




Faculty Profile on University Website www.kmclu.ac.in



Name	Dr. Anjali Singh	
Designation	Assistant Professor (T)	
Department	Department of Home Science	
Contact Details		
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LinkedIn Profile Link	https://www.linkedin.com/in/anjali-singh-41b344159/	
Twitter Profile Link		

Educational Qualification

Exam	Board/University	Subject	Passing Year
PhD	King George's Medical University	Nutrition	2025
UGC-NET	UGC	Home Science	2019, 2020
M.Sc. (Nutrition)	University of Lucknow	Nutrition	2019
B.Sc. (Home Sci)	University of Lucknow	Clinical Nutrition and Dietetics, Extension Education, Textile and Clothing	2017
Intermediate	C.B.S.E	English, Biology, Physics, Chemistry, Biotechnology	2014
High School	C.B.S.E	English, Hindi, Mathematics, Science, Social Science, Foundation of IT	2012

Details of Service

Employer's Name and City	Designation	Type	Date(from)	Date (up to)	Total Experience
Khwaja Moinuddin Chishti Language University, Lucknow UP	Assistant Professor (T)	Teaching	28/01/2026	Till date	

Academic Details	
Teaching Area/Specialization	Food and Nutrition
Teaching Experience	
Research Area	Nutrition
Orchid ID	https://orcid.org/0000-0002-6828-9643
Vidwan ID	
Google Scholar Profile Etc.	https://scholar.google.com/citations?user=z9_BZxIAAAAJ&hl=en

Research Details	
No. of Research Publications	<ul style="list-style-type: none"> ➤ Singh A, Verma N, Kant S, Verma AK, Tripathi A, Bhardwaj K. Effects of Omega-3 Fatty Acids on Tobacco Craving in Tobacco Users: A Single-blind, Randomized, Placebo-controlled Study. <i>Journal of The Association of Physicians of India</i>. 2026 Apr;74(4):76. ➤ Singh A, Kant S, Verma AK, Singh A, Tripathi A, Verma N, Tripathi P. Moderating Effect of Tobacco Dependence on Pharmacological Management of Tuberculosis: A Narrative Review. <i>J Indian Med Assoc</i> 2025; 123(6): 36-40. ➤ Singh A, Anjum B, Naz Q, Raza S, Sinha RA, Ahmad MK, Mehdi AA, Verma N. Night shift-induced circadian disruption: links to initiation of non-alcoholic fatty liver disease/non-alcoholic steatohepatitis and risk of hepatic cancer. <i>Hepatoma Research</i> 2024;10(46):1-23 ➤ Singh A. & Verma N. Artificial Intelligence in Hypertension: A Futuristic Approach in Blood Pressure Management. <i>Hypertension Journal</i> 2024;10(2):1-7 ➤ Singh A, Verma N, Kant S, Verma AK, Tripathi A and Bhardwaj K. The Effects of Alpha Linolenic Acid (Omega-3 Fatty Acid) on Tobacco Craving Intensity, Withdrawal Symptoms and Biochemical Markers in Tobacco Users. <i>Ind J Clin Biochem</i> 2024. ➤ Singh A, Verma N, Kant S, Verma AK, Tripathi A and Bhardwaj K. Impact of Flaxseed Oil Supplementation on Tobacco Dependence, Craving, and Haematological Parameters in Tobacco-Dependent Subjects. <i>Cureus</i> 2024; 16(3): e57101. ➤ Kant S, Singh A, Verma N, Verma AK, Tripathi A. Omega 3 fatty acid: A boon for pulmonary health. <i>IP Indian J Immunol Respir Med</i> 2023;8(1):11-18. ➤ Singh A and Verma N. Defining DASH Diet: A Nutritionally Potent Dietary Plan for Hypertension Management. <i>EC Nutrition</i> 2023.18(6): 39-49. ➤ Sahu P, Singh A, Singh A, Verma DK. Effect of micronutrient fortified food as an adjuvant in nutritional deficiencies among young children: A Review. <i>International Journal of Current Science (IJCS PUB)</i> 2023; 13(1): 663-672 ➤ Upadhyay D, Singh A, Kant S and Kumari N. Survey on effect of lockdown on dietary intake and nutritional status among female

