



National Centre of Excellence and Advanced
Research on Diets (NCEARD)

Department of Food & Nutrition, Lady Irwin College

First Founders' Day

ANNUAL PROGRESS REPORT

2018 - 2019





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NATIONAL CENTRE OF EXCELLENCE AND ADVANCED RESEARCH ON DIETS (NCEARD)
DEPARTMENT OF FOOD & NUTRITION, LADY IRWIN COLLEGE

ANNUAL PROGRESS REPORT 2018 - 2019

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BACKGROUND

The National Centre of Excellence and Advanced Research on Diets (NCEARD) established in the year 2018 within the Department of Food and Nutrition at Lady Irwin College, New Delhi with the start up support from UNICEF is a technical assistance resource centre to the Ministry of Health and Family Welfare (MoHFW), Government of India on research and policy formulation for women's nutrition. The centre is the designated lead for development and testing of guidelines on strengthening maternal nutrition services at antenatal care at facility and community level; guiding consensus driven policy needs on maternal nutrition; act as an apex laboratory for development and standardization of local food products; design and conduct capsular training programmes; and undertake research and nutrition awareness activities.

VISION

To be the technical wing for Maternal Health Division, MoHFW, Government of India for policy, research and programme guidance for improving maternal nutrition with focus on diets and work towards becoming an International centre.

TIMELINE



OBJECTIVES

To test the operational feasibility and challenges of integrating maternal nutrition into routine antenatal care and *Pradhan Mantri Surakshit Matritva Abhiyan* (PMSMA)

01

To guide consensus-driven policy needs on maternal nutrition for Maternal Health Division, MoHFW, Government of India, through policy briefs

To guide consensus-driven policy needs on maternal nutrition for Maternal Health Division, MoHFW, Government of India, through seminars

02

To act as an apex food skill lab/reference lab for development and standardization of local food products for management of disorders of overweight and obesity, undernutrition and anemia in women

03

To design, test and conduct capsular training programmes for medical/paramedical professional's on maternal nutrition

04

To design and test standard operating procedures for management of maternal overweight and obesity in pregnancy and lactation through primary health centre/community health centre and associated regional centres

05

To design a longitudinal study research protocol and generate evidence on nutritional status of pregnant women and relate it with birth outcome

06

ORGANOGRAM



SUMMARY REPORT

Over the past one year through NCEARD and support from various government ministries, partner organizations and individuals, significant progress has been made. These include but are not limited to a) release of *Janani Shishu Suraksha Karyakram* (JSSK) Diet Norms guidelines in September, 2018; b) *Jan Andolan* activities at test, talk and treat (T3) camps under *Anemia Mukta Bharat* in collaboration with National Centre of Excellence and Advanced Research on Anemia Control (NCEARA), All India Institute of Medical Sciences, and use of artificial intelligence and IT based methods for creating awareness at The Partnership for Maternal, Newborn & Child Health (PMNCH) forum and *Eat Right Mela* conducted by Food Safety and Standards Authority of India (FSSAI); c) development and ongoing pilot testing of draft maternal nutrition guidelines and tool kit across the country with the objective of integrating maternal nutrition into routine antenatal care. A mix of 13 academic institutes, development partner agencies, non-government organisations and state government with support from UNICEF are pilot testing the algorithm.

NCEARD also organizes capsular training programmes for nutrition and health professionals including courses on nutrition epidemiology through collaboration with International Institute for Population Sciences (IIPS), Mumbai. Capacity building of the Centre's team is of utmost priority and in 2018-19, training and refresher sessions on counselling methods, CSPro, and introduction to EndNote, have been facilitated by experts hosted by the NCEARD. The team also underwent a visioning exercise to set goal, objectives and plan activities for the annual cycle.

The governance and reporting related activities of the centre include submission of monthly and quarterly progress reports to MoHFW and UNICEF, Statement of Expenditure every quarter and Project Monitoring Visit report (monthly) to UNICEF. For internal control, regular maintenance of attendance and leave records of personnel, administrative files, stock and asset register and quarterly financial audit at Lady Irwin College is done.

The centre has expanded the team and is inclusive of professionals from diverse fields including nutrition, food technology, nutrition communication, data analysts and epidemiologists with sound organisation structure in place (as depicted in the organogram).



MAJOR ACTIVITIES CONDUCTED 2018-2019



The launch year of the Centre, witnessed significant progress and achievements under most objectives, as well as addition of new activities and partners.

1. Operational feasibility and challenges of integrating maternal nutrition into routine antenatal care and PMSMA

A) Desk reviews, consultations and networking

Four consultations were conducted for policy development on maternal nutrition.

- Scaling Up Maternal Nutrition Services in Health Systems in India' (April 2-3, 2018, New Delhi)

The MoHFW and UNICEF jointly organized National Maternal Nutrition Technical Consultation on 'Scaling-up Maternal Nutrition

Services in Health Systems in India' held on April 2-3, 2018 where the draft guidelines were presented among the expert group.

- UNICEF SAARC Regional Conference: Stop Stunting – Scaling up the Nutritional Care of Women in South Asia (May 7-9, 2018, Kathmandu, Nepal)
 - NCEARD provided technical and administrative support for the UNICEF SAARC Regional Conference on "Stop Stunting: Power of Maternal Nutrition"





held on May 7-9 2018 at Kathmandu, Nepal.

- NCEARD supported development of presentation on “Global guidance and recommendations on maternal nutrition,” displayed a market stall and chaired a session at the event.

➤ Partners' Orientation Workshop (July 30-31, 2018, New Delhi)

Two-day partner's orientation workshop was held in New Delhi where an open call was

made to various organizations to pretest the maternal nutrition package at their field sites. The workshop was very well-represented by the delegates from Maternal Health Division, Ministry of Health and Family Welfare, NHSRC, development partners, academic consortium and maternal nutrition technical experts. Total of 160 participants and 42 organizations participated in the workshop, where the draft maternal nutrition package was presented.



