

CURRICULUM VITAE

Personal Profile

Name : Dr. Upasna Seth
Designation : Associate Professor
Aditi Mahavidyalaya
University of Delhi
Date of Birth : 31st December 1967
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Career Profile

I am an alumna of Faculty of Home Science, MS University of Baroda and PhD from Lady Irwin College, University of Delhi, presently Associate Professor at Aditi Mahavidyalaya, University of Delhi with nearly 29 years of teaching experience. I have worked as Principal Investigator of innovation research projects funded by DU and Co-Investigator of major research projects funded by UGC. My area of interest includes nutrition education, lifestyle management program, obesity management, adolescent nutrition, consumer awareness, food safety and product development. I have participated in many conferences, presented papers at national and international level and have scientific publications, comics, chapter in various books, MOOCs, modules and awards to my credit. I am also nominated as FSSAI subject expert for various sessions live on Gyan Vani Radio, IGNOU Prog and NSOI. I am a certified Trainer and Assessor of FSSAI Advance Manufacturing and Advance Catering. I am also life member of many professional bodies and Treasurer NSI Delhi Chapter.

Educational Qualification

Degree	Institution	Year
Ph.D	Faculty of Science, University of Delhi <i>Topic: Development of Nutrition Education Program for Healthy Lifestyle of Adolescents</i>	2008
M.Sc Home Science (Foods and Nutrition)	M.S. University of Baroda, Vadodara	1990
B.Sc Home Science (Foods and Nutrition)	M.S. University of Baroda, Vadodara	1988

Areas of Interest

Research, FSS Training, Nutrition Education, Lifestyle Management, Community Nutrition, Product Development, Nutrition Program/Module Development, Obesity Management,

Consumer Awareness, Food Safety, Innovative Games Development, Value added Bakery Products.

Subjects Taught

Food Science and Technology, Food Safety and Hygiene, Baking Technology, Fruit and Vegetable Preservation Technology, Nutrition, Research Methodology, Post-Harvest Technology

Research Guidance

Guided 4 Post Graduate IGNOU students for their thesis in the area of Public Health Nutrition

Publications Profile

- MOOCS for NCERT-CIET available on SWAYAM
 1. Upasna Seth, Healthy Lifestyle: Physical Activity, Sleep and Stress Management (FNHL_10114), Food, Nutrition for Healthy Living. (Available from: <https://archive.swayam.gov.in/courses/5893-food-nutrition-for-healthy-living-april-019/viewcourseware?cinfo=MP7Z4Xew369EtjLuD4Q1TZGvdn32qhvIYXIYKtQSNEN2g6OKSAqbHNbdUMPRzN2oh0d%252buZZ3ZD1IPzO6eDR3dT%252bywR%252bKCtCGQ%252fw3r3NhKXLfj%252b7ZqDlxzCFutKOtQSNvtKGtwQ80Z7%252b1KgdJvYNhh6xoNxj%252bcqGIow2yYSDv42c%253d>)
 2. Upasna Seth, Food Labelling (FNHL_10115), Food, Nutrition for Healthy Living. (Available from: <https://archive.swayam.gov.in/courses/5893-food-nutrition-for-healthy-living-april-019/viewcourseware?cinfo=MP7Z4Xew369EtjLuD4Q1TZGvdn32qhvIYXIYKtQSNEN2g6OKSAqbHNbdUMPRzN2oh0d%252buZZ3ZD1IPzO6eDR3dT%252bywR%252bKCtCGQ%252fw3r3NhKXLfj%252b7ZqDlxzCFutKOtQSNvtKGtwQ80Z7%252b1KgdJvYNhh6xoNxj%252bcqGIow2yYSDv42c%253d>)
 3. Upasna Seth, Healthy Lifestyle: Eating Behaviour (FNHL_10113), Food, Nutrition for Healthy Living. (Available from: <https://archive.swayam.gov.in/courses/5893-food-nutrition-for-healthy-living-april-019/viewcourseware?cinfo=MP7Z4Xew369EtjLuD4Q1TZGvdn32qhvIYXIYKtQSNEN2g6OKSAqbHNbdUMPRzN2oh0d%252buZZ3ZD1IPzO6eDR3dT%252bywR%252bKCtCGQ%252fw3r3NhKXLfj%252b7ZqDlxzCFutKOtQSNvtKGtwQ80Z7%252b1KgdJvYNhh6xoNxj%252bcqGIow2yYSDv42c%253d>)
- Dietary and physical activity behaviour among urban adolescents; International Journal of Home Science; 2020; 6(3): 18-22(ISSN: 2395-7476)
- An educational program on food label understanding for school children; International Journal of Scientific & Innovative Research Studies; 2017, Vol (5), Issue No.9 (ISSN : 2347-7660 (Print) ISSN : 2454-1818 (Online))

