Dr. Anuradha Iyer

Publications in International Journals:

- 1. Anuradha Iyer Rajan, Ranjan Kumar Dixit, A R Joshi, Effect of Yoga on Aerobic power, Anaerobic power and Audio-visual Reaction time in healthy individuals." International Journal Of Physiology, January-June 2014; Volume 2, Number 1: 9-13.
- 2. Anuradha Iyer Rajan, A R Joshi, Esmaeil Hajyzadegan, "Effect of cigarette smoking on Leukocytes Count in Human Adult Males." International Journal of Physiology, January-June 2014; Volume 2, Number 1: 107-111.
- 3. Anuradha Iyer Rajan," Effect of short term Shavasan practice on anxiety scores in young adults." Global Journal for Research Analysis. February 2014, Volume : 3, Issue: 2 : 66-67.
- 4. Anuradha Iyer Rajan, "Effect of short term Shavasan practice on EEG pattern in Young adults." International Journal of Scientific Research. February2014, Volume : 3, Issue : 2 : 36-38.

Publications in National Journals:

- 1. Anuradha Iyer Rajan, "Correlation of Anxiety and Cold pressor test in young adults." Paripex-Indian Journal of Research. February2014, Volume : 3, Issue : 2 : 42-43.
- 2. Anuradha Iyer Rajan, "Correlation of Anxiety and EEG pattern in young adults". Indian Journal of Applied Research. February 2014, Volume: 4, Issue : 2: 15-17.

Papers presented at National and International Conferences:

- 1. Title: Effects of Yogasana (Shavasana) on ECG Pattern in Young and Healthy Individuals
- Conference: APPICON 97 43rd Annual National Conference of Association of Physiologists and Pharmacologists of India, held at KGMC, Lucknow, India from 25th - 27th December 1997.
 - 2. Title: Effect of Shavasana on Anxiety and Cold Pressor Test Response in Young and healthy

Individuals.

- Conference: The 45th Annual National Conference of Association of Physiologists and Pharmacologists of India held at Mahatma Gandhi Institute of Medical Sciences, Sewagram, Wardha, India, from 22nd - 24th December 1999.
- 3. Title: A Study of Correlation of Anxiety and Galvanic Skin Resistance in Young and Healthy

Individuals.

Conference: The 47th Annual National Conference of Association of Physiologists and

Pharmacologists of India held at Armed Forces Medical College, Pune, India, from 21st - 24th December 2001.

4. Title: The Effect of Yogasana on Galvanic Skin Resistance and Anxiety

Conference: 4th International Conference on Yoga Research and Value Education held at Kaivalyadhama, Lonavla, Near Pune, India, from 28th - 31st December 2002.

Conferences

- Conferences organized as Organizing Chairperson: Physiocon 2018 3rd Annual Conference of Association of Physiologists of Haryana (APOH). Organizing Chairperson at SKHM Government Medical College, Mewat, Haryana, India (27th – 28th January 2018)
- 2. Conferences attended, chairing a session :
 - a. Physiocon 2016 at Department of Physiology, Pt. BD Sharma PGIMS, Rohtak, Haryana, India (24th April 2016)
 - b. VIII Congress of Federation of Indian Physiological Societies at Department of Physiology, ESIC Medical College & Hospital, Faridabad, India (27th – 29th September 2019)
 - c. International CME –cum- Workshop on "Recent Updates in Mind, Body & Medicine" at Government Institute of Medical Sciences (GIMS), Greater Noida, India (20th November 2018)
- 3. Conferences attended as Guest Speaker :
 - a. CME-2019 on Role of Yoga in Life Style Disorders at SGT Medical College, Hospital & Research Institute, Gurugram India (5th April 2018). Presented a Guest Lecture on Physiology of Yoga.
 Medical Education :
 - Completed Basic Course Workshop in Medical Education Technologies conducted by the Regional Centre, Moulana Azad Medical College, New Delhi, India. (19th – 22nd August 2014)
 - Completed Revised Basic course Workshop in Medical Education Technologies conducted by the Regional Centre, Moulana Azad Medical College, New Delhi, India. (25th – 27nd April 2017)
 - Curriculum Implementation Support Program (CISP) at SHKM Government Medical College, Mewat, Haryana, India (25th – 27th July 2019).