➤ 'Promoting Healthy Diets Through Local Food Systems', National Workshop (20-21 February, 2019, New Delhi)

The plan of Improving Dietary Diversity under Poshan Abhiyan initiated in the month of November 2018 which involved seven states with 16 nutrition and agriculture institutions. The overwhelming response and active involvement to work in promoting healthy diets later expanded and extended to 16 States (Andhra Pradesh, Assam, Bihar, Jharkhand, Chhattisgarh, Madhya Pradesh, Maharashtra, Rajasthan, Gujarat, Uttar Pradesh, Karnataka, Kerala, Tamil Nadu, Uttarakhand, Telangana, New Delhi) and 42 participating Institutions in the workshop on 'Promoting Healthy Diets Through Local Food Systems.'

Prior to the main workshop, pre-workshop meetings were held at the state level by the UNICEF State offices in coordination with UNICEF, Delhi and NCEARD, Lady Irwin college for necessary understanding and preparation for the workshop. The pre-workshop meeting was conducted by the following states: Lucknow, Hyderabad, Jharkhand, Bihar, Assam, Rajasthan, Madhya



Pradesh. Furthermore, background work on compilation of recipes and abstracts was undertaken wherein the institutes shared their abstracts and innovative recipes. The workshop was successfully conducted on 20-21st February 2019 at Le Meridian, New Delhi.

The workshop had participation from more than 250 delegates from 42 institutions (IITs, Food and Nutrition, Food Technology and Agriculture Universities) across 16 Indian states of India, UN Agencies (UNICEF, WFP, FAO), State government (WCD, State Rural Livelihood Mission, Agriculture Commission), Development and Media Partners. Out of 42 institutions, 28 institutions from 14 states



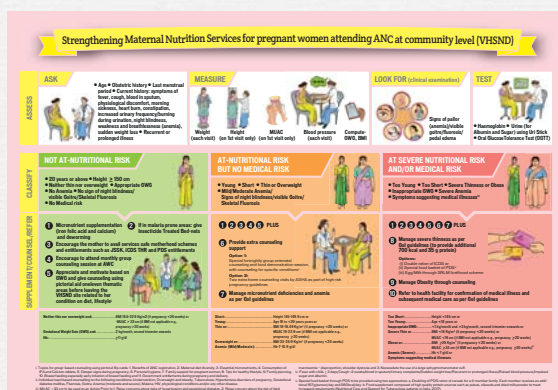


had opted for market place display wherein, innovations in terms of Food Product Development and Agriculture produce was displayed. The workshop kicked off at a very promising note of how academia and Agriculture institutes may come forward and contribute to improve the situation of dietary diversity in India especially aspirational districts of the 16 participating states with support from Government and potential donor agencies. Letters to states from NITI Aayog have been shared to initiate this activity.

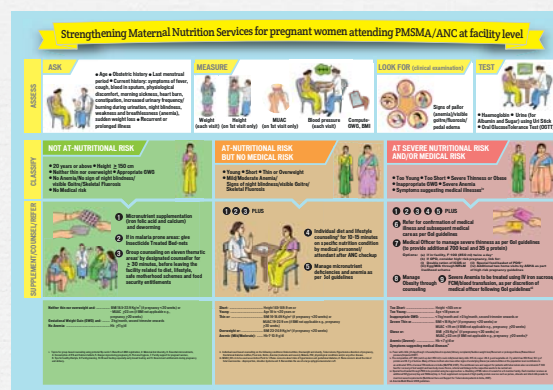
B) Maternal nutrition tool kit (Package) on Strengthening Maternal Nutrition Services in Antenatal Care at Facility and Community Level

- The package inclusive of the guidelines, methodology of pilot testing and training presentations, algorithm for facility and community level, BMI chart and BMI mobile application for field workers, counselling material (flip book, at-risk cards, dialogue cards (additional material) on six thematic areas, recipe books, *thali* models for normal weight, underweight and obese pregnant women, pamphlets on seven conditions), nutrient rich cards, CAPI based tool on CSPro, monitoring checklist and Frequently Asked Questions (FAQs) have been developed as a part of the maternal nutrition package. To assess the operational feasibility of the draft maternal nutrition package at facility and community level, pre-testing of the algorithm and tool kit has been initiated at various state sites including NCEARD sites.

