

1. Faculty

Professor Umesh Kapil



Professor
Department of Gastroenterology and Human Nutrition Unit

Research Areas of Interest

- i. Micronutrients : Iron, Iodine, Zinc, Vitamin A
- ii. National Nutrition and Health Programmes
- iii. Development of Strategies to Prevent and Elimination Iodine Deficiency Disorders
- iv. Strategies to Prevention Anaemia

Current Project List

1. "Efficacy of daily iron folic acid supplementation in correction of iron deficiency anemia in children aged 3-5 years.

Name of PI : Dr. Umesh Kapil
Funding agency : Indian Council of Medical Research
Total funding : Rs. 14,46,263
Duration of Project : Two Years

2. Resolution of Bitot's Sports after Administration of Mega-dose of Vitamin A in a cohort of children in 1-5 years of age with Bitot's sport

Name of PI : Dr. Umesh Kapil
Funding agency : Indian Council of Medical Research
Total funding : Rs. 16,58,381

Duration of Project : Two Years

3. “Validity of Spot Testing Kits in the Assessment of Iodine Content of Salt-A Multicentric Study”

Name of PI : Dr. Umesh Kapil
Funding agency : MBI Kits
Total funding : Rs. 4,98,520
Duration of Project : One Year

2. Courses/Training

1. Short Term Training in Public Health Nutrition

3. Education

1. An “**International Workshop on Micronutrients and Child Health**” held on 20th to 23rd October 2009 at AIIMS, New Delhi organized by Prof. Umesh Kapil, Department of Gastroenterology and Human Nutrition .
2. A “**National Consensus Workshop on Management of SAM Children through Medical Nutrition Therapy** on 26th to 27th November 2009 organized by Prof. Umesh Kapil, Department of Gastroenterology and Human Nutrition .

4. RESEARCH

RESEARCH PROJECT COMPLETED

1. Study of Food distribution and management systems of major supplementary nutrition programmes in the States of Rajasthan and Madhya Pradesh.

Name of PI : Dr. Umesh Kapil
Funding Agency : Ministry of Welfare, Government of India.
Budget : 1.6 Lakhs
Year : 1990-92

2. Study of Breast feeding and Weaning Practices with Special Reference to Use of Commercial Weaning Foods Amongst the Schedule Caste Communities in Haryana.

Name of PI : Dr. Umesh Kapil
Funding Agency : Indian Council of Medical Research, New Delhi.
Budget : 1.7 Lakhs
Year : 1991-93

3. Estimation of losses of iodine in Foods prepared with iodised salt during different cooking procedures.

Name of PI : Dr. Umesh Kapil
Funding Agency : All India Institute of Medical Sciences, New Delhi.
Budget : 25,000/-
Year : 1993-94

4. Assessment of the growth monitoring activities and its impact on the nutritional status of children in the ICDS areas of Rajasthan.

Name of PI : Dr. Umesh Kapil
Funding Agency : Ministry of Human Resource Development
Budget : 1.6 Lakhs
Year : 1993-95

5. Study of profile of work force and their health and nutritional status in the different occupational categories in schedule caste population in rural Rajasthan.

Name of PI : Dr. Umesh Kapil
Funding Agency : Ministry of Welfare
Budget : 88,000/-
Year : 1993-95

6. Impact of supplementary nutrition provided under a National Nutrition Programme to antenatal mothers on pregnancy outcome amongst underprivileged communities.

Name of PI : Dr. Umesh Kapil
Funding Agency : UNICEF, India Country Office, New Delhi
Budget : 8.93 Lakhs
Year : 1994-96

7. Study of procurement and distribution and management systems of iodised salt to control iodine deficiency disorders in states of Madhya Pradesh and Haryana.

Name of PI : Dr. Umesh Kapil
Funding Agency : Indian Council of Medical Research, New Delhi
Budget : 2.78 Lakhs.
Year : 1994-96

8. Multicentric Study for Field Testing of Operational Feasibility of SECA 890 Weighing Scale in Assessment of Nutritional Status in ICDS Scheme.

Name of PI : Dr. Umesh Kapil
Funding Agency : UNICEF India Country Office.
Budget : 1.8 Lakhs
Year : 1995-96

9. Assessment of Iodine deficiency Disorders and Monitoring of Iodine Contents of salt in national Capital Territory of Delhi.

Name of PI : Dr. Umesh Kapil
Funding Agency : Directorate of Health Services ,Govt. of NCT of Delhi.
Budget : 1.7 Lakhs
Year : 1995-96

10. Study of Situational analysis and Support to NIDDCP Implimentation Activities in Himachal Pradesh State of India.

Name of PI : Dr. Umesh Kapil
Funding Agency : UNICEF India Country Office.
Budget : 1.7 Lakhs
Year : 1995-97

11. Strategies to improve coverage of under three children in ICDS Project.

Name of PI : Dr. Umesh Kapil
Funding Agency : Department of Women and Child Development, N Delhi.
Budget : 5.27 Lakhs
Year : 1995-97

12. Evaluation of package of ICDS services provided to severely malnourished children and its impact on their health and nutritional status.