	<p>college students. <i>Indian Journal of Applied Research</i> 2023; 13(3): 1-3</p> <ul style="list-style-type: none"> ➤ Shukla S, Kumari N, Jemima D, Singh A, Kant S. COVID-19 lockdown – Health and nutritional status of the general public in Lucknow. <i>IP Indian J Immunol Respir Med.</i> 2022;7(3):104-107. ➤ Singh A, Verma N and Bhardwaj K. “Role of Flaxseed Oil as an Adjuvant in Decreasing Tobacco Craving: A Review”. <i>EC Nutrition</i> 2022. 17(8): 29-36. ➤ Kant S, Singh A, Verma N, Verma AK and Tripathi A. Non-pharmacological modalities for Tobacco Cessation: An Overview. <i>International Journal of Advanced Research</i> 2022; 10(5): 176-186 ➤ Singh A, Verma DK, Verma N. Systemic toxic effects of tobacco. <i>Physiology Insight, Newsletter cum Research Bulletin of ASSOPI - UP Chapter.</i> 2021. July to Sept 2021. 1(1): 12-20
Books in Chapter	<ul style="list-style-type: none"> ➤ Anjali Singh, Poonam Sahu, Nishtha Singh, Dileep Kumar Verma, Shraddha Singh. Chapter 9: Nutritional Immunophysiology in Book <i>The Physiology of Nutrition.</i> 2026, NCI. 163-172 ➤ Anjali Singh and Narsingh Verma. Chapter 15: Millet: A Valued Cereal in Book <i>Millet: A novel approach.</i> 2023, ABS Books Publisher and Exporter 188-204 ➤ Anjali Singh and Narsingh Verma. Chapter: 11 Exposure to Blue Light: A Regression in Child Development in Book <i>Understanding Child Prenatal to Adolescence.</i> 2022. Walnut Publications.114-128 ➤ Poonam Sahu, Anjali Singh and Dileep Verma. Chapter 5: Factors that can Boost Immune System in Book <i>Nutrition and Immune System,</i> 2022, ABS Books Publisher and Exporter ➤ Anjali Singh, Poonam Sahu and Narsingh Verma. Chapter 7: Yoga and Exercise: Potential Immune Boosters in Book <i>Nutrition and Immune System,</i> 2022, ABS Books Publisher and Exporter ➤ Poonam Sahu, Anjali Singh, Narsingh Verma and Dileep Verma. Chapter 4: Nutrition Education in Book <i>Advances in Nutrition,</i> 2022: 6, AkiNik Publications. 55-73 ➤ Narsingh Verma and Anjali Singh. Chapter 7: Tobacco and Oral Health in Book <i>Advances in Dental Sciences,</i> 2022: 5, AkiNik Publications.99-126 ➤ Dr.R. Nageswari, Dr. Sujata Kasabe, Suvangi Rath, ..., Anjali Singh et al. Chapter 10: Agriculture And Food in Book <i>COVID-19 and its Impact,</i> 2021, ESN Publications. 107-114 ➤ Anjali Singh. Chapter 62: Impact Of Covid-19 On Food And Agriculture in Book <i>Thickest Book in the World,</i> 2021, ESN Publications. 1879-1888
No. of P.hD./M.Phil. Awarded under Supervision	NA
Projects and Their Details	NA