Maternal Nutrition Tool Kit



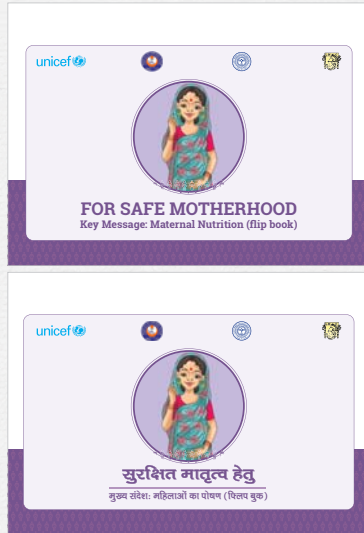
Algorithm for community



Algorithm for facility

Counselling material

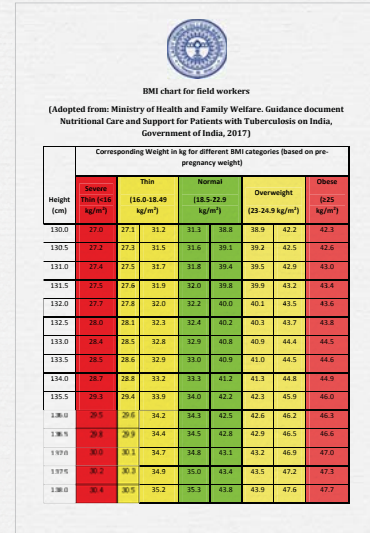
Flipbook



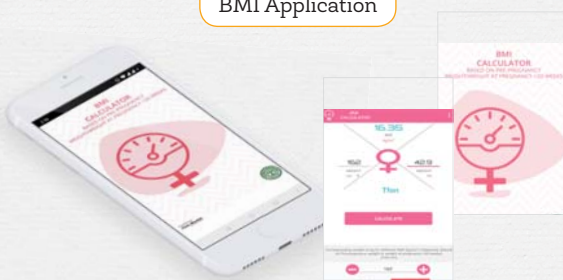
At-risk cards



BMI chart



BMI Application



Thali Models



Normal pregnant women

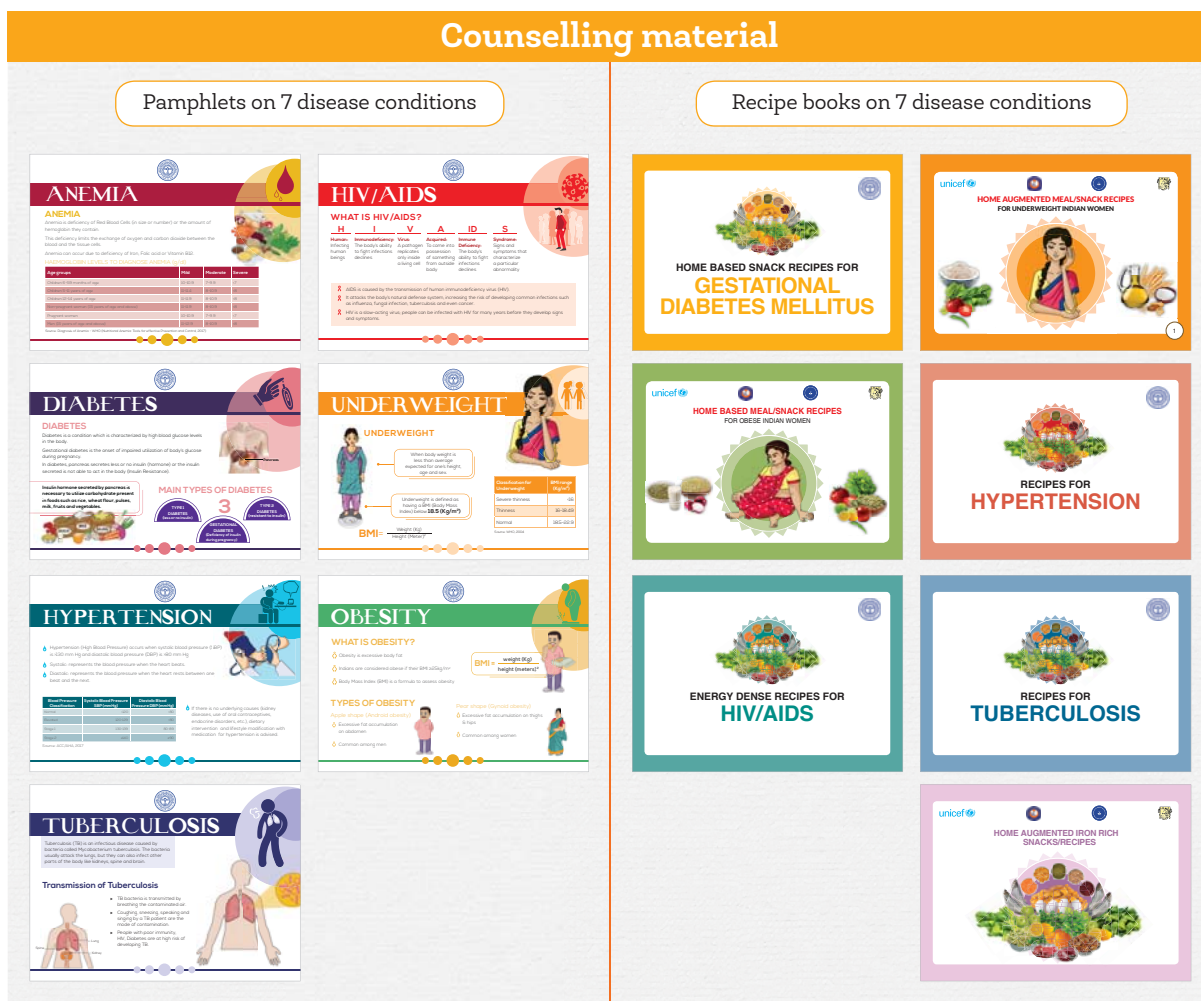
Dialogue cards



Underweight pregnant women Obese pregnant women

Maternal Nutrition counselling material

Counselling material



➤ Development and standardization of various recipes with costing

To act as an apex food skill lab/reference lab for development and standardization of local food products for management of select conditions, various recipes have been developed as provided below.

- 13 standardised recipes developed for underweight women (freshly prepared: 5, ready to eat: 8) with costing
- 14 standardised recipes developed for overweight/obese women (Meal replacement: 6, snack replacement: 8) with costing

- 10 standardised iron rich recipes developed for anemic women (freshly prepared: 5, ready to eat: 5) with costing
- 5 recipes (freshly prepared) each for other diseases namely diabetes and gestational diabetes mellitus, hypertension, tuberculosis and HIV have been developed, standardised and finalised with costing.

➤ Pamphlets on 7 conditions

Do's and Don'ts for 7 conditions namely underweight, overweight and obesity, diabetes and gestational diabetes mellitus, hypertension, HIV, tuberculosis and anemia have been developed and digitized for mass awareness.