Application for: Position of Professor of Physiology at SHKM Govt Medical college, Nuh

Publication list\CV of: Dr. Shailesh Gupta, Associate Professor, Dept. of Physiology, SHKMGMC\ Joining date: 18-02-2013

M.D. Thesis: 'Prevalence study of diabetes and diabetic complications in urban Agra'(With Dept. of Medicine, SNMC, Agra)

Full papers:

- Shailesh Guptar, Manish Chaturvedi, Sanjeev Kumar Syal, Rafi Anwar, R" B. Singhal, A. K. Gupta Prevalence of diabetic complications in small grade north Indian urban population Indian population *International Journal of Contemporary Medicine* (Accepted) May 2018
- 2. Pratyaksh Verma, Paras Manocha, Simran Gulati, Yamini, Shailesh Gupta Unconventional etiologies of breast cancer related to physico-physiological, environmental, sociocultural & lifestyle practices in remote rural area of southern Haryana *International Journal of Contemporary Medicine* (Accepted) May 2018.
- Shailesh Gupta, Amit Gupta, Md. Rafi Anwar, R. B. Singhal, A. K. Gupta. Prevalence study of Diabetes and pre-diabetes in relation to food and work habit, substance use and stress in small grade urban north Indian population *International Journal of Contemporary Medicine* 2013Vol 1(2); DOI: 10.5958/j.2321-1032. 1.2.045 [Published Oct 2013]
- 4. Vivek K Sharma, Shailesh Gupta, Shobha Das, Sunita Mondal, Utpal Goswami, Senthil Kumar S. Comparison of effects of Sahaj Yoga Meditation on Cognitive Functions in practising and non-practising Healthy Subjects *Indian Journal of Public Health Research and Development*. Accepted 04/2012 [Published Oct 2013]
- 5. Vivek Kumar Sharma, Shailesh Gupta, Shobha Das, G K Pal. Effect of slow and fast Pranayam on perceived stress and cardiovascular parameters in young healthcare students. *International Journal of Yoga* 07/2013; (accepted)
- 6. Shailesh Gupta, Manish chaturvedi, Sanjeev Kumar Syal, Rafi Anwar, R B singhal, A K Gupta Prevalence of diabetic complications in small grade north Indian urban population. *International journal of contemporary medicine* (accepted)
- 7. Pratyaksh Verma, Paras Manocha, Simran Gulati, Yamini, Shailesh Gupta (corresponding author) Unconventional etiologies of breast cancer related to physic-physiological, environmental, sociocultural & lifestyle practices in remote rural area of southern Haryana. *International journal of contemporary medicine* (accepted)

- 8. Asha Gandhi, Sarita Kanojia, Ajay Kukreja, Vivek K Sharma, Shailesh Gupta, Raj Kapoor. Effect of yoga regimen on premenstrual body weight and reaction time in normal healthy females *International Journal of Physiology* [Published 07/2013]
- V N Mishra, R N Chaurasia, Shailesh Gupta, Deepika Joshi. Recurrent facial hemiparesis due to dolichoectatic vertebrobasilar artery- An Unusual and Ignored Cause BMJ British medical journal 2013, BMJ Case Reports 2013:published online 15 March 2013, doi:10.1136/bcr-2012-008517 [Published Oct 2013]
- 10. Vivek K Sharma, Ajay Kukreja, Senthil Kumar S, Shailesh Gupta, Shobha Das, S Khullar, Lajpat Rai, Sarita Kanojia. Comparative study of yoga and physical exercises on psychological parameters, hand grip strength and reaction time during examination stress in female medical students. *Indian Journal of Public Health Research and Development* 09/2012
- 11. Abu Zafar Ansari, Deepika Joshi, Vijay Nath Mishra, Rameshwar Nath Chaurasia, Shailesh Gupta, Baidanath Kumar, Vijay Nandmer, Arun Kumar. Clinical & Neuropsychological profile in patients with Parkinson's disease and Parkinson's Plus syndromes: study from a tertiary care referral centre in a developing country *Journal of Parkinsonism and restless leg syndrome*. 04/2012; 2572674140586(1):79-82.
- 12. Vivek K Sharma, Ajay Kukreja, Senthil Kumar S, Shailesh Gupta, Shobha Das, M Khullar, Lajpat Rai, Sarita Kanojia. Comparative Effect of Yoga and Physical Exercise on Psychophysiological Parameters during Examination Stress in Female Medical Students *Indian Journal of Psychosocial Sciences*. 04/2012; 2(1-ISSN 2231-3036):36-41.
- 13. Ansari AZ, Joshi D, Mishra VN, Chaurasia RN, Gupta S, Kumar B, Nandmer V, Kumar A. Clinical & Neuropsychological profile in patients with Parkinson's disease and Parkinson's Plus syndromes: study from a tertiary care referral center in a developing country *Journal of Parkinsonism and Restless Legs Syndrome* April 2012 Vol 2012:2 Pages 11 14 DOI: <u>http://dx.doi.org/10.2147/JPRLS.S37050</u>
- 14. Bansal R, Pathak AK, Bhatia B, Gupta S, Gautam KK. Rehabilitation of a One day Old Neonate with Cleft Lip and Palate using Palatal Obturator: A Case Report Int J of Clin Paediatr Dent 2012;5(2):145-147.

