Pratibha Phadke-Gupta, Ph.D.
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EDUCATION

BS: Science: Majors Botany, Zoology, And Chemistry, University of Allahabad, India 1980-1982

MS: Biochemistry-: Biophysical and analytical techniques, chemistry of biomolecules, human physiology and endocrinology, enzymology, intermediary metabolism, cellular and molecular biology, microbiology and immunology, biochemistry of health and disease, University of Allahabad, India 1982-1984

PhD: Biochemistry – **Zoology**, Banaras Hindu University, India 1984-1988
Thesis: "Biochemical Studies on the Effect of Cisplatin on Murine Peritoneal Macrophages

Post-Doctoral: Membrane Biochemistry:
Ophthalmology, Hematology-Oncology, Psychiatry, Surgery, Case Western Reserve University, Cleveland, Ohio, USA 1988-1994

Courses completed.

- Nutrigenetics, Nutrigenomics, and precision Nutrition short course. UNC Nutrition Research Institute and UNC Nutrition Obesity Research Center June 2018

- Advanced online Course on Nutrigenetics and Nutrigenomics for professionals of Nutrition, Nutrigenomics Institute, Feb 2023

- Peer Educator Diabetes Empowerment Education Program (DEEP) Aug 2018

Academic and Administrative Leadership

Team leader for initiating, creating, and launching the Exercise Science 4-year Undergraduate program. May 2013-2015

Member of the Strategic Planning and Steering Committee from the CSU President Team, 2013-- -2014

Program development, Exercise program, Higher learning commission, and Ohio Board of Regents at Central State University, July 2015

Chair Senate Committee on University, Community, and Student Relations. 2019-2022

Member Committee on Assessment of Teaching and Learning. 2019 - 2022

Chair of the Committee on Academic Calendar and Honorary Degrees. 2022-2025-

Director National for F.D.R.S. national society.

Committee on Campus Safety – Membership **2024-2027**

University-Wide Retention Committee Nov 15th, 2021

Teaching experience

, Research Associate Professor, College of Engineering Science Technology Agriculture Central State University(C.E.S.T.A.), Agricultural Research Development Program (A.R.D.P), Food Nutrition and Health, Nutritional Biochemistry , Nutrigenomics
Courses, Exercise Science and Kinesiology, Research on body composition on disease prevention - June 2017-Current

State Extension Specialist, Family and Consumer Science ,1890 Land Grant Central State University, June 2017- March 2024

- Conducting live healthy cooking workshops, presentations, research,
- creating fact sheets on food Nutrition and Health, a cookbook on USDA recipes,
- videos on health, teaching hands-on workshops to children, teens, and seniors on healthy lifestyles, Physical fitness,
- Organizing sessions for the CSU extension plan on the Diabetes Empowerment Education program

Academic Appointments

Core Director Human Health Assessment and Nutrigenomics Lab (HHANL)

Director of Human Health Body Composition, BODPOD, BIA (Bioelectric Impedance Assessment)

Research Associate Professor, Food, Nutrition & Health — 2017–Present

Central State University (CSU), CESTA/ARDP, Wilberforce, OH

Courses: Exercise physiology & Kinesiology; Research on Body Composition & Disease Prevention

Extension Specialist, Food, Nutrition & Health — 2017–2024, CSU

Organized CSU Extension Diabetes Empowerment Education Program (DEEP)

Assistant Professor, Health & Human Performance (College of Education) — 2015–2017

CSU Exercise Physiology

- **Preceptor Co-advisor** — Boonshoft School of Medicine, Wright State University, Dayton, OH 2014–2019
- **Associate membership** in the Wright State University graduate faculty, College of Graduate Programs & Honors Studies. 2023-2030
- **Associate faculty staff member** with the Department of Family Medicine, WSU Boonshoft Medical School. 2025-Current

Research Assistant Professor & Director of Research, Human Exercise & Performance Laboratory (HEPL) — 2010–2014, CADRE, CSU

Project Scientist, Applied Biotechnology & Toxicology — Sept 2006–Dec 2007

Wright-Patterson Air Force Base, Dayton, OH

Associate Professor: Aug 2005–Aug 2006, MedCentral College of Nursing, Mansfield, OH, Human Gross Anatomy (cadaver-based), Anatomy & Physiology

Assistant Professor/Instructor: Aug 2003–Dec 2004, Mount Union College, Alliance, OH

Anatomy & Physiology

Assistant Professor/Lecturer — Aug 2002–May 2003, Cuyahoga Community College, Cleveland, OH, Anatomy & Physiology, General Biology, Microbiology, Genetics

Adjunct Faculty

Sinclair Community College (2007–2010); Kent State University (May–Jun 2003).

