

## **Dr. B Anjum (CV)**



**Dr. B Anjum (Ph.D, FAPSH)**  
Assistant Professor  
Department of Neurology (Neurochemistry)  
SGPGIMS, Lucknow

### **Contact Details:**

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**Total Impact Factor:**70.0      **h-index:** 15

**Present Position:** Assistant Professor, Department of Neurology, SGPGIMS, Lucknow226014.  
(From 28<sup>th</sup> June 2024)

**Area of Research** : Clinical & Circadian Neuroscience, Molecular Neurobiology

### **Academic qualification:**

- **Ph.D. Awarded** (Field area- **Biochemistry and Circadian Biology**) **2013; Department of Biochemistry, King George's Medical University Lucknow.**
- **M.Sc. (Zoology)** from I.T. P.G. College in the year 2007, **Topper in Batch**; obtained Highest Marks in Lucknow University Examination.
- **B.Sc. (Z.B.C.)** from S.P.G. College in the year 2005.

**Professional Experience as Assistant Professor:** #1 Year, 10 Months

**Postdoctoral Research Experience:** #10 Years (From Oct 2013 to June 2024)

### **AWARDS:**

- **Travel Grant Award (1000 USD), awarded in International Society for Atherosclerosis (ISA), Dec 2024, Muscat, Oman to for Outstanding research work.**
- **Travel Grant Award (USD 600) awarded in 21<sup>st</sup> International Congress on Endocrinology (ICE -2024) for outstanding research and contribution in Endocrinology, March 1-3, 2024; Dubai, United Arab Emirates.**

- **Travel Grant Award (USD 600)** awarded in Seoul International congress on Endocrinology & Metabolism (SICEM -2023), **October 26-28 October, 2023**; Seoul , South Korea.
- **Excellent Oral Award (USD 200)** awarded in Seoul International congress on Endocrinology & Metabolism (SICEM -2023), **October 26-28 October, 2023**; Seoul , South Korea
- **Travel Grant Award (USD 1000)** awarded in International Congress on Diabetes and Metabolism (ICDM -2023), **October 19-21, 2023**; Gyeongju, South Korea
- **Travel Grant Award (USD 1000)** awarded in International Congress on Diabetes and Metabolism (ICDM -2022), **October 06-08, 2022**, Seoul, South Korea
- **Travel Grant Award (USD 1000)** awarded in Korean Society of Hypertension (KSH-2019), for oral presentation award in HYPERTENSION JEJU-2019 in conjunction with 50<sup>th</sup> scientific meeting of KSH, May 17-18, 2019, Jeju, South Korea.
- **“YOUNG SCIENTIST AWARD”** awarded for **significant contribution in the field of Chronobiology-** at 4<sup>th</sup> World Congress of Indian Society of Chronomedicine, 17-19 Nov - 2018, King Georges Medical University, Lucknow, UP, India.
- **Young Investigator Fellowship Award (USD 1000)** from Asia Pacific Society of Hypertension (APSH), in 13<sup>th</sup> Asian Pacific Congress of Hypertension (APCH), October 06-08, 2017, Singapore.
- **Travel Grant Award (450 GBP)** awarded and **funded by WELCOME TRUST-United Kingdom** to attend and presented poster and attended Chronobiology workshop, Oxford Sleep Medicine & Circadian neuroscience Summer School, 24-29<sup>th</sup> July 2016, University of Oxford, Oxford, UK.
- **Young Investigator Fellowship Award (USD 1000)** awarded from Asia Pacific Society of Hypertension (APSH) in 10<sup>th</sup> Asian Pacific Congress of Hypertension (APCH), February 12-15,2014, Radisson Blu Hotel, Cebu city, Philippines.
- **Achieved Best poster presentation award** in 5<sup>th</sup> world congress of diabetes India-Diabetes India 18-21 April 2013, Kochi, India.
- **Travel Grant Award (USD 1500)** awarded to presented poster in The 1<sup>st</sup> International Congress on Lipid Metabolism & Atherosclerosis, 14-15 September 2012, Seoul, South Korea.
- **Best paper presentation award** in International Conference Innovation in Public Health Management and Intervention of Civil Society Organization. Department of Community Medicine and Public Health, 17<sup>th</sup> March, 2012. C S M Medical University, Lucknow.
- **Young Scientist Award for best paper presentation** in “16<sup>th</sup> world congress on clinical nutrition and 6<sup>th</sup> International congress on cardiovascular diseases” Sept 12-14, 2011, New Delhi.
- **“Rastogi, Verma, Singh Award & Gold medal” for best paper presentation & young investigators award** in 19<sup>th</sup> Annual conference of Indian society of Hypertension, BPCON 2010, Feb 18-21,2010; Moradabad, UP, India.
- **Presented a paper and stood second in R. Sri Nivasan prize for best paper presentation** in APPICON-2009 “Association of Physiologist and Pharmacologist of India” UPRIMS7R, Saifai; 3rd Dec-6<sup>th</sup> 2009.
- **Certificate of Merit** for achieving **highest overall aggregate Marks in M.Sc. final (2007) Zoology**, Lucknow University Examination.

- **Certificate of Merit** for achieving **highest Marks** in **M.Sc. 1<sup>st</sup> year (2006) Zoology**, Lucknow University Examination.

#### **SGPGI-Intramural Research Grant Sanctioned:**

1. Intramural Project Title: Exploring the Effect of Endocrine disrupting chemicals (EDCs) on Neuro-endocrine functions and mRNA expression of *PPARs* in Patients with Fronto-Temporal Dementia. (From April 2025 to April 2027 and Sanctioned Amount: 10 lakhs) (As Principal Investigator)
2. Intramural Project Title: Effect of Intermittent fasting Regimens on Migraine frequency, Severity and Neurobiological markers (CGRP and BDNF): A Prospective Randomized Open Label Blinded Endpoint (PROBE) study. (From 20.03.2026 to 19.03.2028; Sanctioned Amount: 7.0 lakhs) (As Co-PI)
3. Intramural Project Title: Elucidating the Role of SP5 during stem cell differentiation. (From April 2026 to April 2028; Sanctioned Amount: 10.0 lakhs) (As Co-PI)

#### **Research Projects Sanctioned As Young Scientist (Principal Investigator –Dr B Anjum):**

- Young Scientist Research project awarded from DST-SERB (Sanctioned Amount: 38,90000 INR) in the field of Circadian rhythm in Metabolic diseases on research project entitled: Role of Time restricted feeding in prevention and treatment of metabolic diseases in Experimental Mice Model funded by DST-SERB (From 16 Dec 2015 to 15 Dec 2018).
- “Young Scientist Research Project (CST/232-12.5.2015)” (Sanctioned amount 10,00000 INR: entitled “To study the relationship of female reproductive hormones with salivary cortisol and urinary melatonin in causation of hormone related diseases in night shift nurses” sanctioned under Young Scientist Scheme of Council of Science & Technology, UP, India from the Department. of Biochemistry, KGMU, Lucknow.

#### **Fellowship Research Projects Sanctioned from ICMR-New Delhi:**

- Awarded ICMR-Research Associate-ship to B Anjum (Principal Investigator), Project (No:3/1/3 (28)/Endo-fellowship/22-NCD-III; from 11/11/2022) entitled “Effect of Time Restricted feeding (TRF) on circulating miRNA and mRNA expression levels in Prediabetic patients with Eveningness Chronotype: Department of Biochemistry, KGMU, Lucknow for Three Years From Nov 2022.
- Awarded ICMR-Research Associate-ship to B Anjum (Principal Investigator), Project (No.45/10/2019-HUM/BMS; Dated 06/08/2019) entitled “A behavioral Intervention study in prediabetic patients with Eveningness/Late chronotype and its association with the expression of circadian clock genes” Department of Endocrinology, SGPGIMS, Lucknow for Three Years From Sept 2019 to Sept 2022 (Awarded but I didn’t avail)
- Awarded ICMR- Senior Research Fellowship Project to B Anjum “A Case-control study of 24 Hrs Chronomics of Ambulatory Blood Pressure Monitoring in Night shift health care workers and controls and its relation with salivary cortisol and urinary melatonin levels”. File no: 3/1/2/5/ENV/II-NCD-I for Three Years & Six Months (July 2012- Dec 2015) Department of Physiology, KGMU, Lucknow.

