

1. **Name of faculty: Dr Kanika Varma**
2. **Department: Home Science**
3. **Designation: Associate Professor**
4. **Age as on 01.01.2016: 49 years 11 months 20 days**
5. **Educational Qualifications: B.Sc., M.Sc., Ph.D.**
6. **Teaching Experience as on 01.01.2016 : 19 years**
7. **Address (Local): Yogesh Kuteer, B 8 Vivekanand Marg, C Scheme, Jaipur ,302001**
Address (Permanent): Same as above
8. **Phone / Mobile Number: +919829053483**
9. **Email ID: kanikavarmahsc@gmail.com**
10. **Details of Research Projects:**

S. No.	Title of project	Co-investigator if any	Funding Agency	Year of sanction	Year of completion	Funds received (in Lacs)
1.	Market Survey to Assess the Quality and Availability of Edible Salt and orientation of the Traders/Retailers on sale of Iodized salt in Jaipur city-	Dr Shubha Dube	UNICEF	2006	2007	2,32,900
2.	“Monitoring and Supporting IMNCI and Improving Child Survival Program at Baran District of Rajasthan”	Dr Nimali Singh	UNICEF	2008	2010	24,38,200

11. List of Publications:

Authors names	Title of paper	Name of Journal	Vol. No.	Pages from – to	Year
Minali Meena and Kanika Varma.	Fast food Consumption among Adolescent School Girls in Jaipur	International Journal of Innovative Research and Review IISN : 2347-4424 (online) 2015	Vol. 3(3) July – September,	38-42	2015
Pallavi Joshi and Kanika Varma	Assessment of Nutritional and Physiochemical properties of Banana Flour Pallavi Joshi and Kanika Varma	Research Journal of Family, Community and Consumer Sciences ISSN 2320 – 902X Available online at: www.isca.in, www.isca.me	Vol. 3(5), 1-3, July (2015) Res. J. Family, Community and Consumer Sci.		2015
Aachu Agarwal and Kanika Varma.	Diet and Nutrient Intakes in Urban Women of Rajasthan State, Northern India	Ecology of Food and Nutrition DOI : 10.1080/0367244.2015.1056875			2015
Sonal Dhemla and Kanika Varma.	Health Risks of Excessive Sodium and the role of Value Chain in India	Current Research in Nutrition and Food Science August 2015,	Volume 3 Number 2		2015
Aachu Agarwal and Kanika Varma,	"Lipid Profile and prevalence of dyslipidemia in urban women of Jaipur District, Rajasthan, India"	Nutrition and Food Science, , 2015,	Vol. 45 No. 3	pp. 412-422	2015
Sonal Dhemla and Kanika Varma.	Salt Intake – An Alarming Situation by	International Journal of Food, Agriculture and Veterinary Sciences ISSN: 2277-209X (Online) An Open Access, Online International	Vol. 5 (1) January-April,	pp. 1-10	2015

		Journal Available at http://www.cibtech.org/jfav.htm 2015			
Aachu Agrawal, Kanika Varma, Rajeev Gupta	Physical activity of urban middle aged women in different domains: a cross sectional study	International Journal of Diabetes in Developing Countries, ISSN: 0973-3930 (Print) 1998-3832 (Online),	January 2015		2015
Nitisha Sharma, Kanika Varma, Ramesh Roop Rai and Sandeep Nijhawan	To Assess the health related Quality of life (HRQOL) and macronutrients intake in chronic liver disease patients with and without minimal hepatic encephalopathy	Journal of Clinical and Experimental Hepatology, march 2014	Volume 4, Supplement	2S43-S44,	2014
Nitisha Sharma and Kanika Varma	Nutritional status in cirrhotic patients with minimal hepatic encephalopathy and non minimal hepatic encephalopathy,	International Journal of Food and Nutritional Sciences, e-issn 2320-7876 www.ijfans.com	vol.3, iss.3, apr-jun 2014		2014
Nitisha Sharma and Kanika Varma	“Appetite Assessment In Chronic Liver Disease Patients With Minimal Hepatic Encephalopathy”	International Journal of Innovative Research and Review ISSN: 2347-4424 (online) An online International Journal available at http://www.cibtech.org/jirr.htm 2014	Vol.2 (2) April-July,	pp.33-41.	2014
Namita Panagaria, Kanika Varma,, Ramesh Roop Rai.	“Extra Hepatic Portal Vein Obstruction in Children is not associated with growth impairment”	Nutrition and Food Science, (2013)	Vol.43 Number 6,	554-563	2013
Namita Panagaria,	“Nutritional Status and Quality of Life at	Nutrition and Food Science, (2010) H	Vol. 40 Number	6,581-590	2010

