




Faculty Details Proforma

Title	Dr.	First Name	NISHA	Last Name	SINGH	Photograph
Designation	ASSISTANT PROFESSOR					
Address	Daulat Ram College					
Email- ID	nishasingh@dr.du.ac.in					
Web Page	-					
Educational Qualification						
Degree	Institution				Year	
Ph.D.	University of Delhi				2023	
M.Sc	University of Delhi				2016	
B.Sc	University of Delhi				2012	
Career Profile						
Working as Assistant Professor (Guest faculty) from Sep 2022 in Daulat Ram College.						
Administrative Assignments						
N/A						
Areas of Interest/Specialization						
Chronobiology, Non-Chordata, Ecology, Biostatistics, Animal Behavior , Research Methodology						

Subjects Taught

Non-Chordata, Diversity of Animalia, Cell Biology, Food and Nutrition, Aquaculture entrepreneurship, Reproductive Biology, Biostatistics, Research Methodology

Research Guidance

Publications Profile

Singh, N., Jha, N.A., Rani, S. et al. The Association of Internet Overuse with Sleep and Mood in Indian Female University Students. *Sleep Vigilance* (2021). <https://doi.org/10.1007/s41782-021-00129-5>

Singh, N., Jha, N. A., & Kumar, V. (2023). Urbanisation negatively impacts sleep health and mood in adolescents: a comparative study of female students from city and rural schools of North India. *Sleep and Biological Rhythms*, 1-11. <https://doi.org/10.1007/s41105-023-00503-y>

Conference Organization/Presentation

Presentations: Nisha Singh, Neelu Anand Jha, Vinod Kumar “Urban and Rural Differences in Sleep Behaviour and Fatigue: The Consequence of Mobile Involvement and Internet usage among School going Female Adolescents” Symposium on Regulatory Mechanisms underlying Behavior, Physiology and Development, University of Delhi, India. March 2021

Poster: Nisha Singh, Neelu Anand Jha, Vinod Kumar “Urban and Rural Differences in Sleep Behaviour and Fatigue: The Consequence of Mobile Involvement and Internet usage among School going Female Adolescents” Symposium on Regulatory Mechanisms underlying Behavior, Physiology and Development, University of Delhi, India. March 2021

Poster: Nisha Singh, Neelu Anand Jha, Sangeet Rani, Vinod Kumar “Internet addiction enhances susceptibility in young females to the depression, anxiety and sleep related” V World Chronobiology Conference (V WCC), Suzhou, China April, 2019

Poster: Nisha Singh, Neelu Anand Jha, Sangeeta Rani, Vinod Kumar “Mobile phone involvement is associated with poor mental and physical health.” International symposium on Biological Rhythms, C.C.S University Meerut-250001.

Oral: Nisha Singh, Neelu Anand Jha, Sangeeta Rani, Vinod Kumar “Relationship between Sleep Quality and Mental Health among college going students in India”. World Congress of Chrono medicine, K.G.M.C, Lucknow-2266003.

Poster: Nisha Singh and Priyanka Grover 1, Neelu Jain Gupta 1 , Vinod Kumar “Altered lifestyle contributes to differences in daily sleep-wake pattern in women” International symposium on biological timing and health issues in 21st century, University of Delhi, Delhi- 110007, India

Conference and Workshop Attended:

2023: Faculty training programme in data handling, Daulat Ram College - 110009

2022: SDP on Unveiling animal world in Behavioural way, Department of Zoology, Daulat Ram College – 110009

2022: SDP on “Winter Workshop on Academic Writing” Department of Zoology, DRC, December, 2022

2019: Workshop on Time, Brain and Behaviour at CCS University, Meerut, UP, India March, 2019

2019: International symposium on Biological Rhythms, C.C.S University Meerut-250001.

2018: World Congress of Chrono medicine, K.G.M.C, Lucknow-2266003.

2017: International Congress of Chronobiology, University of Delhi, Delhi-110007.

2017: International seminar on Effects of Pollution on Human Health, University of Delhi, Delhi-110007.

2016: World Congress of Chrono medicine 2018 K.G.M.C Lucknow-2266003.

2016-2018:

- CGMS Workshop
- Sleep lab & Actigraphy Workshop
- ABPM Workshop

Research Projects (Major Grants/Research Collaboration)

Awards and Distinctions

Association with Professional Bodies

Life member, Indian Society of Chronomedicine.
Life member, Indian Society of Chronobiology (ISC)
Life member, Association of Avian Biologists in India (AABI)

Other Activities

Resource person in Workshop “Winter Workshop on Academic Writing” Department of Zoology, Daulat Ram College, December, 2022
Resource person in SDP “Unveiling the Animal World in Behavioural way” Department of Zoology, Daulat Ram College, March, 2023
Member of Eco-Club (Dhara), Department of Zoology, Daulat Ram College, 2023. Resource person in SDP “ICT tools” Department of Zoology, Daulat Ram College, September, 2024