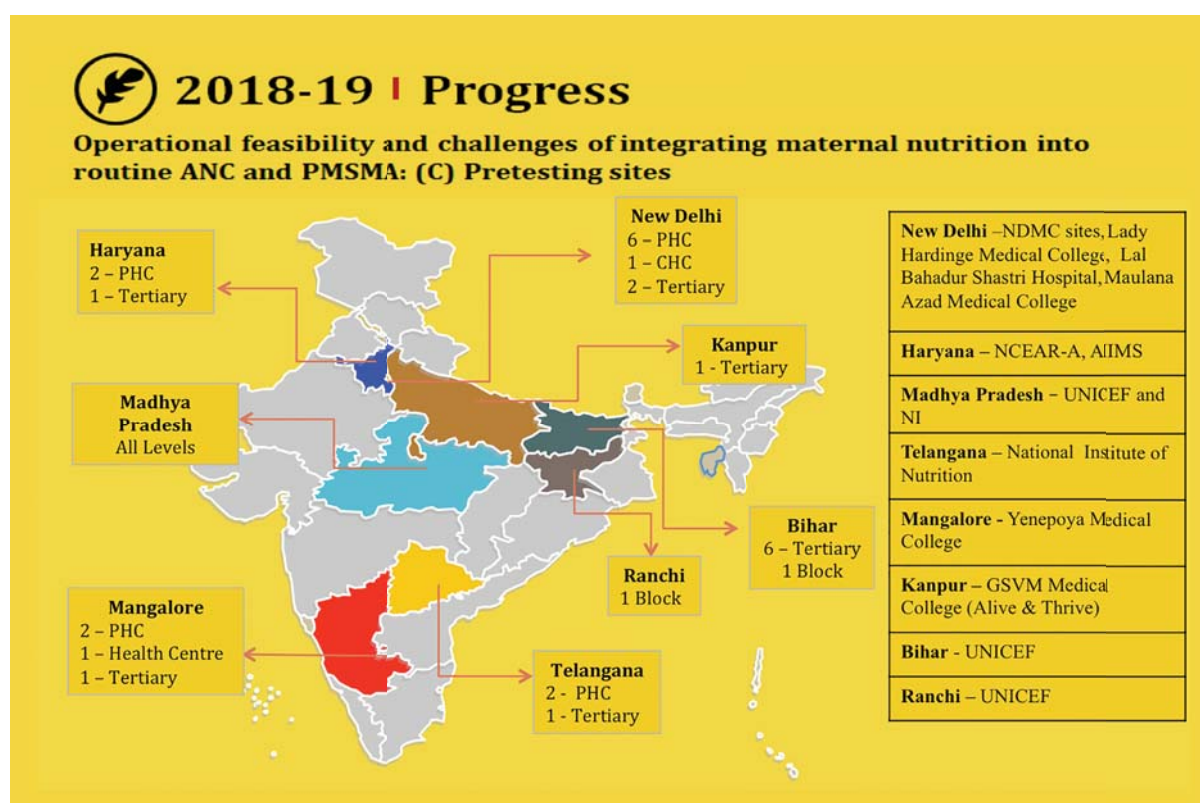
C) Pilot testing of guidelines at different levels and sites at facility and community level

- Field testing to understand the operational feasibility of the draft maternal nutrition tool kit is being undertaken at antenatal care platforms (facility and community level) in different parts of India including New Delhi, Haryana, Kanpur, Madhya Pradesh, Bihar, Ranchi, Telangana and Mangalore by a mix of 13 academic institutes, development partner agencies, non-government organizations and state government.

The NCEARD team from December 17, 2018 - January 30, 2019 conducted the pretesting of the developed maternal nutrition package at the following sites, after obtaining necessary approvals and permissions:

- Palika Maternity Health Centre, Lodhi Road, New Delhi (CHC)
- NDMC Shishu Kalyan Kendra, Shaheed Bhagat Singh Marg, New Delhi (PHC)
- NDMC Dharam Marg, New Delhi (PHC)
- Lady Hardinge Medical College, New Delhi (Tertiary)
- Lal Bahadur Shastri Hospital, New Delhi (Tertiary)
- Maulana Azad Medical College (MAMC), New Delhi (Gokal Puri and Barwala) (PHC)
- Centre for Community Medicine, AIIMS, Ballabgarh, Haryana (CRHSP, Ballabgarh (District Hospital), Chhainassa Village, Haryana (PHC) and Dayalpur Village, Haryana (PHC)).

To ensure quality of data collection, internal and external monitoring spot checks and refresher sessions on counselling and anthropometric techniques were conducted.





D) Conducted trainings for partners

- Before initiation of pretesting, NCEARD organised detailed orientation cum trainings for collaborating agencies/ organisations.
- District level training was conducted at Vidisha district, Madhya Pradesh on 7-8th December 2018: Two resource persons from NCEARD supported the district level training of health workers at Vidisha district, Madhya Pradesh along with UNICEF, state government and Nutrition International. A total of 35 health workers were trained for initiating the pretesting of maternal nutrition package at various sites across Madhya Pradesh. Furthermore, identification of prospective master trainers from the first batch was also done for further trainings.

The training was provided through presentations, demonstration, role-play and practice clinics. Pre- and post- test was also conducted to understand the impact of training on the knowledge level of the participants. The entire package was provided to the participants (print files) to help initiate pretesting at their field sites.

- National level training at Lady Irwin College, New Delhi on 14-15th December 2018: A two-day training workshop on 'Strengthening maternal nutrition services in antenatal care (health facilities, PMSMA and VHSND)' was organized by the NCEARD at Lady Irwin College. The training was attended by representatives/ speakers from select organizations including INREM Foundation, Lal Bahadur Shastri Hospital, Alive and Thrive, Maulana Azad Medical College, National Institute of Nutrition, UNICEF (Hyderabad), International Institute for Population Sciences, Lady Hardinge Medical College, GTB Hospital, ENVisions Institute of Development, NCEAR-A, All India Institute of Medical Sciences and NCEARD, Lady Irwin College.

The training was provided through presentations, demonstration, and practice clinics to a total of 30 participants. Sessions were inclusive of orientation of the protocol, technical algorithm, anthropometry and blood pressure measurement, assessment of clinical signs, data entry (register/screening format/ CSPro), analysis and reporting, operational protocol, counselling, measurement techniques of biochemical parameters, monitoring and evaluation. The link of

the entire maternal nutrition package was shared with collaborating partners, UNICEF and MoHFW.

- **State level training at National Institute of Nutrition (NIN), Telangana on 23-24th January 2019:** Two resource persons from NCEARD supported the state level training of programme managers, faculty of NIN, Yenepoya Medical college, Mangalore, health workers and other research personnel along with UNICEF, at NIN, Telangana. A total of 20 person(s) were trained for initiating the pretesting of the maternal nutrition package at various sites across Telangana (3 sites) and Mangalore (4 sites). Furthermore, identification of prospective master trainers from the first batch was also done for further trainings.

