

Dr. Anam Aseem (PhD)

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QUALIFICATIONS

- **Ph.D.** (December 2017- January 2022)- Sleep deprivation induced cognitive deficits: Effects of brain wave entrainment and aerobic exercise (from Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi)
- **Master of Physiotherapy- Neurology** (2015- 2017, from CPRS, JMI)
- **Bachelor of Physiotherapy** (2010- 2015, from CPRS, JMI)

ACADEMIC ACHIEVEMENTS

- **Gold Medalist** in Bachelors of Physiotherapy (CPRS, JMI)
- **Topper** in MPT (Neurology), CPRS, JMI
- Qualified **UGC NET** (Physical Education) in November 2017 and June 2018
- Served as **peer reviewer** for several International Journals
- **Lifetime member** of Indian Society for Sleep Research (ISSR)
- Invited as **external examiner** in various reputed universities in India
- Served as **examiner** for several subjects (Neuroscience, Physiotherapy in neurology, Polysomnography and Sleep studies, Brain waves and Electroencephalography, Introduction to medical electrophysiology, Neurological disorders, Neuromuscular disorders, Human Physiology, Assistive technologies, Bioengineering and Electrotherapy)

AWARDS

- Society for Neuroscience (SFN) Bangalore Chapter Award, Indian Academy of Neuroscience, India
- Second prize in 4th International Congress on Gerontology and Geriatric Medicine, AIIMS, New Delhi, India
- Budur Krishna Murthy Travel Award, Indian Society for Sleep Research, Goa, India
- Excellent performer, MHRD-GIAN course on Brain Machine Interface, Faculty of Engineering, JMI, New Delhi, India
- International Brain Research Organization (IBRO) travel award, IISC, Bengaluru, India

TECHNIQUES/ SKILLS

- Neuro-electrophysiological techniques including Polysomnography, Nerve conduction study, Electromyography, Electroencephalography
- Non-invasive neuromodulatory techniques including cranial electrostimulation
- Physiotherapy techniques including Manual therapy & Electrotherapy
- Statistical softwares including SPSS, G-power, GraphPad Prism
- Patient handling in ICUs, Wards and OPDs
- Assessment and management of patients with neurological disorders
- Clinical research

RESEARCH PUBLICATIONS**Journal Publications**

1. **Aseem, A.,** Chaudhry, N., & Hussain, M. E. (2022). Cranial electrostimulation improves slow wave sleep in collegiate population: a polysomnographic study. *Sleep Science*, 15(1), 88. <https://doi.org/10.5935/1984-0063.20220029>. [Indexed in Scopus, PubMed, PMC]
2. **Aseem, A.,** Chaudhry, N., & Hussain, M. E. (2021). Effect of moderate intensity aerobic exercise training on electrophysiological and biochemical correlates of sleep. *Sport Sciences for Health*, 17(4), 891–899. <https://doi.org/10.1007/s11332-021-00746-7>. [Indexed in Scopus]
3. **Aseem, A.,** Bhati, P., Chaudhry, N., & Hussain, M. E. (2021). Quality of Sleep Predicts Prefrontal Cognitive Decline in Indian Collegiates. *Sleep and Vigilance*, 5(1), 127–134. <https://doi.org/10.1007/s41782-021-00136-6>. [Indexed in Scopus]

4. **Aseem, A.,** Chaudhry, N., & Hussain, M. E. (2020). Association of P300 Event-Related Potential with Sleep in Indian Collegiate Population. *Sleep and Vigilance*, 4(2), 237–243. <https://doi.org/10.1007/s41782-020-00098-1>. [Indexed in Scopus]
5. **Aseem, A.,** & Hussain, M. E. (2019). Sleep quality and its effect on event related potential P300 in adolescents with and without sleep disturbances. *International Journal of Adolescent Medicine and Health*. <https://doi.org/10.1515/ijamh-2019-0097>. [Indexed in Scopus, PubMed, PsycInfo]
6. **Aseem, A.,** & Hussain, M. E. (2019). Impact of Cranial Electrostimulation on Sleep: A Systematic Review. *Sleep and Vigilance*, 3(2), 101–112. <https://doi.org/10.1007/s41782-019-00075-3>. [Indexed in Scopus]
7. **Aseem, A.,** & Hussain, M. E. (2019). Circadian variation in cognition: a comparative study between sleep-disturbed and healthy participants. *Biological Rhythm Research*, 52(4), 636–644. <https://doi.org/10.1080/09291016.2019.1627656>. [Indexed in Science citation index, Scopus]
8. **Aseem, A.,** Kauser, H., & Hussain, M. E. (2019). Auditory Event Related Potential and PennCNP Neuropsychological Test Battery to Measure Aspects of Cognition in Young Adults: A Correlation Study. *Indian J Physiol Pharmacol*, 63(2), 130–137. [Indexed in Scopus]
9. **Aseem, A.,** Kauser, H., & Hussain, M. E. (2018). Non-action video game training ameliorates cognitive decline associated with sleep disturbance. *Sleep and Vigilance*, 2, 157–165. [Indexed in Scopus]
10. Azharuddin, M., Aldabbas, M., **Aseem, A.,** Pandi-Perumal, S. R., Tanwar, T., & Veqar, Z. (2022). Influence of Concurrent Exercise and Its Timing on Polysomnographic Parameters and Subjective Sleep Quality in Collegiate Adults with Poor Sleep. *Sleep and Vigilance*, 6(1), 145–152. [Indexed in Scopus]
11. Ali, K., **Aseem, A.,** & Hussain, M. E. (2019). Anaerobic training and its effects on sleep quality, state, and trait anxiety in collegiate athletes. *Sport Sciences for Health*, 15, 453–461. [Indexed in Scopus]