<p>No. FDP/Conferences/Seminars/ Workshops Participated</p>	<p style="text-align: center;">ORAL PRESENTATIONS</p> <ul style="list-style-type: none"> ➤ In International Conference on ‘An Interdisciplinary Perspective to Attain Sustainable Growth in Community Science’ held on 22nd June 2025 ➤ In diabetic patients” in 2nd International & 4th National NUTRICON 2024 at KGMU, Lucknow on 21st-22nd December 2024 ➤ In 10th World Ayurveda Congress & Arogya 2024 at Parade Ground, Dehradun, Uttarakhand on 12th-15th December 2024 ➤ In Joint Annual Conference of UP-UK APPI Chapter & ASSOPI UP Chapter at KGMU, Lucknow on 16th March 2024 ➤ In 13th Annual Conference of RSSDI UP Chapter at Atal Bihari Vajpayee Scientific Convention Centre, Lucknow on 2nd-4th February 2024 ➤ In 9th World Congress on Chronomedicine (WCC 2023) at Desert Tulip Hotel & Resort, Jaisalmer, Rajasthan on 1st to 3rd December 2023 ➤ In T₂DM patients” in 2023 International Congress of Diabetes and Metabolism (ICDM 2023)” at HICO, Gyeongju, South Korea on 19th- 21st October 2023 ➤ In 33rd Annual Meeting of Indian Society of Hypertension (BPCON 2023) at Hotel Regnant, Nirala Nagar, Lucknow on 9th-10th September 2023 ➤ In 21st Annual Conference of Uttar Pradesh Diabetes Association (UPDAICON 2022) at Ramada by Wyndham, Lucknow on 28th- 30th October 2022 ➤ In 32nd Annual Meeting of Indian Society of Hypertension (BPCON 2022) at Atal Bihari Vajpayee Scientific Convention Center, KGMU on 9th- 11th September 2022 ➤ In 16th Asian-Pacific Congress of Hypertension (Hybrid in New Delhi & Virtual) and 31st National Conference of Indian Society of Hypertension- BPCON 2021 at New Delhi on 26th to 28th November 2021 ➤ In 24th World Congress On Clinical Nutrition and 1st World Congress on Medical Food and Nutrition & Expo at Haridwar, Uttarakhand on 16th -18th October 2021 ➤ In 2nd International Conference of Indian Society of Personalized Medicine (ISPMCON) - 2021 2nd International Conference on Personalized Medicine Recent Advances and Challenges at Era University on 24th – 25th March 2021 ➤ In 6th World Congress on Chronomedicine 2020 at Ramada, Khajuraho on 24th-26th Dec 2020 ➤ Participation in National Level Oral Presentation Competition (Online) on the theme of ‘Immunity Boosting role of Indian Foods &
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Ingredients' in 2020

- In 30th National Conference of Indian Society of Hypertension Virtual BPCON-2020 on 19th-21st June 2020

POSTER PRESENTATIONS

- In Asian-Pacific Congress of Hypertension (APCH 2025) Joint Meeting with the 35th Annual Conference of the Indian Society of Hypertension (InSH)- BPCON 2025 at Ramada by Wyndham, Lucknow on 27th to 29th November 2025
- In 9th Korea Digestive Disease Week 2025 (KDDW) at Grand Walkerhill Hotel, Seoul, South Korea on 13th- 15th November 2025
- In 15th International Congress of Diabetes and Metabolism (ICDM 2025) at Grand Walkerhill Hotel, Seoul, South Korea on 25th- 27th September 2025
- In 14th International Congress on Lipid and Atherosclerosis (ICoLA 2025) at Conrad Hotel, Seoul, South Korea on 11th -13th September 2025
- In 2025 International Congress on Obesity and Metabolic Syndrome (ICOMES) at Conrad Hotel, Seoul, South Korea on 4th -6th September 2025
- In 13th Seoul International Congress of Endocrinology and Metabolism (SICEM 2025) in conjunction with the 44th Annual Scientific Meeting of Korean Endocrine Society, at Grand Walkerhill Hotel, Seoul, South Korea on 1st- 3rd May 2025
- In 10th World Congress on Chronomedicine (WCC 2024) at Rajarshri Dashrath Autonomous State Medical College, Ayodhya on 29th November to 1st December 2024
- In 14th International Congress of Diabetes and Metabolism (ICDM 2024) at Grand Walkerhill Hotel, Seoul, South Korea on 9th- 11th October 2024
- In Hypertension Seoul 2023 in conjunction with the 59th Scientific Meeting of the Korean Society of Hypertension at Conrad Hotel, Seoul, South Korea on 3rd- 4th November 2023
- In 11th Seoul International Congress of Endocrinology and Metabolism (SICEM 2023) at Lotte Hotel World (Jamsil), South Korea on 26th- 28th October 2023
- In Nutrition for Health Summit at Biotech Park, Lucknow on 15th- 16th October 2023
- In 18th Annual Conference of The Indian Society of Cardiology (ISCCON) 2023 at Ramada by Wyndham Hotel and Convention Centre, Lucknow on 13th-15th October 2023
- In 2023 International Congress on Obesity and Metabolic Syndrome (ICOMES) at Swiss Grand Hotel, Seoul, South Korea on 7th -9th September 2023