The training was provided through presentations, demonstration, role-play and practice clinics. Sessions were inclusive of orientation of the protocol, technical algorithm, anthropometry and blood pressure measurement, assessment of clinical signs, data entry (register/screening format/CSPPro), analysis and reporting, operational protocol, counselling, measurement techniques of biochemical parameters, monitoring and evaluation. The link of the entire maternal nutrition package was shared with collaborating partners to help initiate pretesting at their field sites.

- **District level training at Ramgarh (UNICEF Ranchi) on 28-29th January 2019:** Two resource persons from NCEARD supported the district level training of health workers including CDPOs, Medical officer-In charge, medical officers, ANMs, and other personnel along with UNICEF and state at Ramgarh district, Ranchi. A total of 25 person(s) were trained for initiating the pretesting of the maternal nutrition package at various sites across Mandu Block, Ramgarh district, Ranchi. Furthermore, identification of prospective master trainers from the first batch was also done for further trainings.

The training was provided through presentations, demonstration and practice clinics. Sessions were inclusive of orientation of the protocol, technical algorithm, anthropometry and blood pressure measurement, assessment of clinical signs, data entry (register/screening format/CSPPro), analysis and reporting, operational protocol, counselling, measurement techniques of biochemical parameters, monitoring and evaluation. The entire package (in hardcopy) was provided by UNICEF to the health workers to initiate pretesting at Mandu block, Ramgarh district, Ranchi.



District level training, Madhya Pradesh (December 7-8, 2018)



National level training, Lady Irwin College, New Delhi (December 14-15, 2018)



State level training at, Telangana (January 23-24, 2019)



District level training at Ramgarh, Ranchi (January 28-29, 2019)

E) Create mass awareness on healthy diets

- Test, Talk and Treat (T3) Anemia Mukht Bharat camps (nutrition counselling and display of healthy recipes, September 2018 and January 2019)

NCEARD provided support to National Centre of Excellence on Anemia (NCEAR-A), All India Institute of Medical Sciences, New Delhi for T3 camps at various sites namely MoHFW, Nirman Bhawan, MoWCD, Shastri Bhawan, AIIMS, Ansari Nagar, NITI Aayog, Sansad Marg and Lady Irwin College, for screening and counselling during the camps during the Poshan Maah (September 2018) and T3 camp at Uttar Pradesh. Nearly 4000 people were screened and counselled at the camps.

The NCEARD team conducted the following activities:

- Display of Nutrient rich cards
- Display of iron rich recipes (freshly prepared and ready to eat recipes), recipe books
- Provide nutrition counselling focusing on balanced diet, diet diversity, inclusion of iron and vitamin C rich foods and personal hygiene.
- **Poshan Maah Activities (September, 2018):** NCEARD team conducted various activities such as T3 camps, health talks and nutrition counselling during the Poshan Maah (September 2018).

Anemia Mukht Bharat, T3 Camp

Banner for Anemia Mukht Bharat Campaign



NITI Aayog

Lady Irwin College



Health talks



Recipe display

Nutrition counselling



Nutrition Hub, PMNCH forum

Digital wall and BMI mirror



Yoga wall



Inauguration by Minister of Health



- **Nutrition Hub at PMNCH forum, 12th-13th December, 2018:** NCEARD was selected as one of the organizations for displaying the counselling material, digital content and recipes at the nutrition hub. Live screening with Hemoglobin testing and nutritional screening (measurement of height, weight and computation of BMI) was also done for International and National experts and participants. The market stall was explained by one of the NCEARD team members to Health Minister, Shri JP Nadda, who also inaugurated the market place.

The interactive yoga wall, digital wall and nutrient wall with information on nutrient sources, recipe books and information on nutrition related disorders, and other related information received enthusiastic response at the event.

- **National Street Food Festival, Eat Right Mela, 14-16th December 2018:**

NCEARD participated in the Eat Right Movement organized by FSSAI under the MoHFW on December 14-16, 2018 by putting up a stall on Eat healthy, which comprised of the following components:

- Food Quiz related to seven most common diseases related to improper diet and unhealthy lifestyle including overweight/obesity, diabetes and gestational diabetes, hypertension, underweight, anemia, HIV, tuberculosis was displayed digitally. It provided the reasons for each correct as well as incorrect answer. It also had a provision to directly mail the soft copy of the pamphlets for all seven diseases and the recipe books for underweight and obese pregnant women and on anemia.
- Nutrition Wall: To create awareness among people about the nutrients present in various commonly consumed food sources.
- Yoga Panel, challenged people to copy various asanas of yoga and provided the knowledge about the benefits of those asanas.

The entire setup was interesting and meaningful for the

general population. People were overwhelmed by the knowledge they received from the digital screens and quiz. Moreover the staff from NCEARD counselled majority of people about the dietary preferences and lifestyle changes for maintenance of good health and avoiding the risk of diseases. Overall the response from the public was very good.

- Jan Andolan (Rashtriya Poshan Pakhwada), 8th-22nd March, 2019:** To celebrate the *Rashtriya Poshan Pakhwada*, NCEARD with support of our collaborating partners conducted several activities at field sites from March 8-22, 2019. In brief, activities that were conducted included rally on nutrition, counselling sessions, screening and classification of pregnant women based on nutritional risk, community based events, poshan mela (Yuva Shakti Mela) and use of mass and social media.
- Nutrition Day at NITI Aayog, 2nd April 2019:** A one-day Nutrition Day event was held on April 2, 2019 at NITI Aayog. More than 130 professionals working at NITI Aayog were screened (measured for height, weight and computation of BMI), quiz on 7 conditions, interactive games on health and nutrition and appropriate nutrition counselling was provided by NCEARD team

National Street Food Festival, Eat Right Mela, FSSAI

Eat Right Mela



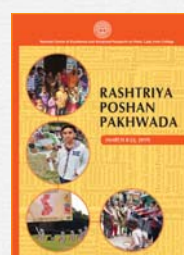
Yoga Wall

Rashtriya Poshan Pakhwada, New Delhi

Kendili and Saperabasti



Yuva Shakti Mela, Lady Irwin College



East Delhi

Nutrition day at NITI Aayog



Material development by Artificial Intelligence

Food quiz



Disease wall

members and registered dietitians from the Department of Food and Nutrition, Lady Irwin College. A special lecture on healthy diets and lifestyle by Ms Ishi Khosla was given.