### DST-SERB Travel Grant:

- Awarded DST-SERB International Travel grant to participate in European Society of Hypertension (ESH-2023), 24-26 June 2023; Milan, Italy.
- Awarded DST-SERB International Travel grant utilized to participate in Joint meeting European Society of Hypertension-International Society of Hypertension (ESH-ISH 2014), 13-16 June 2014; Athens Greece.
- Selected for DST-SERB International Travel grant to participate in 2nd International Conference on Heart & Brain (ICHB- 2014), 27th Feb to March 1st 2014; Paris, France. (Recommended but i didn't Avail)
- Selected for DST-SERB International Travel grant to participate in 11th Annual World Congress on Insulin Resistance, Diabetes & Cardiovascular diseases (WCIRDC- 2013), 7th Nov to 9th Nov 2013; Los Angeles, California, USA. (Recommended but i didn't Avail)

### Best Publications:

1. Abdullah KM, Sharma G, **Anjum B**, Alam MF, Yadav S, Singh Y, Sinha RA, Venkatesh V, Siddiqui JA, Chakravarti B. Insulin resistance: The central node of convergence between unfolded protein response, diabetes, and cancer. *Mol Aspects Med*. April 2026;108:101458. **(Impact Factor: 10.3)**
2. Habib, N., Singh, R., Pandey, S. **Anjum B**, Mahdi A. A Molecular mechanisms of circadian clock-mediated gene regulation and their implications in leukemia. *Mol Biol Rep* 53, 517 (March 2026). <https://doi.org/10.1007/s11033-026-11680-7> **(Impact Factor: 2.8)**
3. Sudhanshu Yadav, Bandana Chakravarti, **Baby Anjum**, Shubhanshu Yadav, Prashant Kumar Singh, Ashok Kumar, Engraftment Outcome of CRISPR/Cas9-Edited Hematopoietic Stem Cells for Genetic Diseases: A Systematic Review and Meta-Analysis of Preclinical Evidence. *Journal of Hematology*, April 2026;15(2):108-128 **(Impact Factor: 1.3)**
4. Anjali Singh; **Baby Anjum**; Qulsoom Naz; Sana Raza; Rohit A. Sinha; Mohammad Kaleem Ahmad; Abbas Ali Mehdi; Narsingh Verma. Night shift-induced circadian disruption: links to initiation of non-alcoholic fatty liver disease/non-alcoholic steatohepatitis and risk of hepatic cancer. *Hepatoma Research*; 2024-10-30; DOI: 10.20517/2394-5079.2024.88 **(Impact Factor: 1.2)**
5. Sangam Rajak, Archana Tewari, Sana Raza, Pratima Gupta, Bandana Chakravarti, **Baby Anjum**, Madhulika Tripathi, Brijesh K Singh, Paul. M . Yen, Amit Goel, Sujoy Ghosh, Rohit A Sinha. Pharmacological Inhibition of CFTR attenuates non-alcoholic steatohepatitis (NASH) progression in mice. *Biochimica et Biophysica Acta (BBA) - Molecular Basis of Disease*; Volume 1869, Issue 4, April 2023, 166662. doi: 10.1016/j.bbadis.2023.166662 **(Impact Factor: 4.2)**
6. Sangam Rajak, Pratima Gupta, **Baby Anjum**, Sana Raza, Archana Tewari, Sujoy Ghosh, Madhulika Tripathi, Brijesh K Singh, Rohit A Sinha. Role of AKR1B10 and AKR1B8 in the pathogenesis of non-alcoholic steatohepatitis (NASH) in mouse. *Biochimica et Biophysica Acta (BBA) - Molecular Basis of Disease*; Volume 1868, Issue 4, 1 April 2022,166319. **(Impact Factor: 4.2)** doi.org/10.1016/j.bbadis.2021.166319.
7. Sangam Rajak, Liliana F Iannucci, Jin Zhou, **Baby Anjum**, Nelson George, Brijesh Kumar Singh, Sujoy Kumar Ghosh, Paul Michel Yen, Rohit Antony Sinha. "Loss of ULK-1 attenuates cholesterologenic gene expression in mammalian hepatic cells" **Frontiers in Cell and Developmental Biology**. Front. Cell Dev. Biol., Vol. 8, Pages 1-9. 30 September 2020 **(Impact Factor: 4.3)** doi: 10.3389/fcell.2020.523550

8. Alok Kumar, Jayantee Kalita, Rohit Antony Sinha, Gajendra Singh, **B Anjum**, Mukti Shukla, Swasti Tiwari, Tapan N Dhole, Usha Kant Mishra. "Impaired Autophagy flux is associated with proinflammatory microglia activation following Japanese encephalitis virus infection" *Neurochemical Research* July 2020: doi: <https://doi.org/10.1007/s11064-020-03080-5>. **(Impact Factor: 3.8)**
9. Rukmani Pandey, Pallavi Shukla, **B Anjum**, Himanshu PawanKumar Gupta, Subhashis Pal, Nidhi Arjaria, Keerti Gupta, Naibedya Chattopadhyay, Rohit A Sinha, Sanghmitra Bandopadhyay "Estrogen Deficiency induced Memory loss via Altered Hippocampal HB-EGF and Autophagy" *Journal Endocrinology*, 2020 Jan 1;244(1):53-70. doi: 10.1530/JOE-19-0197. **(Impact Factor: 3.9)**
10. Hayden Weng Siong Tan, **B Anjum**, Han-Ming Shen, Sujoy Ghosh, Paul M. Yen, Rohit A. Sinha "Lysosomal inhibition attenuates peroxisomal gene transcription via suppression of PPAR $\alpha$  and PRARGC1A levels" (2019) *Autophagy*. DOI: 10.1080/15548627.2019.1609847 **(Impact Factor: 14.3)**
11. Aditya Upadhyay, **B Anjum**, Nachiket M Godbole, Sangam Rajak, Pooja Shukla, Swasti Tiwari, Rohit A Sinha, Madan M Godbole "Time-restricted feeding reduces high-fat diet associated placental inflammation and limits adverse effects on fetal organ development" (2019) *Biochem Biophys Res Commun.* Vol. 514;Pages: 415-421, DOI: 10.1016/j.bbrc.2019.04.154 **(Impact Factor: 2.2)**
12. Kumar P, Godbole NM, Chaturvedi CP, Singh RS, George N, Upadhyay A, **B Anjum**, Godbole MM, Singh RA. Mechanism involved in epigenetic down-regulation of Gfap under maternal hypothyroidism. *Biochem Biophys Res Commun*, 2018 May 28, Vol:502, Pages:375-381 DOI: 10.1016/j.bbrc.2018.05.173. **(Impact Factor: 2.2)**
13. Shipra Bhardwaj, Narsingh Verma, **B Anjum**, Kshitij Bhardwaj. Variation in 7day/24 –h Circadian pattern of Ambulatory blood pressure and heart rate of Type-2 Diabetes Patients. *J Diabetes Invest* 2014;Vol.5; Pages 728-733, doi.10.1111/jdi.12224. **(Impact Factor: 3.0)**
14. **B Anjum**, Narsingh Verma, Sandeep Tiwari, Ranjana Singh, Abbas A. Mahdi, Ram B. Singh, Raj K. Singh, Association of salivary cortisol with Chronomics of 24 hours ambulatory blood pressure monitoring among night shift workers. (2011) *BioScience Trends.* Vol. 5, No.4, pp. 182-188. DOI: 10.5582/bst.2011.v5.4.182 **(Impact Factor: 5.0)**
15. Ghizal Fatima, Abbas A Mahdi, Siddhartha Das, **B Anjum**, Narsingh Verma, Punnet Kumar, Ragini Shrivastava. Lack of circadian pattern of serum TNF- $\alpha$ , IL-6, in patients with fibromyalgia syndrome. *Ind. J. Clin. Biochem.* 2012 Oct;27(4):340-343. 2012 Apr 12. **(Impact Factor: 1.6)**
16. Ghizal Fatima, Siddhartha Das, Abbas A Mahdi, Narsingh Verma, Faizan haider Khan, Amit Mani Kumar Tiwari, Tabrez Zafer, **B Anjum**. Circadian rhythm of serum cortisol in female patients with fibromyalgia syndrome. *Ind. J. Clin. Biochem.* 2013 Apr;28(2):181-4. DOI 10.1007/s12291-012-0258-z 2012 Sep 27. **(Impact Factor: 1.6)**
17. Raza S, Rajak S, **B Anjum**, Sinha RA. Molecular links between non-alcoholic fatty liver disease and hepatocellular carcinoma. *Hepatoma Research* 2019;5:42 <http://dx.doi.org/10.20517/2394-5079.2019.014> **(Impact Factor: 1.2)**
18. Jan Fedacko, R B Singh, Aditya Gupta, Krasimira Hristova, Eri Toda, Adarsh Kumar, Manoj Saxena, **B Anjum**, Ranjana Singh, Takahashi Toru, Douglas W Wilson. Inflammatory mediators in chronic heart failure in North India. *Acta Cardiologica;* 2014;69(4):391-398. doi.org/10.1080/AC.69.4.3036655 **(Impact Factor: 2.5)**

