



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

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

Ms. Vandana Garg

Designation: Assistant Professor

Qualifications: MSc. Public Health Nutrition, Ph.D (Nutrition) pursuing

Email: vandana.garg.fas@mriu.edu.in

Experience: Research-10 years; Teaching- 2 years 7 months



Research Interest: Nutrition Epidemiology, Non-communicable diseases and Implementation Science Research

Journal Publication Details:

- 1) Tewari A, Praveen D, Madhira P, Josyula LK, Joshi R, Kokku SB, **Garg V**, Rawal I, Chopra K, Chakma N, Ahmed S, Pathmeswaran A, Godamunne P, Lata AS, Sahay R, Patel T, Gupta Y, Tandon N, Naheed A, Patel A and Kapoor D (2020). Feasibility of a Lifestyle Intervention Program for Prevention of Diabetes among Women with Prior Gestational Diabetes Mellitus (LIVINGStudy) in South Asia: A Formative Research Study. **Front. Glob. Womens Health** 1:587607. doi: 10.3389/fgwh.2020.58760
- 2) Shinde N and Garg V. Social Media Usage, Eating Habits and Nutritional Status of School-Going Adolescents: A Descriptive Study. *International Journal of Scientific Research in Biological Sciences*. Vol.7, Issue.4, pp.19-25, August (2020) DOI: <https://doi.org/10.26438/ijrsbs/v7i4.1925>
- 3) Prem kumar and Vandana Garg. Consumer knowledge, attitude and practice of using fortified food in India: a study among women in urban Delhi. *International Journal of Health Sciences and Research* (www.ijhsr.org). Vol.10; Issue: 7; July 2020
- 4) Anand S, Shivashankar R, Kondal D, Garg V, Khandelwal S, Gupta R, Krishnan A, Amarchand R, Poulter N, Reddy KS, Prabhakaran D, Mohan S. Potassium Intake in India: Opportunity for Mitigating Risks of High-Sodium Diets. *Am J Prev Med*. 2020 Feb;58(2):302-312.
- 5) Gribble MO, Head JR, Prabhakaran D, Kapoor D, Garg V, Mohan D, Anjana RM, Mohan V, Vasudevan S, Kadir MM, Tandon N, Narayan KMV, Patel SA, Jaacks LM. Potentially Heterogeneous Cross-Sectional Associations of Seafood Consumption with Diabetes and Glycemia in Urban South Asia. *Int J Environ Res Public Health*. 2020 Jan 10;17(2).
- 6) Claire Johnson, Joseph Alvin Santos, Emalie Sparks, Thout Sudhir Raj, Sailesh Mohan, Vandana Garg, Kris Rogers, Pallab K. Maulik, Dorairaj Prabhakaran, Bruce Neal and Jacqui Webster. Sources of Dietary Salt in North and South India Estimated from 24 Hour Dietary Recall. *Nutrients* February 2019 11(2):318
- 7) Christopher N. Ford, Lisa R. Staimez, Nida I. Shaikh, Nikhil Tandon, Dorairaj Prabhakaran, Venkat K.M. Narayan and Vandana Garg. 1580-P: Dietary Index of Insulin Resistance and Insulin Secretion Predicts Diabetes Risk in Asian Indians. *Diabetes* 2019 Jun; 68(Supplement 1)

- 8) Garg V, Shivashankar R, Kondal D, Ghosh S, Khandelwal S, Gupta R, Krishnan A, Amarchand R, Prabhakaran D, Mohan S. Knowledge, attitudes and practices related to dietary salt intake among adults in North India. *Public Health Nutr.* 2018 Dec 28:1-9
- 9) Gupta P, Mohan S, Johnson C, Garg V, Thout SR, Shivashankar R, Krishnan A, Neal B, Prabhakaran D. Stakeholders' Perceptions Regarding a Salt Reduction Strategy for India: Findings from Qualitative Research. *PLoS One.* 2018 Aug 6;13(8)
- 10) Kasturia S, Ali MK, Narayan K MV, Tandon N, Shivashankar R, Garg V, Kapoor D, Mohanasundaram A, Mohan D, Kadir MM, Prabhakaran D, Mohan V, Jaacks LM. Diets for South Asians with diabetes: recommendations, adherence, and outcomes. *Asia Pac J Clin Nutr.* 2018;27(4):823-831.
- 11) Claire Bailey, MPH, RD, Vandana Garg, MSc, Deksha Kapoor, MSc, Heather Wasser, PhD, MPH, RD, Dorairaj Prabhakaran, MD, DM, MSc, Lindsay M. Jaacks, PhD. Food Choice Drivers in the Context of the Nutrition Transition in Delhi, India. *Journal of Nutrition Education and Behavior*, April 2018.
- 12) Johnson, C; Thout, SR; Mohan, S; Dunford, E; Farrand, C; Wu, JH; He, FJ; Shivashankar, R; Webster, J; Krishnan, A; Garg, V; Maulik, PK; Prabhakaran, D; Neal, B. Labelling completeness and sodium content of packaged foods in India. *Public Health Nutrition*, 2017.
- 13) V. Garg and Dr. P. Sundararaj. Organoleptic Acceptability and Frying Stability of Expeller-pressed and Filtered Soybean Oil. *Journal of Lipid Science and Technology*, June 2006.
- 14) V. Garg and Dr. P. Sundararaj. Household Fat/Oil Consumption Practices with Special Reference to Sesame Oil. *PFNDAI Bulletin*, September, 2006.