Name of PI : Dr. Umesh Kapil
Funding Agency : Ministry of Human Resource Development, New Delhi.
Budget : 1.8 Lakhs
Year : 1995-97

13. External Quality Assurance Programme for District Nutrition Project.

Name of PI : Dr. Umesh Kapil
Funding Agency : Indian council of Medical Research, New Delhi.
Budget : 1.2 Lakhs
Year : 1996-97

14. Monitoring and support to the Training activities of ICDS Scheme

Name of PI : Dr. Umesh Kapil
Funding Agency : Ministry of Human Resource Development
Budget : 2.5 Lakhs (EVERY YEAR SINCE 1991 TILL DATE)
Year : 1991-98

11. Utility of spot testing kit in assesment of iodine content of salt.

Name of PI : Dr. Umesh Kapil

Funding Agency : MBI Chemicals Madras
Budget : 1.4 Lakhs
Year : 1998

16. Rapid survey of iodine content of salt in Uttar Pradesh

Name of PI : Dr. Umesh Kapil
Funding Agency : Salt Department , Govt of India
Budget : 1.6 Lakhs
Year : 1998

17. Training of Health Investigators of NFHS-II Survey in Health and Nutrition Components

Name of PI : Dr. Umesh Kapil
Funding Agency : IIPS, Bombay
Budget : Rs. 4 Lakh
Year : 1998-99

18. Validation of food frequency Questionnaire methodology

Name of PI : Dr. Umesh Kapil
Funding Agency : Indian council of Medical Research, New Delhi.
Budget : 2 Lakhs
Year : 1998-99

19. Development of National Consensus document on Benefits and Safety of Iodised Salt.

Name of PI : Dr. Umesh Kapil
Funding Agency: Salt Department, Government of India, Jaipur

20. Role of Nutritional Factors in Carcinoma of the Larynx in India.

Name of PI : Dr. Umesh Kapil
Funding Agency : Indian Council of Medical Research, New Delhi.
Budget: 7.2 Lakhs
Year : 1998-2000

21. National Consultation on Benefits and Safety of vitamin A Administration to pregnant and Lactating Mothers and Pre-school Children

Name of PI : Dr. Umesh Kapil
Funding Agency: Ministry of Health and family Welfare, Government of India, Jaipur

22. National Consultation to review Health and Nutrition Guidelines in the field of Health Nutrition in ICDS Scheme

Name of PI : Dr. Umesh Kapil
Funding Agency: Ministry of Human Resource Development, Government of India,

23. A pilot Study on Haemoglobinopathy and Viral Markers under Development of Capacity building among Primitive Tribes

Name of PI : Dr. Umesh Kapil
Funding Agency : Indian Council of Medical Research, New Delhi.
Budget : 7 Lakhs
Year : 2000-2001

24. External Quality Support to the A pilot Study on Haemoglobinopathy and Viral Markers under Multicentre study on Development of Capacity building among Primitive Tribes

Name of PI : Dr. Umesh Kapil
Funding Agency : Indian Council of Medical Research, New Delhi.
Budget : 1.5 Lakhs
Year : 2000-2001

25. Networking of Medical colleges in Southern States for Monitoring Quality of Iodised salt to improve Universal salt Iodisation activities

Name of PI : Dr. Umesh Kapil
Funding Agency : Salt Department, Govt of India
Budget : 11 Lakhs
Year : 2000-2001

26. Role of Nutritional Factors in Carcinoma of Oesophagus.

Name of PI : Dr. Umesh Kapil
Funding Agency : WHO, New Delhi.
Budget : 11 Lakhs
Year : 2001-2002

27. Prevalence of Multiple Micronutrient Deficiency Disorders Amongst Pregnant Mothers

Name of PI : Dr. Umesh Kapil
Funding Agency : Indian Council of Medical Research, New Delhi.
Budget : 16 Lakhs
Year : 2001-2003

28. Assessment of Nutritional factors in breast cancer : a case control study.

Name of PI : Dr. Umesh Kapil
Funding Agency : Indian Council of Medical Research, New Delhi.
Budget : 16 Lakhs
Year : 2001-2003

29. Prevalence of obesity and associated diseases amongst well-to-do adolescent children in the National Capital Territory of Delhi”

Name of PI : Dr. Umesh Kapil
Funding Agency : Indian Council of Medical Research, New Delhi.
Budget : 14 Lakhs
Year : 2004-2005

30. Capacity Building Project for Food Safety

Name of PI : Dr. Umesh Kapil
Funding agency : National Institute of Nutrition
Total funding : 10, 00, 000/-
Duration of Project : One Year

31. Epidemiology of gallbladder cancer with special reference to nutritional risk factors

Name of PI : Dr. Umesh Kapil
Funding agency : Indian Council of Medical Research
Total funding : 10,66,264/-
Duration of Project : Three Years

32. Assessment of Magnitude of Zinc Deficiency amongst children in 6 months to 60 months of age in different regions of India.

