



SANATAN DHARM COLLEGE
(AFFILIATED WITH MAA SHAKUMBHARI UNIVERSITY, SAHARANPUR)
MUZAFFARNAGAR, UTTAR PRADESH-251001 (INDIA)

Title	Dr.	First Name	Piyush	Last Name	Sharma	Photograph
Designation		Assistant Professor				
Address		Department of Zoology, Sanatan Dharm (P.G.) College, Muzaffarnagar, Uttar Pradesh-251001, India 				
Mobile		9711059791				
Email		piyushsharmasdcollege@gmail.com				
Educational qualifications						
Degree		University/Institute			Year of award	
Ph.D.		Department of Physiology, All India Institute of Medical Sciences (AIIMS), New Delhi-110029, India			2021	
M.Sc. Zoology		Department of Zoology, (Advance Centre in Zoological Research), University of Delhi, Delhi-110007, India			2013	
B.Sc. (Zoology, Botany, Chemistry)		University of Delhi, Delhi-110019, India			2010	

Career Profile				
<ul style="list-style-type: none"> • Assistant Professor, Department of Zoology Sanatan Dharm Post Graduate College Muzaffarnagar, Uttar Pradesh: 251001 from 2 June 2022-till date • Completed Ph.D. under the supervision of Professor Raj Kumar Yadav, Integral Health Clinic, Department of Physiology, AIIMS, New Delhi in November 2021. • Working as an Indian Council Medical Research -Senior Research Fellow in a project “A randomized controlled trial to evaluate the efficacy of yoga in modifying gene expression of stress, inflammation, and ageing in Indian obese subjects” in Department of Physiology, All India Institute of Medical Sciences, New Delhi-110029 (From 2nd September 2019-1 June 2022) • Declared eligible for Lectureship (NET) in the Joint CSIR-UGC Test- Dec-2014. • Declared eligible for Lectureship (NET) in the ASRB/ARS-ICAR-2018. 				
Administrative assignments				
<ul style="list-style-type: none"> • Member, IQAC committee, Year- 2022-23 • Member, NAAC committee, Year- 2022-23 • Member, Magazine Committee of Deshbandhu College during the period of 2009-2010. • Served as ‘Vice-President’ of Botanical Society, Deshbandhu College during graduation period from 2009 to 2010. 				
Areas of Interest/Specialization				
<ul style="list-style-type: none"> • Genomics, Metagenomics, Epigenetics, DNA, RNA biology and Drosophila Genetics. 				
Subjects taught				
Name of the course	Year/semester	Name of the subject	Year	
B.Sc. Zoology	II	Metabolism of Proteins and nucleotides	2022	
B.Sc. Zoology	II	Circulation and Excretion in Humans	2022	
M.Sc. Zoology	II	Genetics	2022	
M.Sc. Zoology	III	Developmental Biology	2022	
M.Sc. Zoology	III	Animal Behavior	2022	

Publication's profile/Abstracts

- **Piyush Sharma**, Raj Kumar Yadav, Rajesh Khadgawat, Rima Dada. A 12-Week Yoga-Based Lifestyle Intervention Might Positively Modify Cellular Aging in Indian Obese Individuals: A Randomized-Controlled Trial. *J Integr Complement Med* 28(2), 168-178. doi: 10.1089/jicm.2021.0215. **Impact factor: 2.579**
- **Piyush Sharma**, Raj Kumar Yadav, Rajesh Khadgawat, Rima Dada. Transcriptional modulation of inflammation, and aging in Indian Obese adults following a 12-week after yoga-based lifestyle intervention: A Randomized Controlled Trial. *Frontiers in Medicine* . **Impact Factor: 5.0**
- **Piyush Sharma**, Raj Kumar Yadav, Rajesh Khadgawat, Ritesh Netam (2018) Effect of yoga-based lifestyle intervention on expression of stress, inflammation and ageing genes in obesity. 5th National Annual Conference of Association of Physiologists of India (ASSOPICON-2018), Karamsad, Anand, Gujarat, India.
- **Piyush Sharma**, Raj Kumar Yadav (2018) Relative fold changes in mRNA level of genes related to stress, inflammation and ageing in obesity after yoga-based lifestyle intervention. APPICON-2018, 29 Nov-1 Dec-2018, Manipal, Karnataka Vol 62-Number-5 Supplement-2018 page-188 ISSN 0019-5499.
- Raj Kumar Yadav, **Piyush Sharma**, Ritesh Netam, Rajesh Khadgawat (2018) Gene expression of stress, inflammation and Ageing in Obese Indians following yoga-based intervention. Obesity Week 2018, 11-15 November 2018, Nashville, Tennessee.
- **Piyush Sharma**, Raj Kumar Yadav, Rajesh Khadgawat (2019) Yoga based lifestyle intervention modulates cardinal biomarkers of ageing like telomerase enzyme and hTERT gene in Indian Obese subjects. APPICON-2019, 26 Nov-30 Nov-2019, Gauhati, Assam Vol 63-Number-5 Supplement-2019, page 141, ISSN 0019-5499.
- **Piyush Sharma**, Raj Kumar Yadav, Rajesh Khadgawat, Rima Dada, Ritesh Netam (2021) Transcriptional modification of stress, inflammation and aging in obesity after yoga-based lifestyle intervention. 7th National Annual Conference of Association of Physiologists of India (ASSOPICON-2021), Karamsad, Anand, Gujarat, India.
- **Piyush Sharma**, Raj Kumar Yadav, Rajesh Khadgawat, Rima Dada, Nalin Mehta (2021) Cellular aging might be positively modified by yoga-based lifestyle intervention in obesity: A Randomized Controlled Trial. 3rd National Biomedical Research Competition (NBRCOM-2021) , India.
- **Piyush Sharma**, Raj Kumar Yadav, Rajesh Khadgawat, Rima Dada, (2022) A 12-Week Yoga-Based Lifestyle Intervention Might Positively Modify Cellular Aging in Indian Obese Individuals: A Randomized-Controlled Trial . 8th International Conference of Association of Physiologists of India (ASSOPICON-2022), 14 to 16 October, 2022 at AIIMS, Nagpur, India
- **Piyush Sharma**, Raj Kumar Yadav, Rajesh Khadgawat, Rima Dada, (2022) mRNA foldchanges of stress, inflammation and aging related genes in obesity after yoga-based lifestyle