Conference presentation, abstract, poster and article in proceedings:

1. Shailesh Gupta. The realm of human existence, concept of disease, health and lifestyle clinic. 50th Orientation Course, UGC Staff College, BHU.; 03/2009

- 2. Shailesh Gupta, Prevalence study of diabetes and diabetic complications in urban Agra. EPLI 2008, UCMS & GTB, Delhi
- **3.** Pratyaksh Verma, Yamini, Shailesh Gupta, Breast cancer causes related to psychophysiological, sociocultural, moral-behavioral and lifestyle practices, Breastcon, SHKMGMC, Mewat 2015
- **4.** Paras Manocha, Shailesh Gupta Growth profiling of underage Pregnancy and its outcome on Health VAMSCON 2016
- Pratyaksh Verma, Shailesh Gupta Development of various medicine practicing systems in world categorized as alternative & regional medicines PHYSIOCON 2018 SHKMGMC
- **6.** Paras Manocha, Shailesh Gupta Growth profile of underage pregnancies and its outcome on health indices PHYSIOCON 2018 SHKMGMC, VAMSCON 2016-VMMC-Delhi.

Books, chapters and manuscripts: [in process]

- 1. Chapter-'metaphors & analogies in Physiology teaching' in book-Innovations in medical education, to be released in a CME at AIIMS, Rishikesh
- 2. Ready reckoner for PG entrance examination Manish Chaturvedi, Shailesh Gupta
- 3. "Khelchikitsa vigyan: parichay evam anusandhan" (in Hindi) Shailesh Gupta et. al.
- 4. Chapter on physiology of pregnancy in book Community Obstetrics by Manish Chaturvedi.
- 5. Chapter-"Sleep profile & effect of Ayurvedic triple formulation on PSG in patients of Neurodegeneration.

Ongoing study:

1. Pratyaksh Varma, Yamini, Shailesh Gupta, Breast cancer causes related to psychophysiological, sociocultural, moral -behavioral and lifestyle practices.

2. Neuro-ophthalmogical & pyscho-somnographical evaluation of selected healthy visually impaired subjects.

3. Health profiling of underage mothers in populations (stratified) in states of UP, Haryana, Punjab, Delhi and Rajasthan.

Projects(last): DBT, NIH funded, multimodal center projects at IMS, BHU under Professor GP Dubey, Former Dean & State Officer and Prof RG Singh, Director, IMS,BHU-

1. Last phase clinical profiling and trails of IPR protected traditional (triple formulation) Ayurevdic drug therapy of Trifala-Ashvagandha-Brahmi in patients of Neurodegeneration (AD, PD and others).

2. Effect of triple Ayurevdic drug formulation in Menopausal syndromes.

3. Effect of triple Ayurevdic drug formulation in Thyroid dysfunction.

4. Effect of triple Ayurevdic drug formulation in Diabetes Mellitus.

5. National facility for tribal & herbal medicine sponsored by Department of

Science & Technology(**DBT**), Govt. of India –Ayurvedic and herbal genetic pooling.

6. Sleep Lab in SSHospital, IMS, BHU

Collaborative research works with: Medical departments-Neurology, Anaesthesia, respiratory med (TB&Chest), Neurosurgery, Medicine(Geriatrics), Anatomy, Ayurveda, Dentistry.

AIIMS, New Delhi-Ayurevdic collaboration with AYUSH.

Engineering\IIT(BHU & Delhi)-Metallurgy, Biomedical Engineering, Electronics, Rural development.

Also: Dept. of Astrology, BHU and Vedic mathematics, SVD, BHU.

Conferences attended:

Volunteered, attended and organized- nearly 500 in total, of subjects\departments-International Cardiology-CSI Conf. in year 1995, APPICON-Physiology, APPICON-UK & UP-KGMC, Lucknow; Pediatrics, General Medicine, Surgery, Ophthalmology, Respiratory Medicine, Emergency Medicine(Indo-US, AIIMS & few others), Sleep Medicine, Psychiatry, Geriatrics, Endocrinology, Neurology, Gerontology, Electrophysiology, Neuroclub-Neurology, Psychiatry & Neurosurgery combined at Varanasi, Neurosciences(Org-IAN, BHU-2007) Ayurved, Medicolegal-FMT, Lifestyle Clinic-EPLI-1&2, Astrology-Astrophysiology & Astromedicine, Vedic Medicine-BHU, Anatomy-ASI(Coorganizer), Microbiology-IAMM 2010-BHU (Co-organizer), Community Medicine, Pharmacology, Nephrology, Epilepsy, Diabetes, Hypertension, Genetics & molecular biology(BHU-2009&2012), Pain medicine, Stem cell research, Electron Microscopy(ASICon), Medical Education & Training, WHO and many others.

In last 4 years:

1. APPICON-Physiology: at AIIMS, Delhi & Jodhpur, 2013 & 2015.

2. Last mile connectivity for indigenous medical devices developed under DST-Hands on W\S-Dept. of Physiology, AIIMS, New Delhi, 2017.