- Responsibility of Schools in Promoting Healthy Behavior among Children; Journal of School Social Work; 2012, Volume VIII; Issue 09 (ISSN 0976-3759)
- Development of Nutrition Education Module; Annals of Nutrition and Metabolism; 2009, 55(S1); 496(P130-20). (ISSN 0250-6807)
- Eating and Physical Activity Behaviour Among Affluent Adolescents of Delhi' Annals of Nutrition and Metabolism; 2009, 55 (S1); 412(P98-23). (ISSN 0250-6807)
- Aao Padhae aur Samjhein Food Label (Comic) ; 2017, Shivalik Publication (ISBN 978-93-85144-26-4)
- Baking a Skill Based Entrepreneurship for Rural Women; Income Generation: Opportunities and Challenges, 2017, Akshar Prakashan (ISBN 978-93-85600-19-7)
- Development of Nutrition Education Module for Healthy Lifestyle of Adolescents ; New Technologies and Methodologies for Sustainable Development, Technical Series 5, 2014 (ISBN: 978-93-80570-64-8)
- Crossword Puzzle on theme: Food safety; Diet Byte, e-newsletter of Indian Dietetic association-Delhi Chapter; September 2016.
- Development of an Educational Program to Enhance Food Label Understanding among Children. In: Anita M, Sabrina S. (eds.) Food and textile industry- emerging trends and perspectives; Proceedings of UGC-Sponsored National Seminar, Lakshmibai College, University of Delhi, February 10-11, 2015 (ISBN 978-81-7844-331-0)
- Garlic: It's Use in Bakery and Health; The Indian Baker; 2008 vol.40 (4).Dr. Upasana Seth
- Nutrition and Organic Farming; Dharitri (AMV) ;2014 issue-2. Dr.Upasana Seth
- Dr. Upasana Seth, Jams, Jellies and Marmalades; Production of Preserved Foods, Food and Nutrition, IGNOU

Policy Documents: Expert Contributor for the following GOI guidelines:

- “The Yellow Book- Your Guide to Safe and Nutritious Food @ School” Level I (Grades 1-5), 2018, MACMILLAN Publishers India Private Limited, ISBN: 978-93-87914-12-4. FSSAI www.snfatschool@fssai.gov.in
- “The Yellow Book- Your Guide to Safe and Nutritious Food @ School” Level II (Grades 6-8), 2018, MACMILLAN Publishers India Private Limited, ISBN: 978-93-87914-13-1. FSSAI www.snfatschool@fssai.gov.in

Conference Organization/ Presentations

- Invited as speaker for delivering lecture on “Nutrition and Healthy Lifestyle Management” organised by NTPC, Mouda for the CISF (Ministry of Home Affairs) personnel on 12th June 2018 and received Certificate of Appreciation.
- Chaired Technical Session at UGC sponsored National Conference “Food Safety, Nutritional Security and Sustainability” held at Shyma Prasad Mukerjee College, University of Delhi on March 6th – 7th 2020.
- Chaired Technical Session at International Conference “Contemporary Issues in Integrating Health and Nutrition with the Emerging Areas of Food Technology, Agriculture, Environment and Allied Sciences” held at Shyma Prasad Mukerjee College, University of Delhi.
- Received Certificate of Appreciation as member organising committee for one day National Seminar “Food and Cultures of North East – Solutions to Sustainable Development” organized at Vivekananda College on 22nd August 2019
- Presented Paper entitled 'Promoting Food and Nutrition for Health and Well being held at the National Academy of Medical Sciences, New Delhi on 15 March 2019.
- Research paper presented “Innovative Programme to Enhance Food Label Understanding among Children” at The Saga of Food: Politics, Aesthetics and Technology (13-14 March 2019) Vivekananda college.
- Nominated as FSSAI subject expert for various sessions Live on Gyan Vani Radio, IGNOU Prog.
- Nominated as NSOI subject expert on Food Labeling and Nutrition Live Radio Prog.
- Conducted eight trainings and assessments workshops on Basic manufacturing, Basic Catering and Advance Manufacturing and trained more than 100 Food Safety Supervisors (FSS) at Aditi Mahavidyalaya and FDA Bhavan FSSAI.
- Invited as speaker to delivered talk on: ‘Packaging and Labeling of Traditional Foods’ at Global Traditional Food Summit, Feb 26, 2017.
- Poster presentation “Development of an educational program to enhance Food Label understanding among early adolescents: Periurban Delhi” at Innovation Plaza, University of Delhi (Nov 19, 2016)
- Seth Upasna and Neena Bhatia Development of Nutrition Education Module for healthy lifestyle of affluent adolescents **at** International Conference on Epigenesis- Empowerment for Excellence in Home Science, Lady Irwin College, University of Delhi 2007 The oral presentation. First Prize Winner in Foods & Nutrition section
- Seth Upasna and Neena Bhatia “Eating & physical activity behavior among affluent adolescents of Delhi” **at** XL Annual National Conference of Indian Dietetic Association- Kerala Chapter, 2007 IDA President Award for Scientific Poster Presentation
- International Workshop on micro nutrients and Child Health (Oct 20-23, 2009)
- 19th International Congress of Nutrition, Bangkok, Thailand (4th - 9th October, 2009)
- 2nd Nutritionvista -CNE, Paradigm Shift: Science & Prescription of Fats & oils (28th September, 2013)
- Elsevier & University of Delhi : Publishing Connect Workshop (11th September, 2013)
- Research paper presented “Development of an Educational Program to Enhance Food Label Understanding among Children” at National Seminar Lakshmbai College, University of Delhi: Food & Textile Industry - Emerging Trends & Perspectives (10th to 11th February, 2015)