- In Young Scientists Research and Innovation Conference 2023 at NASC, New Delhi, on 31st May-2 June 2023
- In 6th Asia-Pacific Cardio-Metabolic Syndrome (APCMS 2023) at Conrad Hotel, Seoul, South Korea on 26th -27th May 2023
- In Young Scientist Conference of India International Science Festival 2023 at MANIT, Bhopal, MP on 21st-24th January 2023
- In 8th World Congress on Chronomedicine, WCC 2022 at BHU, Varanasi on 15th -16th December 2022
- In 2nd International Precision Medicine Symposium at KGMU, Lucknow on 7th December 2022
- In 29th Scientific Meeting of the International Society of Hypertension, at Kyoto International Conference Center, Kyoto, Japan on 12th- 16th October 2022
- In 2022 International Congress of Diabetes and Metabolism (ICDM 2022) at Swiss Grand Hotel, Seoul, South Korea on 6th- 8th October 2022
- In Virtual International Conference on Role of Micronutrients: Immunity & Health held on 18th -19th June 2021
- Participation in National e-Poster competition on the themes of “Food Security in India-Present Scenario/Sustainability challenges in global food system” in 2020
- In Nutrition for Health Program and Diet chart workshop at KGMU, Lucknow on 16th October 2018

CONFERENCES/WORKSHOPS ATTENDED

- First Aid & BLS Training Programme Jointly organized by Max Super Speciality Hospital, Lucknow & Faculty of Pharmacy, KMCLU on 31st January 2026
- Two-Day National Workshop on Research Methodology in association with Department of Higher Education, UP at Netaji Subhash Chandra Bose Govt. Girls P.G. College, Aliganj, Lucknow on 23rd and 24th December 2025
- CME on Good Clinical Practice (GCP) and Good Laboratory Practice (GLP) at Department of Pharmacology and Therapeutics, KGMU, Lucknow on 4th October 2025
- ChronoSync Conference on Chronomedicine Updates in Dimensions of 3D Health - Multidisciplinary Insights at Hind Institute of Medical Sciences, Sitapur on 01st and 02nd July 2025
- Evidence Based Nutrition for NASH-Current Insight &Future Directions 2025 at SGPGIMS, Lucknow on 14th June 2025
- Two-day Workshop on Statistics Simplified: Essential Techniques for Biomedical Research with SPSS at ICMR-NIIRNCD, Jodhpur on

27th-28th August 2024

- One day International Symposium on Professional Attributes of Clinical Practices and Aspiring Dieticians at Era University, Lucknow on 29th June 2024
- National webinar on Harnessing Digital Innovation for Tobacco Control in India at Department of Community Medicine and School of Public Health, PGIMER, Chandigarh on 28th March 2024
- Online Regional Workshop on Sustainable Approaches to address Child Malnutrition in pursuit of SDG-2030 at National Institute of Public Cooperation and Child Development Regional Centre, Lucknow on 22nd March 2024
- 1st National Conference Precision Medicine and Intensive Care Conference (PMIC) -2024 at KGMU, Lucknow on 7th-9th February 2024
- International Seminar on Lifestyle Diseases Working Women's Health Priorities and Interventions at Integral University, Lucknow on 23rd September 2023
- Decennial celebrations of CEGH at Department of Pediatrics, KGMU, Lucknow on 24th June 2023
- Food Safety and Health Conclave at Kalam Centre, KGMU, Lucknow on 7th June 2023
- Nature for Health Fest on 15th-16th April 2023 at Dr Ram Manohar Lohia Park, Gomti Nagar, Lucknow
- 8th Advance Course in Renal Nutrition and Metabolism at SGPGIMS, Lucknow on 22nd-23rd April 2022
- Conference on Bringing Dietary Guidelines in Nutricare: Challenges faced by Dieticians at Dr.RMLIMS, Lucknow on 24th January 2020
- CME on Paediatric Nutrition Update-2020 at SGPGIMS, Lucknow on 11th January 2020
- Two-Day Training Program on Text Analytics at University of Lucknow, Lucknow, on 12th-13th October 2019
- Clinical Nutrition Update by Indian Dietetic Association Delhi Chapter at Levana Suites, Lucknow on 17th August 2019
- Nutrition for Health program and Healthy Cooking Workshop at Kalam Centre, KGMU, Lucknow on 7th-8th April 2019
- Workshop on Entrepreneurship in Health Care – Ideas and opportunities at Isabella Thoburn College on 29th March 2019
- Participation in Maggi Masala Master Event at Isabella Thoburn College in 2019
- Participation as active volunteer in activities of Nutritional Initiative