Conference details:

International Publication:

1. Perceptions of and engagement with physical activity in urban India; A qualitative study of sociocultural factors for Oral presentation at ISPAH2016 Congress.

National Publication:

2. **Screen time usage and nutritional status of Adolescent: A review for poster presentation at UGC sponsored national conference on Food Safety, Nutritional security and sustainability, March 2020.**
3. Knowledge, attitudes and practices related to salt consumption in North India for poster presentation at PHFI symposium 2016.
4. Presented Researcher paper on **“Physicochemical characteristics, organoleptic acceptance and frying stability of expeller-pressed and filtered sesame oils”** under Junior Awards at Nutrition Society of India XXXVII Annual conference held at National Institute of Nutrition, Hyderabad (Nov, 2005).

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Research Supervisor (PhD): Purposed to work with Dr Divya Sanghi (HOD, Department of Nutrition & Dietetics, MRIIRS)

Administrative Responsibilities:

1. **Mentoring BSc. & MSc. research students.**
2. **Placement Coordinator**
3. **Examination Coordinator**
4. **Expert talk series coordinator**
5. **MSc Program Coordinator**

Professional Affiliation:

- 1) Working on “Changes in Dietary Behaviours and physical activity During the COVID-19 Outbreak Confinement in the Adult Population” in collaboration with Department of Nutrition and Food Science. University of Granada. Study Link: <https://clinicaltrials.gov/ct2/show/NCT04449731>
- 2) Collaborative Research Fellow at Juntendo University Japan under the Supervisor Dr. Myo Nyein Aung.
- 3) Life time membership of Nutrition Society of India since 2005 (Reg No: 125/1966)

Expert Talk Delivered:

- Oral presentation on “Perceptions of and engagement with physical activity in urban India; A qualitative study of sociocultural factors” ISPAH2016 Congress.
- Presented Researcher paper on “**Physicochemical characteristics, organoleptic acceptance and frying stability of expeller-pressed and filtered sesame oils**” under **Junior Awards at Nutrition Society of India XXXVII Annual conference** held at National Institute of Nutrition, Hyderabad (Nov, 2005).

Event Organized (Conference/Seminar/FDP/Workshops)

- 1) Organizing secretary in Symposium on “Maternal and Child Nutrition: A Life Cycle Perspective” organized at Nutrition Foundation of India (2008)
- 2) Organizing secretary in Symposium on “National Nutrition Policy” organized at Nutrition Foundation of India (2008)
- 3) Organizing secretary in Symposium on “Nutrition And Bone Health” organized at Nutrition Foundation of India (2007)
- 4) Organizing secretary in Symposium on “Nutrition during Late Infancy and Early Childhood” organized at Nutrition Foundation of India (2006)
- 5) Organizing secretary in Symposium on “Primary Health Care – New Initiatives” organized at Nutrition Foundation of India (2006)

Awards

- 1) **Achieved 2nd best presentation award** at 5th International Course in Nutrition Research Methods sponsored by Bangalore Boston Nutrition Collaborative (BBNC) held in January 2015 at St. John's Research Institute, Bangalore.
- 2) Awarded **senior research fellowship** on the project **Effect of once weekly IFA supplementation on haemoglobin levels in primary school children** by ICMR in 2008-2010.
- 3) by Awarded by **Raj Rani Ganju Memorial prize** for best student in **applied chemistry** in B.Sc Home Science (Hons.).
- 4) Awarded by **Dr. Devinder Nath Vasishta Memorial prize** for best student in **applied physics** in B.Sc Home science (Hons.).
- 5) Awarded by **Yuvraj Krishna Vij. Memorial prize** for best student in **applied biology** in B.Sc Home science (Hons.).
- 6) Awarded by **Onkar Nath Ganju Memorial trophy** for the **academic excellence** in B.Sc(Hons.) Home science (Hons.).
- 7) Awarded by **Dr. Usha Bhargava Award** for best student in **Methods of Investigation in Nutrition** in MSc. Foods and Nutrition (Previous).