



Bhagini Nivedita College

Faculty Details



Title	Dr	First Name	Akanksha	Last Name	Jain	Photograph
Designation	Assistant Professor (Food and Nutrition)					
Address	B-113, Samrat Apartments, Vasundhara Enclave, Delhi - 110096					
Phone No Office	-					
Residence	+919582228142					
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Email	akankshajain@bn.du.ac.in					
Web-Page	-					
Educational Qualifications						
Degree	Institution				Year	
PhD (Food and Nutrition)	Amity Institute of Food Technology, Amity University, Uttar Pradesh, Noida				2021	
MSc (Food and Nutrition)	Institute of Home Economics, University of Delhi				2012	
BSc (Food and Nutrition)	Institute of Home Economics, University of Delhi				2010	
Career Profile						
Assistant Professor (Food & Nutrition) at Bhagini Nivedita College, University of Delhi since 2017						
Previously worked as a Research Officer – Public Health Nutrition Division at LSTech Ventures Pvt. Ltd. (LIBSYS, Gurugram) – May’2014 to Aug’2017						
Research Assistant at Nutrition Foundation of India, New Delhi – Jan’2013 to May’2014						
Health Educator at HIDAY-SHAN, Public Health Foundation of India, New Delhi – Sep’2012 to Dec’2012						
Administrative Assignments						
- Core organizing committee member of various intra/inter-college activities including conduct of National/International webinars etc.						
- Member Admission committee, OBE committee and other college committees (Cultural committee, health and hygiene committee, canteen committee, website committee etc).						
- Member, Registration and Certification Committee, Centenary Celebrations (May’22 to May’23), University of Delhi						
Areas of Interest / Specialization						
Food & Nutrition (Trans fat content of fried/baked foods/oil used for frying; CVD, T2DM, Obesity and Impact of educational interventions; Research Methodology; Nutrition/Health						

Education and Extension activities; Nutrition programmes – ICDS and MDMS; Maternal Nutrition during pregnancy & lactation, LBW deliveries, Infant Feeding practices with especial emphasis on EBF/complementary feeding practices.
Subjects Taught
BSc Home Science (Hons): Food Science, Nutritional Biochemistry, Research Methodology, Food and Nutrition, Nutrition: A Life Cycle Approach; Public Nutrition; Therapeutic Nutrition; Maternal and Child Health Nutrition
B.A Prog (Food Technology): Advanced Baking Technology; Advanced Fruit and Vegetable preservation Technology
B.A Prog (Nutrition Health Education): Therapeutic Nutrition; Introduction to Food Safety; Human Nutrition; Nutrition: A Life Span Approach; Public Health Nutrition
Research Guidance
None
Publications Profile
<ul style="list-style-type: none"> • Jain A, Halde P. Impact of COVID-19 on Food and Nutrition Security: Proposing Recommendations to address Hunger and Malnutrition during Pandemics. Nutrition Society of India Newsletter (<i>In Press</i>). • Passi SJ, Jain A. Strategies for reducing trans fat content in fried foods (by Invitation). Diet Byte. E-Newsletter of Indian Dietetic Association – Delhi Chapter. October 2021:8-9. • Passi SJ, Jain A. Omega-3/Omega-6 fatty acid rich foods – the important immunity enhancers particularly during the COVID-19 pandemic times. Featured Article. Association of Food Scientists and Technologists (India), Newsletter (Delhi Chapter). Vol 9, June 2020. • Kumar Y, Jain A. COVID-19 Pandemic – Are We Heading From Health Crisis Towards An Unprecedented Nutrition Crisis? Current Topics in Medicinal Chemistry, 2020, 20, DOI: 10.2174/1568026620999200511092629. (IF 3.38). • Passi SJ, Jain A. Health and Hygiene Concerns for Rural Women. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). October 2020. • Passi SJ, Jain A. A step towards Health Security. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). July 2020; 68(9):28-33. • Passi SJ, Jain A. Nutrition and Health related empowerment of Women. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). May 2020; 68(7):17-20. • Jain A, Passi SJ, Selvamurthy W, Singh A, Thakkar H. Effect of frying temperature/frying cycles on trans fat content of groundnut Oil Plant Archives 2020; 20(1):2565-8. • Jain A. Educating masses on Health and Nutrition. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). January 2020;68(3):35-39. • Jain A, Passi SJ, Selvamurthy W, Singh A, Thakkar H. Type of frying vessel viz. oxidative indices of groundnut oil used for preparing French fries. Plant Archives 2019; 19(2):810-12. • Jain A, Passi SJ, Selvamurthy W, Singh A. Effect of Elevated Temperatures on Trans Fat Content and Oxidative Parameters of Groundnut Oil. Int J Nutr Food Eng 2018;12(11):124. • Passi SJ, Jain A. Millets: A Sustainable Miracle Crop for Future. Everyman’s Science. LI (3);

Aug'16-Sept'16):172-9.