- 3. Good Clinical Practice- Pathology, SHKMGMC, Nuh, 2017
- 4. BreastCon-SHKMGMC, Nuh
- 5. Physiocon-ESI, Faridabad, 2017
- 6. Art of writing scientific papers-at IMS, BHU and SHKMMC, 2010 & 2014
- 7. Radiation and Cancer, SHKMGMC, Mewat, 2015
- 8. Drug safety monitoring among healthcare providers-NAMS, Pharmacology,SHKMGMC,2015
- 9. Injection techniques-Dept.-CM, SHKMGMC, Nuh, 2017.
- 10. APPICON-2017 at JIPMER, Pondicherry.

11. ASSOPICON-2017, KGMU, Lucknow.

12. CME cum Workshop—"Reforming Physiology Curriculum: A..", AIIMS, Rishikesh July 2018

12. Physiocon-2018, SHKMGMC, Nuh, HR.

13. "International CME-cum-Workshop on Recent Updates in Mind, Body & Medicine", GIMS, Gt. NOIDA Nov 2018

Special Courses, workshop & fellowship:

- 1. Sleep Medicine (NSMC-2009)
- 2. Sports Medicine, Delhi, 2006
- 3. Yoga training for Allopathic doctors, MDNIY, 2008

4. Fellowship in **Clinical Neuro-Physiology & Sleep Medicine** (only Physiologist to have this fellowship as far as known) from SGRH, Delhi under Dr. M. Gauri Devi, Former Director, NIMHANS, Bangalore, at present-IHBAS & VIMHANS, Delhi; Dr. Manvir Bhatia(Neurology- AIIMS), Dr. PK Sethi (NeuroSurgery, SGRH), Dr. Ish Anand, Dr. JC Suri lab, SJH, Delhi; extended visit at: GBPant, Delhi, DHLI, AIIMS, SJH etc. 2008.

- 5. Certificate course in Yog-BHU, 2012
- 6. Hands-on workshop on Plethysmography at KGMC, Lucknow, 2009.
- 7. CPR and ALS workshops-AIIMS, Delhi & KGMC, Lucknow.
- 8. Member of Medical squad-Commonwealth Games, Delhi, 2010
- 9. National Teacher's training course-at MAMC, Delhi, 2014
- 10. Multispecialty Teacher's training- Orientation course at BHU, 2010

11. Short term training course on Developing positive attitude & work culture-by HIPA-HaryanaInstitute of Public Administration, 2016

Guest\Expert lecture\Resource person\Jury\Referee\Examiner:

- 1. (Seminar) "Integrated rural energy program; DISABLED STUDENTS, Engineering training; water harvesting and village oriented communication program." Other speakers: Director, IMS, the Commissioner and D.M. of the district etc., at IETE, Varanasi.
- 2. Resource person at- **Teachers training program** 'Assessment methods in medical education'
- 3. Resource person at- **Teachers training program** 'Innovations in long case presentationin UG teaching at SHKMGMC, Mewat.
- 4. Other seminars\symposia: Neuro-club, Varanasi, Public seminars. (Association of all medical workers in field of Neurosciences in Varanasi with regular meetings, symposia& public interactions)
- 5. Invited Lecture-"Principles of Physiology and concepts of Lifestyle Clinic" at

ASSOPICON-2017, at King George's Medical University, Lucknow, U.P.

- 6. Distinguished guest lecture-"**Realm of Physiology-history and the present**" Physiocon 2018, SHKMGMC, Nuh.
- 7. Panelist at: —"Reforming Physiology Curriculum: A case study for other medical disciplines", AIIMS, Rishikesh, July 2018
- 8. Panelist at-"International CME-cum-Workshop on Recent Updates in Mind, Body & Medicine", GIMS, Gt Noida, Nov 2018.
- 9.

Other academic contributions:

Guide**Co-guide** in thesis for MD\PhD students- 2, assisting on Meditation\Vipassana on physiological, biochemical parameters and psychosomatic disorders(M.D. Ayurved).

Animal model of ARDS using Oleic acid.

Neuro tube defect babies cytosampling-2 (with Dr. Ajit Saxena, Head: CEMS, BHU) Advanced methods in BP monitoring, Sleep profiling & studies in BPO workers-at SJH,N Delhi.

Editorial panels:

Editorial member- IJOP: International Journal of Physiology

IJPHRD: International Journal of Public Health Research & Development

Libertas Academica: New Zealand

Referee: IJMEES: Indian Journal of Movement Education & Exercise sciences, BHUOpen review journal

Review member- BMJ: British medical Journal (Impact factor-) (Neurosciences)

IJPP: AIIMS, Delhi

Applied for: WAME: World Association of Medical Editors, &

ICMJE: International Committee of Medical Journal Editors

IJMS: Indian Journal of Medical Specialties, Delhi

Online CME accreditation points on Medscape Neurology.