Development of other materials

➤ Counselling materials using Artificial Intelligence

- In order to simplify nutrition messages and reach the masses various ingenious, state-of-the-art, interactive resources were developed such as nutrient wall based on the nutrient cards developed, quiz on seven diseases – hypertension, anemia, obesity, diabetes mellitus, underweight, tuberculosis and HIV, yoga wall with 5 yoga postures and BMI Mirror.

F) Design, test and conduct capsular training programmes for medical/paramedical professionals

➤ Capsular course on nutrition epidemiology

NCEARD partnered with International Institute for Population Sciences (IIPS) on research, training and conducting a capsular course on nutrition epidemiology. The Memorandum of Understanding was signed between IIPS, Mumbai and Lady Irwin College to conduct the course

on Nutrition epidemiology through 6 modules on 25th October, 2018. The first module on "Survey Methods" scheduled from 26th to 29th October 2018 was attended by 41 professionals and was well received.

The Second Module on "Data Management Tools and Advanced Statistics" has been widely advertised and will be conducted from 1st to 4th May 2019.

- **Capacity building:** Capacity building of NCEARD team is given utmost importance and various workshops on capacity building have been conducted in the past one-year.
 - Visioning workshop on 'I, We and CoE' on 17th-18th October 2018
 - Two refresher courses on counselling methods in January 2019
 - Workshop on Academic Referencing using EndNote on 30th March 2019

G) Major achievements

- The release of *Janani Shishu Suraksha Karyakaram Dietary Norms Guidelines* on 18th September 2018. Guidelines and Counselling material on nutrition at two contact points (post-delivery and at-discharge) were developed under the same.

Capsular course on nutrition epidemiology (October 26-29, 2018)



Model 1, Survey Methods (October 26-29, 2018)



MoU signed between Lady Irwin College and IIPS

Capacity building of NCEARD team (October 17-18, 2018)



Visioning workshop: "I, We and CoE" (October 17-18, 2018)



Dietary Norms: JSSK Guidelines



JSSK guidelines
(September
18, 2018)

Poshan
Maah Award
Ceremony
(Oct 10, 2018)



Research Activities (November 2018 - January 2019)

Data collection at ANC
by M. Sc. students of
Lady Irwin College



Data collection at
ANC Palika Maternity
Hospital, New Delhi

Data collection at PNC
Lady Hardinge Medical
College, New Delhi



- Development and ongoing pilot testing of draft maternal nutrition package and guidelines across the country.
- Two National awards for conducting activities during Poshan Maah by Ministry of Women and Child Development on October 10, 2018.