Name of PI : Dr. Umesh Kapil
Funding agency : Department of Biotechnology
Total funding : 36,72,618/-
Duration of Project : Two Years

RESEARCH PROJECTS IMPLEMENTED AS A CO - INVESTIGATOR

33. Nutrition Research and Training Centre.

Funding Agency : Indian Council of Medical Research, New Delhi.
Budget : 6 Lakhs
Year : 1988-90

- 34 Effect of Supplementation of n-3 Polyunsaturated Fatty Acids on Biliary Lithogenicity

Funding Agency : Indian council of Medical Research, New Delhi.
Budget : 4.2 Lakhs
Year : 1994-96

35. Study of Nutritional Risk Factors in Carcinoma Esophagus

Funding Agency : Indian council of Medical Research, New Delhi.
Budget : 6.5 Lakhs
Year : 1995-97

ICMR RESEARCH FELLOWSHIPS AS PRINCIPAL SUPERVISOR

36. Study of Health and Nutritional profile of adolescent girls in rural Rajasthan with special emphasis on schedule caste communities.

Funding Agency : Indian Council of Medical Research, New Delhi.
Year : 1991-93

37. Impact of supplementation to pregnant women on pregnancy outcome amongst scheduled caste communities in Delhi.

Funding Agency : Indian council of Medical Research, New Delhi.
Year : 1994-96

38. Study of the risk factors in carcinoma esophagus amongst patients attending AIIMS hospital.

Year : 1994-96

39. Study of Nutritional Risk factors in Urolithiasis

Funding Agency : Indian council of Medical Research, New Delhi.

40. "Study of supply system of iodised salt and its iodine contents in rural areas of National Capital Territory of Delhi".

Funding Agency : Indian council of Medical Research, New Delhi.
Year : 1995-96

41. Study the prevalence of anaemia, vitamin A deficiency and goitre, dietary intake pattern, and nutritional status amongst adolescent pregnant mothers belonging to the schedule caste communities.

Funding Agency : Indian Council of Medical Research, New Delhi.
Year : 1999-2001

42. Study iodine losses from iodized salt in different Cooking Processes

Funding Agency : Indian Council of Medical Research, New Delhi.
Year : 2001-2003

ONGOING RESEARCH PROJECTS

1. "Efficacy of daily iron folic acid supplementation in correction of iron deficiency anemia in children aged 3-5 years.

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PUBLICATION INDEXED JOURNALS

- 1: Kapil U, Jain K. Magnitude of Zinc Deficiency amongst Under Five Children in India. *Indian J Pediatr.* 2011 Feb 12. [Epub ahead of print] PubMed PMID: 21318393.
- 2: Kapil U. Successful efforts toward elimination iodine deficiency disorders in India. *Indian J Community Med.* 2010 Oct;35(4):455-68. PubMed PMID: 21278862; PubMed Central PMCID: PMC3026120.
- 3: Kapil U, Sachdev HP. Universal vitamin A supplementation programme in India: the need for a re-look. *Natl Med J India.* 2010 Sep-Oct;23(5):257-60. PubMed PMID: 21250577.
- 4: Singh MB, Sharma SK, Nair S, Pandey RM, Kapil U, Singh C. Status of Iodine Content of Salt in Four Regions of India. *Indian J Pediatr.* 2010 Dec 31. [Epub ahead of print] PubMed PMID: 21193974.
- 5: Kapil U. Combating Anemia: The Greatest Challenge to the Medical Fraternity. *Indian J Pediatr.* 2010 Dec 1. [Epub ahead of print] PubMed PMID: 21120709.
- 6: Kapil U. Excess iodine nutrition in Delhi. *Indian Pediatr.* 2010 Oct;47(10):894; author reply 894-5. PubMed PMID: 21048247.
- 7: Sachdev HP, Kapil U, Vir S. Consensus Statement National Consensus Workshop on Management of SAM Children through Medical Nutrition Therapy. *Indian Pediatr.* 2010 Aug 7;47(8):661-5. PubMed PMID: 20972283.
- 8: Kapil U, Sachdev HP. Management of children with severe acute malnutrition a national priority. *Indian Pediatr.* 2010 Aug 7;47(8):651-3. PubMed PMID: 20972281.
- 9: Kaur S, Kapil U. Dyslipidemia amongst obese children in national capital territory (NCT) of Delhi. *Indian J Pediatr.* 2011 Jan;78(1):55-7. Epub 2010 Oct 10. PubMed PMID: 20936509.
- 10: Kapil U, Kaur S. Prevalence of pediatrics metabolic syndrome (PMS) amongst children in the age group of 6-18 years belonging to high income group residing in national capital territory (NCT) of Delhi. *Indian J Pediatr.* 2010 Sep;77(9):1041. Epub 2010 Sep 8. PubMed PMID: 20824392.
- 11: Kaur S, Kapil U. Impaired glucose tolerance and diabetes mellitus in obese children. *Indian Pediatr.* 2010 Apr;47(4):362-3. PubMed PMID: 20431173.
- 12: Kapil U. WHO Indicators for Valid Assessment of Iodine Deficiency Disorders. *Indian J Community Med.* 2009 Jul;34(3):268. PubMed PMID: 20049315; PubMed Central PMCID: PMC2800917.