- Prakash K, **Jain A**, Prasada R, Naik SN. Detrimental effects of trans fats on health. Lipid Universe. Oil Technologist's Association of India (North Zone) Oct-Dec 2015; 3(4):10-14.
- **Jain A**, Passi SJ, Pant KK. Estimation of trans-fatty acid content of fat/oil samples in use for frying the food items: A study in an urban slum of Delhi. J Prev Cardiol 2015; 4(3): 706-14.
- **Jain A**, Passi SJ, Pant KK. Assessment of Trans Fatty Acid Content of Fats and Oils Being Used by Halwais for Frying Food – A Study in an Urban Slum of Delhi. Abstracts/J Nutr Intermediary Metab 2014;1:1-55.
- **Jain A**, Passi SJ, Pant KK. “Trans Fatty Acid Content of Fat/Oil Samples drawn during the Process of Frying Foods – an Analytical Study”. Scientific Proceedings of 47th Annual National Conference of Indian Dietetic Association 2014, New Delhi.
- **Jain A**, Passi SJ, Pant KK. “Trans Fatty Acid Content of Fats/Oils being used for Frying – an Experimental Study among Halwais in an Urban Slum of Delhi”. Scientific Proceedings of Asian Congress of Nutrition 2015, Yokohama, Japan.

Book Chapters

- Co-authored 4 units for PG-Diploma in Public Health Nutrition, European Union funded project, NIHFW (MHFW, GoI):
 - i. Nutrition programmes in India
 - ii. Mid-day Meal Scheme
 - iii. Dietary Modifications of the diet in common ailments/disease conditions
 - iv. Planning of diets/ dishes /menus for infants, children, adolescents, elderly/older adults

Articles published on the website of Press Information Bureau/published in Kurukshetra Journal, Ministry of Rural Development, GoI.

- Passi SJ, **Jain A**. Towards making India a Fit Nation. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). Oct 2021; 69(12):31-36.
- Passi SJ, **Jain A**. 'फिट इंडिया' को जन-आंदोलन बनाने की ज़रूरत Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). Oct 2021; 12:35-41.
- Passi SJ, **Jain A**. कोविड-19 के दौर में स्वस्थ जीवनशैली ज़रूरी Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). May 2021.
- Passi SJ, **Jain A**. Innovative Health Lifestyle. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). May 2021.
- Passi SJ, **Jain A**. स्वास्थ्य सुरक्षा की ओर बढ़ते क़दम Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). July 2020; 66(9): 26-32.
- Passi SJ, **Jain A**. स्वस्थ एवं पोषित महिलाएं सशक्त राष्ट्र की आधारशिला Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). May 2020; 66(7):11-16.
- Passi SJ, **Jain A**. बजट में महिला एवं बाल विकास सम्बन्धी पहलु Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). August 2019.
- Passi SJ, **Jain A**. महिला और बाल विकास हेतु स्वास्थ्य एवं पोषण. Kurukshetra. Apr 2019.
- Passi SJ, **Jain A**. गैर-संचारी रोगों की रोकथाम में पोषण का महत्व. Kurukshetra. Nov 2018:47-50.
- Passi SJ, **Jain A**. Breaking Inter-generational Cycle of Malnutrition & Optimising the IYCF Practices (Special feature: National Nutrition Week: 01st – 07th September).
- Passi SJ, **Jain A**. Why do we need to promote breastfeeding? (Special feature: World

Breastfeeding Week: 01st – 07th August).

