

Curriculum vitae

1. Name: **Dr. Astha Sachan**
2. DOB/Age: **06.11.1993; 32 years**
3. Qualification: **MBBS, MD Biochemistry**
4. Present office address: **Room no. 3, Department of Biochemistry, Dr Ram Manohar Lohia Institute of Medical Sciences, Lucknow, U.P. (IN)-226010**
5. Residential address: **House no.:1404, Tower-H, Rohtas Plumeria, Vibhuti Khand, Gomti Nagar, Lucknow, U.P. (IN)-226010**
6. Email address: **astha.7.sachan@gmail.com**
7. Qualifications:

S. No.	Degree	Institution/ University	Year of Passing
1.	MBBS	GSVM Medical College, Kanpur (U.P.)	2016
2.	MD Biochemistry	All India Institute of Medical Sciences, New Delhi (Delhi)	2021

8. Teaching experience

S. No.	Designation	Name of institute	Period		Duration
			from	to	
1.	Senior Resident	Dept. of Biochemistry, All India Institute of Medical Sciences, New Delhi	08.01.2022	07.01.2025	3 years
2.	Assistant Professor	Department of Biochemistry, Santosh Medical College, Ghaziabad (U.P.)	22.01.2025	02.04.2025	2 months, 12 days
3.	Assistant Professor	Department of Biochemistry &	07.04.2025	26.07.2025	3 months, 20 days

		Molecular Biology, Amrita School of Medicine & Amrita Hospital, Faridabad (Haryana)			
4.	Assistant Professor	Department of Biochemistry, Dr Ram Manohar Lohia Institute of Medical Sciences, Lucknow, U.P.	28.07.2025	Present	6 months, 17 days (as on 13.02.2026)

TOTAL POST POSTGRADUATE EXPERIENCE: 4 years, 15 days

9. OTHER POSTS HELD/ADMINISTRATIVE RESPONSIBILITIES: Warden, Girls
Hostel, New Campus, Dr. RMLIMS, Lucknow.

10. EX-POSTS HELD/ ADMINISTRATIVE RESPONSIBILITIES: Senior Demonstrator
Representative, AIIMS Delhi-Resident Doctors Association 2022-23 & 2023-24

11. RESEARCH ACTIVITY:

a. PUBLICATIONS: 4

- **Sachan A**, Singh A, Shukla S, Aggarwal S, Mir I, Yadav R. Serum Adipocytokines Levels and Their Association with Insulin Sensitivity in Morbidly Obese Individuals Undergoing Bariatric Surgery. Journal of Obesity & Metabolic Syndrome 2020; 29(4): 303-12
<https://doi.org/10.7570/jomes20090>.
- **Sachan A**, Singh A, Shukla S, Aggarwal S, Mir I, Yadav R. An immediate post op and follow up assessment of circulating adipo-cytokines after bariatric surgery in morbid obesity. Metabolism Open 2021;13:100147.
<https://dx.doi.org/10.1016%2Fj.metop.2021.100147>
- Khan SA, **Sachan A**, Arumugaswamy PR, Singh A, Aggarwal S, Yadav R. An evaluation of micronutrient status in severe obesity and follow-up assessment after bariatric surgery: A retrospective single-center study.

Journal of Bariatric Surgery 2022;1(2): 97-104.

https://dx.doi.org/10.4103/jbs.jbs_11_22

- **Sachan A**, Aggarwal S, Pol M, Singh A, Yadav R. Expression analysis of MMP14: Key enzyme action in modulating visceral adipose tissue plasticity in patients with obesity. Clin Obes. 2023;e12607.
<https://doi.org/10.1111/cob.12607>

b. PAPERS PRESENTED / GUEST LECTURES: 10

- Oral presentation in AMBI-ON 2020 (Chandigarh): “Study of Serum Collagen-6a3 and its cleavage product, Endotrophin as ECM remodelers correlated with Insulin Response in Morbid Obesity”
- Oral Presentation in AMBICON 2021 (Raipur): “Endotrophin as Adipokine: Decoding the Obesity & Diabetes link conundrum”
- Oral Presentation in ACCLMPCON 2022 (Guwahati, Assam): “Adipose tissue mRNA expression profiling of Collagen-6a3 and Matrix Metalloproteinase-14 in relation with altered insulin response in morbid obesity”
- Award Paper presentation in AMBICON 2022 (Bangalore): “Role of MMP14 as ECM modifier in modulating visceral adipose tissue plasticity in morbid obesity”
- Oral Presentation in ACBICON 2022 (Delhi): “Comparative expression analysis of various reported VEGF-A isoforms in relation with altered insulin response in visceral adipose tissue (VAT) of morbidly obese patients”
- Paper Presentation in ACCLMPCON 2023 (Kolkata, WB): “A comparative evaluation of angiogenic factor VEGF-A with endothelial marker vWF in visceral adipose tissue in morbid obesity”
- Faculty oral presentation in ACCLMPCON2026 (Lucknow, UP): Comparison of TYG index with established markers of glycemic control in morbidly obese Indian cohort.