### Other Research Articles Published:

1. **B Anjum**, Verma N S, Tiwari S, Singh R, Fatima G, Singh P, Mishra S, Mahdi A. A. Light exposure at night and rotating night shift associated with circadian disruption of 6-sulfatoxy melatonin. *Int J Med Res Health Sci.* **2013**;2 (4):809-815. ISSN No.2319-5886. DOI:10.5958/J.2319-5886.2.4.129
2. **B Anjum**, Verma N S, Tiwari S, Fatima G, Bhardwaj S, Naz Q, Singh P, Mishra S, Singh R, Mahdi A A. Effects of Rotating Night shift and Exposure of Light at night on circadian pattern of Salivary cortisol and Urinary melatonin levels. *Int.J.Res.Dev.Pharm.L.Sci.***2014**;Vol 3.Issue.2;918-924. ISSN No. 2278-0238
3. **B Anjum**, Verma N S, Tiwari S, Fatima G, Naz Q, Bhardwaj S, Singh P, Mishra S, Singh R, Mahdi A A. Altered Circadian secretion of Salivary cortisol during night shift. *Int.J.Health Sci &Res.* **2014**;Vol. 4;Issue.2;46-52. ISSN No. 2249-9571. <https://doi.org/10.52403/ijhsr>
4. **B Anjum**, Verma N S, Tiwari S, Bhardwaj S, Naz Q, Gautam S, Singh P, Mishra S, Singh R, Mahdi A A. 24 Hours Chronomics of Ambulatory Blood Pressure and Heart Rate in Terms of Double Amplitude, Acrophase and Hyperbaric Index in Night Shift Health Care Workers. *Int J Health Sci Res.* **2014**;4(12):197-205. ISSN No. 2249-9571. <https://doi.org/10.52403/ijhsr>
5. **B Anjum**, Verma N, Tiwari S, Mahdi AA, Singh R, Naaz Q, Mishra S, Singh P, Gautam S, Bhardwaj S. 24 Hours Chronomics of Ambulatory blood pressure and its relation with circadian rhythm of 6-sulfatoxy melatonin in night shift health care workers. *Int J Res Med Sci* **2015**;3(8):1922-1931. DOI: <http://dx.doi.org/10.18203/2320-6012.ijrms20150302> ISSN No. 2320-6012
6. **B Anjum**, Verma N S, Tiwari S, Naaz Q, Suman G, Mahdi AA “Light at Night and Rotating Night Shift: Risk for Insulin Resistance and other metabolic diseases” *World Journal of Pharmaceutical Research*;2017;6(17)468-476. ISSN No. 2277-7105 DOI: 10.20959/wjpr201717-9244
7. Singh P, Verma N S, Singh S K, Bhattacharya S, Mahdi A A, Mishra S, **B Anjum**, Gupta A, Sahu K K. To Study the Impact of Biosocial characteristics on Nutritional status in context to Obesity of School Going Adolescent of Lucknow City. *Int.J. Health Sci &Res.* **2014**;Vol. 4;Issue.7;132-138.ISSN No. 2249-9571. <https://doi.org/10.52403/ijhsr>
8. Prerna Singh, Narsingh Verma, S K Singh, Sandeep Bhattacharya, Abbas Ali Mahdi, Saumya Mishra, **B Anjum**, Manish Kumar Manar, Rajesh Khare. Effects of life style habits on the prevalence of Obesity among school going adolescents residing in urban Lucknow. *Int J Med Sci & Public Health*;2014;Vol 3;Issue 10;1293-1296. doi: 10.5455/ijmsph.2014.010820142
9. Mishra S, Verma N, Bhattacharya S, Usman K, Reddy H, Verma N, , **B Anjum**, Singh P, Bharadwaj S, Bharadwaj K. Efficacy and safety of *Tinospora cordifolia* (Tc) as an add-on therapy in patients with type-2 diabetes. *Int J Res Med Sci* **2015**;3:1109-13. DOI: 10.5455/2320-6012.ijrms20150515. ISSN No.2320-6012.
10. Mishra S, Verma N, Bhattacharya S, Usman K, Himanshu D, Singh P, **B Anjum**, Verma N. Effect of *Tinospora cordifolia* as an add - on therapy on the blood glucose levels of patients with Type 2 diabetes. *Int J Basic Clin Pharmacol* **2015**;4:537-41. doi: 10.18203/2319-2003.ijbcp20150035. ISSN No.2279-0780
11. Naz Q, Serajuddin M, Verma NS, Mehdi A, Patel ML, **B Anjum**. Dyslipidemia and electrolyte metabolism in essential hypertensive North Indians. *Int J Res Med Sci* **2015**;3:1309-12. DOI: 10.18203/2320-6012.ijrms20150137. ISSN No.2320-6012
12. Qulsoom Naz, Narsingh Verma, Mohammad Serajuddin, Abbas Ali Mehdi, Munna lal Patel, **B Anjum**. Study of Alpha adducin gene polymorphism in young essential hypertensive north Indians. *Journal of cardiovascular disease research*; Vol 6, Issue 3, **2015**, 124-130; DOI: 10.5530/jcdr.2015.3.3. ISSN No. 0975-3583
13. Suman Gautam, Seema Mehrotra, M.L.B.Bhatt, Komal S Pasi, **B Anjum**, A. A. Mahdi. Status of Oxidant and Antioxidant in Patients with Gynecological Malignancy Undergoing therapy; *Journal of Pharmacy and Biological Sciences (IOSR-JPBS)*:Volume 12;Issue 4 Ver. VII(Jul-Aug,2017), PP 09-13. DOI:10.9790/3008-1204070913. ISSN No. 2278-3008
14. Suman Gautam, M.L.B. Bhatt, Seema Mehrotra, A.A. Mahdi, Ranjana Singh, Komal S Pasi, **B Anjum**, Implication of Therapeutic Intervention on Putative Oxidative stress markers in Cervical Cancer. *Journal of Dental and Medical Sciences (JDMS)*; Volume

15. Perna Singh, Narsingh Verma, Shivendra Kumar Singh, Sandeep Bhattacharya, Abbas Ali Mahdi, **B Anjum**, Saumya Mishra, Kshitij Bhardwaj. Factors that pinpoints the potential determinants of obesity amongst school going adolescents: Literature Review. *World J Pharmacy & Pharmaceutical Sciences* 2015 March; Vol. 4: Issue 4, 1589-1603. ISSN No.2278-4357
16. Suman Gautam, A A Mahdi, Ranjana Singh, **B Anjum**, Seema Mehrotra, M L B Bhatt, J K Saxena. Assessments of Oxidative stress biomarkers in Patients with Gynaecological Malignancies. *World J Pharmacy & Pharmaceutical Sciences* 2014 April; Vol. 3: Issue 3, 1405-1413. ISSN No.2278-4357