- Passi SJ, **Jain A.** Viral Hepatitis: Governmental efforts for its Control and Management (Special Feature: World Hepatitis Day – 28th July 2017).
- Passi SJ, **Jain A.** सार्वजनिक समूचित पोषण विशेषतः बालिकाओं का पोषण व स्वास्थ्य - वर्तमान स्थिति एवं आगामी दृष्टिकोण. Kurukshetra. June-Jul 2017.
- Passi SJ, **Jain A.** Tobacco usage – the biggest culprit undermining all development efforts (Special Feature: World No -Tobacco Day – 31st May). <http://pib.nic.in/newsite/efeatures.aspx> 29 May 2017.
- Passi SJ, **Jain A.** Nutrition/health Concerns of Adolescent Girls for breaking the Inter-generational Cycle of Malnutrition. <http://pib.nic.in/newsite/efeatures.aspx> 07 Apr 2017.
- Passi SJ, **Jain A.** Combatting Non-communicable Diseases. <http://pib.nic.in/newsite/efeatures.aspx> 20 Feb 2017.
- Passi SJ, **Jain A.** Pulses – The Nutrient Rich Grains for a Sustainable Future (Special Feature: International Year of Pulses 2016) <http://pib.nic.in/newsite/efeatures.aspx> 16 Dec 2016.
- Passi SJ, **Jain A.** A Step towards Healthy Ageing. <http://pib.nic.in/newsite/efeatures.aspx> 3 Nov 2016.
- Passi SJ, **Jain A.** Food and Nutrition Security in the light of Climate Change (Special Feature: World Food Day) <http://pib.nic.in/newsite/efeatures.aspx> 12 Oct 2016.
- Passi SJ, **Jain A.** Governmental Initiatives for Meeting Nutritional Needs of the Indians (Special Feature: National Nutrition Week) <http://pib.nic.in/newsite/efeatures.aspx> 7 Sep 2016.
- Passi SJ, **Jain A.** Save the Girl Child: She is an Assetand not a Liability!! (Special Feature International Women's Day) <http://pib.nic.in/newsite/efeatures.aspx> 12 Mar 2015.
- Passi SJ, **Jain A.** Health Benefits of Antioxidants and Phytochemicals <http://pib.nic.in/newsite/efeatures.aspx>, 2 Sep 2014.
- Passi SJ, Sabharwal V, **Jain A.** Breastfeeding: The Health Promoting and Life Saving Approach <http://pib.nic.in/newsite/efeatures.aspx>, 2 August 2014.
- Passi SJ, **Jain A.** Millets: The nutrient rich counterparts of wheat and rice <http://pib.nic.in/newsite/efeatures.aspx>, 17 July 2014.
- Passi SJ, **Jain A.** Healthy Food Habits: Ways and means of limiting the Trans Fat intake. <http://pib.nic.in/newsite/efeatures.aspx>, 20 June 2014.

Publications in the Last one year

- **Jain A,** Halde P. Impact of COVID-19 on Food and Nutrition Security: Proposing Recommendations to address Hunger and Malnutrition during Pandemics. Nutrition Society of India Newsletter (*In Press*).
- Passi SJ, **Jain A.** Strategies for reducing trans fat content in fried foods (by Invitation). Diet Byte. E-Newsletter of Indian Dietetic Association – Delhi Chapter. October 2021:8-9.
- Passi SJ, **Jain A.** Towards making India a Fit Nation. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). Oct 2021; 69(12):31-36.
- Passi SJ, **Jain A.** 'फिट इंडिया' को जन-आंदोलन बनाने की ज़रूरत Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). Oct 2021; 12:35-41.
- Passi SJ, **Jain A.** कोविड-19 के दौर में स्वस्थ जीवनशैली ज़रूरी Kurukshetra – A Journal on

Rural Development (Ministry of Rural Devt, GoI). May 2021.

- Passi SJ, **Jain A**. Innovative Health Lifestyle. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). May 2021.
- Passi SJ, **Jain A**. स्वास्थ्य सुरक्षा की ओर बढ़ते क़दम Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). July 2020; 66(9): 26-32.
- Passi SJ, **Jain A**. स्वस्थ एवं पोषित महिलाएं सशक्त राष्ट्र की आधारशिला Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). May 2020; 66(7):11-16.
- Passi SJ, **Jain A**. Omega-3/Omega-6 fatty acid rich foods – the important immunity enhancers particularly during the COVID-19 pandemic times. Featured Article. Association of Food Scientists and Technologists (India), Newsletter (Delhi Chapter). Vol 9, June 2020.
- Kumar Y, **Jain, A**. COVID-19 Pandemic – Are We Heading From Health Crisis Towards An Unprecedented Nutrition Crisis? Current Topics in Medicinal Chemistry, 2020, 20, DOI: 10.2174/1568026620999200511092629. (IF 3.38).
- Passi SJ, **Jain A**. Health and Hygiene Concerns for Rural Women. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). October 2020.
- Passi SJ, **Jain A**. A step towards Health Security. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). July 2020; 68(9):28-33.
- Passi SJ, **Jain A**. Nutrition and Health related empowerment of Women. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). May 2020; 68(7):17-20.
- **Jain A**, Passi SJ, Selvamurthy W, Singh A, Thakkar H. Effect of frying temperature/ frying cycles on trans fat content of groundnut Oil Plant Archives 2020; 20(1):2565-8.
- **Jain A**. Educating masses on Health and Nutrition. Kurukshetra – A Journal on Rural Development (Ministry of Rural Devt, GoI). January 2020;68(3):35-39.

