

# Dr. Varisha Anjum

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Seeking assignments in field of **Post Doc/Faculty/Research & Development**

## PERSONAL SNIPPETS

Date of Birth:	31 <sup>st</sup> Aug 1988
Marital Status:	Married
Religion:	Muslim
Nationality:	Indian
Languages Known:	English, Urdu and Hindi
Address:	Flat 401, Rz- 2541/28, Azad Apartment, Tughlakabad Extension, New Delhi-110019
Corresponding Address:	Bioactive Natural Product Laboratory, Nanotech building, SPER, Jamia Hamdard, New Delhi- 110062

## SYNOPSIS

Offering around 6 years of experience in **Pharmaceutical Research and Development** field and a registered Pharmacist in **Delhi Pharmacy Council**, New Delhi, India. Currently associated with **Jamia Hamdard (Rank 1, Pharmacy Institute of India, NIRF 2019), New Delhi, India** as **PhD Scholar** and getting **DST INSPIRE fellowship, Ministry of Science and Technology, Govt. of India** as **Research Fellow**.

Did Ph.D from Department of Pharmacognosy and Phytochemistry from School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi, India. Attained **Master of Pharmacy** from Department of Pharmacognosy and Phytochemistry, Jamia Hamdard. Recent Publication is "Bachelor of Pharmacy Lab Manual Pharmacognosy Semester 7<sup>th</sup> and 8<sup>th</sup>" by Dr. Sayeed Ahmad and Varisha Anjum.

Skilled at identifying, collecting, processing and analyzing data, specimens or samples according to established protocol, procedures & standards, as appropriate to specific objectives of the research study. Proficient at operating and maintaining a variety of laboratory and field research equipment as specified by the requirements of the research study. Good communication and interpersonal skills; abilities in grasping new concepts quickly & utilize the same in a productive manner. Field of interests in research is drug discovery from natural resources, targeted and untargeted metabolomics through HPTLC, HPLC, LC-MC and GC-MS and cell line studies with modern analytical statistical tools.

## ACADEMIC RECITAL

**Nov' 13- Present || Jamia Hamdard, New Delhi, India**

### Key Responsibilities:

- ❖ Delivering lectures and conducting practical classes of Pharmacognosy and Phytochemistry.
- ❖ Undertaking personal research projects and actively contributing to the institution's research profile.
- ❖ Writing up research and preparing it for publication.
- ❖ Supervising students' research activities.
- ❖ Representing the institution at professional conferences and seminars, and contributing to these as necessary.

**Jan' 2014-May' 2019 || Research Fellow || DST INSPIRE Fellowship ||  
Ministry of Science and Technology, Govt. of India,  
Jamia Hamdard, New Delhi, India**

### Key Responsibilities:

- ❖ Indulged in development and evaluation of Herbal formulation for dengue fever related thrombocytopenia.
- ❖ Developed and evaluate plants extracts and herbal formulations using recent analytical tools.
- ❖ Assessed efficacy of plant extracts and herbal formulations on animal model for thrombocytopenia.
- ❖ Systematized herbals as per WHO guidelines.
- ❖ Determined in-vitro antioxidant potential of plants and herbal formulations.
- ❖ Ensured quality management & metabolomics analysis of plant and herbal formulations.

**Jul'11 to Jun'13 || AICTE, Govt. of India || Jamia Hamdard, New Delhi, India**

### Key Responsibilities:

- ❖ Conducted research on Antithrombocytopenic activity of *Carica Papaya*, Department of Pharmacognosy and Phytochemistry, Jamia Hamdard, New Delhi, India, under the supervision of Prof. S.H.Ansari.

## QUALIFICATION

- 2019:** **Ph.D** from Department of Pharmacognosy and Phytochemistry, School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi-62, India
- 2013:** **Master of Pharmacy**, from Department of Pharmacognosy and Phytochemistry, School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi-62, India. First Rank (University Topper in Pharmacognosy), (CGPA more than 9)
- 2010:** **Bachelor of Pharmacy** from Jamia Hamdard, Delhi, with First Division securing 69%

## PROJECTS HELD

### Ph.D. project

- Duration:** 2014-2019  
**Description:** Druggability of *Carica papaya* Linn. leaf juice for dengue fever related thrombocytopenia.