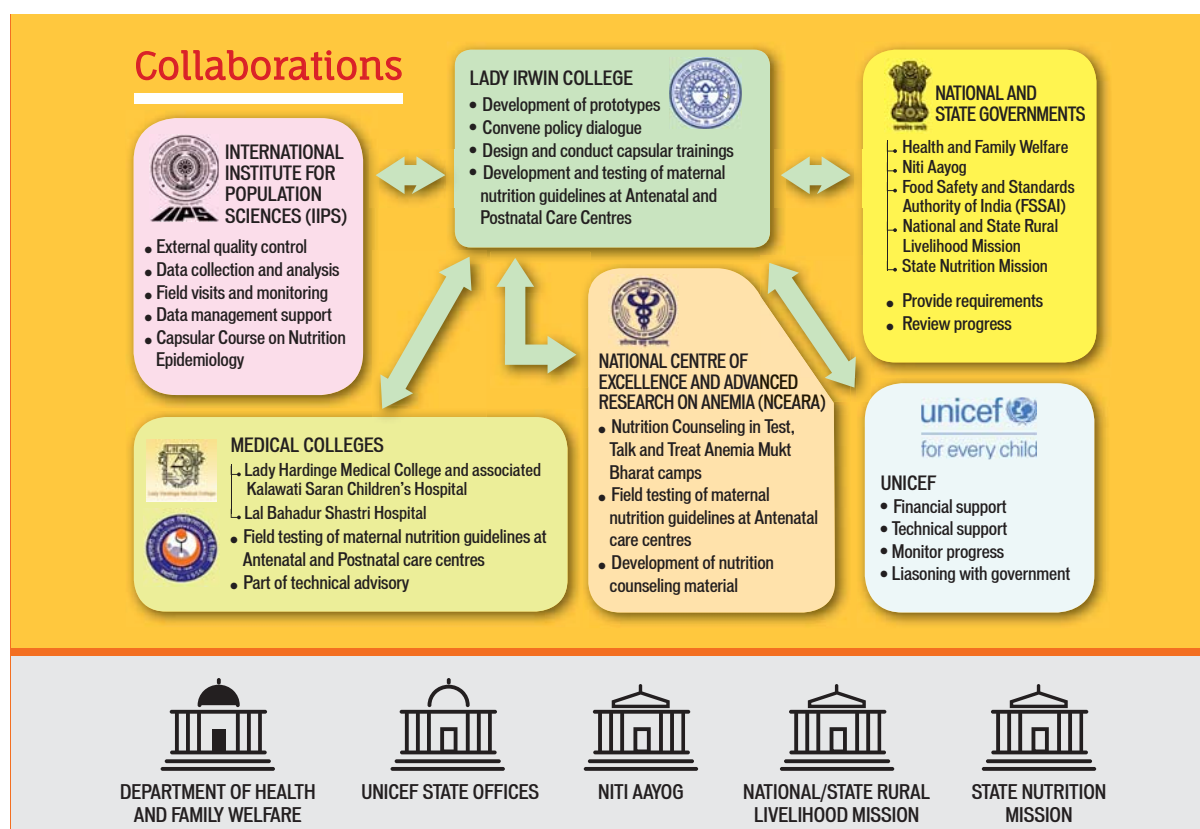
H) Research on maternal nutrition

- Desk reviews on maternal nutrition themes, research data collection at antenatal and postnatal care platforms to understand nutrition and health related indicators in pregnancy and the impact on outcome, and developing policy briefs/publications from primary research data and secondary literature review.
- **Study to collect diet counselling data from practicing dieticians handling pregnant women:** A cross-sectional study was designed for collection of diet counselling data from practicing dieticians in government and private hospitals interacting with pregnant women with underweight/overweight/obesity/GDM/hypertensive disorders/anemia. A total of 10 dieticians from government and 10 dieticians from private hospitals were covered to obtain information on screening tools and biochemical assessments, proportion of pregnant women counselled, type of counselling offered, key components of counselling and follow-up activities.

COLLABORATIONS



The NCEARD was able to establish various collaborations with National and State Governments, UNICEF, IIPS, NCEAR-A, medical colleges and hospitals, development partners and academic institutes to successfully implement various activities over the past one-year.



NCEARD TEAM



Dr. Anupa Siddhu, M.Sc. in Food and Nutrition, Delhi University and PhD from AIIMS. She is a recipient of Mahila Shiromani, Swarn Padak 2014, Karan Ratna Award 2014 and Shikshak Award 2014. Her area of interest includes Body composition and energy requirements, Anthropometric growth assessment, age related changes in work capacity, sports nutrition, Lipid intake and requirements, Clinical nutrition, Prevention of low birth, stunting, Obesity, Diabetes and heart disease, Food safety. She can be contacted at anupa_siddhu@rediffmail.com



Dr. Anupa Siddhu, PhD

Chairperson and Director

Dr. Neena Bhatia is an Associate Professor at Department of Food & Nutrition, Lady Irwin College. Dr. Neena has obtained her Master's and Doctoral Degree from the University of Delhi. Her research interests include, Development of Computer and Mobile Based Nutrition Solutions, Maternal and Child Nutrition, Micronutrient Status of Populations, NCD's and Nutrition Programme Evaluation. Dr. Neena has guided over 30 Masters and 9 Doctoral students for their research. She has several National and International Publications to Her Credit. Dr. Neena has served on Various Technical Committees of Government of India including Ministry of Health and Family Welfare, FSSAI, ICMR, NIPCCD and NCERT. She has also been the examiner for Masters and Doctoral Research and has been on Department Research Committees of several Universities. Dr. Neena is a Founding member of NCEARD and has been instrumental in getting the Center Established at Lady Irwin College in addition to formalizing Important Linkages with Collaborators and Partners. Her Contribution to Rashtriya Poshan Maah (September 2018) was appreciated With an Award from The Government of India. Dr. Neena Bhatia can be reached at drneenabhatia.lic@gmail.com



Neena Bhatia, PhD

(Food and Nutrition)

Centre Lead

(February 2018-January 2019)



With 25 years of experience in teaching and research, Dr. Manisha Sabharwal is currently the Head, Department of Food and Nutrition, Lady Irwin College. She also serves as Lead, NCEARD. Her doctoral research focused on 'Nutritional Epidemiology of Free living Elderly residing in Delhi'. She has also worked on nutritional assessment of institutionalized elderly and related variables. She has guided over 30 M.Sc. Dissertations and four Doctoral thesis in the Department of Food and Nutrition. She has contributed several research papers, chapters in text books and popular articles on geriatric nutrition, obesity related comorbidities among elderly and determinants of functional ability and dependence among elderly. She has worked as a Senior Research fellow for research project on, 'Nutritional status of elderly living at home in Delhi' sponsored by Indian Council of Medical Research. She has been the research coordinator for a project on 'Development of resource material for nutrition programmes of elderly' sponsored by the Ministry of Social Justice and Empowerment, Government of India. Her current research interests focus on Maternal and Child Nutrition, Nutrition communication for the vulnerable groups and awareness creation and capacity building of elderly for promotion of healthy lifestyle and management of chronic degenerative diseases. She can be reached out at sabharwalmanisha@hotmail.com


Manisha Sabharwal, PhD

(Food and Nutrition)

Centre Lead

February 2019 onwards

Mansi Chopra joined as a Consultant at the National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College in March 2018. Being a part of the centre, she provides technical and administrative support to the center. She leads the component on development of maternal malnutrition guidelines for facility and community level. She holds a Masters' degree in Food and Nutrition from Lady Irwin College, University of Delhi and a doctorate in Food and Nutrition in collaboration with Department of Food and Nutrition, Lady Irwin College and All India Institute of Medical Sciences, New Delhi. Her research interests include development of low-cost lifestyle interventions for management of non-communicable diseases, overweight and obesity and maternal nutrition. Prior to joining the NCEARD, she has worked with All India Institute of Medical Sciences and Department of Food and Nutrition, Lady Irwin College for more than 7 years. She has presented at various scientific conferences with many research publications to her credit; and is also a peer-reviewer for various International journals. She can be contacted at chopra.mansi2@gmail.com

**Mansi Chopra, PhD**

> (Food and Nutrition)
Consultant

Nighat Sofi joined the National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College in December 2018. Being a part of the centre, she provides technical support to Nutrition communication and works for Maternal Nutrition guidelines at facility level. She holds a Masters' degree in Dietetics and Food Service Management and Doctorate in Food and Nutrition from Faculty of Home Science, Banasthali Vidyapith in association with All India Institute of Medical Sciences (AIIMS), New Delhi. She holds the award of Senior Research Fellow from University Grants Commission of India and one-year diploma in computer applications. Her research interests include study on nutritional risk factors and management of non-communicable diseases, development of research proposals, scientific paper writing and external reviewer for national and international journals. Prior to joining NCEAR-D, she was working with All India Institute of Medical Sciences, New Delhi for more than three years. Contact Info: nighatyasinsufi@gmail.com

