

Curriculum Vitae

Sheila C. Vir MSc, PhD

Founder Director and Senior Consultant, Public Health Nutrition & Development Centre (PHNDC)
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Expertise: Nutrition / Public Health Nutrition

Nationality: Indian

Personal Details

Address

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> Registered Office: PHNDC: C23 Anand Niketan ,New Delhi 110021)

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Languages Known : Read and write English and Hindi.
Understand Marathi, Punjabi, Bengali, Assamese and Nepali

Summary of Experience:

- Over 20 years of experience of working with UNICEF (India)- 20 years as a nutrition officer (Delhi office and UP state) and four years as a consultant (nutrition). Between December 2003-4, deployed for short term assignments to UNICEF (Tajikistan) country office for development of Tajikistan National Nutrition Strategy.
- Over 15 years of experience as Senior Consultant Nutrition for a wide range of thematic areas (consultancy assignments listed below).
- Formulating strategy, guidelines and policy framework for Government of India on varied aspects of nutrition interventions--infant and young child feeding practices, micronutrient supplementation programmes such as anemia including weekly iron-folic dosage for adolescent girls, biannual vitamin A supplement strategy, universal salt iodization, food fortification, and linking nutrition interventions with women collective groups/self Help Groups,
- Conceptualization and formulation of operational implementation plans of action for rolling out policies for addressing maternal-child malnutrition at the central government as well at state and district levels in collaboration with health, ICDS and Rural development departments as well as NGOs and development partners.The experience includes strategic planning as well as designing and managing implementation of operational plans of public health nutrition programmes through community- based approaches and working with other relevant platforms such as self- help groups for improving maternal, infant and young child nutrition.
- Guiding, designing and executing in depth policy and programme review and evaluation of programmes, including national programmes, multi-year programmes launched by

development partners as well as NGO driven innovative pilot projects, synthesise gaps and strengths in programme strategy and in the implementation with a view to propose crucial adjustments required to enhance the scope of operation and contribute in achieving the desirable state/national maternal, infant, young child nutrition (MIYCN) targets.

- Designing and conducting operation research and evaluation.
- Synthesising data for innovative programme planning and implementation.
- Undertaking process & impact documentation of public health nutrition and social development programmes. development of module/unit on selected nutrition science/public health nutrition themes.
- Developing and executing advocacy, communication and training strategy. Conducting training of national and state trainers as well as frontline workers
- Publishing papers and books: Published about 100 papers (*list in the last section*).
- Books : Development, Contributing Chapters and Editing
 - > “Public Health Nutrition in Developing Countries” Two editions published (2011, 2021)
 - > “Child, Adolescent and Woman Nutrition in India: Public Policies, Programmes and Progress”. The book published for international network by Routledge in February 2024 and earlier by KW India in ,January 2023.

Both the above books are being widely used by programme persons nationally and internationally and are the recommended reference reading for the postgraduate students of University of Delhi.

- Providing input for building appropriate human resource for nutrition programme implementation in the country. (Advisor : study conducted by HOPE and TATA trust .The institutions studied represented state based Food and Nutrition Departments of Home Science Colleges, Medical Colleges, Public Health Institutions and Agriculture Universities).
- Academic experience: Teaching nutrition subject to post graduates at Lady Irwin College, University of Delhi 1980-82. Adviser to various universities for the development of post graduate nutrition curriculum,
- PhD examiner, University of Delhi

Education Qualifications:

- 1976, PhD, Institute of Clinical Sciences, Queen’s University of Belfast, United Kingdom (Awarded Fellowship, Department of Health and Social Services, UK),1976.
- 1970, MSc, (Foods & Nutrition), Lady Irwin College, University of Delhi, India.

Awards

- Kamala Puri Sabharwal 42nd Memorial Lecture Award, University of Delhi, 28th October 2015
- Srikantia Memorial Lecture Award, Nutrition Society of India (NSI) Award, November 2013.
- Commonwealth Van den Berg Nutrition Award (for original research in Human Nutrition) – 1978.

