AN INITIATIVE OF

INDIAN SOCIETY OF CHRONOMEDICINE

CALL FOR APPLICATIONS

Prof. Om Kumari Gupta Young Researcher Seed Support Award

Supporting Young Minds | Advancing Research | Promoting Chronomedicine

An initiative of the Indian Society of Chronomedicine to encourage, recognise and support promising young researchers working in Chronobiology and Chronomedicine.

About the Initiative

Biological rhythms are fundamental to human health, physiology, behaviour and disease processes. Understanding the relationship between biological clocks, environmental cycles and health outcomes is opening new avenues in preventive, predictive and personalised healthcare.

The Indian Society of Chronomedicine is committed to promoting scientific research, nurturing young investigators and advancing the understanding and application of chronobiology and chronomedicine.

In this spirit, the Society introduces the **Prof. Om Kumari Gupta Young Researcher Seed Support Award**, a research support initiative designed to motivate young researchers and provide supplementary financial assistance to promising ongoing or proposed research activities in the field.

Innovative research often begins with a small idea, a focused investigation or an emerging line of scientific enquiry. The award seeks to provide encouragement and modest financial support to help researchers strengthen their work, generate meaningful findings and disseminate their research through scientific publications.

Objectives of the Award

- **Encourage young researchers:** Promote scientific curiosity and independent research among emerging investigators in chronobiology and chronomedicine.
- **Support innovative ideas:** Provide supplementary financial assistance for promising research activities, pilot investigations and focused studies.
- **Bridge the research-to-publication gap:** Encourage the systematic completion, documentation and publication of research findings.
- **Promote interdisciplinary research:** Support investigations connecting biological rhythms with physiology, nutrition, sleep, behaviour, mental health, metabolic health, disease prevention and clinical practice.
- **Build future research capacity:** Nurture a new generation of researchers contributing to the development and application of chronomedicine.

Areas of Research (not limited to)

1. Biological clocks, circadian rhythms and their regulation
2. Chronophysiology and chronobiology across the lifespan
3. Sleep, circadian disruption and health outcomes
4. Chrononutrition, meal timing and metabolic health
5. Chronomedicine and time-based approaches to disease prevention and management
6. Circadian rhythms in cardiovascular, endocrine and metabolic disorders
7. Biological rhythms, mental health, behaviour and cognitive performance
8. Environmental, occupational and social influences on biological rhythms
9. Chronotherapy, precision medicine and personalised healthcare
10. Translational and interdisciplinary applications of chronobiology

Eligibility

- Young researchers aged **38 years or below** on the date of application.
- Researchers currently pursuing or actively undertaking research in Chronobiology, Chronomedicine or related interdisciplinary areas.
- Applicants must hold a **student membership** of the Indian Society of Chronomedicine.
- Only **research students** are eligible: candidates must be **pursuing a PhD or doing a postdoctoral fellowship**.
- The proposed or ongoing research should demonstrate scientific relevance, feasibility and potential for meaningful outcomes.

Research Proposal Requirements

Interested candidates should submit a concise research proposal of **not more than 1,500 words, inclusive of an abstract of up to 500 words**. The proposal must clearly describe:

1. **Title of the research:** A concise and relevant title.
2. **Abstract:** Background, rationale, research question and anticipated outcomes.
3. **Objectives:** Specific and clearly defined research objectives.
4. **Scope and significance:** Scientific relevance, originality and potential contribution to chronobiology or chronomedicine.
5. **Methodology and current progress:** Brief description of the approach, methods and work already undertaken, wherever applicable.
6. **Sustainability and future potential:** How the research can be continued, expanded or translated into further scientific or practical applications.
7. **Expected outcomes:** Anticipated findings and their potential contribution to the field.
8. **Publication plan:** Proposed approach and timeline for communicating the findings through a scientific publication.

A brief description of the overall research project and the specific component for which support is sought should also be provided.

Financial Support

TOTAL SUPPORT

₹35,000

per selected researcher

STAGE 1 · ON SELECTION

₹20,000

Initial research support, upon selection and approval of the proposal.

STAGE 2 · ON PUBLICATION

₹15,000

Upon publication of the supported work in a recognised peer-reviewed journal, subject to verification.

The publication should acknowledge the support received from the Indian Society of Chronomedicine under the Prof. Om Kumari Gupta Young Researcher Seed Support Award.

IMPORTANT NOTE

This initiative is **not intended as a full-fledged research project grant or comprehensive research funding programme**. It is a modest, supplementary research encouragement initiative of the Indian Society of Chronomedicine.

The purpose is to recognise promising research efforts, provide catalytic financial assistance and motivate young investigators to pursue meaningful scientific work and bring their findings into the public scientific domain.

How to Apply

Interested and eligible researchers are invited to submit their research proposals along with:

- Brief academic profile / CV.
- Age proof and proof of ISCM student membership.
- Institutional affiliation and contact details.
- Research proposal (maximum 1,500 words, including abstract).

SUBMIT YOUR PROPOSAL TO

ischronomedicine@gmail.com

APPLICATION DEADLINE

31 December 2026

FOR ENQUIRIES

Dr Shipra Bhardwaj

www.iscm.org.in

SMALL IDEAS. MEANINGFUL DISCOVERIES. A HEALTHIER FUTURE.

Encouraging young researchers today to shape the science of tomorrow.