



Name: **Dr. KHUSHBU JAIN**

Designation: Assistant Professor (Bio-chemistry)

Department: Dept. of Allied Sciences/School of Yoga & Life Sciences

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Academic Records

1. Qualification:	M.Sc (Biochemistry) CSIR-NET-JRF (Life Sciences) PhD (Life Sciences), DIPAS, DRDO Diploma in Yoga and Naturopathy M.A (Yoga and Science of Living) Diploma in Computers
2. Area of Interest/Specialization:	Teaching: Biochemistry, Applied Biochemistry, Dietetics and Nutrition Research: Area of interest is in providing scientific evidence on therapeutic effect of ancient Indian therapies especially Yogic Practices by doing research in biochemical and molecular mechanism of yogic practices
3. Experience:	5.5 years (post-Qualification experience)
4. Achievements:	Faculty-In-charge of Dept. of Allied Sciences, Faculty-In-charge of Dept. of Yoga Research, Laboratory-In-charge of Biochemistry Laboratory in Morarji Desai National Institute of Yoga (Ministry of AYUSH, Govt. of India) New Delhi. Various Membership: <ul style="list-style-type: none">• Associate Member, Indian Academy of Neurosciences, India• Member, International Brain Research Organization.• Member, International Naturopathy Organization, India• Chairperson, Internal Complaint Committee, MDNIY• Member Secretary, Institutional Ethical Committee, MDNIY• Member, Scientific Advisory Committee, MDNIY Completed Various Research Projects. <ul style="list-style-type: none">• A project entitled “Effect of Yogic Practices on Psychological, Physiological and Biochemical Parameters on Indian Jail Inmates” conducted on Jail Inmates of Central Jail, Tihar. The project has been

	<p>completed successfully. The Principal Investigator of Project is Dr. I.V. Basavaraddi, Director, MDNIY. Co-investigator: Dr. Khushbu Jain.</p> <ul style="list-style-type: none"> • ‘Efficacy of Pranayama on Positivity Rate in People Exposed to Covid-19 Patients and Mental Status’ under the Principal Investigator Director, MDNIY. Project completed Successfully • DST-SATYAM Funded project: “Yoga Based Rehabilitation Program for Patients with successfully treated COVID-19: A Randomized Controlled Trial” in collaboration with AIIMS: Principal Investigator: Dr. Upendra Bairha, Dept. of Medicine AIIMS, Co-investigator: Dr. Khushbu Jain- On going Project.
5. Honours & Awards:	<p>CSIR-NET-JRF & SRF International Brain Research Organization (IBRO) Travel Award for Guangzhou, China IBRO-Travel Award for Valdivia, Chile</p>
6. Publications & Books:	<p>Her many research papers are published in referred National and International journals.</p> <ol style="list-style-type: none"> 1. Khushbu Jain, Rameswar Pal, Sachendra Badoni, Jitendra Kaushik, Pooja Kumari, Ishwara Basavaraddi Ishwar V. Basavaraddi "Effects of Yogic practices on cardiovascular system and salivary alpha amylase on Indian healthy jail inmates"17th Dec 2021 Journal of Complementary and Integrative Medicine. 2. Khushbu Jain, Shweta Sharma, Samani Chaitanya Prajna, Viney Jain*. (2017) Yoga and Preksha-Dhyan Practice as a Cost-Effective Preventive Strategy against Aggressiveness in Primary School Children. International Journal of yoga and allied sciences. 6(2):106 -113 3. Khushbu Jain, Shweta Sharma, Samani Chaitanya Prajna, Viney Jain*. (2018) Influence of Gender, Religion & Nutrition on Aggressiveness in Children: A Socio-Demographic Study in Municipal Primary Schools of South Delhi. Indian Journal of Public Health. 2018; 62:21-6. 4. Khushbu Jain, Dipti Prasad, Shashi Bala Singh, and Ekta Kohli* (2015) “Hypobaric Hypoxia Imbalances Mitochondrial Dynamics in Rat Brain Hippocampus,” Neurology Research International, vol. 2015, pp.12 5. Khushbu Jain, Dipti Prasad, Kalyan Kamal, Saber M Hussain, Shashi B Singh, Ekta Kohli*. (2014) In vitro assessment of metal oxide Nanoparticle. Nanomedicine and Nanobiology, vol.1(1), pp. 10-19 6. Khushbu Jain, Dipti Prasad, Shashi Bala Singh, Ekta Kohli* (2014) Immune response of Zinc oxide nanoparticles encumbers its biomedical applications. Nanotech Insight, vol.2014, pp. 124-127 7. Madaan L, Nimisha, Basavaraddi I.V. & Jain K. Comparative effect of yogasana and pranayama on