Advisory/ Positions Appointed:

- Appointed on April 2023, Visiting Senior Fellow, Institute of Human Development, New Delhi
- Appointed July 2022 to October 2023, UNICEF (India) to the Technical Advisory Group, Evaluation of 'Swabhimaan Project' dealing with Self Help Group of Women and Nutrition.
- Appointed on 15th July 2022, by the ICMR-National Institute of Nutrition, a member of the Technical Expert Committee to review the Maternal Nutrition e-modules, developed by ICMR-NIN, IEG, New Delhi and NIMHANS, Bangalore.
- Appointed in July 2022, Adviser in the Technical Advisory Group (TAG) GAIN, India on Fortification of Oil.
- Appointed in May 2022 Member of the Technical Advisory Group (TAG) UN World Food Programme (WFP) on large scale food fortification with a special focus on rice fortification.
- Appointed member, NITI Aayog, Vetting Committee of POSHAN Gyan, September 2021
- Elected Vice Chair, October 2020-21, Board for Coalition for Food and Nutrition Security (CFNS), Founder Prof MS Swaminathan.
- Appointed Expert Group Member (2016 -2018): Government of India, Ministry of Health and Family Welfare (MoHFW) led Maternal Nutrition Group and MWCD led Group on Community Management of Severe Acute Malnutrition, Infant and Young Child Feeding Practices and Prevention of Malnutrition. Member of the August 2018 formed Core Group on CMAM Technical Committee.
- Appointed Consultant (Honorary), Ministry of Health and Family Welfare. Government of India for drafting "Guidelines on Weekly Iron Folic Acid supplementation to Adolescent Girls" .Released on 11th August, 2011. Appointed Senior Nutrition Expert, Ministry of Women and Child Development, GoI for the World Bank supported Project "ICDS Strengthening and Nutrition Improvement Project" From 16th August 2010 to May 2011
- Long Term Senior Nutrition Expert for DFID supported MPTAST (Project on Technical Assistance on Health and Nutrition Reform to MP State, IPE Global ,India) From 16th August 2010—May 2011
- Senior Consultant , UNICEF (India country office) From Jan09. 2010 to August 2010
- Consultant ,GAIN, (New Delhi),USI Programme –From 1st April –August 2010
- Consultant to Emory University's, (Hubert Department of Global Health and Rollins School of Public Health) Bill and Melinda Gates Foundation Project on "Evidence Based Policies and Programmes to Improve Maternal, Neonatal and Child Health Outcomes in Poor Countries" February –January 2012.
- Visiting Faculty , Public Health Nutrition Course, National Institute of Health and Family Welfare, New Delhi, Government of India, Jan 2008--onwards
- Appointed Senior Nutrition Expert, Ministry of Women and Child Development, GoI for the World Bank supported Project "ICDS Strengthening and Nutrition Improvement Project" From 16th August 2010 to May 2011
- Long Term Senior Nutrition Expert for DFID supported MPTAST (Project on Technical Assistance on Health and Nutrition Reform to MP State, IPE Global ,India) From 16th August 2010—May 2011
- Senior Consultant , UNICEF (India country office) From Jan09. 2010 to August 2010
- Consultant ,GAIN, (New Delhi),USI Programme –From 1st April –August 2010
- Consultant to Emory University's, (Hubert Department of Global Health and Rollins School of Public Health) Bill and Melinda Gates Foundation Project on "Evidence Based Policies and Programmes to Improve Maternal, Neonatal and Child Health Outcomes in Poor Countries"

February –January 2012.

- Visiting Faculty , Public Health Nutrition Course, National Institute of Health and Family Welfare, New Delhi, Government of India, Jan 2008--onwards
- Member of PhD Committee of Nutrition Science, Indira Gandhi National Open university (IGNOU)
- Appointed India Coordinator for CHILD to Child, Trust, Institute of Child Health, London (U. K.), 1988
- Aga Khan Foundation Travel and Study Award – 1986
- Recipient of the research fellowship, awarded by the Department of Health and Social Services (U.K.) – 1974 – 1976.

