Write a function to sort a list of integers in ascending order using the Insertion Sort algorithm. The function should also return the number of comparisons made and the number of shifts performed during the sorting process. A shift is defined as moving an element one position to the right to make space for the key element being inserted.

Sample Input Number of elements: 6

Unsorted List: [45, 23, 78, 10, 5, 29]

Sample Output Sorted list: [5, 10, 23, 29, 45, 78]

Comparisons: 11

Shifts: 10