13: Kapil U. Multiple Micronutrient Supplements will not Reduce Incidence of Low Birthweight. *Indian J Community Med.* 2009 Apr;34(2):85-6. PubMed PMID: 19966949; PubMed Central PMCID: PMC2781133.

15: Kapil U. Ready to Use Therapeutic Food(RUTF) in the management of severe acute malnutrition in India. *Indian Pediatr.* 2009 May;46(5):381-2. PubMed PMID: 19478351.

16: Kamath R, Bhat V, Rao RS, Acharya D, Kapil U, Kotian MS, Nayak DS. Prevalence of goitre among school children in Belgaum district. *Indian J Pediatr.* 2009 Aug;76(8):825-8. Epub 2009 Apr 15. PubMed PMID: 19381519.

17: Kapil U. Urinary iodine excretion levels amongst schoolchildren in Haryana. *Indian Pediatr.* 2009 Jan;46(1):57-9. PubMed PMID: 19179720.

18: Kapil U. Time to stop giving indiscriminate massive doses of synthetic vitamin A to Indian children. *Public Health Nutr.* 2009 Feb;12(2):285-6. PubMed PMID: 19154636.

19: Kaur S, Sachdev HP, Dwivedi SN, Lakshmy R, Kapil U. Prevalence of overweight and obesity amongst school children in Delhi, India. *Asia Pac J Clin Nutr.* 2008;17(4):592-6. PubMed PMID: 19114395.

20: Pathak P, Kapil U, Dwivedi SN, Singh R. Serum zinc levels amongst pregnant women in a rural block of Haryana state, India. *Asia Pac J Clin Nutr.* 2008;17(2):276-9. PubMed PMID: 18586648.

21: Kaur S, Kapil U. Prevalence of overweight and obesity in school children in Delhi. *Indian Pediatr.* 2008 Apr;45(4):330-1. PubMed PMID: 18451458.

22: Pathak P, Kapil U, Yajnik CS, Kapoor SK, Dwivedi SN, Singh R. Iron, folate, and vitamin B12 stores among pregnant women in a rural area of Haryana State, India. *Food Nutr Bull.* 2007 Dec;28(4):435-8. PubMed PMID: 18274171.

23: Singh V, Pal HR, Mehta M, Dwivedi SN, Kapil U. Pattern of tobacco use among school children in National Capital Territory (NCT). *Indian J Pediatr.* 2007 Nov;74(11):1013-20. PubMed PMID: 18057682.

24: Singh V, Pal HR, Mehta M, Kapil U. Tobacco consumption and awareness of their health hazards amongst lower income group school children in National Capital Territory of Delhi. *Indian Pediatr.* 2007 Apr;44(4):293-5. PubMed PMID: 17468526.

25: Kapil U, Sharma TD, Singh P. Iodine status and goiter prevalence after 40 years of salt iodisation in the Kangra District, India. *Indian J Pediatr.* 2007 Feb;74(2):135-7. PubMed PMID: 17337824.

26: Kapil U, Singh P, Dwivedi SN, Pathak P. Status of iodine nutriture and universal salt iodisation at beneficiaries levels in Kerala State, India. *J Indian Med Assoc.* 2006 Apr;104(4):165-7. PubMed PMID: 16910320.