**Invited speaker/Invited talk/Plenary Oral as Speaker:**

- **Delivered Lecture as Expert speaker on title “ Role of Digital Health in Public and Private healthcare system” in Faculty Entrepreneurship Development programme (FEDP) on “ Entrepreneurship in Health Informatics, sponsored by Department of Science and Technology, (DST), New Delhi, held during 30<sup>th</sup> Oct to 10 Nov 2025, HBTU, Kanpur.**
- **Presented as a Invited speaker in “Chrono-medicine Updates in Dimensions of 3D Health-Multidisciplinary Insights” held during 01-02 July 2025 at Hind Institute of Medical Sciences, (HIND), Sitapur (UP).**
- **Plenary Oral Presentation as a Speaker in “SICEM-2022” 10th Seoul International Conference on Endocrinology and Metabolism organized by Korean Endocrine Society presented online on “Effect of Frequently rotating night shift on Circadian rhythm of Salivary Cortisol and Urinary Melatonin” held in hybrid (both) online and onsite- Kimdaejung Convention center, Gwangju, Republic of Korea 27-29 Oct 2022. Also selected for Travel grant Award (800 USD).**
- **Presented as a Speaker in “ISH-2022” International Society of Hypertension presented online on “Effect of Rotating night shift on Circadian pattern of Ambulatory Blood Pressure/Heart Rate, Salivary Cortisol and Sulfatoxy Melatonin levels” held in hybrid (both) online and onsite- Kyoto, Japan. 12-16 Oct 2022 Also selected for Travel grant Award.**
- **Presented as guest speaker in “ASSOPICON-2015” Second National conference of Association of Physiologist of India. Theme: “Physiology of Today is the Medicine of Tomorrow” 26-29 Oct 2015, Department of Physiology, Shri Ram Murti Smarak Institute of Medical Sciences, Bareilly. Talk entitled “Circadian rhythm origin, function and clinical implications in health and disease”.**
- **Invited talk on “You are when you eat and sleep: Risk for Type 2 Diabetes, Obesity and Metabolic diseases” in 1<sup>st</sup> International congress of the international society of Chronomedicine, 22-23 Nov 2015 Ahmadabad, Gujrat, India**

**Abstract Published and presented Oral/Poster in Abroad:**

- **Oral Presentation in “ISA-2024” and Abstract Published and Achieved Travel grant award (USD 1000) in International Conference on Atherosclerosis (ISE-2024), for Oral presentation, Dec 2024, in Muscat, Oman.**
- **Oral Presentation in “ICE” and Abstract Published in (Endocrinology Journal Impact Factor: 4.2). Achieved Travel grant award (USD 600) in 11th International Conference on Endocrinology (ICE-2024), for outstanding research and contribution in area of Endocrinology, March 1-3, 2024, Dubai, United Arab Emirates.**

- **Oral Presentation in “SICEM-2023” and Abstract Published in (Endocrinology & Metabolism Journal Impact Factor: 3.607). Achieved Travel grant award (USD 1000) and Got Excellent Oral Award (200 USD) in 11th Seoul International Conference on Endocrinology and Metabolism organized by Korean Endocrine Society (SICEM-2023), Lotte Hotel World, Seoul, Republic of Korea. 26th-28th Oct 2023. Also selected for Travel grant Award (800 USD) but attended and presented online.**
- **Oral Presentation and Abstract PE-176 published in Diabetes and Metabolism Journal (dmJ; Impact Factor: 5.893); Travel grant award (USD 1000) in International Congress on Diabetes and Metabolism (ICDM -2023), 19<sup>th</sup>-21<sup>st</sup> October, 2023; HICO, Gyeongju, Republic of Korea**
- **Oral Presentation and published Abstract in Journal of Hypertension; Achieved DST-SERB Travel grant for 32<sup>nd</sup> Scientific Meeting of the European Society of Hypertension (ESH-2023) on “Hypertension and Cardiovascular Protection”, 23-26 June 2023; Milan, Italy.**
- **Abstract Published (P03-4) and Given Plenary Oral Presentation as a Speaker in “SICEM-2022” (Endocrinology & Metabolism Journal Impact Factor: 3.607) 10th Seoul International Conference on Endocrinology and Metabolism organized by Korean Endocrine Society presented online, held in hybrid (both) online and onsite-Kimdaejung Convention center, Gwangju, Republic of Korea 27-29 Oct 2022. Also selected for Travel grant Award (800 USD).**
- **Abstract Publish (S-23-4) Presented as a Speaker in “ISH-2022” International Society of Hypertension ((ISH Journal Impact Factor: 4.776) presented online, held in hybrid (both) online and onsite- Kyoto, Japan. 12-16 Oct 2022 Also selected for Travel grant Award.**
- **Abstract PE-176: published in Diabetes and Metabolism Journal (dmJ; Impact Factor: 5.893) Selected for Poster exhibition, Travel grant award (USD 1000) in International Congress on Diabetes and Metabolism (ICDM -2022), October 06-08 October, 2022; Swiss Grand Hilton, Seoul, South Korea**
- **Abstract publish and Oral presentation, Travel grant award (USD 1000) in Korean Society of Hypertension (KSH-2019), for oral presentation award in HYPERTENSION JEJU-2019 in conjunction with 50<sup>th</sup> scientific meeting of KSH, May 17-18, 2019, Lotte Hotel, Jeju, Korea.**
- **Abstract publish and Oral presentation (ID OP5307), Awarded Young Investigator award (USD 1000) in Asia Pacific Society of Hypertension in 13<sup>th</sup> Asian Pacific Congress of Hypertension, (APCH-ISH) ((ISH Journal Impact Factor: 4.776) October 06-08, 2017, Singapore.**
- **Awarded Travel Grant from Welcome United Kingdom, Abstract publish and presented poster in Oxford Sleep Medicine & Circadian neuroscience Summer school, 24-29<sup>th</sup> July 2016, Oxford, United Kingdom.**
- **Abstract no.049 Achieved DST-SERB Travel grant for Joint meeting European Society of Hypertension-International Society of Hypertension (ESH-ISH 2014) ((ISH Journal Impact Factor: 4.776), 13-16 June 2014; Athens Greece.**
- **Abstract No:APCH-0075 Awarded Young Investigator Award-USD 1000 and presented poster in 10<sup>th</sup> Asian Pacific Congress of Hypertension, February 12-15,2014, Radisson Blu Hotel, Cebu city, Philippines.**
- **Abstract no: FA-026 (PE-4) Awarded Travel Grant Award-USD 1500 and presented poster in The First International Congress on Lipid Metabolism and Atherosclerosis;**

