

Neelu Jain Gupta

drneelujgupta@hotmail.com Mobile: +91 9873900878.

Head, Department of Zoology, (Zoology), Chaudhary Charan Singh University, Meerut

Work experience-

2nd May 2018- till date: Professor (Zoology)

Head, Department of Hospital Administration, CCS University, Meerut.

Assistant Dean Students welfare CCS University, Meerut.

1st Dec 2006- 1st May 2018: Associate Professor, MMH College Ghaziabad

15th Jan 1994- 30th Nov 2006: Lecturer/Reader, PPN College Kanpur

1993-1994: Senior Research fellowship, CSIR, New Delhi

1st Mar 2012- 28th Feb 2014: **UGC National Research Awardee, University of Delhi**

2014: SALK Institute for Biological Studies, SD, CA, US, with Prof. Satchidananda Panda

1992: University of Bristol, Bristol, UK, with Prof. Sir Brian Follett FRS

2002: Awarded 1st rank, Zoology Refresher Course ASC, University of Allahabad, INDIA.

1991: GATE 1991- 84.37 percentile

1989: NET- JOINT CSIR-UGC for lectureship

University topper: MSc Zoology 1989; MPhil Zoology 1990

Human lifestyle: Daily clock deregulation adversely affects any intervention; intend to correct metabolic disorders like diabetes through non-invasive interventions like time restricted feeding regimens.

COVERAGES: National- The Hindu (Chennai) 10.04.2017 and **Hindustan Times (Delhi)** 31.03.2019.

Regional- Nav-Bharat Times, Hindustan, Amar Ujala and Dainik Jagran.

Bird migration: Metabolic changes during migration integrate need based physiological adjustments (increased mitochondrial utilization of lipoproteins) to meet high energy-demands in buntings.

- Reviewer in peer review process of chronobiology journals from Taylor & Francis and Brill.
- Work with analytical tools like MATLAB, GraphPad, SPSS and laboratory techniques like ELISA, actigraphy, BP/food monitoring. GCMS- assay bird serum metabolites in collaborative endeavors.

Research Projects-

- **2020: DST-SERB core research** grant ongoing.

COMPLETED-

- 2013-2016: DST-SERB funded MRP (Rs. 48.6 Lakhs) rated Excellent & Shortlisted (2018)- Distinguished Investigator Award
- 2012-2014: UGC National Research Award
- 2007-2010: MRP funded by UGC India (Rs. 7.8 Lakhs).
- 2002-2004: Minor Research Project funded by UGC India.

Current administrative assignments-

- Assistant Dean Student's Welfare at CCS University (June 2018 onwards).
- Head/ Coordinator, Department of Hospital Administration, CCS University (July 2019 onwards).
- Member, University Examinations Flying Squad CCS University (2020).
- Chief Editor, Newsletter, Indian Society for Chronobiology (2019- 2021)
- Partnered startup Specialization in Chronobiology in MSc Zoology at CCS University (2018).
- Member Secretary, Human Ethical Committee, CCS University (2018 onwards).
- Head, Department of Zoology, (Zoology), Chaudhary Charan Singh University (June 2020 onwards).

