




Title	Prof. (Dr.)	First Name	Upasna	Last Name	Seth	Photograph
Designation	Professor					
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Educational Qualifications : Ph.D (Delhi); M.Sc (Baroda); B.Sc(Hons) (Baroda)						
Degree	Institution				Year	
Ph.D	Faculty of Science, Department of Home Science, University of Delhi				2008	
M.Sc Home Science (Foods and Nutrition)	M.S. University, Baroda				1990	
B.Sc Home Science (Foods and Nutrition)	M.S. University, Baroda				1988	
Career Profile						
<p>I am an alumnus of Faculty of Home Science, MS University of Baroda and PhD from University of Delhi, presently Professor at Aditi Mahavidyalaya, University of Delhi with nearly 31 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 Secretary NSI Delhi Chapter.</p>						

Administrative Assignments
<ul style="list-style-type: none"> ➤ NEP implementation Committee, Aditi Mahavidyalaya, University of Delhi. ➤ Coordinator, Internal Quality Assurance Cell (IQAC) at Aditi Mahavidyalaya, University of Delhi. ➤ Officiating Principal, Teacher in Charge of College, Superintendent Examination, Deputy Superintendent Examination, Bursar, Teacher Representative GB, Staff Council Secretary, Teacher in charge of Food Technology Dept, Food Technology Lab in charge, Nodal officer for Innovation Projects 2016, Inquiry committee ➤ Convenor: Internal Assessment, Admission, Examination, Purchase, Library, Canteen, Workload, Website, Provident Fund, Medical, Prospectus, Moderation & Monitoring, Attendance, CBCS etc. Aditi Mahavidyalaya, University of Delhi. ➤ Member of various committees of Aditi Mahavidyalaya, University of Delhi. Member Faculty of Science, University of Delhi
Areas of Interest / Specialization,
<p>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.</p>
Subjects Taught
<p>Food Science and Technology, Food and Nutrition, Food Safety and Hygiene, Baking Technology, Fruit and Vegetable Preservation Technology, Basic Nutrition, Research Methodology, Post-Harvest Technology</p>
Research Guidance
<ul style="list-style-type: none"> ➤ Ph.D students for research guidance: three ongoing ➤ Post Graduate IGNOU students for research guidance: four awarded in the area of Public Health Nutrition
Publications Profile
<ul style="list-style-type: none"> ➤ MOOCS for NCERT-CIET available on SWAYAM <ol style="list-style-type: none"> 1. Upasna Seth, Healthy Lifestyle: Physical Activity, Sleep and Stress Management (FNHL_10114), Food, Nutrition for Healthy Living. https://onlinecourses.swayam2.ac.in/nce20_sc34/preview 2. Upasna Seth, Food Labelling (FNHL_10115), Food, Nutrition for Healthy Living.) https://onlinecourses.swayam2.ac.in/nce20_sc01/preview 3. Upasna Seth, Healthy Lifestyle: Eating Behaviour (FNHL_10113), Food, Nutrition for Healthy Living. https://ciet.nic.in/swayam_FNHL.php ➤ Promoting Food Label Understanding among Early Adolescents through Innovative Education Program Based on the Constructs of Banduras Social Cognitive Theory. Journal of Education;

2022; 0(0).