- 27: Kapil U. Vitamin A deficiency in children. *Indian J Med Res.* 2006 May;123(5):711. PubMed PMID: 16873917.
- 28: Kapil U. National rural health mission: training of health functionaries. *Indian J Pediatr.* 2006 Mar;73(3):248. PubMed PMID: 16567924.
- 29: Gupta P, Shah D, Sachdev HP, Kapil U. National workshop on "Development of guidelines for effective home based care and treatment of children suffering from severe acute malnutrition". *Indian Pediatr.* 2006 Feb;43(2):131-9. PubMed PMID: 16528109.
- 30: Pathak P, Kapil U. Urinary iodine excretion levels among young adult women in a district with endemic iodine deficiency in Haryana State, India. *Food Nutr Bull.* 2005 Dec;26(4):453-4. PubMed PMID: 16465995.
- 31: Kapil U, Singh P, Dwivedi SN. Status of iodine deficiency amongst school children in twenty four districts in southern India. *Indian J Physiol Pharmacol.* 2005 Jul-Sep;49(3):369-72. PubMed PMID: 16440859.
- 32: Kapil U, Goindi G, Singh V, Kaur S, Singh P. Consumption of tobacco, alcohol and betel leaf amongst school children in Delhi. *Indian J Pediatr.* 2005 Nov;72(11):993. PubMed PMID: 16391460.
- 33: Kapil U, Singh P. Serum copper levels among a tribal population in Jharkhand State, India: a pilot survey. *Food Nutr Bull.* 2005 Sep;26(3):309-11. PubMed PMID: 16222922.
- 34: Kapil U, Sharma TD, Singh P, Dwivedi SN, Kaur S. Thirty years of a ban on the sale of noniodized salt: impact on iodine nutrition in children in Himachal Pradesh, India. *Food Nutr Bull.* 2005 Sep;26(3):255-8. PubMed PMID: 16222915.
- 35: Kapil U, Choudhury P. National Rural Health Mission (NRHM): will it make a difference? *Indian Pediatr.* 2005 Aug;42(8):783-6. PubMed PMID: 16141479.
- 36: Kapil U, Singh P, Bahadur S, Dwivedi SN, Singh R, Shukla N. Assessment of risk factors in laryngeal cancer in India: a case-control study. *Asian Pac J Cancer Prev.* 2005 Apr-Jun;6(2):202-7. PubMed PMID: 16101334.
- 37: Singh P, Kapil U, Shukla NK, Deo S, Dwivedi SN. Association between breast cancer and vitamin C, vitamin E and selenium levels: results of a case-control study in India. *Asian Pac J Cancer Prev.* 2005 Apr-Jun;6(2):177-80. PubMed PMID: 16101329.
- 38: Kapil U, Sharma AL. Paradox of vitamin A supplementation to children in India. *Indian J Public Health.* 2005 Jan-Mar;49(1):7-10. PubMed PMID: 15989153.
- 39: Kapil U, Kaur S, Singh C, Suri S. The impact of a package of single mega dose of vitamin A and daily supplementation of iron, folic acid and vitamin C in

improving hemoglobin levels. *J Trop Pediatr.* 2005 Aug;51(4):257-8. Epub 2005 Jun 15. PubMed PMID: 15958411.

40: Kapil U, Suri S. Is iron deficiency anemia linked with higher lead levels in India? A public health concern. *Indian Pediatr.* 2004 Dec;41(12):1275. PubMed PMID: 15623916.

41: Kapil U, Singh P. Combating iodine deficiency in national capital territory of delhi, India--lessons learnt. *J Trop Pediatr.* 2005 Feb;51(1):62-3. Epub 2004 Dec 20. PubMed PMID: 15611150.

42: Pathak P, Kapil U, Kapoor SK, Saxena R, Kumar A, Gupta N, Dwivedi SN, Singh R, Singh P. Prevalence of multiple micronutrient deficiencies amongst pregnant women in a rural area of Haryana. *Indian J Pediatr.* 2004 Nov;71(11):1007-14. Review. PubMed PMID: 15572822.

43: Pathak P, Kapil U. Role of trace elements zinc, copper and magnesium during pregnancy and its outcome. *Indian J Pediatr.* 2004 Nov;71(11):1003-5. Review. PubMed PMID: 15572821.

44: Kapil U. Impact of single /multiple micronutrient supplementation on child health. *Indian J Pediatr.* 2004 Nov;71(11):983-4. PubMed PMID: 15572817.

45: Kapil U, Goindi G. Vitamin A supplementation to children in India from controversies to consensus. *J Trop Pediatr.* 2004 Oct;50(5):311-2. PubMed PMID: 15510767.

46: Pathak P, Saxena R, Kapoor SK, Dwivedi SN, Singh R, Kapil U. Status of serum ferritin and folate levels amongst young women in a rural community of Haryana, India. *Nepal Med Coll J.* 2004 Jun;6(1):13-6. PubMed PMID: 15449646.

47: Kapil U, Singh P, Dwivedi SN, Pathak P. Profile of iodine content of salt and urinary iodine excretion levels in selected districts of Tamil Nadu. *Indian J Pediatr.* 2004 Sep;71(9):785-7. PubMed PMID: 15448382.

48: Kapil U, Prakash R. Discontinuation of salt iodization in children. *Am J Clin Nutr.* 2004 Oct;80(4):1087; author reply 1088. PubMed PMID: 15447931.

49: Kapil U. Update on vitamin A-related deaths in Assam, India. *Am J Clin Nutr.* 2004 Oct;80(4):1082-3; author reply 1083-4. PubMed PMID: 15447925.

50: Kapil U, Singh P. Current status of urinary iodine excretion levels in 116 districts of India. *J Trop Pediatr.* 2004 Aug;50(4):245-7. PubMed PMID: 15357569.

51: Kapil U, Prakash R. Cost of syrup versus capsule form of vitamin A. *Indian Pediatr.* 2004 Aug;41(8):864-6; author reply 866. PubMed PMID: 15347884.

52: Kapil U, Sethi V. Prevalence of undernutrition amongst children (6-9 years) in Delhi. *Indian Pediatr.* 2004 Jun;41(6):628-9. PubMed PMID: 15235177.

