



Sumbul Zehra

NET-JRF (UGC-CSIR),
Guest faculty, B.Voc. (MMDT)
CEO, Indian Association of Music Therapy, Delhi
Ex-State RUSA Consultant (U.P.)

PROFILE

Pursuing Ph.D. in multidisciplinary field of music therapy (Biochemistry, Music, and psychology) since 2021 and voluntary working as CEO in IAMT to promote Music therapy. I was also served as RUSA consultant in U.P. and Research Associate in Govt. Project on Music Therapy. One patent and copyright in my name on mechanism of music therapy. I have published 10 research paper and book chapters and participated in 27 seminars, workshop, and conferences at National and International platform. I was honoured by Peace, Harmony and Development Foundation, University of Nebraska, USA, Young Researcher Award-2023 by EAP in Istanbul Turkey, Young Women Scientist Award-2023 by MAESASS, Agra

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CONTACT

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HOBBIES

- Anchoring
- Music
- Cooking,
- Web surfing

EDUCATION

Title	Institute	Year
• Ph.D.	Galgotia University, Grater Noida, UP	2021(P)
• JRF-NET	CSIR-UGC (Rank-36)	2022
• M.Sc.	Khair Kanya Mahavidhyla, Kahir, Aligarh	2018
• B.Sc.	K.M. Govt. Girls P.G. College, Badalpur	2016
• CPLT	IGNOU	2015
• Computer	GICT, Dadri	2020

WORK EXPERIENCE

- **Jan 2023–Till date**
JRF (UGC-CSIR)
- **May 2022–Nov 2022**
State RUSA Consultant, Uttar Pradesh
- **June 2021–May 2022, Nov 2022-30-12-2022**
RA• UP Govt. Sponsored Research Project • Dept. of Zoology
- **Jan 2018–Till date-**
CEO (Honorary) , Indian Association of Music Therapy, Delhi
- **April 2019–July 2021, June-2021-till date (As Guest)**
As Lab Manager, Guest faculty and personality trainer in BVoc-Medical Lab and Molecular Diagnostic Technology (MMDT) and Airline Tourism and Hospitality Management (ATHM), K.M. Govt. Girls P.G. College, Badalpur, GB Nagar
- **July 2016–June 2018-**
Lab Assistant (Part Time) • IGNOU-SC-39016
- **July 2018–till date**
Teaching Assistant, In BSc, MSc, BVoc



ICT SKILL:

- MS word, Excel, and power point. Use of Google form, Google classes, Apple classroom and Microsoft team, Online meetings, Paperless class

OBJECTIVE:

- Seeking a challenging career to optimally utilize my practical knowledge, professional learning and personal skills in synchronization with the organization's goals and culture to achieve the desired outcome.
- Teaching and research

PH.D.:

- Impact Assessment of Metaphysical and Demulcent Music on Humans Through Biochemical, Biophysical and Psychological Assay (*Pursuing*)

RESEARCH WORK:

- Working as RA on a U.P. Govt. Sponsored research Project entitled "Impact Assessment of Vedic Chants and Pleasant Sounds in the Treatment of Cardiovascular and Neuro-endocrine Disorder through Hemato-biochemical Assay"
- Working on impact of recitation of *Al-Quran* and *Vedic chants* on human health
- Bio feedback analysis of college students by Relax-701
- A study on the impact of music on fetus for cardiac activity and movement/posture through abdominal ultra-sound.
- A study on the impact of music on antenatal mother through psychological parameters."

PATENT:

- Mechanism to control Music frequency for music therapy (No-202211058950)

COPYRIGHT:

- Mechanism to control Music frequency without equipment and use it as music therapy (No-23499/2022-CO/L)

MEMBER:

- IAMT, Delhi
- Human Ethical Committee, KMGGPGC, Badalpur

ACADEMIC VISITS

- B.Voc. Academic visit, Jaipur. 22-24 Mar 2022
- B.Voc. Academic visit, Shimla, HP. 11-14 Feb 2020
- Istanbul Turkey, Participate in EAP Int'l Conference

NEWS ANCHOR:

- KMGGPGC College News YouTube Channel "Prawah"

AWARD:

- Peace, Harmony and Development Foundation, University of Nebraska, USA
- Young Researcher Award-2023 by EAP in Istanbul Turkey
- Young Women Scientist Award-2023 by MAESASS, Agra

KEYNOTE, RESOURCE PERSON, GUEST SPEAKER

- Sonographic Impact analysis of Music Therapy on Fetus and Mother. Sumbul Zehra 29 Sep-1 Oct-2023. 4th Edition of International Brillante Piano festival. Kohima, Nagaland. <https://brillantefest.org/storage/panelists/141694589887.jpg>

RESEARCH PAPER

1. Impact of Music Therapy on Fetus and Mother by Sonography. Sumbul Zehra and Dinesh C. Sharma. Proceedings of EAP Int'l Conference held in Holiday Inn Istanbul City, Topkapi, Istanbul Turkey. 22-24 May-2023 : 26-30.
<http://www.eares.org/siteadmin/upload/9205EAP0523220.pdf>
2. Use of Music Therapy in Cardiovascular Disorder. Dinesh C. Sharma and Sumbul Zehra. Proceedings of EAP Int'l Conference held in Holiday Inn Istanbul City, Topkapi, Istanbul Turkey. 22-24 May-2023 : 19-22. <http://www.eares.org/siteadmin/upload/9820EAP0523219.pdf>
3. Impact assessment of Nature sound on human health and wellbeing: A review. Exp. Zool. India. Vol. 26, No.1, January 2023.:353-357
4. Survey on Prevalence and Awareness of Gynecological Issues among Rural Women of Gautam Buddh Nagar, Uttar Pradesh". Dinesh C. Sharma, Azmi Naqvi, Aparna Rathore, Surender Kumar, Neetu Singh, Azad Alam, Sumbul Zehra. (In Press 2022)
5. A Survey on Association between Lifestyle Related Causes of Gastroesophageal Reflux Disease" Dinesh C. Sharma , Shivani Chawla, and Chhavi Gulati, Azmi Naqvi and Sumbul Zehra. J Exp. Zool. India. Vol. 25, No.1, January 2022.
6. Impact Assessment of music as CAM during foetation through ultrasound imaging. (2021). D. C. Sharma and Sumbul Zehra. *Journal of Experimental Zoology. India* 24 (2):1829-1834, (ISSN 0972-0030,)-UGC CARE-Type-II)
7. Music as a complimentary therapy during pregnancy. (2020). Sumbul Zehra and D. C. Sharma. *Shodh Sarita*. 7(28): 63-70 (ISSN - 2348-2397-UGC Care).

CHAPTER IN BOOKS

1. Role of RUSA and Other U.P. State Funding Agency in Implementation of NEP-2020. Sumbul Zehra, Dinesh C. Sharma, R.K. Chatuervedi. Quality enhancement in the Indian education system : Role of NEP-2020. ABC Books, Delhi, (ISBN- 978-93-94424-40-1): 144-147
2. Paradigm Shift in U.P. Higher Education System as a Result of Implementation of NEP-2020. Dinesh C. Sharma, Sumbul Zehra, R.K. Chatuervedi. Quality enhancement in the Indian education system : Role of NEP-2020. ABC Books, Delhi, (ISBN- 978-93-94424-40-1): 1-13
3. Thermoregulation: Scieng Publication: Chennai, Tamilnadu. (ISBN: 978-93-94766-20-4):125-131