### M. Pharm project

- Duration:** 2012-2013  
**Description:** Quality Standards and antithrombocytopenic activity of *Carica Papaya* Linn.

## TECHNICAL PURVIEW

- ❖ More than 6 years of Research on standardization of single drug and herbal formulations, extraction, isolation of phytoconstituents.
- ❖ Proficient in **Flow Cytometry, GC-MS, HPLC, HPTLC, FLASH Chromatography, Supercritical fluid extraction, UV spectrophotometer** and **LCMS**.
- ❖ Skilled in animal managing for Pharmacological, toxicological and cell line studies.
- ❖ Estimation of biochemical parameters in serum and tissue samples (ELISA) and Molecular fingerprinting
- ❖ Experience to various isolation techniques of phytoconstituents.
- ❖ Familiar with herbs standardization protocols as per WHO guidelines.
- ❖ Well-known with ICH guidelines for validation of analytical procedures for HPTLC, HPLC and LCMS

## AREAS OF EXPERTISE

- ❖ Pharmacognosy & Phytochemistry
- ❖ Quality Control
- ❖ Botany
- ❖ Herbal Medicine
- ❖ Herbal Drug Technology
- ❖ Pharmacology
- ❖ Natural Products
- ❖ Pharmaceutical Sciences
- ❖ Metabolomics and Pharmacokinetics
- ❖ Biochemistry
- ❖ Nutraceuticals
- ❖ *In Vitro* and *In Vivo* Testing

## PUBLICATION

### PRACTICAL BOOK PUBLISHED

- Aug'15:** Bachelor of Pharmacy Lab Manual Pharmacognosy Semester 7th" by Dr Sayeed Ahmad and Varisha Anjum
- March' 16:** Bachelor of Pharmacy Lab Manual Pharmacognosy Semester 8th" by Dr Sayeed Ahmad, Dr Rabea Parveen and Varisha Anjum

## RESEARCH

- 2017:** **Varisha Anjum**, Poonam Arora, Shahid Husain Ansari, Abul Kalam Najmi & Sayeed Ahmad. Antithrombocytopenic and immunomodulatory potential of metabolically characterized aqueous extract of *Carica papaya* leaves. **Pharmaceutical Biology**, 55(1): 2043-2056 (IF: 1.92)
- 2017:** Poonam Arora, S.H.Ansari, **Varisha Anjum**, Rajani Mathur, Sayeed Ahmad. Investigation of anti-asthmatic potential of kanakasava in ovalbumin-induced bronchial asthma and airway inflammation in rats. **Journal of Ethnopharmacology**, 197 (1): 242-247 (IF: 3.49)
- 2017:** CVJ Nair, S Ahmad, W Khan, **V Anjum**, R Mathur. Development and validation of high-performance thin-layer chromatography method for simultaneous determination of polyphenolic compounds in medicinal plants. **Pharmacognosy Research**, 9(5): 567-573 (IF: 1.52)
- 2017:** C. V. Jayachandran Nair, Sayeed Ahamad, Washim Khan, **Varisha Anjum**, Rajani Mathur. Gas Chromatography-Mass spectrometric determination of components of leaves of *Aegle marmelos* and *Psidium guajava* and seeds of *Nigella sativa* and correlation with *In vitro* antioxidant Activity. **Pharmacognosy Research**, 10(2): 230-235 (IF: 1.52)
- 2016:** Poonam Arora, S. H. Ansari, Abul Kalam Najmi, **Varisha Anjum** and Sayeed Ahmad. Investigation of

anti-asthmatic potential of dried fruits of *Vitis vinifera* L. in animal model of bronchial asthma. **Allergy Asthma Clinical Immunology**, 12 (1) :42-54 (IF: 2.86)