Kanika Varma, Sandeep Nijhawan, Ramesh Roop Rai	varying degrees of clinical severity of chronic liver disease”	Index 7			
Aachu Agarwal, Rajeev Gupta, Kanika Varma and Beena Mathur.	“High Trans Fatty acids in Common Indian Fast Foods”	Nutrition and Food Science, February, (2009) H Index 7	Vol. 38 Number	6,566 –569.	2009
Aditi Lodha, Kanika Varma , Hemant Malhotra, Beena Mathur, Aachu Agarwal	“Effect of Lucerne concentrate supplementation on the nutritional status of Chronic Myeloid Leukemia (CML) patients”	Nutrition and Food Science, February. (2009)	Vol. 39 Number 1, H Index 7	46-49.	2009
Kanika Varma , Nimali Singh, Reshma Boolchanda ni, Beena Mathur, Aditi Lodha and Hemant Malhotra.	Effect of Lucerne Concentrate on Nutritional Status of Chronic Myeloid Leukemia Patients”	Shodh Sameeksha aur Mulyankan ISSN 0974 2832 (2008)	Vol. 1 Issue 3.	211-212.	2008
Namita Pangaria, Kanika Varma , Amit Mathur, Sandeep Nijhawan, Ramesh Roop Rai.	“Quality of life and Nutritional status in alcohol addicts and patients with Chronic Liver Disease”	Tropical Gastroenterology (2007) Impact factor 10.84	28,	171-175.	2007

Namita Pangaria, Kanika Varma , Amit Mathur, Sandeep Nijhawan, Ramesh Roop Rai.	“Comparison of Nutritional Status between Patients with Alcoholic and Non-alcoholic Liver cirrhosis”	Tropical Gastroenterology (2006) Impact factor 10.84	27,	75-79.	2006
Kanika Mathur and Mira Varma	"Effect on Migration on Food Habits of Laborers in Jaipur City" -	Indian Journal of Nutrition & Dietetics (1991)	28,	254 - 260.	1991

12. List of Books Published:

13. List of Conferences / Symposium/ Refresher Courses organized

S. No.	CONFERENCES/ SEMINAR/ WORKSHOP/CAMP	SPONSOR	DATE
1	One Day Symposium on Maternal and Child Nutrition	UNICEF & Department of Home Science, University of Rajasthan	4 September 2015
2	Two day National Seminar on “Missed Opportunities in Child Nutrition, Health and Development”.	UNICEF & Special Assistance Programme (SAP), Department of Home Science, University of Rajasthan	30-31 January 2015
3	Short Term Course on “Development of Proficiency in Food and Nutrition”	Academic Staff College University of Rajasthan, Jaipur	8-13 December 2014
4	One Day Workshop on “Nutrition and Probiotics”	Indian Dietetic Association, Jaipur Chapter & Yakult Danone Ltd.	27 February, 2012
5	One day Seminar on Strengthening of Nutrition and Health Cell	The Nutrition and Health Cell, Special Assistance Programme	17 September, 2011