Miami University

Cuyahoga Community College (1999–2005); Lakeland Community College (1998–2001)

Assistant Professor: Health and Human Performance Department, College of Education.
Central State University, Courses: Exercise Physiology, Jan 2015-2017

Visiting Faculty, Boon-Shoft, Medical School, Wright State University, Dayton, Ohio
Aug 2014-2019

Research Assistant Professor-Director of Research in Human Exercise and Performance
Center for Allaying Health Disparities through Research & Education (CADRE)
Central State University, Aug 2010- Aug 2014

Courses: Exercise Physiology, Body Compositions, Anthropometry, Human Exercise and Performance, and Genetics

Project Scientist, Applied Biotechnology and Toxicology, Sept. 2006-Dec. 2007
Wright Patterson Air Force Base (WPAFB), Dayton, OH

Associate Professor Aug. 2005-Aug. 2006
Med Central Nursing College, Mansfield, Ohio
Course: Human gross anatomy using human cadaver teaching physiological functions of human body systems, including developmental biology, Anatomy, and Physiology

Assistant Professor/Instructor Aug. 2003-Dec. 2004
Mount Union College, Nursing Department
Alliance, OH
Course: Anatomy-physiology human body systems, including developmental biology

Assistant Professor/Lecturer Aug. 2002-May 2003
Cuyahoga Community College, Cleveland, OH
Courses: Anatomy-physiological functions of human body systems, including developmental biology, general biology, microbiology, and genetics

Adjunct Faculty
Courses*: Human* biology, including developmental biology, microbiology, molecular biology, anatomy-physiology, general biology, cell biology, tumor biology, membrane biochemistry, cell and tissue culture, genetics, evolution, laboratory techniques, and laboratory safety:
Sinclair Community College, Dayton, OH Sept. 2007-2010

Kent State University, Burton, OH May-June 2003
Cuyahoga Community College, Cleveland, OH Sept. 1999-Sept. 2005
Lakeland Community College, Cleveland, OH Sept. 1998-May 2001

Other Professional Teaching

Adjunct Faculty, Natural Sciences, Central State University Sept. 2007-2015
Instructor, Upward Bound Program, Baldwin Wallace, Cleveland, OH May 1999-Apr. 2003
Biology Tutor, North Coast Tutoring, Cleveland, OH Sept. 1998-Aug. 1999
Biology Tutor, Gilmour Academy, Cleveland, OH Sept. 1998-Aug. 1999

RESEARCH EXPERIENCE

Core Director, Human Health Assessment and Nutrigenomics, May 2017 -Current
Research Project Director, Food, Nutrition, and Health May 2017-current
Central State University, Wilberforce, OH 2010-2014
Research Director in Human Exercise and Physiology (HEPL), Center for Allaying Health Disparities through Research & Education (CADRE)
Wright Patterson Air Force Base (WPAFB), Dayton, OH **Sept. 2006-Dec. 2007**
Project Scientist, Applied Biotechnology and Toxicology
Biochemical and Pharmaceutical Company, Cleveland, OH **Jan. 1998-July 1998**
Technical Research Division, Quality Control; Laboratory Management
t **Case Western Reserve University**, Metro Health Medical Center, and Cleveland, OH
4

- Division of Ophthalmology Aug 1988-1990
- Division of Hematology Oncology Sept 1990-1991
- Division of Psychiatry Sept 1991-1993
- Division of Surgery Sept 1991-1994

RESEARCH SUMMARY

Project Scientist, Wright-Patterson Air Force Base, Dayton, Ohio 2005-2006
Development of Non-Transformed Cell models for Cell-Based Toxicological Studies: Transient Expression of the SIRT1

Lab Research director at Human Exercise & Performance Laboratory: 2010-2016
Research interests include the Prevention of diabetes and obesity through lifestyle changes and the evaluation of body composition air-displacement techniques using BOD POD; the impact of exercise on the prevention of obesity and diabetes; and a study on metabolic markers using a **nutrigenomics approach.**

Research in Body Composition: The BOD POD Gold Standard Body Composition Tracking System Air Displacement Plethysmography for determining percent fat and fat-free mass in adults, Athletic Performance, Physiological Variation. Conducted assessments for body composition (Biometrics) for Military ROTC, basketball team, Track team, swimming team, dance team, volleyball team, football team, Faculty, staff, students

Training in cardiopulmonary stress testing

Complete cardiopulmonary stress testing and indirect calorimetry testing for respiratory function test, pulmonary function tests, and exercise and nutritional assessments by VMAX® ENCORE metabolic cart,

Training in tissue oxygenation

Oxiplex TS is a revolutionary new device that allows the measurement of oxygenated and deoxygenated hemoglobin concentrations in tissues and tissue scattering. Simple, accurate, non-invasive, real-time measurements of scattering in tissue. This field of research is thus wide open for exploration.

