



## MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES, FARIDABAD

Sector 43, Aravalli Hills, Manav Rachna Campus Rd, Faridabad,

**Ms. Ankita Sehjpal Sharma**

**Designation: Assistant Professor**

**Qualifications: MSc (Food and Nutrition), Ph.D (pursuing)**

**Email: ankita.fas@mriu.edu.in**

**Experience: 11 years**



**Research Interest: Clinical Nutrition, Food Product Development**

### Journal Publication Details:

#### International

1. Shivani Sharma, Ankita Sharma and G.Vani Bhushanam, "ASSESSMENT OF THE KNOWLEDGE OF THE ADOLESCENT FEMALE FOOTBALL PLAYERS REGARDING THE CARBOHYDRATE AND ITS IMPORTANCE" Journal of Sports Science 4 (2016) 102-104

#### National

1. Ridhi Narang and Ankita Sharma, DEVELOPMENT AND EVALUATION OF VITAMIN-D AND CALCIUM RICH PRODUCTS USING DIFFERENT COOKING TECHNIQUES, Plant Archives Volume 20 No. 2, 2020 pp. 3687-3690
2. Ankita Sharma and Manshi Arora, DEVELOPMENT OF LOW GLYCEMIC INDEX FOOD PRODUCTS INCORPORATING SORGHUM, MORINGA OLIEFERA, NIGELLA SATIVA FOR TYPE II DIABETIC PATIENTS, Plant Archives Volume 20 No. 2, 2020 pp. 7588-7594
3. Shreyanshi Aggarwal, Ankita Sharma, CONSUMPTION PATTERN OF FAST FOODS AND ITS EFFECT ON HEALTH STATUS OF ADOLESCENTS (17-20 YEARS), IJSR, Volume - 9 , Issue - 7 , July - 2020 , DOI : 10.36106/ijsr
4. Madhu Tanwar and Ankita S. Sharma, LIFESTYLE – ASSOCIATED RISK FOR CARDIOVASCULAR DISEASES AMONG PRIVATE AND GOVERNMENT DOCTORS (25 TO 50 YEARS). A COMPARATIVE STUDY, wjpls, 2019, Vol. 5, Issue 4 128-132
5. Ankita Sehjpal Sharma and Kavita Tiwari, ASSOCIATION OF APPETITE, FUNCTIONAL AND PSYCHOSOCIAL STATUS WITH THE MALNUTRITION AMONG ELDERLY RESIDING IN OLD AGE HOMES, wjpls, 2017, Vol. 3, Issue 2, 60-64
6. Ankita Sehjpal Sharma, Ashmeeta Bhatia and Gurjeet Kaur Chawla, ACCEPTABILITY AND EVALUATION OF IRON RICH CHOCOLATES DEVELOPED USING LOTUS STEM (NELUMBONUCIFERA) AND DATES (PHOENIX DACTYLIFERA) FOR ADOLESCENT GIRLS, WJPLS/795/3/2017

7. V. Thorat, D. Sanghi and A. Sharma, Effect Of Phytoestrogen (Flax Seeds) On Perimenopausal & Menopausal Symptoms In Females Residing In Faridabad, wjpls, 2016, Vol. 2, Issue 3, 350-356

8. Rao N, Sharma M and Sharma A, A High Dietary Fiber and Antioxidant Rich Product Developed from Lemon Peel, IJR, May 2016, Volume: 5, Issue: 5, 181-183

**Administrative Responsibilities:**

- 1. Departmental Previous Semester Course Coordinator**
- 2. Departmental End semester Practical Examination Coordinator**
- 3. Member of Departmental Board of Studies**

**Professional Affiliation: Member of IDA**

**Expert Talk Delivered:**

1. Online session in the Online Training on importance of Vitamins & Micronutrients as Immunity Boosters for self-care during COVID – 19 on 5 November 2020 for functionaries and trainers of Anganwadi Services Scheme at NIPCCD, New Delhi.
2. Delivered talk on Impact of Nutrition on brain health and cognitive performance among children on 5 february, 2021 for functionaries and trainers of Anganwadi Services Scheme at NIPCCD, New Delhi.

**Event Organized (Conference/Seminar/FDP/Workshops)**

- 1. Event organizer as Cultural Coordinator in APCESS, held on 14-16 October 2015.**
- 2. Event organizer as Cultural Coordinator in Indo Japanese Conclave, held on 14-16 February 2017.**
- 3. Organising Secretary for FDP held from 29<sup>th</sup> April till 4<sup>th</sup> May 2021.**