LIST OF PUBLICATIONS

Articles

1. **Neelu Jain Gupta**, A. Khare 2020 Disruption in daily eating-fasting and activity-rest cycles in Indian adolescents attending school. PLoS ONE 15(1): e0227002. <https://doi.org/10.1371/journal.pone.0227002> (IF-2.74)
2. **Neelu Jain Gupta** 2019 Lifestyle and circadian health: where the challenges lie. Nutrition and Metabolic Insights. 12:1178638819869024. doi:10.1177/1178638819869024 (IF-4.25)
3. Trivedi, A.K., Sur, S., Sharma, A., Taufique, SKT, **Neelu Jain Gupta** and V. Kumar 2019 Temperature alters the hypothalamic transcription of photoperiod responsive genes in induction of seasonal response in migratory redheaded buntings. Molecular and cellular endocrinology 493:110454. DOI =10.1016/j.mce.2019.110454}, PMID:31121264 (IF-3.6)
4. Sharma A., Singh D., Malik S., **Neelu Jain Gupta**, Rani S. and V. Kumar 2018 Difference in control between spring and autumn migration in birds: insight from seasonal changes in hypothalamic gene expression in captive buntings. Proc. R. Soc. B 285: 20181531.doi:10.1098/rspb.2018.1531 (IF-5.14)
5. **Neelu Jain Gupta**, Das, S., Das, M., Arya, R. and R.K. Nanda 2019 Diurnal variations in serum metabolites of wintering redheaded buntings. BioRxiv preprint. doi: <http://dx.doi.org/10.1101/561407>
6. **Neelu Jain Gupta**, Kumar, V. and S. Panda 2017 A camera-phone based study reveals erratic eating pattern and disrupted daily eating-fasting cycle among adults in India. PLoS ONE 12(3): e0172852. doi:10.1371/journal.pone.0172852 (IF-4.415)
7. Dixit, A.S., **Neelu J. Gupta**, Dwivedi V. and S.K. Bhardwaj 2017 Control of annual gonadal cycles in Indian songbirds Biol. Rhythm Res., 48:5, 701-721, DOI: 10.1080/09291016.2017.1345437. (IF-0.892)
8. **Neelu Jain Gupta** Rhythms in marine invertebrates: managing intertidal life alongside daily program. Examines Mar Biol Oceanography minireview 1(1). EIMBO.000504.
9. S. Das and **Neelu J. Gupta** 2016 Seasonal modulation of diurnal food consumption in Indian songbirds. Biol. Rhythm Res., 47:4, 621-629, DOI: 10.1080/09291016.2016.1178415 (IF-1.02)
10. **Neelu J. Gupta** and S. Das 2016 Even a mild spell of cold weather affects feeding in migrating redheaded buntings. Biol. Rhythm Res., 47:1, 123-131 DOI: 10.1080/09291016.2015.1088187 (IF-1.02)
11. Majumdar, G, Trivedi, AK, **Neelu J. Gupta** and V. Kumar 2015 Circadian Synchronization determines critical day length for seasonal responses. Physiology and Behavior 147: 282–290 (IF-3.6)
12. **Neelu J. Gupta**, Kumar, A and S. K. Bhardwaj 2015 Photo-gonadal response of Indian brahminy myna to resonance cycles in different seasons Biol. Rhythm Res., 46:1, 33-38, DOI: 10.1080/09291016.2014.941231 (IF-1.26)
13. **Neelu J. Gupta**, 2014 Daily and seasonal activity patterns in blackheaded munia. Indian Journal of Experimental Biology 52: 504-509. (IF-1.295)
14. **Neelu J. Gupta** and V. Kumar 2013 Testes play a role in termination but not in initiation of the spring migration in the night-migratory blackheaded bunting. Ani. Biol. Netherlands 63 (2013) 321–329 (IF-0.89)
15. **Neelu J. Gupta** 2013 Role of day length in the regulation of annual testicular cycle in male black-headed munia, Biological Rhythm Research, DOI: 10.1080/09291016.2013.842379 (IF-1.26)
16. **Neelu J. Gupta**, Shukla, J. and R. K. Dayal 2010 Effect of daily time of food availability in regulation of seasonal gonadal growth in black headed munia, *Lonchura malacca*. J. Exp. Zool. 13(2): 513- 515
17. **Neelu J. Gupta** 2009 Photoperiodic control of gonadal growth in the blackheaded munia. J. Exp. Zool 12(2): 425- 428
18. V. Kumar, **Neelu Jain** and B. K. Follett 1996 The photoperiodic clock in blackheaded buntings (*E. melanocephala*) is mediated by a self-sustaining circadian system. J. Comp. Physiol. 179: 59-64. (IF-2.04)
19. Kumar, B. S. Kumar and **Neelu Jain** 1996 Effects of late afternoon administration of melatonin on photoperiod-induced responses in buntings. Indian J. Exp. Biol. 34: 220-225. (IF-1.295)
20. V. Kumar and **Neelu Jain** 1995 Circadian regulation of melatonin secretion in blackheaded buntings *Emberiza melanocephala* Scopoli. Indian J. Exp. Biol. 33: 333-336 (IF-1.295)
21. **Neelu Jain** and V. Kumar 1995 Changes in food intake, body weight, gonads and plasma concentrations of thyroxine, luteinizing hormone and testosterone in captive male buntings exposed to natural daylengths at 29°N. J. Biosci. 20: 417-426 (IF-1.946)
22. V. Kumar, **Neelu Jain** and B. P. Singh 1994 Nature of circadian rhythm of photoperiodic photosensitivity in the blackheaded buntings (*Emberiza melanocephala*). Indian J. Exp. Biol. 32: 789-792 (IF-1.295)
23. B.P. Singh, B.S. Kumar, **Neelu Jain** and V. Kumar 1993 Photoperiod modifies locomotor activity pattern in migratory blackheaded bunting, *E. melanocephala*. pp. 121-127-Chronobiol (AK Pati, ed.) RSU, Raipur
24. V. Kumar, **Neelu Jain**, B. P. Singh and B. S. Kumar 1993 Plasma levels of luteinizing hormone in intact and castrated photosensitive blackheaded bunting (*Emberiza melanocephala*) exposed to stimulatory and nonstimulatory photoperiods. Reproduction, Nutrition and Development 33: 143-150 (IF-1.92)

Chapters

1. In: Biol. Timekeeping: Clocks, Rhythms and Behaviour (ed. V Kumar) Springer. ISBN 978-81-322-3688-7_21: Sarkisian, N **J Gupta** and S. Panda 2017 Circadian regulation of metabolism in health and diseases.
2. Chap_31: **Neelu J. Gupta** et. al.- Orientation in Migrating Animals: Role of Biological Clocks.
3. S.K. Bhardwaj and **Neelu J. Gupta** 2018 Migration in marine animals. In Water Biology (eds. Khanna

and Bhutiani) ISBN no. 978-935056-888-0. Discovery publishing house Pvt. Ltd. New Delhi.