Consultancy Assignments Undertaken (March 07 onwards)

- World Bank (August 2023 -January 2024), assignment entitled “Anemia in India: Current status ,aetiology, policy, program experiences and way forward” including development of a plan of action for reducing anemia in adolescent girls in Gujarat state.
- Senior consultant to CORD Project “Fact Driven Community Based Intensive Participatory Approach for improving Maternal-Child Nutrition Status and Reducing Anemia in Two Blocks of Kangra District, Himachal Pradesh”. June 2023- June 2026
- Evaluation of Alive &Thrive, February -August 2022
- Parivar Sewa Sanstha, Mewat District, Haryana Project for improving implementation of nutrition package linked to ANC services with special focus on rolling out the strategy for anaemia prevention and treatment. June 2021 to date.
- Development of Five Year Strategy and Plan of Action for CHETNA, (Gujarat-.based NGO) March-September 2021
- Mid Term evaluation of GAIN supported Large Scale Food Fortification Programme in India, September 2020- February 2021, Senior Technical Nutrition Adviser in the IPE Global Team.
- IMPACT (UNICEF and CIFF) (January 2019-February 2020) Evaluation of Community Based Management of Severe Acute Malnutrition (CMAM) program of State ECD Departments in selected states of India.
- Food and Nutrition Coalition India (May 2019): Technical Adviser, Development of Assam Maternal Infant Young Child Nutrition (MIYCN) Program as an integral part of SDGs.
- IPE Global (Jan-April 2019): Development of Program Models for Integrating Nutrition Interventions with the National Rural Health Mission
- Ernst & Young, New Delhi (August-October 2018). Technical Team head for the evaluation of GTZ Maternal Nutrition program on Food and Nutrition Security ,Madhya Pradesh, India ..
- Alive &Thrive (August 2018) : Finalisation of the Technical document on Maternal, Infant and Young Child Nutrition for the use of Medical colleges.
- HOPE International, 10th Nov -30 August 2018 Technical Adviser and senior Consultant for undertaking scoping study on “Public Health Nutrition Teaching in India”.
- CARE India Solutions for Sustainable Development: Review and Develop guidelines for implementation of Food, Nutrition, Health, Sanitation (FNHS) component of National Rural Livelihood Mission (NRLM) for accelerating improvement in the maternal-child nutrition situation, Document prepared for NRLM, Ministry of Rural Development.,29th Dec 2017- 30th March 2018.

- ALIVE & THRIVE (Knowledge Partner BMGF): Strategic Policy Note on ‘Maternal, Infant, Young Child Nutrition in UP State’. 10th to 30th October 2017.
- ALIVE & THRIVE (Knowledge Partner BMGF): Review, research and present an updated document on Priority Actions and Technical and Operational Guideline for Strengthening Maternal Infant and Young Child Nutrition (MIYCN) program in India. December 2016 to August, 2017
- Technical Senior Nutrition Consultant, CORD Project on Linking nutrition interventions with the MKSP/NRLM Project in Kangra District, Himachal Pradesh India, July 2016-Dec 2018
- CARE (India) – National Rural Livelihood Mission (NRLM) Development of Nutrition Improvement Strategy, Operational Guidelines and Training Module. Supported by BMGF to the Ministry of Rural Development .October 2015-May2016 and October- November 2016.
- ALIVE & THRIVE (Knowledge partner BMGF): Maternal Infant Young Child Nutrition (MIYCN) program strengthening at National and State (Uttar Pradesh and Bihar) levels February 2016—August 2016 and October 2016
- CMS communication and ATN International : Technical support for monitoring compliance with International Code of marketing of breastmilk Substitute ,India. May-July 2016).
- WHO (India) –Development of Operational Guidelines on Fortification of Wheat Flour with Micronutrients for the Ministry of Health and Family Welfare. October –February 2016
- PCI ((India)—Organise Training for Health-Nutrition Managers of the State Rural Livelihood Mission, Bihar November 2015
- GAIN (India) –WIPRO Senior technical consultant for development of a plan of action for reintroducing fortification of flour through the PDS network in the state of Rajasthan April 2015 –August 2015.
- UNICEF (ROSA/ Regional Office for South Asia): Undertake bottle neck analysis of IYCF Programme in Maldives and recommend strategy and Plan of Action to the Government of Maldives for addressing malnutrition, Oct 2014 -April 2015
- UNICEF (ROSA /Regional Office for South Asia) : Undertake review on the state of art on nutrition and non-nutrition influencing factors on childhood stunting. Present a paper in the international meet organised by ROSA on 10th Nov on “Stunting, Women Nutrition in South Asia “ and write a paper for publication on the subject. Nov2014-May 2015
- Emory University’s Hubert Department of Global Health and Rollins School of Public Health, Background Paper on “Current Status and Innovations Regarding Provision of Supplementary Food to Pregnant Women under the ICDS Programme, India”, February 2015.
- Save the Children (India) Research and drafting a chapter on Urban Malnutrition in India for a book on Urban Child August –December 2014
- WFP (India)- Senior Technical Consultant with WIPRO to study of “Enhancing the Food Basket of Targeted Public Food Distribution” ,2014
- Technical Team Head. WIPRO Ltd and MI Consultancy assignment on “An Analysis of Efforts by Selected States to Address the Problem of Micronutrient Deficiencies, especially through the provision of supplementary food of ICDS and Mid- Day Meals in Schools.”, 15th March - 28 June 2014.
- Save the Children, India. Finalisation of document of National Coalition on Nutrition Security April to July 2014
- UKAid /DFID-IPL – Scoping Study on Nutrition in India — Report on Food and Nutrition Security in India and Scope of Support to Low Income Countries, Nov 2013- December 2013 .