Member academic bodies:

IFSM: Indian Federation of Sports Medicine

ISH: Indian Society of Hypertension

APPI: Association of Physiologists & Pharmacologists of India

APS: American Physiological Society (A)

IMA: Indian Medical association

APOH: Association of Physiologists of Haryana

ASSOPI: Association of Physiologists of India, KGMU, Lucknow

Administrative:

Web content **editorial** management for official IMS website, annual report and souvenir **committee**, organizing **scientific committee** of Institute Golden jubilee functions, **BHU PMT Observer**, Invigilation in exams of other faculties- Nursing etc. Ethical committee, disciplinary committee.

Official examination team with Deputy Examination Superintendent Website

management, Annual function organizer in VMMC & Safdarjung Hospital

Fresher function organization at SNMC(official), Agra. Head(Acting),

Department of Physiology, SHKMGMC, 2013-2014.Nodal Officer

Duty at SHKMGMC.

Examination Superintendent/ Deputy-SHKM GMC, Nuh

Member counselling committee for UG\PG courses(SHKM) at PGIMS, Rohtak

Academic awards\rewards: None (Contested for 2 in APPICON)

Miscellaneous:

Appeared in **IAS**(pre), qualified **DNB**(prim), qualified Engineering Entrance exams(**REE**-UP), qualified **SR**ship(written) exam, AIIMS.

More than 100 awards\rewards in Fine Arts, sketching, Painting, Quiz (regional to international), Sports, Singing, literary\cultural events, talent events.

Writing-Medical and current affairs articles- in national daily, medical nonacademic & academic magazines (Dainik Jagran\Times of India\Psychiatry mag\VMMC College mag\Forensic mag- SNMC).

Rewarded for contesting in online national level essay competition (two) organized by

National Knowledge Commission, Govt. of India, Delhi.

Mathematics and Physics **Olympiads**.(Class X)

NTSE, Youth Parliament.(Class VI-VIII)

NCC-2.5 years (Navy),

Volunteer in Pulse Polio Program(thrice), Health camps and OPDs- in slums etc- with **NMO**,RSS, VHP etc.(nearly 20)-in Varanasi, Lucknow, Kanpur, Agra, Kashmir, NEast etc.

Participation in nearly 60 cultural\extracurricular events

Led outstation cultural-sports teams(>5), college team to picnic\academic

travels(Delhi)(3)Editor of college magazine-Cadences (UG), Cultural secretary-

College fest(UG)

Blogger, writer, columnist. (Currently)

Dr. Anil Kumar

PUBLICATIONS

- Chawla S, Kumar B, Arora N, Kumar A. Major Anatomical Variations In Branches Of Common Hepatic Artery And Dorsal Pancreatic Artery With Its Surgical Significance: A Case Report. International journal of Scientific Research 2024: 13(03): 46-7s
- 2. KarmakarS, Sarkar K C, Ray A N, Nath I, KumarA , Arora N. A study on association of hyperuricemia among patients of metabolic syndrome attending outpatient department of north bengal medical college and hospital. Natl J Physiol Pharm Pharmacol. 2020;10(10): 874-877.
- Khan SK, Sarkar K C, Samajder K, Kumar A. A study of cardiovascular autonomic function tests in alcoholic patients withType-2 diabetes mellitus attending North Bengal Medical College and Hospital.Natl J Physiol Pharm Pharmacol. 2019: 9(7): 626-32
- Roy V K, Kumar A, Arora N, Pandey S. Normative data of lower limb nerve conduction studies in healthy adult population of Haryana. International Journal of Scientific research 2020: 9(1): 1-2
- 5. Kumar A, Roy VK, Arora N, Pandey S. Evaluation of anti-diarrhoeal effect of curcumin. International Journal of Scientific Research 2019: 8(12): 6-7
- Sarkar KC, Ray A, Mukherjee A K, Kumar A, Tantri P. A study of hematological parameters in an old age home in sub-himalayan region of West Bengal. International Journal of Scientific Research 2018:7 (8): 47-49
- Kabir A, Sarkar K C, Ray A, Kumar A.A study on cardiovascular risk factors among the women taking low dose combined oral contraceptive pills. International Journal of Scientific Research 2018:7 (9): 346-48
- Ray A, Sarkar K C, Kumar A. Prevalence and causes of male infertility in the plains of subhimalayan region of Darjeeling and Jalpaiguri district of West Bengal. International Journal of Scientific Research 2018:7 (9): 485-87
- Mani K, Ray A, De S, Kumar A. Assessment of anxiety depression and executive function in case of subclinical hypothyroidism attending in a tertiary care center. Natl J Physiol Pharm Pharmacol.2018;8(8)
- 10. Joshi P, **Kumar A**, Arora N.Study of effect of examination stress on lipid peroxidation and superoxide dismutase level 1 Natl J Physiol Pharm Pharmacol. 2018; 8(8): 1084-1087

