


# SONIMA PRASAD

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 6239043628

 Flat no. 603 Tower A Escon Arena Nagla Road Zirakpur, Punjab, 160104



## OBJECTIVE

An independent and self-motivated postgraduate. To work hard and enhance my professional skills and work capacities with full determination and be the best of me and perform a big role in the growth of the organization. I aspire to acquire a challenging position and be optimistic while solving the situation.

## ACADEMIC QUALIFICATION

Specialization	University/Board	Year	Percentage
<b>M. Pharm (Pharmacology)</b>	ISF College of Pharmacy, Moga Punjab (IKGPTU)	2021-2023	83.15%
<b>B. Pharm</b>	Swift School of Pharmacy, Rajpura (Maharaja Ranjit Singh technical university)	2017-2021	84%
<b>10 + 2 (science)</b>	Mount Carmel School Chandigarh (CBSE)	2016-2017	69%
<b>10<sup>th</sup> standard</b>	Kendriaya Vidyalaya 3BRD, Chandigarh (CBSE)	2014-2015	84.55%

## INDUSTRIAL TRAINING

- Industrial Training in the field of Quality Control department in Vidhya Sha Pharmaceuticals in KALA AMB, Dist. Sirmour, H.P.-173030 (INDIA).

## RESEARCH PROJECTS

- I worked on the zebrafish model “**Chemobrain**” (**Investigate the neuroprotective potential of plumbagin in 5-fluorouracil-induced cognitive impairment in adult zebrafish**) under the supervision of Dr. Arti Singh Department of Pharmacology (ISF College of Pharmacy, Moga, Punjab).

## PUBLICATION

- **Sonima Prasad**, Vishal Kumar, Charan Singh, Arti Singh. Crosstalk between phytochemicals and inflammatory signaling pathways. Inflammopharmacology, Springer. (**Q2, IF.5.093**) (**Published**)
- Bhavana Devi, **Sonima Prasad**, Charan Singh, Arti Singh Zebrafish: A research paradigm for studying human diseases. Fish Physiology and Biochemistry, Springer. (**Q2, IF.3.14**) (**Under Review**)
- Bharti Verma, **Sonima Prasad**, Charan Singh, Arti Singh “A systemic review of experimental Models of Dementia in zebrafish”. Neurotoxicity Research (**Q2, IF.3.978**) (**Under Review**)
- **Sonima Prasad**, Biplob Sarkar, Kaunava Roy Chowdhury, Vishal Kumar, Lakshay Kapil, Arka Bhattacharya, Rajveer Singh, Jasvinder Singh Bhatti, Charan Singh, Arti Singh. Plumbagin ameliorates 5-fluorouracil induce cognitive impairment in adult zebrafish: in vitro and in vivo evidence. Free Radical Biology and Medicine, Elsevier. (**Q2, IF. 8.101**) (**Under Review**)

## PATENT

- One patent Design: - “**Z Embryo Bedding**”

## BOOK CHAPTER

- Shriyansh Srivastava, Lakshay Kapil, **Sonima Prasad**, Kritika, Shahbaz khan, Vishal Kumar, Charan Singh, Arti Singh. Functional Foods and Spices in the Management of Metabolic Syndrome. Apple Academic Press, Taylor and Francis. (**Published**)
- Sanchit Arora, **Sonima Prasad**, Vishal Kumar, Charan Singh, Arti Singh. Nutrition in Aging. Elsevier. (**Under Review**)
- Lakshay Kapil, **Sonima Prasad**, Vishal Kumar, Charan Singh, Arti Singh. Nutraceuticals in Obesity Management and Control. Elsevier. (**Under Review**)

## SKILLS

Research skills	Basic skills
<ul style="list-style-type: none"><li>• <b>UV Spectroscopy</b></li><li>• <b>ELISA reader</b></li><li>• <b>Centrifuge machine</b></li><li>• <b>Western blotting</b></li><li>• <b>Fluorescence microscopy</b></li><li>• <b>Homogenizer machine</b></li><li>• <b>Magnetic stirrer</b></li><li>• <b>Animal handling (zebrafish, mice, rats, rabbit)</b></li><li>• <b>Dosing: IP, Oral</b></li><li>• <b>Isolation of whole parts of zebrafish, mice, and rat</b></li><li>• <b>Animal behavioral apparatus for</b> <b>Zebrafish-</b> T-maze, 3-chamber, novel diving tank, light and dark chamber, open field, Y-maze, memory maze, and Novel object recognition apparatus. <b>Rat and mice-</b> Actophotometer, Morris water maze, narrow beam, grip strength apparatus, mirror chamber, Eddy’s hot plate, forced swim apparatus, and Rota rod apparatus.</li><li>• <b>Hemato Analyzer (5 parts)</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Statistical analysis</b></li><li>• <b>Graph pad prism</b></li><li>• <b>Ms-excel</b></li><li>• <b>Ms- word</b></li><li>• <b>Ms- PowerPoint</b></li><li>• <b>Any- maze</b></li><li>• <b>Endnote</b></li><li>• <b>BioRender</b></li></ul>