- Technical Senior Consultant –WFP-WIPRO Foundation ---Enhancing the Nutritional Content of the Food Basket Distributed in the Targeted Public Food Distribution System (TPDS). 15th Sept 2013 - 14th March 2014
- Senior Nutrition Adviser Public Health Foundation of India, Development and drafting of India Nutrition Report (First of the series of biennial India Health Report) August 2012 –August 2013 date
- FHI360: Nutrition Strategic Planning 2013-2018. June-July 2013
- Micronutrient Initiative (MI) –Evaluation on MI Programme India and recommend repositioning MI support for Infant, Young Child and Maternal Nutrition (IYCN). January—April 2013
- CEDPA, Analysis of Gender and Nutrition in Urban India and Recommend The Way Forward for Reducing Undernutrition, with special reference Health Urban Project (HUP).August -- October 2012
- Public Health Foundation of India for research ,analysis and development of a document for POSHAN project on “Landscaping Nutrition Policies and Plans, India” 1st May-15th June 2012,
- Member of the Public Health Foundation ,Advisory Group on Evaluation of Severe Acute Malnutrition (SAM) Programme ,Jharkhand State
- Member Advisory Group of Madhya Pradesh state Government Team on Evaluation of SAM in the state.
- UNICEF, Madhya Pradesh Office, Training Manual for Reduction of Undernutrition, AB Mission ,Madhya Pradesh State Government. October-December 2011
- ICICI Centre for Child Health and Nutrition, Evaluation of Nutrition Security Innovations in Chhattisgarh, August 2011—April 2011.
- UNICEF (Bihar office) .Development of Strategy and Policy Document for Addressing Undernutrition in Bihar August-October 2011.
- World Bank (New Delhi) , Drafting of a policy note on lessons learned for India from success international efforts for reducing undernutrition. June 2011
- World Bank (New Delhi) , Technical Support in Planning and synthesising discussion of a consultation meet on” Rice Fortification :Global Perspective and Way Forward in India”, May-July 2011
- UNICEF (Bihar Office) for development of an analytical report on Bihar nutrition situation, current efforts for malnutrition reduction and state policy for addressing malnutrition ,15th April-31st May 2011.
- Senior Nutrition Expert, Ministry of Women and Child Development, GoI for the World Bank supported Project “ICDS Strengthening and Nutrition Improvement Project” From 16th August 2010 to May 2011
- IPE Global, Long Term Senior Nutrition Expert for DFID supported MPTAST (Project on Technical Assistance on Health and Nutrition Reform to MP State, IPE Global ,India) From 16th August 2010—May 2011
- Senior Consultant , UNICEF (India country office) From Jan09. 2010 to August 2010
- Consultant ,GAIN, (New Delhi),USI Programme –From 1st April –August 2010
- Consultant to Emory University’s, (Hubert Department of Global Health and Rollins School of Public Health) Bill and Melinda Gates Foundation Project on “Evidence Based Policies and

Programmes to Improve Maternal, Neonatal and Child Health Outcomes in Poor Countries”
February –January 2012.