CSU dining services: Recommendation for the introduction of fruits, vegetables, and vegetarian Indian recipe choices, participated in Taste of the World by cooking vegetarian choices for 100 people on the CSU campus
June 2014

Future Plan: Study on Nutrigenomics:

The study of how different foods can interact with particular genes to increase the risk of diseases such as type 2 diabetes, obesity, heart disease and some cancers, of personalized diets to prevent or delay the onset of disease and optimize and maintain, health, genetic assessment for antioxidant and detoxification, Increased focus on a healthy diet and lifestyle, motivate positive behavior change, improved health and quality of life, focus on prevention, decreased morbidity and premature mortality, reduced health care costs.

Post-Doc Research, Case Western Reserve University, Cleveland, Ohio
Metro Health Medical Center, 1990 - 1994
Department of Surgery: *E*ffects of the interaction of Interleukin-2 (IL-2) with T cell membrane surface in a defined *in vitro* culture system employing an IL-2 dependent cytotoxic T cell line (CTLLN).
Department of Psychiatry: Molecular basis of up- and down-regulation of imidazoline sites. The MEG-01 cell line
University Hospitals, 1988 - 1990
Dept of Ophthalmology: Molecular aspects and biochemistry of the visual cycle" Doctoral
Research, Banaras Hindu University, India 1984-1988
Macrophage treated with cisplatin (anti-tumor compound), gets activated to its anti-tumor state to lyse the tumor cells *in vitro* or become metabolically activated to kill the tumor cells *in vitro*, which further release tumor catalytic factors and tumoricidal factors like H2O2, O2-, and Interleukin-1.
Collaborative research: The synthesized Carbothiamides compounds were evaluated for their antitumor activity in vivo against Dalton's Lymphoma in mice and for inhibition of 3H thymidine incorporation in vitro. Most of the carbothiamides were potent antitumor agents, 1993-1994

SPECIALIZED RESEARCH SKILLS/ TECHNIQUES

Cancer Immunology: SDS-PAGE, fluorescence microscopy, chromium release assay, cytotoxicity measurements, thymocyte blastogenesis assay for Interleukin-1, pulmonary metastasis, test of tumorigenicity, direct cytotoxicity of macrophage on tumor cells, and macrophage-mediated cryostasis. Mixed lymphocyte reaction, dot blot assays, Interleukin-2 receptor assays, T and B cell purification, soft agar assay, dialysis agglutination, reactions, receptor binding, and flow cytometry.

Molecular Biology: Xenograft RNA, hybridism technology, western blots, southern blots, transfections (electroporation and lipofection transient), PCR, RNA and DNA preparations, SIRT -1 purification and transfection.

Membrane Biochemistry: Fractionation and separation of red blood cells from blood of diverse vertebrate sources; preparation of erythrocyte membranes and subcellular components by differential centrifugation; T-lymphocytes from the popliteal lymph node.

Enzyme Chemistry: Subcellular fractionation on sucrose gradients, chromatography.

Immunological Techniques: Radioimmunoassay, ELISA, autoradiography, immunochemical antigen-antibody interaction, Ouchterlony, receptor-ligand interaction.

Radioisotope Labeling/Handling: ^{3}H, ^{125}I, ^{51}Cr, and use of Beta, Gamma counters.

Microbiology: Simple/ Gram stain, wet mounts, pure culture, pour culture, subculture, bacterial enzymes, bacterial transformation, gel-electrophoresis, microbial biochemical tests, bacteria from clinical specimens, Ouchterlony, urine culture, serological identification, antigen detection, and all basic microbiological techniques.

Tissues Cell Culture: Peritoneal alveolar, bone marrow macrophage, peritoneal macrophage, alveolar macrophage, bone marrow macrophage, splenocytes, T - lymphocytes, retinal pigment epithelial cells from bovine, human, and chick eyes, retinal cell culture, fibrosarcoma and Dalton's lymphoma culture, maintenance of human colon cancer cell lines, megakaryocytes, colon cell line HT-29, cloning of cells, cytotoxic T lymphocytes (CTLL), mouse lymphoma (LBRM), macrophage cell line P388D, CHO cells, human keratinocytes, human liver cells, human neural cells, primary cell cultures.

GRANTS & PROPOSALS

Funded Grants & Sponsored Projects

Funded Grants:

1. Pratibha Gupta, PI Project Director: USDA/NIFA Capacity Building Grant — "Nutrition Education and Outreach Program to Address and Prevent Obesity in Minority Communities: Application of Nutrigenomics" — $600,000 (May 2023–2026) Grants.gov Tracking Number: GRANT13702801
Proposal Number: 2022-09595
Accession Number: 1030315
Start Date: 2023-05-01 End Date: 2026-04-30

2. Pratibha Gupta, Co-PI, EXCITE (CDC/USDA/NIFA) Adult Immunization Education in OHIO — $100,000 (Funded May 2023). Project Name: EXCITE 3 Design Phase
Award Amount: $100,000
Project Effective Date: October 1, 2022 - March 15, 2023
Principal Investigator Name: Anshiya Ramanitharan
OSP Contact Name: Jack Thomas

3. Pratibha Gupta Consultant USDA-NIFA-CBGP (2020–2021) — "Nutrition for Life, Aging Well" senior adult curriculum (Funded; KSU, PI: N. Mishra).