		(SAP),Department of Home Science, University of Rajasthan	
6	State level conference on “Nutrition & Health”	IDA, Jaipur chapter & P.G. Department of Home Science	25 & 26 November 2010,
7	One day Workshop on “Improving & Strengthening IMNCI in Baran and Bundi district of Rajasthan”	UNICEF & P.G. Department of Home Science	8th Dec '09 at PG Deptt. Of Home Science, University of Rajasthan, Jaipur.
8	Diabetes Camp	IDA, Jaipur chapter & Heart and General Hospital	14 November 2009
9	One Day Workshop on CV Writing and Interview Skills	Home Science Alumni Association & P.G. Department of Home Science	14 October 2008
10	One Day Workshop for Salt Traders	UNICEF & P.G. Department of Home Science	9 February 2007
11	One Day Orientation and Training Workshop on Iodine Deficiency Disorder	UNICEF & P.G. Department of Home Science	20 November 2007
12	Fitness and Health Camp	IDA, Rajasthan Chapter; P.G. Department of Home Science and Monilek Hospital and Research Centre	2006.
13	Health awareness Camp	IDA, Rajasthan Chapter; P.G. Department of Home Science and Monilek Hospital and Research Centre	14 Nov 2006, on World Diabetes Day, Monilek Hospital

14	Symposium on “Career options in Home Science”	Home Science Alumni Association, and P.G. Department of Home Science University of Rajasthan, Jaipur,	14 Sept 2005
----	---	---	--------------

14. List of Conferences / Symposium/ Refresher Courses Attended

14 i) Academic Staff College Orientation/Refresher Course attended:

S. No	Name of Course	Place	Duration	Sponsoring Agency
1.	Refresher course in “Higher Education in Home Science, Challenges and Opportunities”	Jaipur	11-30 November 2002	UGC
2.	72nd Orientation Course	Jaipur	11 February - 9 March 2009	UGC
3.	Refresher Course in Information Technology	Jaipur	7-26 February 2011	UGC

14.ii) TRAINING :- Participated & Completed

- Training of Trainers (TOT) Workshop on IMNCI (Integrated Management of Neonatal Childhood Illnesses)** organized by Dept. of Pediatrics, S.M.S. Medical College, Directorate of Medical Health & Family Welfare, Rajasthan and UNICEF, held at Sir Padampat Singhania Mother & Child Hospital, Jaipur from 18 November-25 November 2008.
- Training of Trainers on “Facility Based Care of Severe Acute Malnutrition (SAM)”** by Directorate of Medical, Health and Family Welfare, Jaipur held at Sir Padampat Singhania Mother & Child Hospital, Jaipur in March 2012.
- Infant & Young Child Nutrition (IYCN) Counseling Course** organized by Department of Home Science (University of Rajasthan, Jaipur), UNICEF and BPNI, Maharashtra from 26 April to 28 April 2015.

14. iii) CONFERENCES /WORKSHOP/SEMINAR/TRAINING ATTENDED:

S. No.	Name of Seminar/Conference/ Symposia/Workshop etc.	Name of Sponsoring Agency	Place and Date
1.	48 th Annual National Conference of	Indian Dietetic	November

	Indian Dietetic Association	Association, Bangalore Chapter	2015, Bangalore
2.	One Day Symposium on Maternal and Child Nutrition	UNICEF & Department of Home Science, University of Rajasthan	4 September 2015
3.	Infant & Young Child Nutrition(IYCN) Counseling Course	UNICEF, BPNI Maharashtra & Department of Home Science, University of Rajasthan	26-28 April 2015
4.	2 nd National Conference on “Urban Health: Opportunity for Multi Sector Partnership”	IIHMR & Urban Health Society of India	4-5 April 2015
5.	Formulation of M.A.(Home Science) Syllabus	Department of Home Science, University of Rajasthan	16-17 march 2015
6.	Two day National Seminar on “Missed Opportunities in Child Nutrition, Health and Development”.	UNICEF & Special Assistance Programme (SAP), Department of Home Science, University of Rajasthan	30-31 January 2015
7.	Two Day Workshop on “Current Regulatory Requirements for Members of Institutional Ethics Committees”	SMS Medical College, Jaipur & Clinical Development Services Agency (CDSA).	Jan. 16 & 17, 2015
8.	3rd International Seminar on “Nutrition Research Methods”	Public Health Foundation of India & Centre for Chronic Disease Control	16-20 Dec 2013 , New Delhi
9.	National Conference On Revisiting Issues of Women’s Security: From Womb to Tomb	Maharani College, University of Rajasthan	11-13 September 2013, Jaipur
10.	National Conference of Natural products for Human Health & Bioremediation of Pollutants	Centre for Advanced Studies, Department of Zoology, University of Rajasthan	22-23 March 2013.
11.	“Diet & Diabetes” CME on “Current Trends in Diabetes Mellitus”	Military Hospital, Jaipur	2 September 2012, Jaipur
12.	Senior Citizens Health Update	Lucky Seventh, S.M.S.	5 August,