- Visiting Faculty , Public Health Nutrition Course, National Institute of Health and Family Welfare, New Delhi, Government of India, Jan 2008--onwards
- Micronutrient Initiative (MI) ,Design an Integrated Micronutrient Plan of Action For UP state, including innovative strategy and budget March-April 2009.
- Senior Consultant, UNICEF (India Country Office) 1 Sept—15 Dec 08. Design and undertake quantitative and qualitative survey to assess the nutritional situation of women and children in the Tea Estates of Dibrugarh district, Assam. Analyse the situation and conceptualize a strategy as well as an implementation plan, including budget estimates, to address the problem of malnutrition through health and ICDS sectors.
- WHO, WPRO (Manila), 30 Jan-- 31 July 2008, Produce “Guidelines on Implementation of Weekly Iron and Folic Programme for Women in Reproductive Age.” In this context, undertook review, selection and documentation of global large scale effectiveness trials . Analysed success factors and proposed actions for upscaling anaemia control programme for women.
- FAO/RAP (Thailand), 1st Oct 07- 31st Dec 08. Prepare Document on “Undernutrition in Children in India --Actions Beyond Food Supplementation”.
- National Institute of Health and Family Welfare, GoI, June-Sept 08 --Production of Public Health Nutrition modules for distance education for health managers, health persons in private practice. *.
- National Institute of Medical Statistics, ICMR , GoI, March 07 --Dec09--Provide technical support in the analysis and production of state-wise profile of malnutrition in women and children in India --analyse determinants and propose state-wise priority actions.*
- WHO,SEARO ,India, 1st October 07-31st Dec07- Review and documentation of a policy booklet for *addressing anaemia in adolescents* WHO, SEARO, Review and analyse anemia situation in adolescent in 11 SEAR countries, Provide guidelines for inclusion of anemia preventive measure in adolescent health programme in SEAR countries.
- IGNOU, India, 1st October 2007 to 23 rd Dec 2007 Development of Module on Adolescent Nutrition for MCH Course .
- UNICEF , India , 15 May - 14 Nov 2007 . Review production, marketing and consumption scenario of iodised salt in India and recommend measures for “Acceleration of Universal Salt Iodisation (USI) in India”.
- UNICEF Regional Office for South Asia, Jaipur, India, 26-28 March 2007 ---Preparation and presentation of a paper on “Salt Trade Mapping--An Important Programme Tool” in the Regional Workshop on Micronutrients in Maternal And Child Health and Development in South Asia.

Employment Record:

- **Project Officer (Nutrition), UNICEF, India Country Office (10/87 –02/07)**
 - i) Assistant Project Officer (Health), UNICEF, India Country Office , New Delhi, 10/87-12/91

Designing and implementation of school health programme for selected states. Provided support in the strengthening of programme for management of diarrhoea, routine immunisation, lathyrism, maternal nutrition and low birth weight.

ii) Project Officer (Nutrition), UNICEF, India Country Office, Child Development and Nutrition Section, New Delhi, 01/92-03/98

Technical resource person for nutrition programmes, especially micronutrient programmes, at the national level. Provided support to the Ministry of Health and Family Welfare and the Directorate of ICDS. Department of Women and Child, for the reformulation of policies on Vitamin A Prophylaxis Programme, Nutritional Anaemia Control Programme, Infant and Young Child Feeding Guidelines and redesigning of the Universal Salt Iodisation (USI) programme of Government of India. Provided technical support in operationalization of these programme policies.