**Abstract Published, & Selected for oral/poster presentation/ Travel Grant award:**

- Abstract Selected for Poster presentation & Travel Grant award (1000 USD) in 24<sup>th</sup> International Symposium on Shiftwork and Working Time, September 9–13, 2019 in Coeur d’Alene, Idaho, USA.
- Abstract No.: ABS-0122 Selected for Poster presentation & Travel Grant award (800 USD) in “SICEM-2013; 7th Seoul International Congress of Endocrinology and Metabolism in conjunction with the 38th Annual Meeting of the Korean Endocrine Society” Grand Hilton Hotel, Seoul, Korea April 18-21, 2019.
- Abstract no. A10302 Selected for Oral presentation and Travel grant award (300 USD for Travel grant and Offered 3 Nights Accommodation) in International Society of Hypertension ; ((ISH Journal Impact Factor: 4.776), ISH-20-23 September 2018, Beijing, China.
- Abstract “Light at Night and Rotating night shift: Risk factor for Atherosclerosis and Cardiovascular diseases” **B Anjum**, N S Verma, S Tiwari, A A Mahdi. Selected for Poster presentation at International Atherosclerosis Society 2018, Toronto, Canada, Selected for Travel grant Award (1500 USD) & abstract published in Atherosclerosis suppliments 32,85,2018. <https://doi.org/10.1016/j.atherosclerossup.2018.04.2>; (Impact factor: 4.2)
- Abstract “24 hours Chronomics of Ambulatory blood pressure monitoring in night shift nursing professionals and its relation with salivary cortisol & 6 sulfatoxy melatonin levels: A Case control study” **B Anjum**, N S Verma, S Tiwari, R Singh, Qulsoom Naz, A A Mahdi. Selected for Poster presentation & abstract published Endocr Pract. 2018;24(No. 1) 15A in 15<sup>th</sup> World Congress on Insulin Resistance, Diabetes & Cardiovascular diseases (WCIRDC-2017), 7<sup>th</sup> -30<sup>th</sup> Nov to 2<sup>nd</sup> December 2017, Los Angeles, California.
- E-poster published# EP741 “24 hours Chronomics of BP/HR in terms of double amplitude, acrophase, hyperbaric index and its relation with circadian rhythm of 6-sulfatoxy melatonin in night shift nursing professionals: A case control study” **B Anjum**, Narsingh Verma, Sandeep Tiwari, Ranjana Singh, Abbas Ali Mahdi. in Endocrine Abstract 2017, 41. EP741, (DOI:10.1530/endoabs.49.EP741); (Impact factor: 4.38) 19<sup>th</sup> European congress of Endocrinology, ECE-2016, Lisbon, Portugal, 20<sup>th</sup> – 23<sup>rd</sup> May 2017. European society of Endocrinology.
- Poster#116, Serial No. 392. Entitled “A case-control study of 24 Hrs Chronomics of BP/HR in terms of Double Amplitude, Acrophase, Hyperbaric Index and its relation with circadian rhythm of Salivary cortisol in night shift nursing professionals”. **B Anjum**, Narsingh Verma, Sandeep Tiwari, Ranjana Singh, Abbas Ali Mahdi, Madan M Godbole. Volume.44 ISSN-1479-6848. (DOI: 10.1530/endoabs.44.P116) (Impact factor: 4.38); Society for Endocrinology, BES-2016, 7-9 Nov 2016, The Brighton Centre, Brighton, UK.
- Poster no. #PS 15-25 Published in Journal of Hypertension 34:e465; September 2016, doi: 10.1097/01.hjh.0000501233.00010.4c, (Impact factor: 4.7) entitled “A Case-Control Study Of 24 Hrs Chronomics Of Bp/Hr In Terms Of Double Amplitude, Acrophase, Hyperbaric Index And Its Relation With Circadian Rhythm Of Salivary Cortisol And 6-Sulfatoxy Melatonin In Night Shift Nursing Professionals.” **Anjum B**, Verma N.S, Tiwari S, Singh R, Mahdi A. A, Singh R B and Singh R.K. Selected for Oral presentation & Young Investigator Award (1000 USD) in 26<sup>th</sup> Scientific meeting of International society of Hypertension; ((ISH Journal Impact Factor: 4.776) (ISH 2016) September 24<sup>th</sup> to 2<sup>9th</sup> 2016, Coex, Seoul, South Korea.

- **E-poster published# EP61** “Circadian rhythm of salivary cortisol & 6 – sulfatoxy melatonin in night shift nursing professionals and actual day workers” **B Anjum**, Narsingh Verma, Sandeep Tiwari, Ranjana Singh, Abbas Ali Mahdi. **in Endocrine Abstract 2016, 41. EP61, (DOI:10.1530/endoabs.41.EP61) (Impact factor: 4.38); Selected for 18<sup>th</sup> European congress of Endocrinology, ECE-2016, Munich, Germany, 28<sup>th</sup> – 31<sup>st</sup> May 2016. European society of Endocrinology.**
- **Poster# PCA 193, Abstract published entitled** “ 24 hrs chronomics of BP/HR in terms of double amplitude, acrophase, hyperbaric index and its relation with circadian rhythm of salivary cortisol in night shift nursing professionals and actual day workers” **B Anjum**, Narsingh Verma, Sandeep Tiwari, Ranjana Singh, Abbas Ali Mahdi, M Goodbole. Page. 159P. Selected for **Joint meeting of the American Physiological Society and WILEY, The Physiological Society, 29-31 July 2016, Physiology 2016, Convention centre, Dublin, Ireland.**
- **Poster# 227** “Circadian rhythm of Ambulatory Blood Pressure in rotating Night Shift Nursing Professionals and its relation with 6-sulfatoxy melatonin as neuroendocrine Chronomolecules. **B Anjum**, Narsingh Verma, Sandeep Tiwari, Ranjana Singh, Abbas Ali Mahdi. **Volume.38 ISSN-1479-6848 Page 134; (DOI:10.1530/endoabs.38.P227) (Impact factor: 4.38); Society for Endocrinology, BES-2015, Edinburgh, UK.**
- **Abstract#19** “Chronomics of BP/HR in terms of Double Amplitude, Acrophase, Hyperbaric index and its relation with cortisol in night shift workers” **B Anjum**, N S Verma, S Tiwari, R Singh, A A Mahdi. Published abstract and selected for **Poster presentation in XVII International symposium on Atherosclerosis (ISA), 23-26 May 2015, Amsterdam, Netherlands.**
- **Poster#31** “Effect of Light at Night & Rotating Shifts on circadian pattern of neuroendocrine chronomolecules. **B Anjum**, Narsingh Verma, Sandeep Tiwari, Ranjana Singh, Abbas Ali Mahdi. **Volume.34 ISSN-1479-6848. (DOI:10.1530/endoabs.34.P31) (Impact factor: 4.38); Society for Endocrinology, BES-2014, 24-27 March 2014, Liverpool, UK.**
- **Abstract#23** “Light at night (LAN) as a risk of coronary artery disease (CAD) & Type 2 Diabetes in Rotating night shift nursing Professionals. **B Anjum**, N S Verma, S Tiwari, r Singh, A A Mahdi. (Published in Journal *Endocrine Practice*, **Volume 20, Issue 1, Jan 2014**). Selected for **Poster presentation & Travel grant award in 11<sup>th</sup> World Congress on Insulin Resistance, Diabetes & Cardiovascular diseases (WCIRDC-2013), 7<sup>th</sup> -9<sup>th</sup> Nov 2013, Los Angeles, California.**
- **Abstract no: #06** “Relationship between important metabolic risk factors for coronary artery disease (CAD) and type 2 diabetes in rotating night shift nurses and controls” **B Anjum**, Narsingh Verma, Sandeep Tiwari, Ghizal Fatima, Ranjana Singh, Abbas Ali Mahdi. Selected for **Oral presentation & Travel Grant award (800 USD) in “SICEM-2013 Seoul International Congress of Endocrinology and Metabolism in conjunction with the 32nd Annual Meeting of the Korean Endocrine Society” Grand Hilton Hotel, Seoul, Korea May 2-5, 2013.**
- **Abstract no. #155 Session: P1-life Style and Nutrition in Journal of Hypertension ((ISH Journal Impact Factor: 4.776): September 2012 Published in *Journal of Hypertension*, Volume 30, Pages e47-e48. doi: 10.1097/01.hjh.0000419981.68773.30, entitled “Circadian pattern of blood pressure and heart rate in rotating night shift and day workers” **Anjum B**, Verma N.S, Tiwari S, Singh R, Mahdi A. A, Singh R B and Singh R.K. Selected for poster presentation & Travel Grant award (A\$500) in 24<sup>th</sup> Scientific meeting of International society of Hypertension (ISH 2012) September 30 to 2<sup>nd</sup> Oct-2012, Sydney, Australia.**

- Abstract no. #16 “Effects of rotating night shift on circadian pattern of salivary cortisol and 6-sulfatoxy melatonin levels” **Anjum B**, Verma N. S, Tiwari S, Singh R, Mahdi A. A and Singh R. K. J Community Med Health Educ 2013, 3:4 <http://dx.doi.org/10.4172/21610711.S1.016>. **2nd International conference and exhibition on Occupational health and Safety. May 21-22, 2013 Double Tree by Hilton Beijing, China.**
- **Abstract no. #39 in the Session: PS1/Mon/39: Clinical Science** entitled “A Study of 24 hrs Circadian Rhythm of Ambulatory Blood Pressure in Night Shift Workers” **Anjum B**, Verma NS, Tiwari S, Jain V, Mishra S, Singh R, Singh RK, Singh RB, Schwrtzkopff O, Cornelissen G, Halberg F India, United States **Selected for poster presentation in 23<sup>rd</sup> Scientific meeting of International society of Hypertension; (ISH Journal Impact Factor: 4.776) (ISH 2010) September 26<sup>th</sup> to 30<sup>th</sup> 2010, Vancouver, Canada.**