<https://doi.org/10.1177/00220574221110479>

- Knowledge, Education Level and Food Handling Practices among Street Food Vendors: A Systematic Review; International Journal of Scientific and Research Publications; 2021;11(6): 554-565 (2250-3153)
<http://dx.doi.org/10.29322/IJSRP.11.06.2021.p11473>
- Home Based Catering an Entrepreneurship for Women Empowerment; International Journal on Arts Management and Humanities 2021; 10(1&2): 27-31 (ISSN: 2319–5231)
https://www.researchtrend.net/ijamh/current_issue_ijamh.php?taxonomy-id=93#
- Eating behavior and nutritional status of adolescents in peri-urban Delhi; Indian Journal of Nutrition; 2021;8(1): 225; 01-04 (ISSN: 2395-2326)
<https://www.opensciencepublications.com/fulltextarticles/IJN-2395-2326-8-222.html>
- The Sociological Aspects of Conspiracy Theories; International Journal of Innovative Social Science & Humanities Research; 2021; Vol (8), Issue I, 5-12 (ISSN: 2349-1876 (Print) ISSN: 2454-1826 (Online)
https://www.csirs.org.in/uploads/paper_pdf/the-sociological-aspects-of-conspiracy-theories.pdf
- Reproductive health education for adolescents: Parents' outlook; International Journal of Applied Research 2021; 7(1): 422-427 (ISSN Print: 2394-7500 ISSN Online: 2394-5869)
<https://doi.org/10.22271/allresearch.2021.v7.i1f.8223>
- Dietary and physical activity behaviour among urban adolescents; International Journal of Home Science; 2020; 6(3): 18-22(ISSN: 2395-7476)
<https://doi.org/10.22271/23957476.2018.v4.i3b.1154>
- Innovative Educational Program on Food Label Understanding for Early Adolescents (12 to 14Years); The Saga of Food: Reflections on Technology and Culture, 2021, International Book House, Delhi (ISBN: 978-93-83320-73-8)
- Bakery a Skill Based Entrepreneurship Booming in India for Women Empowerment; Shodh Sanchyan; 2019; 10(2): 25-30 (ISSN 0975 1254 (Print) ISSN 2249-9180 (Online)
https://www.shodh.net/phocadownload/Vol-10-Issue-2/Shodh_Sanchayan_Vol%2010_Issue_2Shodh_Sanchayan_Vol%2010_Issue_2_3_Bakery_A%20Skill%20Based%20Entrepreneurship_Dr_Upasana_Seth.pdf
- Innovative Educational Program Based on Banduras Social Cognitive Theory for Food Label Understanding in Early Adolescents; International Journal of Home Science; 2018; 4(3): 103-107 (ISSN: 2395-7476)
<https://doi.org/10.22271/23957476.2018.v4.i3b.1154>
- 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))
https://www.csirs.org.in/uploads/paper_pdf/an-educational-program-on-food-label-understanding-for-school-children.pdf
- 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, Lakshmbai 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

Conference Organization/ Presentations (in the last three years)

- 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 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 Wellbeing 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.

- Resource Person for a Debate on “High Carbohydrate Intake is the Reason of High Prevalence of Diabetes in India” in *Nutrition Empowerment for Prevention and Management of Diabetes*, Scientific Workshop organized by N-DOC and Nestle Nutrition Institute, New Delhi, 12 Nov 2010.
- Resource Person to deliver a talk on "Role of Diet and Nutrition in Prevention and Management of Non communicable diseases" at National Seminar on Non Communicable Diseases Organized by Dr D.P. Rastogi Central Research Institute for Homoeopathy under CCRH, Ministry of AYUSH, Govt of India from 2nd to 3rd Nov,2017 at Amity University, Noida.
- Poster presentation “Development of an educational program to enhance Food Label understanding among early adolescents: Peri urban 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 Lakshmibai 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 (Major Grants/Research Collaboration)

- 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 – ongoing) : 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”

Association With Professional Bodies

- Subject Expert Board or Research Studies, Amity University.
- 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
- Home Science Association of India: Life Member
- Society of Indian Bakers: Life Member
- Nutrition Society of India: Life Member & Secretary NSI Delhi Chapter
- Association of Food Science and Technology (I)
- Research Gate
- Nutrition Scholar Club
- Member of Science Faculty of Delhi University

Other Activities

- Subject Expert Board or Research Studies, Amity University.
- 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
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- Home Science Association of India: Life Member
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- Nutrition Society of India: Life Member & Secretary NSI Delhi Chapter
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- Member of Science Faculty of Delhi University