Developed and coordinated implementation of project proposals by the departments of ICDS and Health on maternal-child nutrition programmes. Prepared proposals for fund raising and also donor reports. As a nodal officer in charge of micronutrient programmes, coordinated with UNICEF field offices of India and was in-charge of building effective professional alliance with policy planners, non-government organisations, NGOs, professional bodies, research institutions, private sector and international organisations. Provided support in the formulation of the master plans of operation of UNICEF-Government of India. Represented UNICEF in various international consultation/ meetings on nutrition issues and in the UNICEF organised government delegation visits outside India.

iii) UNICEF Field Office, Lucknow, Uttar Pradesh (UP) 04/98-02/07

Nodal technical resource person in-charge of advocating with the state government to position the reduction of malnutrition in women and children high in the agenda of the state Government of UP. Provided support in updating regional data base of the state UP, formulation of the State multi-sectoral nutrition policy, strategy for addressing maternal-child malnutrition and execution of an innovative plan for universal consumption of salt iodisation through network of wholesalers of salt operating in the non-salt producing state.

Designed and coordinated implementation of innovative intervention plans for improving women and child nutrition, including micronutrient deficiencies. Provided leadership and technical support in the planning and implementation of an innovative ICDS –Health systems linked community-based maternal and child health nutrition (MCHN) project. Coordinated MCHN training involving multi-sector persons as well as established systems for implementation and monitoring. Provided support in documentation, evaluation and generation of evidence for taking the positive MCHN experiences to scale. Undertook effective advocacy which resulted in formulation of state operation plan by the Directorate of ICDS for addressing malnutrition in women and children entitled “*Mission Poshan*”.

Developed and established an innovative biannual system for improving vitamin A supplement (VAS) coverage linked to the routine immunisation micro-plans of health systems and survey and counselling tasks of ICDS system. Organised joint health and ICDS programme management and training. Developed and supported use of new ICDS survey register for programme planning and effective implementation. Conceptualised, developed and supported the state government and non-government organisations (NGOs) in the introduction of weekly iron-folic acid supplement (WIFS) programme for prevention of adolescent anaemia in girls in school and out of schools through health, ICDS and education systems. Successfully integrated the proven and documented strategy of VAS and WIFS in

the operational plan of the state government under the National Rural Health Mission (NRHM).

Formulated and supported implementation of a unique strategy for the state level acceleration of the Universal Salt Iodisation (USI) efforts and coordinated its implementation. The lessons learned from USI programme now an integral part of GAIN-UNICEF support to USI in the country.

Developed capacity of a range of institutions including medical colleges and NGOs for addressing malnutrition and coordinated with the state government in the establishment of two state and three district nutrition resource centres in selected medical colleges. Provided leadership in the establishment of Divisional Health and Nutrition Resource Centres and developed capacity of divisional managers. Represented UNICEF in global consultation meetings --Low Birth Weight, Complementary Feeding, Universal Salt Iodisation, Vitamin A Supplementation Programme.

At the international level, as a part of UNICEF inter country support, was deployed to Tajikistan. In consultation with the government and international and other UN agencies, developed a national plan of action for addressing maternal and child health and nutrition in Tajikistan..

- **Program Officer (Health and Education), Aga Khan Foundation International (India), New Delhi, 11/84-09/87**

Developed, managed and monitored implementation of “experimental projects on nutrition/health education” through school children using “Child to Child” approach for behavioural change at family and community level. Coordinated evaluation of “Child to child Programme” in collaboration with the Institute of Child Health, London.

Conceptualized, developed, planned and monitored implementation by NGOs of innovative primary health care projects as well as integrated child development /early childhood education projects with emphasis on community participation, education and empowerment for sustained development. Prepared country strategy paper & annual financial plan and programme budget in collaboration with the headquarter (AKF-Geneva) Team for presentation to the Aga Khan Foundation Board.

- **Consultant with UNICEF and DANIDA, New Delhi,10/81-8/84**

Details are presented in the next section on “consultancy experience”.

- **Lecturer (Advanced Nutrition), Delhi University, Lady Irwin College, India, 01/80-09/81**

Teaching post graduate students, organising seminars, guiding research.

- **Research Nutritionist, Institute of Clinical Science, Queen’s University of Belfast, U.K., 12/73-09/79**

Post doctoral research related to promotion of nutrition of pregnant women and oral contraceptive users. Published research. Conducted hospital, institutional and community based research in Geriatric Nutrition and developed framework for promoting healthy living of geriatric population.