- 2016:** Washim Khan, Karishma Chester, **Varisha Anjum**, Wasim Ahmad, Sayeed Ahmad, Avinash Narwaria, Das Prasanta Kumar, C.K. Katiyar. Chromatographic profiling of pancharishta at different stages of its development using Hptlc, Hplc, GC-MS and UPLC-MS. **Phytochemistry Letters**, 20: 391-400 (IF: 1.41)
- 2016:** SH Ansari, **Varisha Anjum**, Sayeed Ahmad. Platelet enhancing and immunomodulatory activity of *Carica papaya* leaves. **Planta Medica**, 82 - OA24, DOI: 10.1055/s-0036-1578594 (IF: 2.34)
- 2015:** **Varisha Anjum**, S.H. Ansari, Sayeed Ahmad. Mechanistic approach of drug discovery from natural substances for thrombocytopenia: A major cause of death in dengue fever patients. **Annals of phytomedicine**, 4(2): 34-48 (ISI Impact factor: 1.02)
- 2013:** **Anjum Varisha**, Ansari Shahid Husain, Naquvi Kamran Javed, Arora Poonam. Physico-chemical and Phytochemical evaluation of *Carica papaya* Linn Unripe fruit. **International Research Journal of Pharmacy**, 4(8): 101-106 IF-0.679 (Indexed Journal)
- 2013:** **Varisha Anjum**, S.H. Ansari, Kamran J. Naquvi, Poonam Arora, Adil Ahmad. Development of quality standards of *Carica papaya* Linn Leaves, **Der Pharmacia Lettre**, 5(2): 370-376.

#### PAPERS COMMUNICATED AND UNDER REVIEW

- 2019:** Rabea Parveen, Nausheen Khan, Sultan Zahiruddin, Mohammad Ibrahim, **Varisha Anjum**, Abida Parveen, Mohammad Ahmad Khan. TLC-bioautography evaluation for high throughput screening and identification of antioxidant and antidiabetic compounds from traditional Unani medicinal plants: *Citrullus colocynthis* Schrad. **Journal of AOAC International (communicated)**.

#### PAPER PRESENTED AT CONFERENCES

- 12<sup>th</sup> Feb 2019:** World Unani Medicine Day Celebration & National Seminar on Welfare of Unani Doctors, organized by All India Unani Tibbi Congress, New Delhi
- 8-10<sup>th</sup> Feb 2019:** 6<sup>th</sup> International Congress of society of Ethnopharmacology SFEC, Manipal, India
- 5<sup>th</sup> -7<sup>th</sup> Oct'17:** Attended World Congress on Pharmaceutical Sciences, Conference era, Goa.
- 6<sup>th</sup>-9<sup>th</sup> June'16:** Paper presented in 10<sup>th</sup> International Symposium on Chromatography of Natural Products organized by Medical University of Lublin, Poland.
- 17<sup>th</sup>-18<sup>th</sup> Mar'16:** Attended National Conference on PAT and QbD- The enablers of Pharmaceutical Quality at Convention Center, Jamia Hamdard, in collaboration with Department of Pharmaceuticals, Ministry of Chemicals and Fertilizers, Government of India.
- 25<sup>th</sup>- 26<sup>th</sup> Nov' 15:** Attended Sepsis Congress 2015 on Infectious Disease Board Review Course at Max Super Specialty Hospital, New Delhi, India
- 10<sup>th</sup> Dec'14:** Attended mini symposium on Application of Flow Cytometry in Plant and Crop Research organized by Jamia Hamdard in collaboration with BD Bio-Sciences and International Society for Advancement of flow cytometry, Faculty of Science, Jamia Hamdard, India.
- 26<sup>th</sup>-27<sup>th</sup>Feb'13:** Paper presented in UGC- SAP Indian Medicinal Plants and Their Characterization organized by Department Of Botany, Faculty of Science, Jamia Hamdard, India.
- 9<sup>th</sup> Mar'13:** Attended 2<sup>nd</sup> Annual Conference of Society of Pharmaceutical Education & Research (SPER) NexGen Health Care Scenario: Innovative Research Endeavor in Pharmaceutical sciences for Better Patient Compliance at Convention Centre at Jamia Hamdard University, New Delhi, India.
- 12<sup>th</sup> Feb'12:** Attended India Pharma Convection Organized by Udyog Development Foundation in collaboration with Indian Hospital Pharmacists Association at DIP SAR, New Delhi, India.
- 17<sup>th</sup>-18<sup>th</sup>Sep'11:** AICTE Sponsored National Seminar on New Horizons in Drug Discovery and Development.