intervention " in international conference on Environment and Human Health : Global Issues organized by department of Botany and Microbiology Gurukul Kangri University, Haridwar, Uttarakhand, India , India.

Conferences/Scientific workshops

- Speaker in the Symposium “**Yoga and Medicine**” in Annual Conference of Association of Physiologist of India (ASSOPICON-2018) in Karamsad , Gujarat, India.
- Poster presentation on the topic gene expression profiling in obesity in the Annual conference of Association of physiologist and pharmacologist of India (APPICON-2018) in Manipal, Karnataka, India.
- Poster presentation on the topic effect of yoga based lifestyle intervention in obesity in the Annual conference of Association of physiologist and pharmacologist of India (APPICON-2019) in Guwahati Assam, India.
- Oral Presenter in the Annual conference of Techniques in Physiological Sciences (TIPS-2020) in AIIMS, New Delhi, India.
- Oral presentation on the topic "**Transcriptional modification of stress, inflammation and aging in obesity after yoga-based lifestyle intervention**" in Annual Conference of Association of Physiologist of India (ASSOPICON-2021) in Karamsad , Gujarat, India.
- Oral presentation on the topic " **Cellular aging might be positively modified by yoga-based lifestyle intervention in obesity: A Randomized Controlled Trial** " 3rd National Biomedical Research Competition (NBRCOM-2021) , India.
- Speaker in the Symposium “**Health augmentation with Yoga-based lifestyle intervention**” in Annual Conference of Association of Physiologist and Pharmacology of India (APPICON-2022) in ESIC Medical College, Faridabad, India.
- Speaker in the World breastfeeding week celebrated during 1st to 7th August 2022, in Sanatan Dharm (P.G.) College, Muzaffarnagar, Uttar Pradesh, India.
- **DBT-Star workshop** attended at Meerut college, Meerut, Uttar Pradesh, India on 7th August, 2022.

<ul style="list-style-type: none"> • Speaker in the award presentation “A 12-Week Yoga-Based Lifestyle Intervention Might Positively Modify Cellular Aging in Indian Obese Individuals: A Randomized-Controlled Trial” in International Conference of Association of Physiologist of India (ASSOPICON-2022) on 15th October, 2022 at AIIMS, Nagpur, India. • Oral presentation on the topic " mRNA foldchanges of stress, inflammation and aging related genes in obesity after yoga-based lifestyle intervention " in international conference on Environment and Human Health : Global Issues organized by department of Botany and Microbiology Gurukul Kangri University, Haridwar, Uttarakhand, India , India.
<p>Technical skill</p>
<p>Molecular techniques: DNA, RNA isolation, Agarose gel electrophoresis, Primer designing, gene expression analysis through-Real-time/Quantitative-PCR, Biostatistics: Student -t-test, Chi-square test, ANOVA etc.</p>
<p>Awards and Distinctions</p>
<ul style="list-style-type: none"> • Secured Shri Ram Murti Smarak Award for best research work in the field of yoga and naturopathy by Association of Physiologist of India in ASSOPICON-2022 at AIIMS, Nagpur, India. • Secured first position in I, II, and III year of graduation getting Urmila Nanda gold medal for highest aggregate of marks in BSc Life Sciences, Deshbandhu college University of Delhi, 2010. •Vice-President of Botanical Society during graduation in Deshbandhu College, University of Delhi, 2009-2010. •Rank -7 in Master of Science in Zoology entrance test conducted by Department of Zoology, University of Delhi in 2011.
<p>Membership</p>
<p>Lifetime membership of Association of Physiologist of India. ‘Registered Under Act No.: XXI of 1860’ ‘Registration No.: 346/2014</p>

Dr. Piyush Sharma