SEMINAR/CONFERENCES/WEBINARS/FDP

1. Role of metaphysical music as CAM since ancient India. International seminar on “Azadi ka Amrit Kall: Global welfare through Indian knowledge system”. KMGPGC, Badalpur. 7-10-2023
2. Sonographic Impact analysis of Music Therapy on Fetus and Mother. Sumbul Zehra 29 Sep-1 Oct-2023. 4th Edition of International Brillante Piano festival. Kohima, Nagaland
3. International Conference on “Research in Agricultural, Biological & Environmental Sciences” (RABES-23) organized by Eminent Association of Pioneers in Research held in Holiday Inn Istanbul City, Topkapi, Istanbul Turkey. 22-24 May-2023.
4. One week FDP on “Research Methodology, Bibliometric Analysis and Data analysis using R. Jointly Organized by Society of Education India, University of Agriculture Science, Raichur, Karnataka. European laser academy, Germany, Genome Biotech, Mathura in Association with office of the Principle, Scientific advisor to the GoI. 22-28 July 2023.
5. Music therapy: A neurobiological based survey. 2023. International Conference on Multidisciplinary approaches in Engineering Science and Agriculture and Social Studies, Organized by CRSD, India, SOED, India, European laser Academy, Germany. 3-4 June-2023
6. National Seminar on “Capacity Building Seminar for Educators and Stakeholders in Light of National Education Policy. Organized by Govt. College for Women, Shazadpur, Haryana. 17-2-2023.
7. One week Faculty Development Programme. Organized by Galgotia University, Grater Noida 24-28-Jan-2023.
8. Higher education in India: Approaches, innovations and quality concern. 20-21-Jan-2023. Govt. P.G. College, Lucknow
9. Role of NEP-2020 in quality enhancement of Higher Education.6-8-2022. K.M. Govt. Girls P.G. College, Badalpur, G.B. Nagar
10. National Conference in the context of Literature, Society and Politics: A Retrospection. Role of Music in Gandhi’s behavior. 25-3-22, KMGPGC, Badalpur
11. Five days global eFDP on unlashng research potential global trend and practices. 7-11 March 2022. Organized by office of International Relations, Galgotia University. Grater Noida.
12. National IPR awareness training program under national intellectual property awareness mission. 24-1-22. Organized by Km. Mayawati Government Girls post graduate college Badalpur
13. Indo-Italy one week international virtual workshop. 7-10 Sep-2021. Organized by Galgotia University. Grater Noida.
14. Role of new education policy 2020 in quality enhancement in higher education system of India. 10-3-2021. Organized by Govt. Degree College, Moradabad.
15. eWorkshop on latex for technical writing. 25-10-2021. Organized by Galgotia University. Grater Noida.
16. Global scenario of education and holistic development with reference to NEP-2020. 13-3-2022. organized by Km. Mayawati Government Girls post graduate College Badalpur

17. Exploring online education tools, problems and possibilities. 3-5-2020. Webinar conducted by Km. Mayawati Government Girls post graduate college Badalpur.
18. Ancient wisdom civilization antiquities and the contemporary universe. International conference. 31.Jan-2 Feb 2020 organized by Gautam Budha University Noida and Km. Mayawati Government Girls post graduate college Badalpur.
19. Webinar on exploring online Education. 3rd May 2020. Organized by Km. Mayawati Government Girls post graduate college Badalpur
20. One week Faculty Development Programme: The Global Crises@COVID-19: Rethinking Policies. 6-11 May 2020. Organized by Km. Mayawati Government Girls post graduate college Badalpur.
21. One week Workshop on IPR 23-27 Oct.2021. Organized by Galgotia University. Greater Noida.
22. Lockdown as an opportunity for humanity. 19-4-20. Webinar conducted by Km. Mayawati Government Girls post graduate college Badalpur. (*Best presentation award*)
23. Plastic Waste free India (to save mother earth). 29-1-2019. National seminar sponsored by U.P. higher educational department organized by Manyawar Kanshiram Government Girls post graduate college Ghaziabad.
24. Information Exploitation and the 21st century youth: Prospects and Challenges. A national seminar sponsored by U.P. higher educational department organized by Km. Mayawati Government Girls post graduate College Badalpur.
25. Internationalization of the Indian education system perspectives in the context of NEP-2020. International webinar by km. Mayawati Government Girls post graduate college Badalpur.
26. AAO Hum Digital Ho Jayge Abhiyan. Two days' workshop 2016-17
27. Worked as e-kranti volunteer in AAO Hum Digital Ho Jayee Abhiyan 2016-17.

REFERENCES

- **Prof. (Dr.) Dinesh C. Sharma** (Professor and Head zoology KMGPGC, Badalpur): dr_dineshsharma@hotmail.com.
- **Dr. Colonel P.K. Dhavan** (Senior Consultant (medicine) Mohan Swaroop hospital Dadri)