		Medicos (1953-1958 Batch) ,	2012,Jaipur
13.	Facility based care of Severe Acute Malnutrition (SAM)	Directorate of Medical & Health ,Govt. of Rajasthan	Umaid Hospital, Dr, SN Medical College, Jodhpur 25-27 march 2012
14.	Facility based care of Severe Acute Malnutrition (SAM)	Directorate of Medical & Health ,Govt. of Rajasthan	Umaid Hospital, Dr, SN Medical College, Jodhpur 28-30 march 2012
15.	Ped Gastro Update 2012	Indian Academy of Pediatrics & Fortis Escorts Hospital, Jaipur	Jaipur,8 July 2012
16.	National Seminar on “Positioning Women Entrepreneurship in Changing Socio-economic Milieu”	Special Assistance Programme (SAP) & Department of Home Science, University of Rajasthan & NABARD	2 & 3 February, 2012.
17.	Strengthening of Nutrition and Health Cell	The Nutrition and Health Cell, Special Assistance Programme (SAP),& Department of Home Science, University of Rajasthan	17 September 2011
18.	44 th Annual Conference of Indian Dietetic Association	Indian Dietetic Association & All India Institute of Medical Sciences	New Delhi,3-5 November 2011
19.	International Conference on Reproductive Health & 20th Annual Meeting of the Indian Society of Reproduction & Fertility,	Centre for Advanced Studies, Deptt. Of Zoology	Jaipur , 8-10 February 2010
20.	Mid Term Conference of Pediatric Gastroenterology	Indian Dietetic Association, Jaipur Chapter; Indian academy of Pediatrics & Fortis Hospital, Jaipur	25-26 April 2009
21.	Symposium on Multicentric DST Funded Study on Nutrition in Women & Consensus Conference on Indian Diets for Prevention of Obesity and Related Disorders.	INSA, New Delhi organized by Dept. of Science & Technology, Ministry of Science & Technology, Govt. of	5th April 2009.

		India & Diabetes Foundation of India	
22.	One day workshop on “Implementing Supportive Supervision in IMNCI.	State Institute of Health and Family Welfare Jaipur.	4 May 2009
23.	One Day Workshop on CV Writing and Interview Skills	Home Science Alumni Association & Department of Home Science, UOR	Jaipur, 14 October 2008
24.	9th World Congress & 17th National Conference of “Reproductive & Child Health	National Association for Reproductive & Child Health of India	Jaipur, 12 – 14 September 2008.
25.	Research Methodology in Social Sciences	Dept. of adult & Continuing Education, UOR	Jaipur, 28 & 29 July 2008
26.	One-Day Seminar on Patent Awareness Programme	Chemistry Department, UOR	Jaipur, 5 June 2008.
27.	International Conference on Free Radicals & Natural Products In Health and Seventh Annual Meeting of The Society for Free Radical Research, Centre for Advanced Studies	Zoology Dept., UOR	Jaipur, 14 – 16 Feb.2008.
28.	13th Annual Conference of Indian Society for Parental and Enteral Nutrition,	AIIMS	Delhi, 12-14 October 2007.
29.	One-day seminar on Soya Proteins	Soya Association of India	Jaipur, September 2005.
30.	First National CME on Mature Women’s Health	“Prayaas” Mature Women’s Health and Research Centre	Jaipur, 16 October 2005
31.	Workshop on Non Communicable Diseases- Prevention & Control Background Information,	WHO –ICMR	Jaipur, 29-30 August 2005.
32.	Workshop to Develop Teaching Materials for Neo Literates	UNICEF and State Resource Centre	Jaipur, 24-26 August 2005.
33.	Ninth State Level Student Project cum Exhibition	Department of Science & Technology	10- 11 March 2005
34.	Workshop on UG Syllabi Revision	Deptt. Of Home Science, UOR	Jaipur, 5, 6 & 7 January 2004.
35.	36th Annual Convention of the Indian Dietetic Association	IDA	Chennai, 5-6 December 2003.
36.	Breast feeding in a Globalised world for peace and justice	CARE	Jaipur, 1 Aug 2003