#### **Postdoctoral Research Experience:**

- **ICMR-Research Associate Fellowship project for Postdoctoral research** at Department of Biochemistry, King Georges Medical University, Lucknow (Research Experience from Nov 2022 to June 2024).
- Achieved **Postdoctoral Research Associate Position for Jan 2020 to Jan 2022 in Aging Institute, University of Pittsburgh, Pennsylvania, USA.** (Research experience from January 2020 to March 2020).
- Postdoctoral Research Experience as **Research Associate (RA)** on project titled: **“Determining the role of pancreatic alpha cell Autophagy in intra-cellular glucagon turnover and its modulation as an anti-diabetic therapy”** funded by **Welcome Trust/DBT India Alliance Intermediate research project** (PI: Dr Rohit A Sinha) from Department of Endocrinology, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, India (Research Experience From Jan 2019 - Dec 2019)
- Postdoctoral Research Experience as **Young Scientist (YSS-Scheme)** on research project entitled: **Role of Time restricted feeding in prevention and treatment of metabolic diseases in Experimental Mice Model funded by DST-SERB** (From Dec 2015 to Dec 2018), Department of Molecular Medicine and Biotechnology, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, India

#### **Research Experience:**

- **Research experience** in the field of **Circadian Physiology, Biochemistry and Neuroendocrinology**, (September 2008 – June 2024)
- **Research Associate-ICMR funded project** at Department of Biochemistry, King Georges Medical University, Lucknow (From 11 Nov 2022 to June 2024).
- Achieved **Postdoctoral Research Associate Position for two years (Jan 2020 to Jan 2022) in Aging Institute, University of Pittsburgh, Pennsylvania, USA.** (Research experience from January 2020 to March 2020).
- Postdoctoral Research Experience as **Research Associate (RA)** on project titled: **“Determining the role of pancreatic alpha cell Autophagy in intra-cellular glucagon turnover and its modulation as an anti-diabetic therapy”** funded by **Welcome Trust/DBT India Alliance Intermediate research project** (PI: Dr Rohit A Sinha) from Department of Endocrinology, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, India From Jan 2019- Dec 2019)
- Postdoctoral Research Experience as **Young Scientist (YSS-Scheme)** on research project entitled: **Role of Time restricted feeding in prevention and treatment of metabolic diseases in Experimental Mice Model funded by DST-SERB** (From 16 Dec 2015 to 15 Dec 2018). Working experience on Metabolic diseases with animal model on **DST-SERB**

**Young Scientist.** Department of Molecular Medicine, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, India

- Research Experience as **Senior Research Fellow (SRF)** on research project entitled “**A Case-control study of 24 Hrs Chronomics of Ambulatory Blood Pressure Monitoring in Night shift health care workers and controls and its relation with salivary cortisol and urinary melatonin levels**” awarded from **Indian Council of Medical Research** (Sanctioned letter no 3/1/2/5/ENV/II-NCD-I) from 5<sup>th</sup> July 2012 to 14<sup>th</sup> Dec 2015, Department of Physiology, King George’s Medical University Lucknow.
- Done research work in the field of **Diabetes and Metabolism in night shift nursing professionals and actual day workers**” from department of Physiology & Biochemistry, King George’s Medical University Lucknow (Jan 2012- June 2012).
- Research Experience as **Senior Research Assistant (SRA)** on project entitled “**Circadian pattern of blood pressure and heart rate in night shift workers & its relation with salivary cortisol and urinary melatonin levels**” (From Dec 2008-Dec 2011) funded by CST, UP (Sanctioned letter no **CST SERPD/D-1886**), Department of Physiology King George Medical University, Lucknow.

**Additional qualification-**

- **Certificate course in Diabetes Education (June 2102-March 2013)** Conducted by **Indian Association of Diabetes Educators (IADE) & Dr. Mohan Diabetes Education Academy (DMDEA)**.
- **Post Graduate Diploma in Computer application (PGDCA) 2009** with Grade “A” from UniTech Educational Society UPDESCO, UPAVVN-A Government of UP, India Undertaking.

**Member of Scientific bodies-**

- **Life Member (No#16769) Fellow and Young Investigator of International Society of Hypertension.**
- **Executive Body Member of Indian Society of Chronomedicine.**
- **Member of International Atherosclerosis Society (IAS).**
- **Life Member (L15861) of Indian Science Congress Association, 14 Dr Biresw Guha Street Kolkata, 700017 India.**
- **Life Member (No# 604) of Indian society of Hypertension which is affiliated to Asian pacific society of Hypertension and International society of Hypertension.**

**Presented paper (Oral)/ Poster and Abstract published in National and International conferences attended in India:**

S. No.	Conferences Attended	Abstract published	Presented paper
1.	Participation in the <b>94<sup>th</sup> Indian Science Congress</b> held at Anna Malai University, Annamalai – Nagar, Jan 3 to 7,2007 <b>Chidambaram(Chennai).</b>	-	-
2.	<b>International Symposium on “Prognostic and Predictive factors in Cancer Management”</b> 15 <sup>th</sup> & 16 <sup>th</sup> December 2008, Department of Radiotherapy, C.S.M. Medical University, Lucknow UP, India.	-	-

3.	<b>CME programme on “ Clinical Aspects of transfusion medicine”</b> Department of Pathology and state Blood bank, 17 <sup>th</sup> Jan 2009, CSM Medical University Lucknow, UP, India.	-	-
4.	International symposium on <b>“Functional Biology Comparative Aspects”</b> in conjunction with second meeting of the Indian subcontinent branch of International neuropeptide society & Annual UGC-SAP (DRS) Seminar on chronobiology of birds biological clock and Seasonal breeding, 19- 21 march 2009; Department of Zoology, University of Lucknow, Lucknow.	<b>“Circadian Pattern of Blood pressure &amp; Heart rate in Night shift workers”</b> <u>B Anjum</u> , N S Verma, Ranjana Singh, Sandeep Tiwari, R K Singh.	<b>Paper presented (Oral)</b>
5.	<b>“International Conference on Advances in free radical research natural products, antioxidants &amp; radio protectors 8<sup>th</sup> Annual meeting of the society for free radical research”</b> March 19-21, 2009. Deptt of Biochemistry, C.S.M. Medical University Lucknow, India.	-	-
6.	National Seminar on <b>“Translational Health Research: Pathway to discovery”</b> Research Cell, C S M Medical University, Lucknow, UP, India.	-	-
7.	Symposium on <b>“Writing for publication”</b> 24 <sup>th</sup> September 2009, Department of Surgical Oncology C S M Medical University, Lucknow, UP, India.	-	-
8.	<b>“International Update on Breast Cancer”</b> , 25 <sup>th</sup> September 2009 Department of Surgical Oncology C S M Medical University, Lucknow, UP, India.	-	-
9.	49 <sup>th</sup> Annual Conference of <b>“National Academy of Medical Sciences NAMSCON-2009”</b> (CME & NAMSCON) Oct 30 <sup>th</sup> –Nov 1 <sup>st</sup> C S M Medical University, Lucknow, UP, India.	-	-
10.	<b>APPICON-2009 “Association of Physiologist and Pharmacologist of India”</b> UPRIMS 7R, 3 <sup>rd</sup> Dec-6 <sup>th</sup> December, Saifai, UP, India.	<b>“Circadian pattern of blood pressure &amp; Heart rate in night shift workers.”</b> <u>Anjum B</u> , Verma N S, Singh R K, Tiwari S. on <b>Indian journal of Physiology and Pharmacology, (Ind.J.Physiol.&amp; Pharmacol.53) IJPPAZ53(5) 387-459</b> 459920090 ISSN0019-5499 Volume 53 number 5-2009 suppliment-1	<b>Paper presented (Oral)</b>
11.	<b>XXI National Symposium on Chronobiology</b> February 2-4, 2010 Kolhan University Jamshedpur, Jharkhand, India	<b>“Circadian pattern of cardiovascular parameters in night shift workers.”</b> <u>Anjum B</u> , Verma N S, Tiwari S, Jain V, Mishra S, Singh R K, Schwartzkopff O, Cornelissen G and Halberg F. Departments Physiology, Surgery & Biochemistry C S M Medical	<b>Paper presented (Oral)</b>