- Pandey S, Kumar A, Tiwari R, Arora N. Heart rate variability responses among male Basketball players of 1st year M.B.B.S. students Indian Journal of Health Sciences and Care 2017; 4(3):106-109
- 12. Kumar A, **Joshi P**. Normative data of upper limb nerve conduction studies in healthy adult population of Haryana. Natl J Physiol Pharm Pharmacol. 2018; 8(3): 396-399
- Ray A, Kumar A, Sarker KC. Assessment of Iodine Deficiency Hypothroidism in Women of Reproductive Age Groups: A Prevalence Study. Indian Journal of Health Sciences and Care 2017; 4(2): 78-82
- 14. Bhatia K, **Kumar A**, Ahanger A M, Shingal P, Roy V K. Effect of Head Circumference and Gender on Pattern Reversal Visual Evoked Potential. Indian Journal of Health Sciences & Care 2016; 3(3): 107-109
- 15. Mohan R, **Kumar A**, AhangerAM, SoniaTo study the effect of Yoga exercise "Pranayama" breathing exercises and Meditation on Cardio-respiratory parameters in young healthy volunteers. J Evolution Med. Dent. Sci. 2017;6(3):235-37
- 16. Roy VK, Kumar A, Ahanger AM, Prasad RR, Arora J. Plasma free fatty acid as a risk factor for cardiac arrhythmias in cases of stable angina & acute myocardial infarction. Indian Journal of Health Sciences & Care 2016; 3(1):30-33
- 17. Bansal SK, · Yadav R, Karunanand B, · Kumar B, Yadav B, · **Kumar A**. · Aquaporins: Small Proteins with Diverse Functions. Indian Journal of Health Sciences & Care 2015; 2(1):45-50.
- 18. Arora J, Aneja PS, Mehta P, Kumar A, Roy VK, Randhawa BK, Singh KD, Kumar A. Relation of Axial Length with Corneal Curvature of the eye in adult subjects with refractive error. International Journal of Advances in Health Sciences 2015; 2(4): 418-25.
- Arora J, Aneja PS, Mehta P, Randhawa BK, Singh KD, Kumar A, Kumar A, Roy VK. Relation of refractive error with corneal curvature of the eye in adult subjects with refractive error. J Evolution Med. Dent. Sci. 2015; 4(51):8846-55.
- 20. Yadav B, Raina A, **Kumar A**, · Bansal SK , Dogra TD · Y chromosome Microdeletion: Clinical and Forensic Implications Indian Journal of Health Sciences & Care 2015; **2(1):57-64.**
- 21. Bansal S K, **Kumar A**, Yadav B, Arora N. Comparative study of lipid profile of different age group and gender in north Indian population International Journal of Medical and Applied sciences 2015; 4(1): 7-12
- 22. Tiwari P, Tiwari M, Chaudhary A, Bansal SK, Sharma M,Arora N. Evaluation of Early Appendectomy versus Conservative Treatment of Appendicular Lump: A Study in Rural Teaching Institution in North India. Indian Journal of Health Sciences & Care 2015; 2(1):14-17.

- 23. Arora N., **Kumar A**. Student feedback on teaching and evaluation methodology in human anatomy. International journal of medical and applied sciences 2014;3(3):250-263
- Yadav B, Raina A, Kumar A, Bansal S K, Dogra T D. Allelic and phenotypic diversity of abo and rhesus (d) Blood groups in the medical and dental apprentices of a university of Haryana, India. International Research Journal of Natural and Applied Sciences 2014; 1(6): 57-67
- 25. Jain P K, Arora N, Kumar A, Mishra H. Computerized Tomographic evaluation of anatomical variations of paranasal sinus region and their clinical importance. International Journal of Medical and Applied Sciences. 2014; 3(4): 269-272
- 26. Ahanger AM, **Kumar A**, Roy V K. Effect of anthropometric factors on motor nerve conduction velovity in healthy Kashmiri population. International journal of medical and applied sciences, 02/2014; 3(1):125-132.
- 27. Pandey S, **Kumar A**., Arora N., Sharma R.K. Comparison of Effect of Curcumin on glucose absorption from different sacs of small intestine –An experimental study. International Journal of Medical and Applied sciences 2013; 2(3): 206-218
- Roy V K, Kumar A, Arora J., Joshi P., Prasad R R. Plasma free fatty acid levels as a risk factor for chronic stable angina. International Journal of Medical and Applied sciences 2013; 2(3): 302-307
- Roy V K, Kumar A, Joshi P, Arora J, Ahanger AM. Plasma Free Fatty Acid Concentrations as a Marker for Acute Myocardial Infarction. Journal of Clinical & Diagnostic Research .2013 Nov; 7(11): 2432-2434
- AhangerA M, Kumar A, Roy V K, Joshi P. Normative data of upper limb nerve conduction in healthy Kashmiri population. International journal of medical and applied sciences, 2013;2(4):350-355
- Kumar A, Shrivastava A, Purwar B, Arora N. Effects of curcumin on the intestinal length and morphology: An experimental study in albino rats. Natl J Physiol Pharm Pharmacol. 2012; 2(1): 39-44
- 32. Purwar B, Shrivastava A, Arora N, **Kumar A,**Saxena Y. Effects of Curcumin on the gastric emptying of albino rats. Indian J PhysiolPharmacol 2012; 56(2) : 168–173
- Kumar A, Purwar B, Shrivastava A, Pandey S. Effects of curcumin on the intestinal motility of albino rats. Indian J PhysiolPharmacol 2010; 54(3):284 – 288

