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Nita Bhandari is an internationally recognized public health researcher with expertise in community based research related to child health and nutrition with special focus on nutritional intervention trials to reduce childhood morbidity and mortality, nutrition-infection interaction, and vaccine trials to prevent childhood infectious diseases.

She is involved in the design, analyses, coordination or implementation of several large, complex trials conducted under difficult field conditions. She was an investigator for various large community based research projects that were undertaken at All India Institute of Medical Sciences (till December 2004) and subsequently at CHRD, SAS.

She played a pivotal role in the coordination of the multisite randomized, double-blind, placebo-controlled Phase III clinical trial and headed the team of investigators from Delhi, Maharashtra and Tamil Nadu. The clinical study demonstrates for the first time that the India-developed 116E rotavirus vaccine is efficacious in preventing severe rotavirus diarrhoea in low-resource settings in India. All the phase I and II trials preceding the phase III trial were also led by her.

She has been a key person in formulation of programs for improving infant and child feeding practices. She is a member of various national and international professional societies and scientific advisory committees constituted by the Government of India; she has served as a consultant for the World Health Organization to develop feeding recommendations for several countries.

She is also an Adjunct Professor at the University of Bergen (Norway) and Christian Medical College (Vellore).

She has numerous research publications in international and national peer reviewed journals.