Conference Proceedings

1. Non-action video game training improves sleep quality and cognitive functions in collegiate students, **Anam Aseem,** Hina Kauser, Mohammed Ejaz Hussain, 22-23rd September 2017, International Conference of Sleep Medicine and Research, Goa, India [Published in ‘Sleep and Vigilance’]
2. Cognitive retraining ameliorates sleep deprivation induced behavioral deficits in university students, **Anam Aseem,** Hina Kauser, Mohammed Ejaz Hussain, 22-23rd September 2017, International Conference of Sleep Medicine and Research, Goa, India [Published in ‘Sleep and Vigilance’]
3. Sleep quality and its relationship with mood in adolescents, **Anam Aseem,** Mohammed Ejaz Hussain, 5-7th November 2017, Fipsphysiocon, DRDO, New Delhi
4. Electrophysiological correlates of cognition with video game training in sleep disturbed individuals, **Anam Aseem,** Hina Kauser, Mohammed Ejaz Hussain, 9-10th December, 2017, World Neurocongress, Interdisciplinary Brain Research Centre (IBRC), Aligarh Muslim University, India. (FIRST PRIZE)
5. Neuropsychological Tests and Event Related Potential: A Correlation Analysis, **Anam Aseem,** Hina Kauser, Mohammed Ejaz Hussain, 17-29th June 2018, IBRO-APRC School on Cognitive Neuroscience, Indian Institute of Science (IISc), Bengaluru, India
6. Comparison of spatiotemporal gait parameters of elderly fallers and non-fallers, Shahana Parveen, **Anam Aseem,** Mohammed Ejaz Hussain, 4th International Congress on Gerontology and Geriatric Medicine, Asia Pacific Geriatric Medicine Network Conference, 15-16th November 2018 at AIIMS, New Delhi, India (SECOND PRIZE)
7. Exercise Holds Immediate Benefits for Neuro-cognition in Sleep Disturbed University Students, **Anam Aseem,** Mohammed Ejaz Hussain, 7th International Conference of Physical Therapy, 22-23rd December 2018 at AIIMS, New Delhi, India
8. Aerobic Exercise Training Improves Cognition in Sleep Disturbed Collegiates, **Anam Aseem,** Mohammed Ejaz Hussain, 5th Annual Conference of Society of Indian Physiotherapists, 10-12th January 2019, Mumbai, India.
9. Brainwave entrainment and improvement in sleep in collegiate population: A polysomnographic trial, **Anam Aseem,** Mohammed Ejaz Hussain, 4-7th October 2020 at XXXVIII Annual Conference of Indian Academy of Neurosciences IAN International Conference, Hyderabad, India (SOCIETY FOR NEUROSCIENCE BANGALORE CHAPTER AWARD)
10. Entrainment of sleep slow waves to improve cognition: An electrophysiological study, **Anam Aseem,** Mohammed Ejaz Hussain, 16-17th October 2020 at Neuroeunoia 2020- A Neuroscience Affair, Conference of Indian Academy of Neurosciences IAN International Conference, New Delhi, India

EXPERIENCE

Position	University/ Organisation	Time Duration	Nature of Appointment	Responsibilities
Guest Faculty	MEP,DDU-KK,JMI	Aug2024-ongoing	Guest Faculty*	Teaching& Practicals(Neuromuscular disorders,EMG NCS,PSG & sleep studies), Administrative work(Conduction of exams, Dev of course and syllabus, Timetable, Participation in various departmental meetings, Organizing seminars,talks and other departmental programs)
Visiting Faculty	MEP,DDU-KK,JMI	Sep2023-May 2024	Visiting Faculty	Teaching, practicals(Introduction to medical electrophysiology, EMG&NCS) & Conduction of exams
Assistant Professor	MEP,DDU-KK,JMI	Dec2019-May 2020	Contractual	Teaching& Practicals(Human physiology, Neuromuscular disorders, Neurological disorders, EMG NCS, EEG, PSG& sleep), Administrative work(Conduction of exams, Dev of course and syllabus, Participation in various departmental meetings, Organizing seminars,talks and other departmental programs)
Research Associate	CSRI, DST	Aug2018-Dec2019	Temporary	Planning, organization and conduction of research, Synopsis writing, Data collection, Experimentation, Data analysis, Statistical softwares for data analysis, Report writing, Article writing, communication and proof-readings and others
Visiting Faculty	MEP,DDU-KK,JMI	Aug2018-Jan2020	Visiting Faculty	Teaching, practicals(Neuromuscular disorders,EMG NCS,PSG & sleep studies) & Conduction of exams
Guest Lecturer	MEP,DDU-KK,JMI	Dec2017-Aug2018	Guest Lecturer	Teaching, practicals(Neuromuscular disorders,EMG

				NCS,PSG & sleep studies, Brainwaves& EEG, Neurological disorders) & Conduction of exams
Guest Lecturer	CPRS, JMI	July2017-Dec 2017	Guest Lecturer	Teaching, practicals(Neurosciences, Electrotherapy, Adult & pediatrics neurological Physiotherapy, Bioengineering) & Conduction of exams

*sharing same workload equivalent to Assistant Professor Contractual.



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