Grants Ongoing and others with Projects

PI, Evans-Allen (NIFA/USDA) — Food as Medicine: Herbal plants/corn in Type II diabetes prevention: proteomic & nutrigenomic study in mouse/cell tissue models (2017–Present).

NIH/NIMHD CADRE (2010–2014) — Center support for health disparities research. CADRE Pilot Studies — Body composition in athletes; lifestyle impacts on body composition (2011–2014).

Ohio Board of Regents Research Challenge (2011–2012) — EMR effects on astrocytes; exercise as countermeasure.

Grant Submitted, not funded.

- Mental Health First Aid Training Grant MHFA grant 2023-: Project Title: Mental Health Awareness and Prevention Among Adults, Not Funded
- National Consortium for Building Healthy Academic Communities: Preventing Childhood Obesity in Greene County, Ohio: Implementing innovative pilot Simply My Health program.
- Co-PI, USDA-NIFA-CBGP-0009942 — Educational conference to increase Ag workforce capacity (2023, **Submitted**), not funded.

- Study on Biological Effect of Electro Magnetic Radiation (EMR) from Cell Phone Usage on In Vitro Astrocyte Cells and prevention of Effects by physical activity and exercise: Pilot study on mouse model system , Ohio Board of Regents Research Challenge Grant at Central State University
  - Aug 2011-2012
- Use of air displacement plethysmography (BOD POD) and skin fold in the determination of body fat: A pilot study for measuring body composition among college athletes at Central State University. Aug 2014
- Impact of physical activity and nutritional lifestyle changes on body composition among active or sedentary adults: A pilot study using two body composition measurements. 2011-2012
- NIMH: Center for Allaying Health Disparities Through Research and Education (CADRE), Central State University, through a grant from NIH, the National Institute of Minority Health & Health Disparities (NIMHD), Rockville, MD, 2010-2014

Research Academic Supervision

Wright State University Master of Public Health Students, Boon-Shoft Medical School, Dayton, OH, Co-**chair for Culminating Experience (CE) projects,** Wright State University, Public Health, 2013-2015

1. CE Title: Body Composition of Reserve Officers Training Corps (ROTC) Cadets: Analytical Study of Physical Fitness & Techniques of Measurement (Student presented poster at the Ohio Public Health Conference, Columbus, OH, May 2014)

2. PP Title: Sleepiness/Sleep Habit Questionnaires for Use in Studies of College Students (Student presented poster at the Ohio Public Health Conference, Columbus, OH, May 2014)

Practice Placement (PP) Site Preceptor

3. **PP title**: The Relationship between Academic Performance and Health Profile of First Year College Students Entering a Historically Black University in the Midwest: A Longitudinal Study

Body Composition, Human Exercise and Performance, V02 Max. Central State University, Wilberforce, OH
Undergraduate students, research in Human Exercise and Physiology 2010-2015
Undergraduate students in Health, Physical Education, and Recreation
Mount Union College, Alliance, OH 2012-2013
Project for high school **s**tudents: Title: Effect of light on levels of melatonin in human subjects Dec. 2003
Cuyahoga Community College, Cleveland, OH, Microbiological projects for nursing students 1997-2000
Case Western Reserve University, Immunological effect of alcohol in Cytotoxic T Lymphocytes
Medical residents 1990-1992

Mentoring training staff and students

- Training in Bioelectric Impedance assessment, BIA Technology 2017-current
- Training of Cholestech Unit from Henry Schein, October 2010-current
- BOD POD *Gold Standard* Body Composition Tracking System, October 2010-current
- OxiplexTS (October 2010-Present)
- VMAX® ENCORE METABOLIC CART (October 2010-Present)
- Molecular and Immunological Techniques

LAB AND MANAGEMENT EXPERIENCE

- Diabetes Empowerment Education Program
- Mental Health First Aid Program
- Nutrigenomics Lab
- WPAFB as a Project Scientist
- Human Exercise and Performance Lab at Central State University as a Research Lab Director
- R&D lab at a pharmaceutical company
- Government orders at Air Force WPAFB
- Strategic planning committee at Central State University
- Steering committee at Central State University

OTHER RELATED SKILLS

Current Windows Microsoft Office: Word, Excel, PowerPoint, Outlook, Internet Explorer
ADAM Software, Blackboard Software, Online Teaching, SPSS, Windows 10
Customization of laboratory manual/lecture book – Contemporary Biology, McGraw-Hill (ISBN: 0-390-40041-6)

PROFESSIONAL MEMBERSHIPS

- American College of Lifestyle Medicine 2025 Current
- American College of Sports Medicine 2023-Current
- Sigma Xi, Scientific Research Society 2021-2025
- Ohio Academy of Sciences 2020- 2025
- The Ohio Journal of Science Manuscript Reviewer Feb 7,2023
- American Society of Exercise Physiologists 2020-2025
- American Public Health Association 2019-2025
- Board Certified Drugless Practitioner, current 2025