	<p>depression, anxiety and stress levels in adults' practitioners. The International Journal of Indian Psychology, Volume 8, Issue 3, July- Sep 2020</p> <p>8. Avnika S Anand, Khusbhu Jain, Dipti N Prasad, Shashi B Singh and Ekta Kohli* (2015). Nanoparticle's toxicity screening models: Past, Present and Future. Springer publications. Book Chapter</p> <p>9. Avnika Singh Khushbu Jain, Rahul Ranjan, Dipti Prasad, Amitabh Chauhan, Shashi Bala Singh, Ekta Kohli* (2020). Zinc Oxide Nanoparticles alter cytoskeleton proteins in human lung (A549) cells. Defence life science journal. 5(3):163-172</p> <p>10. Sharma S, Jain K, Sharma AK, Kalia V, Jain V. Potential Application of Yoga-preksha-meditation to Prevent Stress Induced Anger in Healthy Adults - A Pilot Study. Int J Med Public Health.2020;10(4):207-12</p>
<p>7. Conferences & Seminars:</p>	<p>She delivered lectures in several International and National Conferences and seminars as Invited speaker.</p> <p>1. Dr Khushbu Jain, Assistant Professor (Biochemistry) delivered lecture on “Principles of Yogic Diet for Healthy Life” in Workshop on Yogic practices in Central Detective Training Institute, Ghaziabad.</p> <p>2. Dr Khushbu Jain, Assistant Professor (Biochemistry) delivered lecture on “Yoga in Healthy Living” on International Yoga Day -2019 (21st June 2019) in Ministry of Development of North Eastern Region, Government of India, Delhi on International Yoga Day-2019.</p> <p>3. Dr Khushbu Jain, Assistant Professor (Biochemistry) delivered Invited talk on “AYUSH Therapies for pollution related Health Problems: Role of Yoga” on 21st December 2019 in Conference on ‘Environmental Safety and Concerns: its impact on health’ organized by Central Council of Research in Homeopathy, Delhi.</p> <p>4. Dr Khushbu Jain, Assistant Professor (Biochemistry) delivered Invited talk on “Measures of Aggressiveness” on 19th December 2019 in 10th International Conference on Peace and Non-violent Action organized by Anuvrat Global Organization with International Institute of Peace Studies and Global Philosophy (IIPSGP), UK, France.</p> <p>5. Dr Khushbu Jain, Assistant Professor (Biochemistry) delivered Invited talk on “Yoga & Non-Communicable Disease” in GDC Fellowship Programme on Public Health Management (International) on 6th March 2020 at</p>

	<p>Indian Habitat Centre, New Delhi by Public Health Foundation of India, Gurgaon.</p> <p>6. Dr Khushbu Jain, Assistant Professor (Biochemistry) invited as panelist on “Yoga and Immunity” on International Yoga Day -2021 (16th June 2021) in Health Sector sub-Council on International Yoga Day-2021.</p> <p>7. Dr Khushbu Jain, Assistant Professor (Biochemistry) delivered lecture on “Stress management & Covid-19 precautions” on (3rd May 2021) in Central District, Office of the Addl. Dy. Commissioner of Police-II</p> <p>8. Dr Khushbu Jain, Assistant Professor (Biochemistry) invited as panelist on “Yoga solution to Pandemic” on International Yoga Day -2021 (21st June 2021) in Rajya Sabha TV on International Yoga Day-2021.</p> <p>9. Dr Khushbu Jain, Assistant Professor (Biochemistry) delivered lecture on “Say no to Plastic” on 20th October 2021 on Clean India Movement, in Morarji Desai National Institute of Yoga.</p>
8. International Visits:	<ul style="list-style-type: none"> • International Visits • Guangzhou, China • Valdivia, Chile