	<p>for Community Health and Education (NICHE) in 2018-19</p> <ul style="list-style-type: none">➤ Two-day Regional Workshop on Health and Wellness – Essence of a Good Life at Isabella Thoburn College, Lucknow on 18th-19th January 2019➤ Nutrition for Health program and Diet Chart workshop at KGMU, Lucknow on 16th October 2018➤ National Conference on Environmental Pollution: Burden and Strategies for Control at Isabella Thoburn College, Lucknow on 27th-28th March 2018➤ National Seminar on Affordable Health Care at KGMU, Lucknow on 24th March 2018➤ 70th National Conference of Tuberculosis and Chest Diseases (NATCON) -2015 at KGMU, Lucknow on 20th-21st February 2016
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Honours/Awards

NATIONAL

- Secured 1st position for outstanding Research Paper Presentation in International Conference on 'An Interdisciplinary Perspective to Attain Sustainable Growth in Community Science' held on 22nd June 2025
- Shashank Joshi Innovation Award 2024 for Poster presentation in 10th World Congress on Chronomedicine (WCC 2024) at Rajarshri Dashrath Autonomous State Medical College, Ayodhya on 29th November to 1st December 2024
- Shashank Joshi Innovation Award 2023 for Oral presentation in 9th World Congress on Chronomedicine (WCC 2023) at Desert Tulip Hotel & Resort, Jaisalmer, Rajasthan on 1st to 3rd December 2023
- Prof. Shailendra K. Vajpayee Award 2023 (Third prize for Oral Presentation) in 2023 in 33rd Annual Meeting of Indian Society of Hypertension (BPCON 2023) at Hotel Regnant, Nirala Nagar, Lucknow on 9th-10th September 2023
- Indian Society of Medical Food and Nutrition (ISMN) Best Concept Research Award in 24th World Congress on Clinical Nutrition with 1st World Congress on Medical good and nutrition (WCCN-WCMN 2021) held on 16-18th October 2021 at Haridwar, Uttarakhand
- Stood II in Article Writing Competition of www.livhealthylife.com in 2021
- Stood III in Veg Decor event of Paush Tech 2020
- Stood III in Art Attack event of Paush Tech 2020
- Stood III in Poster Presentation in Nutrition for Health program and Diet Chart workshop on 16th October 2018 at KGMU, Lucknow
- Stood II and I in March-past in Annual Sports Day in B.Sc. I (2014-15) and II (2015-16) respectively
- 'B' & 'C' certificate with A Grade in NCC in 2016, 2017 respectively
- Nehru Memorial Scholarship in B.Sc. (2014-17)
- Nargis Paul Bunce Scholarship in B.Sc. III (2016-17)
- Sarah Chakko Merit Scholarship in B.Sc. II (2015-16)
- Stood I in B.Sc. (Home Sci.) in College (2014-17)
- Awarded with Certificate for Full Attendance in 2010-11 & 2013-14

INTERNATIONAL

- Academic Grant Award (500 USD) for Poster Presentation in 9th Korea Digestive Disease Week 2025 (KDDW) at Grand Walkerhill Hotel, Seoul, South Korea on 13th- 15th November 2025
- Travel Grant Award (800 USD) for Poster Presentation in 15th International Congress of Diabetes and Metabolism (ICDM 2025) at Grand Walkerhill Hotel, Seoul, South Korea on 25th- 27th September 2025
- Travel Grant Award (600 USD) for Oral Presentation in 14th International Congress on Lipid and Atherosclerosis (ICoLA 2025) at Conrad Hotel, Seoul, South Korea on 11th -13th September 2025
- Poster presentation Grant Award (100 USD) in Hypertension Seoul 2024 at Conrad Hotel, Seoul, South Korea on 8th- 9th November 2024
- Poster presentation Grant Award (1000 USD) in 14th International Congress of Diabetes and Metabolism

(ICDM 2024) at Grand Walkerhill Hotel, Seoul, South Korea on 9th- 11th October 2024

- Poster presentation Grant Award (100 USD) in Hypertension Seoul 2023 in conjunction with the 59th Scientific Meeting of the Korean Society of Hypertension at Conrad Hotel, Seoul, South Korea on 3rd-4th November 2023
- Travel Grant Award (800 USD) for Poster Presentation in 6th Asia-Pacific Cardio-Metabolic Syndrome (APCMS 2023) at Conrad Hotel, Seoul, South Korea on 26th -27th May 2023
- Travel Grant Award (1000 USD) for Poster Presentation in International Congress of Diabetes and Metabolism (ICDM 2022) on 6-8th October 2022 Seoul, South Korea

Administrative Services to the University

NA

Community Service/Social Service/Other Contributions

NA

Any Special Information

NA



Signature of Faculty Member