- Guest Speaker on “Women’s Health and Cancers” in Women’s Health Awareness session, conducted by Metrix Research & Analytics, Noida, U.P. (May, 2024)
- Invited Speaker on “Biochemical Assessment of Thyroid Function using Thyroid Function Tests” in an integrative session on Thyroid Gland: Structure and Function, organized by Dept. of Anatomy, Santosh Medical College, Ghaziabad (February, 2025).
- Guest speaker on “Decoding blood sugar tests” at State Institute of Health & Family welfare (Uttar Pradesh), Lucknow.

c. POSTER PRESENTED: 6

- Poster presentation in APFCB 2019 (Jaipur): “Study of changes in the circulating adipo-cytokines due to bariatric surgery induced weight loss and their association with co-morbidities in Obesity”
- Poster Presentation in EUROMEDLAB-2023 (Rome, Italy): “A comparative analysis of the gene expression profile of CD31, CD34, vWF along-with VEGF A as vasculogenic markers in visceral adipose tissue of morbidly obese and non-obese individuals”
- Poster Presentation in ICOMES-2023 (Seoul, South Korea): “Investigating expression of Galectin 9 in adipose tissue dysfunction in morbid obesity”
- Poster Presentation in IFCC WorldLab-2024 (Dubai, UAE): Endotrophin: A novel prognostic marker & therapeutic target for lipid homeostasis in morbid obesity.
- Poster Presentation in ISA2024 (Muscat, Oman): Effect of Endotrophin on Endothelial Lipid Metabolism.
- Poster Presentation in AMUCON2025 (Lucknow, UP): Transcriptomic signatures in adipose tissue dysfunction in morbid obesity.

d. THESIS: 1

e. THESIS SUPERVISED (COMPLETED): 0

f. THESIS UNDER SUPERVISION: 1 (as co-guide)

- PhD Thesis: *Evaluating the role of Polycyclic Aromatic Hydrocarbons & Nitrosamine levels, and their possible association with circulatory miRNA-375 in the Pathogenesis of Type 2 Diabetes Mellitus*

12. CONFERENCES, WORKSHOPS, CME ORGANIZED/SPECIAL CONTRIBUTION: 1

13. RESOURCE FACULTY (certificates copy required): 1

14. AWARDS: 8

- Asia Pacific travel award for attending ISA2024 (Muscat, Oman)
- AIIMS Endowment Fund Travel Grant: For attending ISA2024 (Muscat, Oman)
- ITS-SERB travel award for attending IFCC WorldLab 2024 (Dubai, United Arab Emirates)
- Travel Award for attending ICOMES2023 (Seoul, Republic of South Korea)
- ICMR Travel Grant: For attending EuroMedLab-2023 (Rome, Italy).
- AIIMS Endowment Fund Travel Grant: For attending EuroMedLab-2023 (Rome, Italy).
- Best Oral Paper Presentation in AMBI-ON 2020 National PG Update cum CME (Title of paper: Study of Serum Collagen-6a3 and its cleavage product, Endotrophin as ECM remodellers correlated with Insulin Response in Morbid Obesity)
- Mrs. Dwarka Prasad Trust Travel Grant (AIIMS): For attending APFCB Congress-2019

16. MEMBERSHIP OF PROFESSIONAL SOCIETIES/BODIES/ASSOCIATIONS

S.N.	Status	Name of society/body/association
1	Life member since October, 2020	Association of Medical Biochemists of India (AMBI)
2	Life member since September 2021	Association of Clinical Biochemists of India (ACBI)
3	Life member since December 2021	Association of Clinical Chemistry and Lab Medicine Practitioners (ACCLMP)

4	Life member since February 2025	Consortium of Accredited Healthcare Organizations (CAHO)
5	Life member since August 2025	Lifetime member of Association of Medical Updates (AMU)