Dr. Sibadatta Das Associate professor, Physiology S.H.K.M. Govt. Medical College Nalhar Nuh, Haryana

Annexure-I

5(i) Total publications (excluding those published in current year) - 23

1. **Das S**, Sood S, Singh K, Chandla S S, Ashima. Effect of electromagnetic (EM) waves emitted by mobile phones on the reaction time of human being. Haryana Medical Journal. 2010; 30(1, 2, 3):28-33.

Das S, Sood S, Chandla S S, Ashima, Satpal, Sharma K et al. The use of animated videos through multimedia is a better way of learning physiology: a case control study. Haryana Medical Journal. 2010; 30 (7, 8, 9):36-39.

- 3. Maurya S.P, Ashima, **Das S**, Kaur N.P. Pomegranate juice inhibits bacterial agents of acute gastroenteritis. Indian journal of health and wellbeing. 2013; 4(8):1619-20.
- 4. Singh H.J, Kaur N.P, Ashima, **Das S**, Kumar A, Maurya S.P. Study of bone mineral density in patients with ankylosing spondilitis. Journal of clinical and diagnostic research. 2013 Dec; vol-7(12):2832-5.
- 5. Ahlawat B, Kumar A, Ashima, **Das S.** Children's reactions to the dental situation. Journal of pharmaceutical and biomedical sciences(J Pharm Biomed Sci.) 2013 October; 35(35): 1814-1819.
- Malik J, Ashima, Das S, Nimarpreet, Ahlawat B, Chaudhry V. Technological advances in methods of surgical skin closure in obstetrics and gynecology, a review. Haryana Medical journal. 2013; 37(4-6): 23-25.
- 7. **Das S**, Ashima, Goel P. The chronic use of electromagnetic waves emitted from mobile phone alters autonomic functions of human body. Indian journal of scientific research. 2014; 5(2): 29-34.
- 8. Rai P, Gupta U.K, **Ashima**, Chawla A. Correlation between arm span and stature in different age groups-An anthropometric study in population of Rajasthan. International Journal of Biomedical Research. 2015; 6(10): 794-799.
- Malik J, Ashima, Das S, Rai P. Contraceptive knowledge, attitude and practice in Mewat region – A cross sectional study. International Journal of Biomedical Research. 2016; 7(01): 035-038.

- Malik J, Das S, Das A, Rai P. Judicial use of episiotomy in singleton normal vaginal deliveries at term: the changing trend. Int J Reprod Contracept Obstet Gynecol . 2016; 5(3): 882-885
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BIODATA

Dr.Naresh Kumar Associate Professor, Physiology S.H.K.M. Govt. Medical College Nalhar Mewat, Haryana

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PAPER PRESENTATIONS:

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 Naresh Kumar. Effect of Acute moderate exercise on cognitive functions of humans having sedentary lifestyle. Sports MEDCON 2009; an International Conference on Sports Medicine 6-8th nov. 2009.

- 2. Naresh Kumar, S. Sood, Beena, M. Singh, V. Dangi. Protective role of vitamin E supplementation on fluoride toxicity in male rabbits. International Conference on advances in free radicals research, natural products, antioxidants and radioprotectors in health and ninth meeting of the society of free radical research-india. Organized by University of Hydrabad and Ohio state university, Columbus USA. January 11-13; 2010.
- 3. Dangi Vijay, Rana Gaurava, **Kumar N**, Jaiwal PK. Isolation and amino acid sequencing of oxalate oxidase from Sorghum bicolor leaves. International Conference on advances in free radicals research, natural products, antioxidants and radioprotectors in health and ninth meeting of the society of free radical research-india. Organized by University of Hydrabad and Ohio state university, Columbus USA. January 11-13; 2010.
- 4. **Naresh Kumar,** Sushma Sood, Manjeet Singh, Beena, Prasanta Saha Roy, Sakshi. Effect of Fluoride on Kidney and Liver Function of Male Rabbits. XXIX International Conference of the International Society for Fluoride Research. December 2-5, 2010.
- 5. Naresh Kumar, Manjeet Singh, Amit Saxena, Kirti, Beena, Sushma Sood. Peroneal nerve palsy in farmers in harvesting season: a report of twelve cases. The International Conference/Workshop on Basic & Applied Physiology. December 19-22, 2013.
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- Naresh Kumar, Amit Saxena, Harnam Singh Madan, Manjeet Singh Dhanda, Kirti Sharma. Are Sports Compression Garments Safe for Nerves. 5th Asian Football Confederation Medical Conference, New Delhi. 30 November to 2 December 2015.