- American Society of Nutrition 2025

TECHNICAL CERTIFICATIONS

- VMAX® ENCORE metabolic cart, cardiopulmonary stress testing
- BOD POD Training Body Composition
- OxiplexTS Tissue Oxygenation
- Cholestech Metabolic Profile
- Air Force Security Training
- IRB Member Certification

PERSONAL CERTIFICATIONS

- ADULT Mental Health First Aid
- Diabetes Empowerment Education Program
- BODPOD Certification
- Wellness Coordinator
- Personal Trainer

SCHOLARSHIPS & AWARDS

- Central State Presidential Award for Research, June 2024
- The National Center on Minority Health and Health Disparities, NIH/NCMHD, Central State University, Ohio, USA, May 2010-2014
- Research Fellowship at Metro Health Medical Center, Ohio, USA, Sept 1991-1994
- Post-Doctoral Award from NIMH at Metro Health Medical Center, Ohio, USA, Sept 1990-Aug 1991
- Funded for Post-Doctoral Research from NIH at Hematology/Oncology Dept., Case Western Reserve University, Ohio, USA, April 1990-1992
- Post-Doctoral Research Associates from NIH at the Ophthalmology Dept. Case Western Reserve University, Ohio, USA April 1988- March 1990
- Ohio Lions Eye Research Foundation, Case Western Reserve University, Ohio, USA June 1988-May 1989
- Senior Research Fellowship, Council of Scientific and Industrial Research, India, April 1988
- Doctoral Fellowship from University Grants Commission – India, Nov 1987-March 1988
- Doctoral Fellowship Department of Science and Technology, India, Sept 1984 -Oct 1987

COMMUNITY OUTREACH

- Judge science fairs 2007-2013
- Coordinator, special award, Miami Valley Science and Engineering Fair, West District Science Fairs 2007-2013
- Instructor Science Olympiad, Dayton STEM school, Dayton, OH Jan. 2013-Aug. 2013
- Wellness Healthy Cooking Workshop, Dayton STEM School Feb 14th. 2013
- Community Education Healthy Cooking, Lakewood High School 2001-2004

EXTRA-CURRICULAR ACTIVITIES

- Lecture presented at Wellness Fair at Central State University on health and sleep (Sept.10th, 2011)
- Wellness Committee Member at Central State University 2012-2014

- Executive Committee at India Club of Dayton 2014-2015
- Speaker, Faculty Research Forum, Mount Union College, Alliance, Ohio – Judge, Student Debate, 5th August 2005. Mount Union College, Alliance, Ohio, Science fair Judge for several science fairs in Dayton and Columbus
- Member, Faculty Senate Committee, Cuyahoga Community College, Western Campus
- Member, Part-Time Faculty Advisory Committee, Lakeland Community College
- Organizer, Asian Indian Community Program, Lakeland Community College
- Facilitator, Asian Indian Cooking Course - Western Reserve Cooking School, Hudson, OH, Aug 3rd, 2000
- Organized Asian Indian Cooking Seminar at Shaker Heights Nature Center, Cleveland, OH Natural History Museum, Cleveland, OH, Aug

MANAGEMENT EXPERIENCE

- Managed lab at WPAFB as a Project Scientist
- Managed HEPL at Central State University as A Research Lab Director
- Managed R&D Lab at Pharmaceutical Lab
- Managed purchase orders

Managing the External CBG 1890 land grant with three employees and four students

Research Grant and Fellowship Applications

1. **Ayasolla, K. R. (Postdoc), & Gupta, P.** (Co-Principal Investigator and Mentor). (2026). *Integrated nutrigenomic and microRNA signatures of metabolic risk for early kidney disease in high-risk populations with APOL1 susceptibility* [Research grant application, Proposal No. 2026-06387; Funding Opportunity No. USDA-NIFA-AFRI-011596]. U.S. Department of Agriculture, National Institute of Food and Agriculture, Agriculture and Food Research Initiative, Diet, Nutrition and the Prevention of Chronic Disease Program (A1344).
2. **Ayasolla, K. R. (Candidate), & Gupta, P**. (Primary Mentor). (2026). *Precision nutrition and APOL1 genetic risk: Investigating molecular mechanisms of FSGS in high-risk populations* [K01 Mentored Research Scientist Development Award application in preparation; Funding Opportunity No. PA-24-176]. National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases.

Conference Presentations

3. **Gupta, P**. (2026, July 24–28). *Precision obesity prevention using nutrigenomic biomarkers and bioelectrical impedance–derived metabolic phenotyping* [Oral presentation]. American Society for Nutrition **ASN Annual** Conference, Washington, DC, United States.