		University, Lucknow and Helberg Chronobiology Center, University of Minneapolis, MN 55455,USA.	
12.	<b>19<sup>th</sup> Annual conference of Indian Society of Hypertension</b> on February 19 <sup>th</sup> -21 <sup>st</sup> 2010 Teerthanker Mahaveer Medical College & Research Center, Moradabad, India.	<b>“Chronomics of 24 Hrs Ambulatory Blood Pressure Monitoring in night shift workers”</b> <u>Anjum B.</u> Verma N S, Tiwari S, Jain V, Mishra S, Singh R K, Schwartzkopff O, Cornelissen G and Halberg F. Departments Physiology, Surgery & Biochemistry C S M Medical University, Lucknow and Helberg chronobiology Center, University of Minneapolis, MN 55455,USA published in Indian journal of Hypertension.	<b>Paper presented (Oral)</b>
13.	<b>International Symposium on Role of Genomics in Clinical Practice &amp; 35<sup>th</sup> annual Conference of the Indian society of Human Genetics (ISHG)</b> , March 6-8, 2010, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, India.	-	-
14.	<b>“14<sup>th</sup> Annual Conference of Breast cancer foundation of India”</b> 7-8 March, 2010. Department of Radiotherapy, C S M Medical University, Lucknow, India.	-	-
15.	<b>7<sup>th</sup> Annual conference of Association of Medical Microbiologist, (IAMM), UP Chapter</b> 5 <sup>th</sup> – 6 <sup>th</sup> Feb 2011 Department of Microbiology, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, India.	-	-
16.	<b>“Centenary International symposium on research in Medicine: Yesterday, Today &amp; Tomorrow”</b> 10 <sup>th</sup> -11 <sup>th</sup> Feb 2011, C S M Medical University Lucknow, UP, India.	-	-
17.	<b>CME Programme : Indian Medical association (IMA) 22<sup>nd</sup> -24<sup>th</sup> Feb 2011, Lucknow</b>	-	-
18.	<b>XXII National Symposium on chronobiology</b> 15 <sup>th</sup> -17 <sup>th</sup> March 2011 Kurukshetra University, Kurukshetra, India.	<b>“Circadian pattern of blood pressure and heart rate in night shift heart care workers &amp; its relation with salivary cortisol.”</b> <u>Anjum B.</u> Verma N S, Tiwari S, Singh R, Mahdi A A, Singh R K.	<b>Paper presented (Oral)</b>
19.	<b>U.P. Uttarkhand APPICON 2011 CME on “Metabolic Syndrome”</b> April 22 <sup>nd</sup> and 23 <sup>rd</sup> ,2011 Department of Physiology C.S.M Medical University Lucknow, UP, India.	<b>“24 Hrs Chronomics of Ambulatory blood pressure monitoring in shift workers and its relation with salivary cortisol and urinary melatonin levels, a case control study”</b> <u>Anjum B.</u> Verma N S, Tiwari S, Singh R, Mahdi A A, Singh R K.	<b>Presented Poster</b>
20.	<b>“National Seminar on Role of Intellectual Property Rights in</b>	-	-

	<b>Business Perspectives”</b> 23 <sup>rd</sup> May 2011. Council of Science and Technology UP, India.		
21.	<b>“16<sup>th</sup> world congress on clinical nutrition and 6<sup>th</sup> International congress on cardiovascular diseases”</b> Sept 12-14, 2011, New Delhi, India.	<b>“Circadian pattern of Blood Pressure and heart rate in rotating night shift workers and its relation with salivary cortisol and urinary melatonin levels”</b> <u>Anjum B.</u> , Verma N S, Tiwari S, Singh R, Mahdi A A, Singh R K.	<b>Paper presented (Oral)</b>
22.	<b>CME on “Safe and Rational use of Blood” 11<sup>th</sup> Nov 2011</b> , Department of Transfusion medicine. C S M Medical University, Lucknow, UP, India.	-	-
23.	<b>CME on Recent Advances in Alzheimer’s Disease. 3<sup>rd</sup> Dec 2011</b> , C S M Medical University, Lucknow, UP, India.	-	-
24.	<b>38<sup>th</sup> Annual Conference of Association of Clinical Biochemist of India (ACBICON 2011), Dec 4<sup>th</sup>-6<sup>th</sup> 2011, Gwalior, India.</b>	<b>“Circadian pattern of salivary cortisol and urinary melatonin levels in night shift workers”</b> <u>Anjum B.</u> , Verma N S, Tiwari S, Singh R, Mahdi A A, Singh R K. Published in Indian Journal of Clinical Biochemistry, ISSN 0970-1915; Volume 26. Suppl 2011	<b>Paper presented (Oral)</b>
25.	<b>22<sup>nd</sup> All India Congress of Zoology &amp; National Seminar on Recent Advances in Biological Sciences: Biodiversity and Human Welfare December 29-31,2011</b>	<b>“Circadian pattern of Blood Pressure &amp; Heart rate in rotating night shift workers and controls”</b> <u>Anjum B.</u> , Verma N S, Tiwari S, Singh R, Mahdi A A, Singh R K.	<b>Paper presented (Oral)</b>
26.	<b>62nd Annual Conference of Indian Association of Occupational Health (OCCUCON DELHI-2012) 1st-4th Feb 2012; India Habitat Center New Delhi, India.</b>	<b>“Effects of Rotating night shift on circadian pattern of neuroendocrine chronomolecules”</b> <u>Anjum.B.</u> , Verma N S, Tiwari S, Singh R, Mahdi A A, Singh R K, Singh R B.	<b>Paper presented (Oral)</b>
27.	<b>Symposium on “Preventive strategies and Molecular diagnosis in oral Precancer/Cancer”</b> World cancer day,4 <sup>th</sup> Feb 2012. Department of Oral and Maxillary Surgery,CSMMU,Lucknow, UP,India.	-	-
28.	<b>CYTO-CME “Short Course on Thyroid Cytology &amp; Advances in Cytology”</b> 7 <sup>th</sup> & 8 <sup>th</sup> Feb. 2012. Department of Pathology, Era’s Lucknow Medical College and Hospital.	-	-
29.	<b>“Symposium on Recent Advances in Parkinson’s Disease”</b> Dr K B Kunwar memorial foundation, 35th year function. PHI Building, 18 <sup>th</sup> Feb 2012. C S M Medical University, Lucknow, UP, India.	-	-
30.	<b>Seminar on “Biostatistics in Medical Research &amp; Practice”</b> 18 <sup>th</sup> Feb. 2012, Department of Pediatrics, CSMMU, UP,	-	-

	India.		
31.	“First Annual Conference of Indian Academy of Biomedical Sciences” & “International Symposium on Advances and Applications of Molecular Biology in Clinical Research” 21-22 Feb. 2012. Hotel Clarks Avadh.	-	-
32.	Seminar on “Role of Science and Technology in development of State” 27 <sup>th</sup> Feb. 2012. Council of Science & Technology, UP.	-	-
33.	“International Conference/ Innovation in public Health management & Intervention of Civil Society organizations.” 17 <sup>th</sup> March 2012. Department of community Medicine and public health, C S M Medical University, Lucknow, UP, India.	“Circadian Pattern of Neuroendocrine Chronomolecules in rotating night shift nursing professionals” <u>Anjum B</u> , Verma N S, Tiwari S, Singh R, Mahdi A A, Singh R K.	Presented Paper (Oral)
34.	18 <sup>th</sup> Dr N. N. Gupta Oration & Symposium on “Medical: Need and How to Do it”. 14 <sup>th</sup> April 2012, (Accredited by UP, Medical Council, Lucknow) C S M Medical University, Lucknow,UP,India.	-	-
35.	Seminar on “Why Medical Research and How” 25 <sup>th</sup> May 2012. Era’s Lucknow Medical College & Hospital Lucknow, UP, India.	-	-
36.	International Congress on Chronobiology; 27 <sup>th</sup> Conference of the International Society for Chronobiology (Biological Clocks and Health Issues in the 21 <sup>st</sup> Century) October 3-7 2012. Department of Zoology, University of Delhi, India.	“Effects of Night Shift on Circadian pattern of BP/HR and its relation with melatonin sulphate level” <u>Anjum.B</u> , Verma N S, Tiwari S, Singh R, Mahdi A A, Singh R B, Singh R K.	Presented Poster
		Abstract 2: “Chronomics of 7 day 24 hour blood pressure monitoring in preeclampsia, eclampsia and healthy pregnant women” <u>N S Verma</u> , <u>B Anjum</u> , S Bhardwaj, N Bernwal, R Singh, R K Singh.	
37.	BPCON 2012 22 <sup>nd</sup> Annual Conference of Indian Society of Hypertension “Control high blood pressure: Add life to longevity” 2 <sup>nd</sup> -3 <sup>rd</sup> Nov 2012; Mumbai-India.	“24 hours Chronomics of ambulatory blood pressure monitoring in night shift workers and it relation with 6-sulfatoxy melatonin levels” <u>Anjum.B</u> , Verma N S, Tiwari S, Singh R, Mahdi A A, Singh R B, Singh R K.	Paper presented (Oral)
		Abstract 2: “Seven days/ twenty four hours ambulatory blood pressure monitoring in patients with coronary artery disease”	