Book and Publications

Books

- Editor of book and authored chapters on nutrition in India entitled “Woman, Adolescent and Child Nutrition in India: Policies, Programmes and Progress” 2023 ,Publisher KW Publishers and Routledge, February 2024 .
- Editor of the second edition of the book and authored chapters “Public Health Nutrition in Developing Countries” 2021 Woodhead Publishers.
- Contributed a chapter entitled “Maternal Nutrition: Breaking the Intergeneration Cycle of Malnutrition- Significance, Challenges and Opportunities.” in a book ‘Undernutrition and Public Policy in India: Edited by Sonalde Desai et al, , National Council for Applied Economic Research. 2016 Routledge Publisher
- Editor of the first edition of the book entitled “Public Health Nutrition in Developing Countries” 2011, Woodhead Publishers.
- Authored WHO (Western Pacific Asia Region) Publication. Weekly Iron and Folic Acid Supplementation Programmes for Women of Reproductive Age –An analysis of best programme practices Researched and prepared for WHO (Western Pacific Asia),2011
- Led research and authored: Adolescent Anaemia Publication of WHO, SEARO,2008, Reviewed and analysed anaemia situation of adolescents in 11 South East Asia Region (SEAR) countries and developed, Guidelines on integrating anaemia preventive measure in adolescent health programme in SEAR countries.
- Nutrition Anaemia: Edited by U Ramakrishnan: Contributed a chapter on “Functional Consequences of Anaemia in School Age Children” CRC Press ,2000

Journal Publications (over 90 publications in the national/ international journals/books).

1. Vir SC (2023) Adjusting and adapting maternal nutrition policy, Expert View, Imprint, Sight and Life. Special Report. Sight and Life Special Report The promise and Progress of Maternal nutrition in India,2023.
2. Vir SC and Suri S (2023) Young Child Undernutrition: Crucial to Prioritize Nutrition Intervention in the First 1000 Days of Life, Indian J. of Paediatrics, Special Supplement on Newborn Survival and Child Health in India. 90, (supplement 1) December 2023.
3. Vir SC (2023) Maternal and Child Nutrition, ,Pp170-247 in Child. Adolescent And Woman Nutrition in India,; Public Policires, Program and Progress ,Edited by Sheila Chander Vir, KW Publishers, New Delhi ,India..
4. Dalal R and Vir SC (2023) Nutrition Care: Simple Facts for Healthy Generations Public Health for All, IIC Quarterly, pp 181-192 Vir SC (2023) Maternal and Child Nutrition, ,Pp170-247 in Child. Adolescent And Woman Nutrition in India,; Public Policires, Program and Progress ,Edited by Sheila Chander Vir, KW Publishers, New Delhi ,India..
5. Vir SC (2023) Iron Deficiency Anemia, :anemia prevention and control programme: evolvment of policies and programmes 1970-2017 and Anemia mukt Bharat (AMB),2018,pp248-310,in Child. Adolescent And Woman Nutrition in India,; Public Policires, Program and Progress ,Edited by Sheila Chander Vir, KW Publishers, New Delhi ,India..
6. Vir SC (2023) Fortification of cereals, oils and salt with micronutrients :policy and program management 409-454 in Child. Adolescent And Woman Nutrition in India,; Public Policires, Program and Progress ,Edited by Sheila Chander Vir, KW Publishers, New Delhi ,India..