- 53: Singh P, Kapil U. Patterns and distribution of tobacco consumption in India: study should be interpreted cautiously. *BMJ*. 2004 Jun 19;328(7454):1498; author reply 1499. PubMed PMID: 15205302; PubMed Central PMCID: PMC428555.
- 54: Singh P, Kapil U, Dey AB. Prevalence of overweight and obesity amongst elderly patients attending a geriatric clinic in a tertiary care hospital in Delhi, India. *Indian J Med Sci*. 2004 Apr;58(4):162-3. PubMed PMID: 15122053.
- 55: Sethi V, Kapil U. Iodine deficiency and development of brain. *Indian J Pediatr*. 2004 Apr;71(4):325-9. Review. PubMed PMID: 15107513.
- 56: Kapil U, Sethi V, Goindi G, Pathak P, Singh P. Elimination of iodine deficiency disorders in Delhi. *Indian J Pediatr*. 2004 Mar;71(3):211-2. PubMed PMID: 15080406.
- 57: Kapil U, Singh P, Pathak P. Current status of iodine nutriture and iodine content of salt in Andhra Pradesh. *Indian Pediatr*. 2004 Feb;41(2):165-9. PubMed PMID: 15004302.
- 58: Pathak P, Kapil U, Kapoor SK, Dwivedi SN, Singh R. Magnitude of zinc deficiency among nulliparous nonpregnant women in a rural community of Haryana State, India. *Food Nutr Bull*. 2003 Dec;24(4):368-71. PubMed PMID: 14870624.
- 59: Kapil U, Singh P, Bahadur S, Shukla NK, Dwivedi S, Pathak P, Singh R. Association of vitamin A, vitamin C and zinc with laryngeal cancer. *Indian J Cancer*. 2003 Apr-Jun;40(2):67-70. PubMed PMID: 14716121.
- 60: Singh P, Pathak P, Kapil U. Obesity amongst affluent adolescent in India. *Indian J Pediatr*. 2003 Oct;70(10):844. PubMed PMID: 14649487.
- 61: Kapil U, Sethi V, Goindi G, Pathak P, Singh P. Prevalence of vitamin A deficiency amongst primary schoolchildren (6-11 years) in the National Capital Territory of Delhi. *J Trop Pediatr*. 2003 Oct;49(5):309-10. PubMed PMID: 14604168.
- 62: Kapil U. Evaluation of vitamin A status during pregnancy. *J Indian Med Assoc*. 2003 Mar;101(3):206. PubMed PMID: 14603979.
- 63: Kapil U, Singh P, Singh N. Status of nutrition support services in selected hospitals in India. *Trop Gastroenterol*. 2003 Apr-Jun;24(2):66-9. PubMed PMID: 14603823.
- 64: Goindi G, Shukla NK, Deo SV, Chatterjee TK, Joshi YK, Kapil U. Risk factors in the aetiopathogenesis of carcinoma of the gallbladder. *Trop Gastroenterol*. 2003 Apr-Jun;24(2):63-5. Review. PubMed PMID: 14603822.
- 65: Pathak P, Kapoor SK, Kapil U, Dwivedi SN. Serum magnesium level among pregnant women in a rural community of Haryana State, India. *Eur J Clin Nutr*. 2003 Nov;57(11):1504-6. PubMed PMID: 14576766.

- 66: Sethi V, Goindi G, Kapil U. Prevalence of anemia amongst primary school age children (6-11 years) in National Capital Territory of Delhi. *Indian J Pediatr.* 2003 Jun;70(6):519-20. PubMed PMID: 12921325.
- 67: Sethi V, Kapil U. Reduction in prevalence of Bitot's spots after administration of mega-dose of vitamin A. *Indian Pediatr.* 2003 Jun;40(6):585-7. PubMed PMID: 12824676.
- 68: Pathak P, Singh P, Kapil U, Raghuvanshi RS. Prevalence of iron, vitamin A, and iodine deficiencies amongst adolescent pregnant mothers. *Indian J Pediatr.* 2003 Apr;70(4):299-301. PubMed PMID: 12793305.
- 69: Kapil U. Prevention and control of iron deficiency anemia amongst young children. *Indian Pediatr.* 2003 Apr;40(4):293-5. PubMed PMID: 12736399.
- 70: Kapil U, Tandon M, Pathak P, Dwivedi SN. Comparison of hemoglobin values obtained by HaemoCue and Sahli's methods. *Indian J Public Health.* 2002 Jan-Mar;46(1):28-30. PubMed PMID: 12652997.
- 71: Kapil U, Singh P, Pathak P, Singh C. Assessment of iodine deficiency disorders in district Bharatpur, Rajasthan. *Indian Pediatr.* 2003 Feb;40(2):147-9. PubMed PMID: 12626830.
- 72: Nayar D, Kapil U, Nandan D. Assessment of community contribution to the ICDS scheme in district Agra: a case study. *Indian J Matern Child Health.* 1999 Jan-Mar;10(1):4-5. PubMed PMID: 12295284.
- 73: Kapoor SK, Kapil U, Dwivedi SN, Anand K, Pathak P, Singh P. Comparison of HemoCue method with cyanmethemoglobin method for estimation of hemoglobin. *Indian Pediatr.* 2002 Aug;39(8):743-6. PubMed PMID: 12196686.
- 74: Kapil U. Integrated Child Development Services (ICDS) scheme: a program for holistic development of children in India. *Indian J Pediatr.* 2002 Jul;69(7):597-601. PubMed PMID: 12173700.
- 75: Kapil U, Sachdev HP. Status of micronutrient malnutrition in India and intervention strategies to combat them. *Indian J Pediatr.* 2002 Jul;69(7):585-7. PubMed PMID: 12173698.
- 76: Kapil US. Technical consultation on "Strategies for Prevention and Control of Iron Deficiency Anemia amongst under three children in India. *Indian Pediatr.* 2002 Jul;39(7):640-7. PubMed PMID: 12147889.
- 77: Kapil U, Singh P, Pathak P, Dwivedi SN, Bhasin S. Prevalence of obesity amongst affluent adolescent school children in delhi. *Indian Pediatr.* 2002 May;39(5):449-52. PubMed PMID: 12037275.