## ACHIEVEMENTS AND AWARDS

- Got **1<sup>st</sup> prize** in Case of Study in Spirit’23, the annual techno-pharma fest of IIT (BHU) Varanasi held on 1-2 April 2023.
- Attended a virtual conference on pharma vision 2k25 organized by Shree Balaji book distributor supported by the Association of pharmaceutical teachers of India (APTI).
- Participated in a National conference on recent trends and challenges in pharmacy education in India at Aryan Campus and presented a paper/oral/poster presentation Title Coronavirus.
- Got **2nd position** in National conference on recent trends and challenges in pharmacy education in India at Aryan Campus and presented a paper/oral/poster presentation Title Coronavirus.
- Participated in one day National Symposium conducted on 07-Sep-2021 Organized by ISF College of Pharmacy, Moga, Punjab in Collaboration with SPER, IQAC & IIC.
- Participated in a one-day international seminar organized by ISF College of Pharmacy Moga, in

collaboration with JoVe, Cambridge, USA on “Advancements in Pharmaceutical Education & Research: Current Insights into Molecular Biology Techniques”.

- Attended IBRO-supported meeting and workshop on “Recent Progress in Brain Research and Drug Delivery” organized by ISF College of Pharmacy, Moga, Punjab.
- Participated One Day National Workshop & **Hand-on-Training** on “**3D Bio-Printing Technology & Therapeutic Applications**” **sponsored by Cellink**, A Bico company, Sweden & ATCG, India organized by ISF College of Pharmacy, Moga, Punjab.
- Attended National Good Laboratory Practice (GLP) Compliance Monitoring Authority (NGCMA).
- Attended 1<sup>st</sup> IBRO-APRC Associated School on “Advances in Nanoneurotherapeutics and Neurological Disorders” organized by ISF College of Pharmacy, Moga, Punjab.
- Poster Presentation in an IBRO-supported meeting and workshop on “Recent Progress in Brain Research and Drug Delivery” on May 14, 2022.
- Attended the KARYASHALA WORKSHOP and SNCI SATELLITE MEETING on “scientific interventional tools to improve cognitive behavior in children with neurodevelopmental disorders in India” organized by the Department of biomedical engineering, North Eastern Hill University (NEHU), Shillong, Meghalaya, India.
- Attended National Conference on Opportunities for MSME’s from Drug Discovery to Formulation Development at Delhi Pharmaceutical Sciences and Research University.
- **Hands-on training on Network Pharmacology** at National Conference on Opportunities for MSME’s from Drug Discovery to Formulation Development at Delhi Pharmaceutical Sciences and Research University.
- Attended ISFCO-2023 Two-day National Conference on “Commercialization of Natural Products” organized by ISF College of Pharmacy, Moga, Punjab.
- Oral presentation in ISFCO-2023 Two-day National Conference on “Commercialization of Natural Products” organized by ISF College of Pharmacy, Moga, Punjab.
- Attended a One-day National webinar on the topic Cardinal attributed to nourishment Organised by industry institution interaction cell & Vijay College of Pharmacy.
- Attended National Intellectual Property Awareness Mission training program.
- Attended an International Webinar on breaking barriers in science (GWB-2023) organized by the Department of Chemistry, Kamla Nehru Mahavidyalaya, Nagpur, ACT Mumbai.
- Attended World Pharma Brand Managers Day-2023 theme: Patient-centric Approach for Excellence in Pharma Marketing.
- Participated in Spirit’23, the annual techno-pharma fest of IIT (BHU) Varanasi held on 1-2 April 2023.

## CO-CURRICULAR ACTIVITIES

- Participated in Tug of War and Secured First Position during the NSS/SPORTS Meet organized by ISF College of Pharmacy, Moga, Punjab.

## LANGUAGE

Hindi

English

## AREA OF INTEREST

- Assistant Professor
- Zebrafish research
- Research Associate
- Clinical Research Associate
- Clinical Research Coordinator

## INTEREST

Spend quality time with my family

Travelling

Drawing and painting

Dancing

To do new things

Participate in social activities

## POSITIVE TRAITS

- Hard working
- Good learner
- Team oriented
- Leadership quality
- Good planner
- Good observer
- Achievement oriented with an ability to manage

## PERSONAL DETAIL

- **D.O.B:** 09-11-1999
- **Sex:** Female
- **Father Name:** Mr. Vijay Prasad (Ex-serviceman)
- **Marital Status:** Un-Married
- **Permanent Address:** Flat no. 603 Tower A Escon Arena Nagla Road Zirakpur, Punjab, Pin code: 160104

## REFERENCE


1. Dr. G.D. Gupta, Director cum Principal, ISF College of Pharmacy, Moga, Punjab, Email id: [drgdg@rediffmail.com](mailto:drgdg@rediffmail.com), Phone no: 8146562883
2. Dr. Arti Singh, Associate Professor in the Department of Pharmacology, ISF College of Pharmacy, Moga, Punjab, Email id: [artiniper@gmail.com](mailto:artiniper@gmail.com), Phone no: 9354671494.
3. Nadeem Khan, Associate Professor in Head of the department of Swift School of Pharmacy, Ghaggar Sarai, Rajpura, Email id: [nadeem\\_khansre@yahoo.com](mailto:nadeem_khansre@yahoo.com), Mob-9888117833

## DECLARATION

All the details given above are true to the best of my knowledge. Reference will be furnished on request.

Date: - \_\_\_\_\_

Place: - \_\_\_\_\_

  
(SONIMA PRASAD)