37.	Role of Home Scientists in Elimination of IDD	Department of Home Science at UOR	Jaipur, November 2000.
38.	Workshop on "Girl Child"	Department of Home Science, UOR	Jaipur, 24 September 1999.
39.	National Conference of IAP	UNICEF & IAP	Jaipur, February 1999.
40.	State Level Workshop - Research Provided in Rajasthan	Social Welfare Department, Jaipur.	Jaipur, 1994.
41.	Indian Science Congress - 81st Session	Indian Science Congress	Jaipur, January 1994.
42.	"Women in Aids" Workshop for Aids Awareness	Dept of Adult Education, UOR	Jaipur, February 1994.
43.	Indian Science Congress - 81st Session	Indian Science Congress	Jaipur, January 1994.
44.	Computers in Home Science	Lady Irwin College	New Delhi, October 1993.
45.	Consumer Orientation	Jaipur Management Association	Jaipur, January 1991.

15. Details of conferences in which chaired a session

1. Judge for the Scientific IDA award. in 48th Annual National Conference of Indian Dietetic Association, Benguluru, organized by Indian Dietetic Association, Bangalore Chapter on November 2015
2. State level Workshop on "Solid Waste Management" organized by Centre for Good Governance HCM Rajasthan State Institute of Public Administration, Jaipur on 22 September 2015.
3. Session "Persistent Diarrhoea-Nutritional Management" in Ped Gastro Update 2012 organized by Indian Academy of Pediatrics & Fortis Escorts Hospital, Jaipur on 8 July 8, 2012.
4. Session "Nutritional Assessment and Feeding in Critical patients" in State Level Conference on Nutrition & Health organized by Indian Dietetic Association, Jaipur on 26 November 2012.

16. Papers in Conference Proceedings:

17. (a) National / International Collaborations with MoU (if any)

(b) Number of papers published where co-author is from another institute within the country : Nine (9)

(c) Number of papers published where co-author is from another institute outside the country :

18. National / International Awards received

19. Membership of technical societies / academic bodies/ National or international organizations (if any)

- 1. President**, Indian Dietetic Association, Jaipur Chapter (former Treasurer and Secretary)
- Nutrition Society of India
- Home Science Association of India
- Mastectotomee Society of India (Koshish)
- Rajasthan Cancer Society. **Executive Member**
- Founder Member and Executive Member** of Home Science Alumni Association, University of Rajasthan, Jaipur.(Formerly secretary)

20. Details of Ph. D. students supervised:

Name of student	Year of award	Title of thesis
Namita Pangariya	2011	“Randomized Control Trial of branched chain amino acid supplementation and placebo on short and long term quality of life in patients with liver cirrhosis”
Meenakshi Khatri	2012	“Dietary Risk Factors for premature Coronary Heart Disease: A Case control Study”
Aachu Agarwal	2013	“Nutrition and health profile of women (35 -70 years) in urban and rural areas of Jaipur”.
Nitisha Sharma	2014	“Assessment of Nutritional Status & Health Related Quality of Life in Cirrhotic patients with Minimal Hepatic Encephalopathy in SMS Hospital, Jaipur City
Divya Taunk	Submitted on 3 September 2015	“Nutritional profile & Quality of Life In Cancer Patients”

21. Post Doctoral Fellows (if any):

Dr. Pallavi Joshi (UGC Post Doctoral Fellowship for Women) “Formulation of Energy Dense Ready to Use Food (RUTF) to assure Food Security in children (3-6 years)”. Joined on 1st February 2012.

22. Patents and Transfer of Technology