

SAURABH KUMAR



Nickname: Saurabh

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How would you explain your research in 3 sentences to someone who is not in Science?

“Science” is the most beautiful subject of knowledge and wisdom. Science is something that makes you feel and experience the truth and purpose of your creation. It is the study of nature and behavior of natural things and the knowledge that we obtain about them.

More about you?

I have completed my B.Sc in Zoology (Hons) from Shivaji College, University of Delhi, followed by Masters in Life Sciences from the Central University of Punjab. I pursued my research from the National Institute of Immunology (NII), New Delhi, and the Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh. I have more than four years of research and 1.5 years of policy experience with several publications in National & International Journals. I have also acted as an invited reviewer for various renowned international journals. I have also served as a Policy Professional at the Department of Science & Technology, GoI, New Delhi for 1.5 years. I was part of STIP secretariat where I contributed to the formulation of India’s 5th Science, Technology & Innovation Policy. I am an avid learner and am currently working as a Research Officer at CCRYN- Collaborative Centre for Mind Body Intervention through Yoga at PGIMER, Chandigarh.

About your work?

I have learned both animal and culture based experimental work. I am trying to explore and evaluate the efficacy and effectiveness of mindfulness techniques on various aspects of well-being. Further, looking at the molecular mechanism and cell survival mechanism is my key area of interest.