- 78: Kapil U, Bhavna A. Adverse effects of poor micronutrient status during childhood and adolescence. *Nutr Rev.* 2002 May;60(5 Pt 2):S84-90. Review. PubMed PMID: 12035866.
- 79: Kapil U, Pathak P, Singh P, Singh C. Zinc and magnesium nutriture amongst pregnant mothers of urban slum communities in Delhi: a pilot study. *Indian Pediatr.* 2002 Apr;39(4):365-8. PubMed PMID: 11976466.
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NOTICES

AWARDS AND HONOURS

1. Dr. Kapil was awarded **Scientist Senior Award** for the year 1991-1992, "**Nutrition Society of India** "
2. Dr.Kapil received the **Professor B .C Srivastava Foundation National Award** of ICMR for the year 1992 for his outstanding contribution in the field of Community Nutrition .
3. Dr. Kapil received the **Dr. M.K. Seshadri Award of ICMR for the year 1996** for his outstanding contribution in the field of the practice of community medicine.
4. Dr. Kapil received **B.N. Roy Memorial Best Paper Award** for the research communication published in Indian Journal of Public Health in 1997, the official publication of Indian Public Health Association.
5. Dr. Kapil received "**Dr. P.C. Sen Best Paper Award for Research** on Rural Health Practice" at the Annual meeting of Indian Public Health Association, Chennai 1998.
6. Received P.N. Raju **ICMR National Award for the year 2002**
7. Receive Hargovind **National Award of IAP for the year 2009**

Member Task Force/Scientific Advisory Groups/ Consultants

1. Prof. Umesh Kapil has been elected as a President of Indian Association of Preventive and Social Medicine, India
2. Dr. Kapil was Member of National Breastfeeding Committee, Department of Women and Child Development, Ministry of Human Resource Development, Government of India
3. Dr. Kapil was Member of Indian Council of Medical Taskforce on Iodine Deficiency Disorders
4. Dr. Kapil was Member of Indian Council of Medical Taskforce on Vitamin A and Iron Deficiency Anemia
5. Dr. Kapil was Member of Taskforce on Biotechnological Approaches to Foods Safety and Agriculture
6. Dr. Kapil was Member of Department of Biotechnology on Nutraceuticals and Probiotics
7. Dr. Kapil was member of Monitoring committee Meeting of the ICMR Task Force Project on Control of Cancers
7. Dr. Kapil has been invited to be a member of Working Group on Improving Micronutrients Nutritional Status of Population for the formulation of 10th Five Year Plan –(2002-2007)
8. Dr. Kapil has been invited to be a member of Working Group on Improving Nutritional Status of Population with special focus on vulnerable groups for the formulation of 10th Five Year Plan –(2002-2007)
9. Dr. Kapil has been invited as member of Working Group on Development of Children for the formulation of 10th Five Year Plan –(2002-2007)
10. Dr. Kapil has been invited to be a member for Preparing “Vision Statement” to be developed by Department of Women and Child Development, Ministry of Human Resource Development, Government of India, New Delhi. This Vision Statement will be prepared for the Hon’ble Prime Minister of India.
11. Dr. Kapil is worked as Honorary Consultant to the ICDS Scheme, Ministry of Welfare, Government of India, New Delhi to Participate in Research and Training activities of ICDS during. 1986-1998.
12. Dr. Kapil is a Member of Scientific Advisory Group of Desert Medicine Research Centre, Indian Council of Medical Research from the year 1998 onwards.
13. Dr. Kapil is Member of Governing Council of Board of Studies of Home Science, Bansthali Vidyapith, Rajasthan.
14. Dr. Kapil is a Member of Task Force on National Action Plan for Food Fortification, Ministry of Food Processing Industries, Government of India 1999.
15. Dr. Kapil is a Member of Technical Committee for National Evaluation of ICDS conducted by NCAER, Government of India, New Delhi.
16. Dr. Kapil is Member of Board of Studies of Home Science, MD University Ajmer, Rajasthan.
17. Dr. Kapil is Member of Project Advisory Committee , Indian Council of Medical Research for WHO/ICMR Collaborative project on Development of Capacity Building for Health Care among Primitive Tribes.