7. Vir SC and Suri S (2023) Implications of Young Child Malnutrition on Health and Development: Priorities Nutrition Interventions in the First 1000 Days of Life. Public Health Open Access 7(1) 1-9, ISSN 2578-5001, DOI:10.23880/phoa-16000236.
8. Vir SC and Suri S. (2023) Maternal Nutrition and Childhood Stunting: Key Learnings from India's National Family Health Survey, Am J Med Public Health. 2022; 3(1): 1033).
9. Vir SC (2023) Woman, adolescent and child nutrition:an overview of evolvement of Policies and programs in India 1947-2022 , Pp3-70 in Child. Adolescent And Woman Nutrition in India,: Public Policires, Program and Progress ,Edited by Sheila Chander Vir, KW Publishers, New Delhi ,India..
10. Dalal R, Fancy FK, Chaudhary S, Abraham M, Vir SC and Sarthak G (2023) Establishment of cross cradle hold technique combined with Intensive breastfeeding counselling positively impacts the weight gain rate in early infancy. Maternal and Child Nutrition 2023, e13529,https://doi.org/10.1111/mcn.13529.
11. Vir SC (2023),Public Distribution System pp 623-664 in Child. Adolescent And Woman Nutrition in India,: Public Policires, Program and Progress ,Edited by Sheila Chander Vir, KW Publishers, New Delhi ,India
12. Samuel Scott; Anwasha Lahiri; Vani Sethi; Arjan de Wagt; Purnima Menon; Kapil Yadav; Mini Varghese; William Joe; Sheila C. Vir; Phuong Hong Nguyen (2022) Anaemia in Indians aged 10–19 years: Prevalence, burden and associated factors at national and regional levels, Maternal & Child Nutrition2022- DOI: [10.1111/mcn.13391](https://doi.org/10.1111/mcn.13391)
13. Vir SC and Suri S (2022) The role of maternal nutrition in reducing childhood stunting. ORF Occasional Paper, Issue number 355, May 2022. <https://www.orfonline.org/research/maternal-nutrition-in-reducing-childhood-stunting>
14. Vir Sheila C and K Koheler (2017) Self Help Group of Women Involved in Farm and Non-Farm Economic Activities in a Northern Hilly State of India: Nutrition Status of Women and Children, J of Epidemiology and Public Health Review, 2(2) ,doi <http://dx.org/10.16966/2471-8211.139>.
15. Vir Sheila C (2016). Improving Women’s Nutrition Imperative for Rapid Reduction of Childhood Stunting in South Asia: Coupling of Nutrition Specific Interventions with Nutrition Sensitive Measures Essential. Journal of Maternal Child Nutrition (2016), Maternal and Child Nutrition ,Supplement ,May 2016.
16. Vir Sheila C (2016) Maternal Nutrition: Breaking the intergeneration cycle of malnutrition: significance, challenges and opportunities pages 153-181 , Undernutrition and Public Policy in India : Investing in the Future pages Edited by S Desai, LHaddad, Deepta Chopra and Amit Throat, Routledge Publisher, South Asia Edition .
17. Vir SC,Chrabary H and Singh P (2016) Incorporation of Pulses in PDS Food Basket for Addressing Maternal Infant Young Child Nutrition(MIYCN) 29th June 2016 ,IFPRI - Strategic Role of SMES for Food and Ingredients in the India Pulse Innovation Platform
18. Vir SC and R Malik (2015) Nutritional status of women and children :current staus,Implications on child undernutrition and Challenges ahead . Statistics and application,13,71-84.
19. Vir Sheila C (2015), Malnutrition Among Children in Urban India in “Forgotten Voices: The World of Urban Children in India” ,Save the Children and PWC, April 2015
20. Vir, S., K. C. Sreenath, V. Bose, K. Chauhan, S. Mathur, and S. Menon. 2014. *National Policies and Strategic Plans to Tackle Undernutrition in India: A Review*. POSHAN Report No. 2. New Delhi: International Food Policy Research Institute.
21. Adhikari T. Vir S.C. Pandey A.,Yadav RJ,Jain R,Singh P,Nigam AK,Sachdeva,HPS,(2014) Undernutrition in Children Under Two Years (U2) in India: An analysis of Determinants” ,National Institute of Medical Statistics, ICMR ,New Delhi.March,2014
22. Vir, S., K. C. Sreenath, V. Bose, K. Chauhan, S. Mathur, and S. Menon. (2014). *National Policies and Strategic Plans to Tackle Undernutrition in India: A Review*. POSHAN Report No. 2. New Delhi: International Food Policy Research Institute.
23. Vir Sheila C et al (2014) Impact of Community Based Mitamin Programme on the Undernutrition Scenario in Rural Chhattisgarh State, India. Food and Nutrition Bulletin, 35,83-91
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