Professional Leadership and Service

4. **Gupta, P**. (2027). At-large delegate, Nutrient–Gene Interactions (NGI) Group Engaging Members (GEM) leadership team, American Society for Nutrition.

5. **Gupta, P**. Joint GEM forum table co-lead, CPHN–MPP: *Building resilience and navigating the evolving community and public health nutrition landscape in maternal and child health*. American Society for Nutrition.

Collaborative Educational Initiatives

6. **Gupta, P.** (2026). *Flight to Health: Developing an evidence-based nutrition education model for health professions students* [Collaborating institution team member; NIH Nutrition Education Challenge application, Developing Track, Team ID 3256]. Central State University and Wright State University, Boonshoft School of Medicine.

I.

A. Book Chapters

1. Gupta, D., Kumar, D., Dwivedi, M., Tripathi, V., Phadke-Gupta, P., & Singh, S. P. (2013). Nanophosphors–nanogold immunoconjugates in isolation of biomembranes and in drug delivery. In A. K. Mishra (Ed.), *Nanomedicine for drug delivery and therapeutics* (pp. 285–310). Wiley. https://doi.org/10.1002/9781118636299.ch10

B. Peer-Reviewed Publications

1. Gupta, P., Charles, S., & Munroe, S. (2025). Nutrition in action with nutrigenomics: Genomic profiles for obesity risk reduction. *Journal of Nutrition, Health & Food Engineering, 13*(3), 21–25. https://doi.org/10.15406/jnhfe.2025.13.00378
2. Gupta, P. (2025). The physiological impact of meditation on sleep and stress: A clinical perspective. *World Journal of Yoga, Physical Therapy & Rehabilitation, 4*(3), 587. https://doi.org/10.33552/WJYPR.2025.04.000587
3. Gupta, P., & Ramanitharan, A. (2024). Fruits and vegetables in farmers' markets in different counties of Ohio: Educating communities on the value of holistic nutrition and health benefits. *Proceedings of the 65th Food Distribution Research Society Conference, Puerto Rico.*
4. Gupta, P., & Cieslak, D. (2022). Diabetes: Prevalence, causes, effects, physiology, and risk of cardiovascular diseases. *Journal of Cardiology & Current Research, 15*(2), 28–30. https://doi.org/10.15406/jccr.2022.15.00547
5. Desai, K., Gupta, P., Parikh, P., & Desai, A. (2021). Impact of virtual Heartfulness meditation program on stress, quality of sleep, and psychological well-being during the COVID-19 pandemic: A mixed-method study. *International Journal of Environmental Research and Public Health, 18*(21), 11114. https://doi.org/10.3390/ijerph182111114
6. Gupta, P., & Collins, M. (2020). Assessment of cardiovascular health, sleep habits, and diets among college students by utilizing public health screening tools. *Journal of Cardiology & Current Research, 13*(6), 140–148. https://doi.org/10.15406/jccr.2020.13.00493

7. Gupta, P., & Collins, M. (2020). Sleep habit/sleepiness questionnaires: A useful tool to identify correlation between sleep, academic performance and obesity promotion in improving health. *Current Developments in Nutrition, 4*(Suppl. 2), 1170.
8. Ivanov, T. R., Feng, Y., Wang, H., Regunathan, S., Reis, D. J., Chikkala, D. N., Gupta, P., Jones, J. C., & Piletz, J. E. (1998). Imidazoline receptor proteins are regulated in platelet-precursor MEG-01 cells by agonists and antagonists. *Journal of Psychiatric Research, 32*(2), 65–79. https://doi.org/10.1016/S0022-3956(98)00006-5
9. Singh, U. P., Ghosh, R., Ghosh, A. K., Singh, S. M., Sodhi, A., & Gupta, P. (1991). Antitumor activity of some synthesized transition metal complexes with 5-halogenated uracil both *in vivo* and *in vitro*. *Indian Journal of Cancer Chemotherapy, 13*, 45–52.
10. Gupta, K., Pandey, S. N., Gupta, P., Sodhi, A., & Singh, S. M. (1989). Synthesis of certain carbothioamides and diathiadiazolidines as potent antitumor agents. *Indian Journal of Cancer Chemotherapy, 11*(1), 9–20.
11. Gupta, P., & Sodhi, A. (1988). Effect of cisplatin on the release of lysozyme, plasminogen activator, leucine aminopeptidase, and β-hexosaminidase by murine peritoneal macrophages *in vitro*. *Indian Journal of Experimental Biology, 26*, 679–684.
12. Sodhi, A., & Gupta, P. (1988). Studies on pinocytosis and antigen presentation by murine peritoneal macrophages to T cells *in vitro* after cisplatin treatment. *Archivum Immunologiae et Therapiae Experimentalis, 36*, 315–323.
13. Sodhi, A., Gupta, P., & Singh, S. M. (1988). *In vivo* activation of murine peritoneal macrophages by intraperitoneal administration of cisplatin. *Archivum Immunologiae et Therapiae Experimentalis, 36*, 87–98.
14. Gupta, P., & Sodhi, A. (1987). Increased release of interleukin-1 in mouse peritoneal macrophages after cisplatin treatment *in vitro*. *International Journal of Immunopharmacology, 9*(3), 385–388. https://doi.org/10.1016/0192-0561(87)90065-8
15. Sodhi, A., & Gupta, P. (1986). Increased release of hydrogen peroxide and superoxide anion by murine peritoneal macrophages *in vitro* after cisplatin treatment. *International Journal of Immunopharmacology, 8*, 709–714.

