

Curriculum Vitae

Dr. Pooja Rani
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Educational Details

Degree	University	Institute	Specialization	Passing Yr.
MD	UAU Dehradun	Uttarakhand Ayurved University, Rishikul Campus, Haridwar	Rasa Shastra & Bhaishajya Kalpana	2019
BAMS	Pt. BDSUHS Rohtak	Shri Krishna Government Ayurvedic College & Hospital	General Ayurveda	2016
AISSCE	CBSE	Kendriya Vidyalaya, Bhiwani	Science	2010

Scholastic Achievement

Qualified the State Talent Search Examination (STSE) Haryana [2008]

Internship

Rotatory Internship Training

9 months Ayurvedic training- Shri Krishna Government Ayurvedic College and Hospital [Apr 15- Jan 16]

3 months Allopathic training- LNJP government hospital, Kurukshetra. [Jan 16- Apr 16]

Academic Project

Title: Standardization and Pharmacological evaluation of Jalkumbhi Bhasma w.s.r. to Hypothyroidism.

Duration: 2016-2019

Description: This project aims to develop the Standard Manufacturing Procedure for Jalkumbhi Bhasma. To achieve this objective three samples of Jalkumbhi Bhasma were prepared with the Bhavana of Gomutra and were analyzed on Physicochemical Parameters established in API. An experimental study was also carried out to evaluate the effect of Jalkumbhi Bhasma on Hypothyroidism in Wistar albino rats, after the approval of the animal ethical committee.

Academic and Research Interests

- Rasa Shastra and Bhaishajya Kalpana
- Analytical testing
- Animal testing

Conferences and Workshops

- **Delegate of State Campaign on Ksharsutra**, organized by Dept. of Ayush, Haryana [17-18 Sep. 2015]
- **International Conference on Factors affecting the efficacy of Ayurvedic Medicine**, Department of Rachana Sharir, Faculty of Ayurveda IMS, Banaras Hindu University, Varanasi. [5- 6 Jan 2017]
- Paper presented on **Panchgavya** at International conference on evidence based Ayurved and Life Science, Bareilly [16- 17Apr 2017]
- Poster presented at Vishal Shradhanjali Sabha Kartarpur Haridwar. [8 Feb 2018]
- One day **workshop on Management of Gridhasi and Katishool** at Uttarakhand Ayurved University, Gurukul Campus Haridwar. [11 Feb 2018]
- **Paper presented on Ayurvedic Management for Osteoarthritis** at the national seminar on **Pain Management through Ayurveda** at M.M.M. Govt. Ayurved College, Udaipur. [17-18 Feb 2018]

- One day **workshop on Marmachikitsa** at Uttarakhand Ayurved University, Rishikul Campus Haridwar [25 Mar 2018]
- **Paper presented** on topic **Advancement in Drug Delivery System as Micro-Nano Emulsion** in Ayurveda **Ayucon** national seminar on Emerging Trends in Teaching Training and Patient Care in Ayurved at Govt. P.G. Ayurved College and Hospital Varanasi [6- 7Apr 2018]
- **National Seminar on Role of Basic Science to Develop Diagnostic Tools for Srotodushti w.s.r. to Purvarupa of Metabolic Disorder** presented Paper entitled Effect of Jalkumbhi Bhasma in Hypothyroidism at Department of Rachana Sharir, Faculty of Ayurveda IMS, Banaras Hindu University, Varanasi. [16-17Apr 2018]
- One Day **workshop on Marma Chikitsa, Pain management and Gall Bladder stone Management in Nirogstreet sambhasha** at BSI Ayurveda Medical College, Roorkee. [19 Jan 2019]
- **Paper presentation** on the topic “**Anti-ageing concept in Ayurved w.s.r. Amalaki Rasayan**” in National seminar on Ayurveda- The Renaissance-2019 on the Concept of Public Health in Ayurved by All India Ayurved Specialists (P.G.) Association, Bareilly, U.P. Branch. [24 Sep 2019]
- Participated in the world’s first symposium on “**Role of Meditation in Preservation of Cardiovascular Disease**” at All India Institute of Medical Sciences, Rishikesh. [9-10 Mar 2019]
- Participated in the national workshop on **Healthy Mother & Child Through Ayurved** organized by Vishwa Ayurved Parishad, Haridwar & Uttarakhand Ayurved University, Rishikul Campus, Haridwar. [31 Aug 2019]

Paper publication detail

- “**Pathya Ahara & Vihara and Their influence on efficacy of Ayurvedic Medicines**”, Pooja Rani and Shuchi Mitra, International Journal of Green Pharmacy, Vol- 12 Special Issue 2018, 54-56.
- “**Role of Panchgavya Ghritta in Psychological disorders: A Review**”, Sudhakar Magazine, April 2019, ISBN no. 81-87466-14-9.
- “**Havana as a Tool for Saviour of Mankind: A Review**”, World Journal of Pharmaceutical Research, Vol.- 8 Issue 12,420-427.
- “**Study the efficacy of Gomutra Bhavita Jalakumbhī Bhasma in animal model of hypothyroidism**” in Aryavaidyam, Volume 33 Issue 3, 14-19.

Journal papers under review

- “**An exploratory review on Amritadi Tail w.s.r. to Hypothyroidism**” in International Journal of Research in Ayurveda and Pharmacy (IJRAP).
- “**Pharmaceutical standardization and Physico-chemical analysis of Jalkumbhi Bhasma**” in Indian Journal of Traditional Knowledge (IJTK).
- “**Physico-chemical characterization of successive pharmaceutical forms of Jalkumbhi (Pistia stratiotes Linn.)**” in Ancient Science of Life (ASL).

Teaching experience

Designaion	Department	Institute	From	To	Total
Assistant Professor	Agad Tantra avum Vidhi Vaidyaka	Aligarh Unani Ayurvedic Medical College & ACN Hospital, Aligarh, Uttara Pradesh	20 Jan 2020	14 Jan 2021	1 Year
Assistant Professor	Rasa Shastra & Bhaishajya Kalpana	Aligarh Unani Ayurvedic Medical College & ACN Hospital, Aligarh, Uttara Pradesh	15 Jan 2021	Till now	

Personal details

Permanent Address: 996-A, Sec- 23, HUDA, Bhiwani, Haryana.

Date of Birth: 30/04/1992