Conference Organization/ Presentations (in the last three years)

- **Jain A**, Passi SJ, Selvamurthy W, Singh A. Accepted for Oral presentation “Impact of Frying Conditions on Trans Fatty Acid Content and Oxidative Indices of the Oil Used for Preparing French-Fries” at 13th Asian Congress of Nutrition, Bali, 4-7 August, 2019.
- **Jain A**, Passi SJ, Selvamurthy W, Singh A. Accepted for Oral presentation “Effect of heating/frying on trans fatty acid content and oxidative stability of groundnut oil” under the Food Innovation group at 13th Asian Congress of Nutrition, Bali, 4-7 August, 2019.
- **Jain A**, Passi SJ, Selvamurthy W, Singh A. Accepted for Poster presentation “Studying the Influence of Frying-Vessel and Storage Settings on Trans Fat and Oxidative Stability of The Groundnut Oil” at 13th Asian Congress of Nutrition, Bali, 4-7 August, 2019.
- **Jain A**, Passi SJ, Selvamurthy W, Singh A. Paper presentation “Effect of nature of frying vessel and storage conditions on trans fat content of groundnut oil” at FSSAI-ICMSF-CHIFSS International Symposium on Microbiological Food Safety Sampling and Testing in Food Safety Management, Hotel Radisson Blu Plaza, New Delhi, 9-10 October, 2018.
- **Jain A**, Passi SJ, Selvamurthy W, Singh A. Paper presentation “Influence of type of frying container and storage conditions on trans fat and oxidative indices of groundnut oil” at iCRAFPT'18 in the Indian Institute of Food Processing Technology (Ministry of Food Processing Industries, GoI), Thanjavur, Tamil Nadu, 17-19 Aug 2018.
- **Jain A**, Passi SJ, Selvamurthy W, Singh A. Accepted for poster presentation “Effect of frying vessel and storage conditions on trans fat content of groundnut oil” at 32nd EFFoST

<p>International Conference organized by Elsevier in Nantes, France, 6-18 Nov 2018.</p> <ul style="list-style-type: none"> • Jain A, Passi SJ, Selvamurthy W, Singh A. Accepted for poster presentation “Effect of Elevated Temperatures on Trans Fat Content and Oxidative Parameters of Groundnut Oil” at International Congress of Nutrition 2018 Cape Town, South Africa, 15-16 Nov 2018.
<p>Research Projects (Major Grants/Research Collaboration)</p> <ul style="list-style-type: none"> - Pilot project on Mid – Day Meal Scheme, 2013
<p>Awards and Distinctions</p> <ul style="list-style-type: none"> • Received Urakami Foundation Travel award (₹ 3,00,000) for outstanding contributions in the field of Nutrition at 12th Asian Congress of Nutrition (May 2015), Yokohama, Japan. • Qualified UGC National Eligibility Test (Dec, 2012; June 2013) • Special merit certificates for Distinction in 6 subjects (M.Sc, 2012) • B Sc. (Food & Nutrition, 2010) – topped in college & 3rd rank in Delhi University; special merit certificates for Distinction in 11 subjects. • Comrade HC Baxipatra Memorial Award for Best Student in Economics • Marker cup in Home Science (2007).
<p>Association With Professional Bodies</p> <ul style="list-style-type: none"> • Lifetime member – Indian Dietetics Association – Delhi Chapter • Lifetime member – Nutrition Society of India • Lifetime member – Chilla DDA Sports Complex, Delhi
<p>Other Activities</p> <ul style="list-style-type: none"> • A+ Grade in a Two-Week Faculty Development Program/Refresher Course on “Emerging Accessible Technologies for Teachers in Higher Education” jointly organized by Maitreyi College, University of Delhi and Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malviya National Mission on Teachers and Teaching of Ministry of Education.
<p>Trainings and Certifications</p> <ul style="list-style-type: none"> • Nutrition Foundation of India (35 days) • HRIDAY-SHAN, PHFI (60 days). • Imparted training to the doctors for the anthropometric and biochemical assessment parameters during the Annual Health Survey (AHS). • International Course in Nutrition Research Methods sponsored by Bangalore Boston • Nutrition Collaborative (BBNC) from St Johns Research Institute, Bengaluru (2 weeks). • International Course in ‘Health in Humanitarian Crises’ from London School of Hygiene and Tropical Medicine, University of London (3 weeks). • International Course in ‘Food as Medicine’ from Monash University (3 weeks). • Certificate Course on ‘Successful Grant Writing’ from Elsevier Publishing Campus. • Certificate Course on ‘Step-by-step guide to reviewing’ from Elsevier Publishing Campus. • Certificate Course on ‘Creating a good research data management plan’ from Elsevier Publishing Campus. • Certificate Course on ‘Preparing your manuscript’ from Elsevier Publishing Campus.