II. Conference Presentations & Outreach

A. Student Presentations; Other Conference Presentations, Workshops, Outreach, and Exhibits

1. Gupta, P. (2025, May 5). *The importance of nutrigenomics in cardiovascular diseases* [Keynote presentation]. Cardiology World Conference, Central State University, USA.
2. Gupta, P., Ayasolla, K. R., Charles, S. R., & Munroe, S. R. (2026, July 27). *Precision obesity prevention using nutrigenomic biomarkers and bioelectrical impedance-derived metabolic phenotyping* [Oral presentation, OR20-07-26]. Dietary and Environmental Factors Associated with Gene Expression, Oral Session 20, NUTRITION 2026, Gaylord National Resort and Convention Center, National Harbor, MD, United States.
3. Gupta, P. (2026, November 5–6). Gene–lifestyle interactions and body composition analysis in personalized obesity prevention: A nutrigenomics approach. 18th Congress of the International Society of Nutrigenetics and Nutrigenomics, Kampar, Malaysia.

4. Gupta, P., Rajput, M., Thakur, N., Nelson, S., Kollie, E., Rolle, R., Charles, S., Munroe, S., & McIntosh, D. (2025, May 5). *Nutrigenomics: A pathway to optimal health and disease prevention* [Conference presentation]. ARDP Research Summit, Central State University, USA.
5. Hepburn, V., & Gupta, P. (2023, October 4). *Application of Cholestech: Assessment of cardiovascular risk factors linked to obesity and related health issues* [Student presentation]. Internships and Research Reviews, Central State University.
6. Rolle, R., & Gupta, P. (2023, October 4). *Body composition analysis: Air displacement plethysmography using BOD POD* [Student presentation]. Internships and Research Reviews, Central State University.
7. Kollie, E., & Gupta, P. (2023, October 4). *Assessment of body composition for obesity prevention using BIA technology* [Student presentation]. Internships and Research Reviews, Central State University.
8. Gupta, P., & Collins, M. (2020, May 30–June 2). *Sleep habits, academic performance, and obesity risk* [Poster presentation]. American Society for Nutrition Annual Meeting, NUTRITION 2020, Virtual.
9. Gupta, P. (2023, September 19). *Research, education, and extension display promoting nutrition and health programming* [Exhibit]. Farm Science Review, Booth 1030.
10. Gupta, P. (2023, September 15). *Childhood obesity and the role of community health workers* [Guest lecture, with A. Ramanitharan]. Community Health Workers Program.
11. Gupta, P. (2023, September 1). *Research connection radio program* [Radio broadcast]. WCSU FM.
12. Gupta, P. (2023, August 18). *Food as medicine* [Presentation]. Wellness Connection Forum, CSU Extension.
13. Gupta, P. (2023, August 15). *Food, nutrition, and health* [Virtual presentation]. CSU Extension.
14. Gupta, P. (2023, August 15). *CSU Extension Workshop: FCS Simply My Health Nutraceuticals* [Workshop presentation]. CSU Extension.
15. Gupta, P. (2023). *Obesity, overweight, and type 2 diabetes: Screening, prevention, and intervention with body fat analysis using BIA technology and a nutrigenomics approach* [Conference presentation]. CSU Land-Grant Open House, Central State University.
16. Gupta, P. (2022, July 31–August 4). *Simply My Food: Cooking with herbs and spices* [Workshop presentation]. 1890 System-Wide Conference: Positioning Extension for the Next Generation, Orlando, FL, United States.
17. Gupta, P. (2022, July 31–August 4). *Take control of your health: Learning to make healthy choices with the Diabetes Empowerment Education Program* [Conference presentation]. Association of Extension Administrators Conference, Orlando, FL, United States.
18. Gupta, P. (2020, February 2–3). *Diabetes management and prevention by self-care* [Conference presentation]. 51st Annual Meeting of the Southern Rural Sociological Association, Louisville, KY, United States.
19. Gupta, P. (2019, April 8–10). *Routine physical fitness and promotion of weight management for obesity prevention and body composition* [Conference presentation]. 12th Health Disparities Conference, New Orleans, LA, United States.