#### COMPUTER KNOWLEDGE

- ❖ Elementary knowledge of MS Office (Word, Excel, Power point, Access), working knowledge of Internet and various OS.
- ❖ Proficiency in PowerPoint Presentation.

#### AWARDS & ACHIEVEMENTS

- ❖ Awarded Dr. P.D. Sethi Memorial Annual National Award 2017 for best research paper on Application of TLC/HPTLC in Pharma, Herbal & other Chemical Analysis
- ❖ Awarded DST Inspire Fellowship – 2014 [From March 2014 - 2019]
- ❖ Awarded Junior Research Fellowship by AICTE for two years (2011-2013) during the period of M. Pharm and University First Position Merit Certificate in M. Pharm-2013
- ❖ Member of Organizing Committee in Rx 31st march 2012 organized by Faculty of Pharmacy, Jamia Hamdard New Delhi 110062
- ❖ Member of Organizing Committee in UGC-SAP sponsored second seminar on “Regulatory and quality aspects of herbal drugs and botanicals” on 1st Feb. 2014 at Jamia Hamdard New Delhi 110062
- ❖ Qualified GPAT- 2011

## BEYOND CURRICULUM

- ❖ Contribute in All India Institute of Medical Sciences (AIIMS), Events of World Health Day in 2012 at New Delhi and also supported greater national awareness on “Ageing and Health”.
- ❖ Partake in the Event of World Health Day to support greater national awareness on “Drug Abuse” on 26 June 2012 at India Gate, New Delhi and
- ❖ Took part in the events of World Health Day to support greater national awareness on “Antimicrobial Resistance” on 7th April 2011 at Talkatora Indoor Stadium, New Delhi
- ❖ Semifinalist in Badminton Single & Doubles, Sports Week 2008 at Jamia Hamdard.
- ❖ Supported Milo Salwan Marathon at Jawaharlal Nehru Stadium, New Delhi on 6th Nov 2005.
- ❖ Awarded Certificate of Appreciation for BEST poster cum Slogan Contest on topic Voluntary Blood Donation- A Way of Life organized by Rotary Blood Bank, 1st Dec 2005
- ❖ Won 1st Prize for Art & Poetry Contest at Patiala in year 2001; Drawing organized by The National Academy for Art Education, Pune 2001 and in Drawing & Handwriting Contest organized by The Bhartiya Art Education Society, Pune 2002
- ❖ Took part in First All India Art Competition organized by Indian Institute of Personality Development, Parbhani, Sept 2002; PARKER ‘Art of Expression’ Contest , New Delhi, Sept 2000 and in Community Singing Programme organized by NCERT, Jawaharlal Nehru Stadium, New Delhi 14th Nov 2000
- ❖ Won 1st prize at painting competition at Sri Sathya Sai Seva Organization, Delhi in year 2002.
- ❖ Bagged 1st grade in drawing competition organized by Bhartiya Manav Samaj Vikas Kendra, Maharashtra 1998
- ❖ Achieved 3rd prize at Intra School Bournvita Quiz Contest in year 2000 and in All India Inter School Painting Contest at Acron in year 1999.

## PROFESSIONAL REFERENCES

- |   |  |
|---|--|
| ❖ Dr Sayeed Ahmad<br>Assistant Professor<br>Incharge, Bioactive Natural Product Laboratory<br>School of Pharmaceutical Education & Research<br>Jamia Hamdard, New Delhi-110062, India | ❖ Prof S.H.Ansari<br>Professor<br>Ex-Vice Chancellor, Ex-Head of the Department<br>School of Pharmaceutical Education & Research<br>Jamia Hamdard, New Delhi-110062, India |
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