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- 1. Naresh Kumar, Sushma Sood, Beena, Manjeet Singh. Role of Vitamin D & E supplementation on fluoride induced reproductive toxicity in male rabbits. Annual APPICON-2009 conference; U.P. RIMS & R Saifai, Etawah. December 3-6;2009.
- 2. Manjeet, Sushma Sood, Reeta, **Naresh**. Effect of hypertension on cognitive functions. Annual APPICON-2009 conference; U.P. RIMS & R Saifai, Etawah. December 3-6;2009.
- 3. Naresh Kumar, Manjeet Singh, Beena, Prasanta Saha Roy, Sushma Sood. Fluoride Toxicity Induced Testicular Germ cell Destruction in Male Rabbits. National conference on Medical Biotechnology- Vision 2020; Rohtak, Haryana. April 16-18, 2010.
- Naresh Kumar, Prasanta Saha Roy, Sushma Sood, Manjeet Singh, Beena. Effect of Fluoride Induced Toxicity on Reproductive Hormones in Male Rabbits. 37th Annual Conference of Association of Clinical Biochemists of India (ACBICON 2010). December 13-15, 2010, Mumbai.

Zonal Conference

1. Dr Naresh Kumar. Median Nerve: Normative data of State of Haryana. 3rd Annual conference of Association of Physiologists of Haryana (PHYSIOCON 2018) at SHKM GMC Nalhar on 27th and 28th January 2018.

Additional Course:

1. Sports Nutrition Course conducted on November 05, 2009 at New Delhi organized by Indian Federation of Sports Medicine.

MEMBERSHIP OF SCIENTIFIC SOCIETIES:

- 1. The Association of Physiologists and Pharmacologists of India.
- 2. Society of Biological Scientists of India.
- 3. Indian federation of Sports Medicine.

LIST OF PUBLICATIONS

Name: Dr. Navneet Kumar Kaushik

Designation: Associate Professor, Deptt. of Physiology

Institute: SHKM Government Medical College, Nalhar (Nuh)

INTERNATIONAL

S. No.	Title of the Article	Name of the Journal	ISSN No	Indexing
1.	Food for Thought: Effect of Afternoon Meals on Executive Functioning of the Brain	International Archives of Integrated Medicine (IAIM)	(P): 2394- 0026 (O): 2394- 0034	Index Copernicus IMSEAR Google Scholar
2.	Evaluation of effects of acute exposure to the electromagnetic waves emitted from mobile phone on visual evoked potentials	International Journal of Basic and Applied Physiology (IJBAP)	(P): 2320- 172X (O): 2349- 8390	PubMed Google Scholar Index Copernicus
3.	Effect of Duration of Usage of Mobile Phone on Visual Evoked Potentials	International Journal of Health Sciences and Research (IJHSR)	2249-9571	Google Scholar Index Copernicus Scopemed
4.	Does Gender influence Visual Evoked Potentials?	International Journal of Biomedical Research (IJBR)	(P): 2455- 0566 (O): 0976- 9633	NLM Catalog Google Scholar <i>Index</i> <i>Copernicus</i>
5.	Vegetarian Diets: Health Benefits and Associated Risks	International Archives of Integrated Medicine (IAIM)	(P): 2394- 0026 (O): 2394- 0034	IMSEAR Index Copernicus Google Scholar
6.	Seasonal Variations in Hematological and Hemodynamic Parameters	International Archives of Integrated Medicine (IAIM)	(P): 2394- 0026 (O): 2394- 0034	IMSEAR Index Copernicus Google Scholar
7.	Valsalva Ratio: Assessment of Autonomic modulation in patients of Cervical Spondylosis	International Archives of Integrated Medicine (IAIM)	(P): 2394- 0026 (O): 2394- 0034	IMSEAR Index Copernicus Google Scholar
8.	Assessment of Subclinical Derangement of Cardiovascular Autonomic Regulation in Stable Asthmatic Patients	International Journal of Clinical and Experimental Physiology (IJCEP)	(P): 2348- 8832 (O): 2348- 8093	Google Scholar Index Copernicus CNKI

NATIONAL

1.	Internet addiction disorder	National Medicos Organization (NMO)	2348-3806
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