**Nighat Sofi, PhD**

< (Food and Nutrition)
Consultant



Pallavi Gupta is a Consultant at National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College. She has more than 3 years of work experience with sound knowledge of designing and adapting data collection tools, mechanisms for monitoring and evaluation and quantitative data analysis. Her pedagogical interests include nutrition and maternal health, reproductive health, early childhood education and child development. She holds a Masters' degree in Statistics from Panjab University, Chandigarh and MPhil and PhD in Population Studies from International Institute for Population Sciences, Mumbai. She is an out of the box thinker, a firm believer in dynamic approach with the ability to apply my knowledge and experience to various settings and causes. She can be contacted at pu.gupta.pallavi@gmail.com

Pallavi Gupta, M.Phil., PhD

> (Population Studies)
Consultant

Abdul Jaleel is a Consultant at National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College. He received his PhD in Population Studies from the International Institute for Population Sciences (IIPS), Mumbai in 2017. His research interests include gender, nutrition and livelihood. Parts of Jaleel's PhD dissertation on Non-Communicable Diseases and Quality of Life of Women Seasonal Migrants have been published in leading academic journals. He was a Senior Research Fellow of University Grants Commission (UGC), India. He has more than 3 years of work experience in designing research, developing tools of data collection, and quantitative data analysis. He can be contacted at cpjaleel@gmail.com



Abdul Jaleel, PhD

(Population Studies)
Consultant <

**Somila Surabhi, PhD**

> (Food and Nutrition)
Consultant

Somila Surabhi is a Consultant at National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College. She holds a PhD degree in Foods and Nutrition from the Department of Foods & Nutrition, Faculty of Family and Community Sciences, The M.S. University of Baroda, Vadodara. She is a public health professional with more than five years of progressive hands-on experience of monitoring, evaluating and providing supportive supervision to various Government flagship programmes. Her area of interest includes working towards improving nutrition in the community through lifecycle approach. She believes in working consistently towards the development of community through various effective approaches. She may be contacted through Email ID: somilanutrition@gmail.com

Naman Kaur received her M.Sc degree in Food and Nutrition from Amity University, Noida and is currently working as a Junior Professional at the National Centre of Excellence in Advanced Research on Diets, New Delhi (supported by UNICEF and placed at Lady Irwin College).

Her professional interests focus on women's and children's nutrition, new food product development and her current project includes providing assistance in field testing of maternal nutrition package developed for ANC/PMSMA platforms, developing counselling material for pregnant women, developing standardized recipes for obesity, under nutrition and anaemic pregnant women. She also provides support in data entry and analysis and coordinates other activities of the centre as delegated by the Lead, NCEARD.

Prior to joining NCEARD, she worked as a trainee at Defence Institute of Physiology and Allied Sciences (nutrition division), DRDO on the topic Effect of Partial Baking and Incorporation of Oat Bran on Nutritive Value of Frozen Chapatti and Phytochemical Analysis of Quinoa. She can be contacted at namankaurb@gmail.com



Naman Kaur, M.Sc
(Food and Nutrition)
Junior Professional



**Tashi Choedon**

> (Food and Nutrition)
Junior Professional

Tashi Choedon joined the National Centre of Excellence and Advanced Research on diets (NCEARD), Lady Irwin College, Delhi University on October 2018. She has joined as a Junior Professional and has supported in the development and pretesting of technical and operational guidelines, training modules and recipe books that have been used as the counselling materials. She previously was Maternal Nutrition consultant with National Nutrition Rehabilitation Resource & Training Centre (NNRTC) designated for Infant and young child feeding (IYCF) counselling centre for over 1 year. There her work focused on the evidence generation, the development and testing effectiveness of maternal nutrition package, and development of recipes for over-nourished and undernourished women. She holds a Master degree in Food and Nutrition from Delhi University. She can be contacted at tashichoedon4@gmail.com

Priyanshu Rastogi joined the National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College, Delhi University in April 2019 as a Junior Professional. She holds her M.Sc. degree in Public Health Nutrition from the Department of Foods & Nutrition, Faculty of Family and Community Sciences, The M.S. University of Baroda, Vadodara. She previously worked as a Project Consultant- Nutrition with Ernst and Young, Noida for over 5 months. Her previous work includes evaluation of the strategies and assessment of the knowledge, attitude and practices of the community. She has experience in qualitative and quantitative tools development for nutrition education, capacity building of the enumerators, providing nutrition counselling at facility and community level, and interviewing districts as well as block officials and IEC development. She also worked as an intern at National Health Mission (NHM) supported by UNICEF on providing technical support on IYCF practices. She can be contacted at priyanshuras@gmail.com



Priyanshu Rastogi, M.Sc
(Public Health Nutrition)
Junior Professional





Akanksha Srivastava joined the National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College, Delhi University in April 2019. She has joined here as Fellow. She has previously worked as Research Fellow in Centre of Food Technology, University of Allahabad. There her work focused on conducting cooking practical classes with reference to specific diseases. She has also worked as Dietician in Gangaram Hospital and VLCC. She is a contributing writer on online platforms which includes Medfitnetwork and The Startup. She is a life member of Nutrition Society of India (NSI) and also runs her website where she writes articles on health and nutrition related topics. She holds a Master degree in Nutritional Sciences from University of Allahabad. She can be contacted at akankshasri012@gmail.com

Akanksha Srivastava, M.Sc

(Nutritional Sciences)

Fellow

Shipy Gupta started working with the National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College in June 2018. Her job responsibilities include primarily finance and accounts related tasks with respect to the centre. She is also involved in preparation, compilation and sorting of documents, verification of data files and coordination with vendors related to various activities at the centre. She has done her B.Com (Pass) from University of Delhi. With over 13 years of work experience, she has served roles of office assistant, account assistant and data entry operator at various government and private sectors. She can be contacted at: shipygupta@gmail.com

**Ms. Shipy Gupta, B.Com**Administrator and
Finance Assistant



**National Centre of Excellence and Advanced Research on Diets
Lady Irwin College**