		<u>Shipra Bhardwaj</u> , Narsingh Verma, <b>Anjum B.</b>	
38.	<b>UPDACON-2012 Scientific Update. King George Medical University, UP-India.</b>	<b>“Effects of Night Shift on Fasting blood sugar and insulin responses in night shift nursing professionals” <u>Anjum.B.</u></b> Verma N S, Tiwari S, Bhardwaj S, Singh R, Mahdi A A, Singh R B, Singh R K.	<b>Presented Poster</b>
		<b>Abstract 2: “Twenty four hours/ Seven days Ambulatory blood pressure monitoring in Diabetic subjects” <u>Shipra Bhardwaj</u>,</b> Narsingh Verma, <b>Anjum B.</b>	<b>Presented Poster</b>
39.	<b>22<sup>nd</sup> Annual conference of the Indian academy of Biomedical Sciences (IABS) &amp; International Symposium on Animal Models of human diseases. 29<sup>th</sup> Jan 2013. Department of Biochemistry, King George’s medical University, Lucknow, UP, India.</b>	-	-
40.	<b>International Symposium on Resent Advances in Biochemistry. 30<sup>th</sup> Jan 2013, Era’s Lucknow Medical College &amp; Hospital, Lucknow, UP, India.</b>	-	-
41.	<b>Advance Immunology Course. Department of Biochemistr, King George’s Medical University 22-23 February 2013.</b>	-	-
42.	<b>XIX Annual Conference of Neuroscience Society of Uttar Pradesh &amp; Uttarkhand NEUROCON-2013, 16<sup>th</sup>-17<sup>th</sup> March. Theme: Management of Common Neurological and Neurosurgical Disorders for Practicing Physicians.</b>	-	-
43.	<b>5<sup>th</sup> world congress of diabetes India-Diabetes India 18-21 April, 2013. Hotel le Meridian Convention centre-Kochi, India.</b>	<b>“Important metabolic risk factors for type 2 diabetes and coronary artery diseases in night shift nursing professionals” <u>Anjum B.</u></b> Verma N S, Tiwari S, Singh P, Bhardwaj S, Singh R, Mahdi A A.	<b>Presented Poster</b>
44.	<b>UPDACON-2013 12<sup>th</sup> Annual Conference of Uttar Pradesh Diabetic Association 4-5 Oct 2013, Institute of Medical Sciences, BHU-Varanasi.</b>	<b>“Association of Circadian disruption of sleep and night shift work with risk of Type 2 diabetes” <u>Anjum B.</u></b> Verma N S, Tiwari S, Singh P, Bhardwaj S, Singh R, Mahdi A A.	<b>Presented Poster</b>

		“Circadian Hyper amplitude tension (CHAT) in 7 day/24 hours Blood pressure profile of normotensive and hypertensive subjects with type 2 diabetes” <u>Shipra Bhardwaj</u> , Narsingh Verma, <b>Anjum B</b> , Kshitij Bhardwaj.	Presented Poster
45.	Indo-US Symposium on Impact of Early Life Adversity on Developing Brain 29 <sup>th</sup> Oct 2013, KGMU, India.	-	-
46.	Indian Society of Hypertension-BPCON-2013, 16-17 Nov.	“24 hours chronomics of Ambulatory Blood pressure in terms of Double amplitude, Acrophase and Hyperbaric index in night shift nursing professionals”. <b>Anjum B</b> , Verma N S, Tiwari S, Singh R, Bhardwaj S, Mahdi A A, Singh R K.	Presented Poster
		Circadian pattern of 7 Days/24 hour Blood pressure profile in Subjects with Coronary artery disease and its relation with melatonin level. Shipra Bhardwaj, Narsingh Verma, <b>Anjum B</b> , Kshitij Bhardwaj.	Presented Poster
47.	41th Annual Conference of Research Society for the study of Diabetes in India (RSSDI-2013, Nov 8-10), Grater Noida.	Risk of Coronary Artery Disease (CAD) and type 2 diabetes in Rotating night shift nursing professionals. <b>Anjum B</b> , Verma N S, Tiwari S, Singh R, Mahdi A A.	Abstract Published only
48.	International Conference on “Future Prospects of Advancement in Biological Sciences, Health Issues & Environmental Protection” 07-08 Feb 2014, Indira Gandhi Pratisthan, Lko,India.	Effects of Light at Night (LAN) and Rotating night shift on circadian pattern of Neuroendocrine chronomolecules. <b>Anjum B</b> , Verma N S, Tiwari S, Singh R, Mahdi A A, Singh R K.	Presented Paper (Oral)
49.	Sensitization Workshop on Administrative Responsibilities for the Implementation of Societal Research Fellowship (SoRF)-DST, New Delhi, Organized by The National Academy of Sciences, India (NASI), on March 21, 2014 at Allahabad.	-	-
50.	The Indo-UK Genetic Education forum, wales Gene Park, Cardiff university, UK and King George’s Medical University, Lucknow, UP,India. Symposium on “Genetics & Genomics in Mordern clinical Medicine” on 9th & 10th Feb 2015.	-	-

51.	<b>Basic Life Support Training Workshop on 17th March 2015, KGMU.</b>	-	-
52.	One day conference on <b>“Biothechnology Buisness oppertunity in Utter Pradesh”</b> on 1st June 2015.	-	-
53.	<b>43rd Annual Conference of Research Society for study of Diabetes in India (RSSDI-2015);</b> 30th, 31st Oct & 1st nov 2015, Lko India.	<b>Light at Night (LAN) and Rotating Night Shift associated with Metabolic risk factors for Type 2 Diabetes. <u>Anjum B.</u></b> Verma N S, Tiwari S, Singh R, Mahdi A A.	<b>Paper presented (Oral)</b>
54.	<b>1<sup>st</sup> International congress of the international society of Chronomedicine,</b> 22-23 Nov 2015 Ahmadabad, Gujrat, India	<b>“You are when you eat and sleep: Risk for Type 2 Diabetes, Obesity and Metabolic diseases” <u>Anjum B.</u></b> Verma N S	<b>Presented as Invited Speaker</b>
55.	<b>“ASSOPICON-2015”</b> Second National conference of Association of Physiologist of India. <b>Theme: “Physiology of Today is the Medicine of Tomorrow” 26-29 Oct 2015.</b> Shri Ram Murti Smarak Institute of Medical Sciences, Barely, India	<b>Circadian rhythm origin, function and clinical implications in health and disease. Anjum B</b>	<b>Presented as Invited Speaker</b>
56.	<b>3rd International congress on Chronomedicine. 5th-6th Oct 2016,</b> Scientific Convention Centre, King George Medical University, Lucknow, India.	<b>You are when you eat and sleep: Risk for Type 2 diabetes, obesity and metabolic diseases in 21<sup>st</sup> Century. <u>Anjum B.</u></b> Verma N S	<b>Paper presented (Oral)</b>
57.	<b>4<sup>th</sup> World Congress of Indian Society of Chronomedicine,</b> 17-19 Nov -2018, King Georges Medical University, Lucknow, India.	<b>Early Time Restricted feeding (e-TRF) may have better alignment with circadian rhythm in metabolism: Nutritional Challenge for Eveningness Chronotype. <u>Anjum B.</u></b> Verma N S	<b>Presented as Speaker</b>
58.	<b>International Symposium on Molecular Medicine</b> 14-16 Dec 2018, Department of Molecular Medicine, Sanjay Gandhi Postgraduate Institute of Medical Sciences, lucknow, India	-	<b>Participated as Member of Organizing Committees</b>