- National Seminar: AFST (I) : Social Protection and Agriculture—Role of Co-operatives & Food Processing Industries (16th October, 2015)
- AFST (I), LIC, DU, Delhi : Seminar: Food Safety& Food laws (23rd Feb 2016)
- Lecture delivered on Healthy Lifestyle Management in orientation program organized by Dept of Geography 2014 and 2015
- Lecture delivered on Healthy Lifestyle Management in orientation program organized by Dept of Social Work 2015

Research Projects

- UGC Major Research Project (March 2005 to May 2008) : Development and Implementation of Nutrition & Health Education Module for Treatment and Prevention of Diabetes among Children
- Innovation Project AM302, DU (September 2015 to October 2016) : Development of an educational Program to enhance Food Label understanding among early adolescents: Periurban Delhi

Awards and Distinctions

- Recipient of IDA President Award 2007
- Recipient of Best Scientific Poster Award at International Conference; Epigenesis - Empowerment for Excellence in Home Science, Lady Irwin College, 2007
- Recipient of Certificate of Appreciation from Innovation Desk, University of Delhi for Project AM 302 entitled “Development of an educational Program to enhance Food Label understanding among early adolescents: Periurban Delhi”

Administrative Assignments

- Coordinator, Internal Quality Assurance Cell (IQAC) at College
- Officiating Principal, Teacher in Charge of College, Superintendent Examination, Deputy Superintendent Examination, Bursar, Teacher Representative GB, Staff Council Secretary, Teacher incharge of Food Technology Dept, Food Technology Lab incharge, Nodal officer for Innovation Projects 2016 , Inquiry committee
- Convenor: Admission, Examination, Purchase, Library, Canteen, Work load, Website, Provident Fund, Medical, Prospectus, Moderation & Monitoring, Attendance, Internal Assessment, CBCS etc.
- Member of various committees of college
- Member Faculty of Science, University of Delhi

Association with Professional Bodies

- FSSAI Trainer and Assessor
- Member Scientific Committee for UGC sponsored National Conference “Food Safety, Nutritional Security and Sustainability” held at Shyma Prasad Mukerjee College, University of Delhi
- Member Editorial Board IDA (Delhi Chapter) News Letter: Diet Byte
- Epidemiology Foundation of India (EFI) : Life Member

- Indian Dietetics Association (IDA) : Life Member
- Society of Indian Bakers : Life Member
- Nutrition Society of India : Life Member & Treasurer NSI Delhi Chapter
- Association of Food Science and Technology (I)
- Research Gate
- Nutrition Scholar Club
- Member of Science Faculty of Delhi University

Other Activities

- Treasurer, Nutrition Society of India Delhi Chapter: 2017 till date
- Subject matter expert for CIET- NCERT MOOCS on Food, Nutrition for Healthy Living available on swayam.
- Curriculum Development: CBCS (Food Technology)
- Examination work : Paper setting, evaluation work, external and internal examiner practical examination
- Organized Exhibition cum sale of Aditi Foods (Bakery and Fruit and Vegetable Preserved Food Products) at college, Antardhwani
- Organized workshops at various Government and Public Schools of Delhi on various issues related to Food Safety and Public Health Nutrition
- Organized workshops at various Government and Public Schools of Delhi on Lifestyle Management

References

- Dr. Neena Bhatia
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Lady Irwin College
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Phone No. 9810580400
- Dr. Kumud Khanna (Rtd)
Former Director Institute of Home Economics
University of Delhi
Phone No. 9810626609