18. Dr. Kapil was Member Expert Committee “ for development of effective IEC material on Diet related chronic disorders, micronutrient deficiency disorders and health life-style” organised by Directorate General of Health Services (DID & Nutrition Cell), 1999.
19. Dr. Kapil was Member of Task Force on Vitamin A Programme, Ministry of Health, Government of India, New Delhi.
20. Dr. Kapil was a Member of Group on Child Development , Planning Commission, Govt of India for the Tenth Five Year Plan, Government of India, 2001.
21. Dr. Kapil was a Member of Group on Nutrition, Planning Commission, Govt of India for the Tenth Five Year Plan, Government of India, 2001.
22. Dr. Kapil was a Member of Group on Development of Under Privileged Communities Planning Commission, Govt of India for the Tenth Five Year Plan, Government of India, 2001.
23. Dr. Kapil was invited as an Member Steering Committee on Evaluation of the Universal Salt Iodisation Programme, 1997, Ministry of Industry, Government of India
24. Dr. Kapil is the Convener of Nutrition Society of India (Delhi Chapter)
25. Dr. Kapil was elected as member of Governing Council of "Nutrition Society of India" for 1994 -96 in view of his outstanding contribution in the field of community nutrition.
26. Dr. Kapil was a Member of Task force of ICMR on District Nutrition Project,ICMR, New Delhi
27. Dr. Kapil was a Member of the Expert Group to develop the specialty of Developmental Biology at the Sanjay Gandhi Institute of Medical Sciences, Lucknow, November
28. Dr. Kapil was a Member of Expert Group on Development of Child Health and Nutrition chapter, Planning Commission, Govt of India for the Ninth Five Year Plan, Government of India,
29. Dr. Kapil is Member Standing Selection Committee of National Institute of Public Cooperation and Child Development
30. Dr. Kapil was a Member of Task Force on National Iodine Deficiency Disorders Control Programme, Ministry of Health and Family Welfare, Government of India.
31. Dr. Kapil was a Expert Member of Project Advisory Committee, ICMR for Division of Reproductive Health and Nutrition, during
32. Dr. Kapil is a Member of State Nutrition Task Force on Micronutrients , Ministry of health and Family Welfare , Government of Uttar Pradesh 2002.

Consultant to National and International Organisations

1. Dr. Kapil worked as a National Training Co-ordinator for Integrated Child Development Services Scheme, Ministry of Women and Child Development, Government of India since 1991. He is responsible for co-ordinating all the training activities of ICDS from the national level. He is also involved in preparation of Teaching and Training material to be used by the consultants of ICDS scheme. The training material is used by the consultants for training the functionaries of other national programmes .

2. Dr. Kapil worked as a UNICEF consultant in the field of Iodine Deficiency Disorders (IDD) for 11 month from October 1993 to September 1994. The assignment included assisting the Himachal Pradesh state government in implementation of of the National IDD control programme activities in the state. He has developed monitoring system to assess iodine content of salt from peripheral to central level. He was responsible for training of State, District and Block Level functionaries participating in IDD programmes.
3. Dr. Kapil worked as consultant to UNICEF India, New Delhi for 8 weeks from November, 1992 to study procurement and distribution of iodised salt in Himachal Pradesh, State of India.
4. Dr. Kapil worked as a consultant to UNICEF, India, New Delhi for 6 weeks from March 1991 to undertake a research study on technical and operational feasibility of Nutrition Education Materials amongst field workers developed by Unicef, India.
5. Dr.Kapil worked as a Consultant to UNICEF, India, for 6 weeks from May,1990 to study the existing procurement,distribution and management system of drugs under under National Nutritional Anaemia Prophylaxis Programme and National Programme for Prevention of Nutritional Blindness in selected states of India. The fundings of the research study were accepted by Government of India and the2 programmes were modified accordingly.
6. Dr. Kapil worked as a UNICEF Consultant in the field of Iodine Deficiency Disorders (IDD) for 3 weeks from December 2001 to Jnauary 2002. The assignment included assisting the Government of Maldives in implementation of of the National IDD control programme activities in the country.
7. Dr. Kapil worked as consultant to WHO Headquarters Geneva, Switzerland, 2003
8. Dr. Kapil worked as consultant to Aga Khan Foundation Tajikistan , 2004
9. Dr. Kapil worked as a Consultation to World Food Programme, 2010