20. Gupta, P. (2018, April 5). *Body composition of Reserve Officers Training Corps (ROTC) cadets* [Presentation]. Presentation for U.S. Secretary of Agriculture Sonny Perdue, Central State University.
21. Gupta, D., Gaur, P., & Gupta, P. (2014, April 30–May 3). *Isolation and characterization of exotics from human sera of normal and clinical subjects* [Conference presentation]. International Society for Extracellular Vesicles, Rotterdam, Netherlands.
22. Gupta, P., & Shook, D. (2012, October 31–November 2). *Body composition measurement: Fat-free mass (FFM) and body fat mass (BFM) distribution among African American college student athletes* [Conference presentation]. Science of Eliminating Health Disparities Summit, United States.
23. Mathews, K., Winbush, G., Gupta, P., Shook, D., Winslow, K., & Krah, S. (2012, March 23). *A university college wellness initiative* [Conference presentation]. AABHE National Conference, Atlanta, GA, United States.
24. Gupta, P., & Shook, D. (2012, March 6–8). *Determination of body fat: A pilot study measuring body composition among college athletes at a historically Black college/university* [Conference presentation]. XULA-COP Fifth Health Disparities Conference, New Orleans, LA, United States.
25. Gupta, P., Shook, D., Winslow, K., Winbush, G., & colleagues. (2012, April 8–10). *Determination of body fat: A pilot study for measuring body composition among college athletes at a historically Black college and university* [Conference presentation]. Xavier University of Louisiana CMHDRE Fifth Health Disparities Conference, New Orleans, LA, United States.
26. Gupta, P., & Shook, D. (2012, April 3). *Use of air displacement plethysmography (BOD POD) and skin fold in the determination of body fat: A pilot study for measuring body composition among college athletes at Central State University* [Conference presentation]. Ohio Academy of Sciences 121st Meeting, United States.
27. Gupta, P., Shook, D., Winslow, K., Winbush, G., & colleagues. (2011, October 29–November 2). *An HBCU strategy for building a healthy campus community* [Poster presentation]. American Public Health Association (APHA) Annual Meeting, Washington, DC, United States.
28. Piletz, J. E., Gupta, P., & Halbreich, U. (1991, August 4–9). *Menstrual hormones and alpha-2 adrenoceptor-related binding sites* [Conference presentation]. 3rd IBRO World Congress of Neuroscience, Montreal, Canada.
29. Sodhi, A., Geetha, B., Gupta, P., & Singh, S. M. (1990, May 10–12). *Effect of cisplatin, LPS, MDP, and recombinant interferon gamma on murine macrophages in vitro* [Conference presentation]. International Endotoxin Society Annual Meeting, San Diego, CA, United States.
30. Kean, E. L., Gupta, P., & Lowder, E. (1990, April 29–May 4). *Binding of rhodopsin to retinal pigment epithelial cells* [Conference presentation]. Association for Research in Vision and Ophthalmology, Sarasota, FL, United States.
31. Gupta, P., Sodhi, A., & Gupta, D. (1989, November 26–30). *Activation of murine macrophages after cisplatin treatment in vitro* [Conference presentation]. 29th Annual Meeting of the American Society for Cell Biology, Houston, TX, United States.
32. Gupta, P. (1988). *Increased production of interleukin-1, hydrogen peroxide, superoxide anions, and increased capacity of antigen presentation and pinocytosis by murine*

macrophages in vitro after cisplatin treatment [Conference presentation]. 75th Session of the Indian National Science Academy, Pune, India.

33. Gupta, P., & Sodhi, A. (1988). *Biochemical studies on the in vitro activation of murine peritoneal macrophages by cisplatin* [Conference presentation]. Recent Trends in Immunology and Biochemistry Meeting, Ujjain, India.
34. Gupta, K., Pandey, S. N., Gupta, P., Sodhi, A., & Singh, S. M. (1988). *Antitumor activity of certain thiomides and thiodiazojidines* [Conference presentation]. 39th Indian Pharmaceutical Congress, Madras, India.
35. Gupta, P., Singh, S. M., & Sodhi, A. (1987). *In vitro activation of murine peritoneal macrophages by intraperitoneal cisplatin administration* [Conference presentation]. 11th All India Cell Biology Conference, New Delhi, India.
36. Singh, S. M., Gupta, P., & Sodhi, A. (1987). *In vitro activation of murine macrophages with cisplatin and their interaction with tumor cells* [Conference presentation]. 11th All India Cell Biology Conference, New Delhi, India.
37. Sodhi, A., Gupta, P., & Singh, S. M. (1986). *In vitro activation of murine macrophages with cisplatin and their interaction with tumor cells* [Conference presentation]. 3rd National Conference of the Indian Immunological Society, New Delhi, India.
38. Sodhi, A., Gupta, P., & Singh, S. M. (1986, March 3). *Release of tumor cytolytic factors and increased production of hydrogen peroxide and superoxide anion by murine macrophages in vitro after cisplatin treatment* [Conference presentation]. Indian Science Congress, New Delhi, India.