi





Institute of Home Economics
University of Delhi
Accredited 'A++' Grade by NAAC
'Star College Scheme' by DBT
DST-FIST Awardee

