

I was born and brought up in Ludhiana District in Punjab. I did my B Sc (Medical) from Khalsa College for Women, Civil lines in 1985 and gained merit list position (25<sup>th</sup>) in Punjab University Chandigarh. After doing my Masters in Microbiology (Medical), from PAU Ludhiana in Collaboration with DMCH, Ludhiana, I joined PGIMER, Chandigarh in 1989, Here, I got one in life time opportunity to work as a junior research fellow and as a PhD researcher, under the guidance and supervision of India's two world renowned Eminent Scientists and true noble gentlemen Prof NK Ganguly and Prof BNS Walia. My doctoral study delineated previously unknown biochemical/ intracellular pathways involved in the pathogenesis of *Campylobacter jejuni*-induced diarrhoea. I received nationally competitive CSIR Senior Research Fellowship and Research Associateship awards in 1993 and 1995 respectively. I have published seven articles in peer-reviewed journals from India. I have career interruption for 2 years due to family reasons (birth of two kids) and migration to New Zealand in 1997.

In January 1999, I joined as a full-time post-doctoral research fellow in the research group of A/Professor GW Krissansen, Division of Molecular Medicine, Faculty of Medicine and Health Sciences, University of Auckland. From 2005-2006, I worked as a Senior Research Fellow/ senior scientist for LactoPharma Consortium based in the Auckland university. Most of my research publications both as a first author and co-author have been published in highly ranked, peer-reviewed international journals. I also gained skills in delivering industry oriented research and am a key inventor in recent patent applications (4 international PCTs) on devising treatments for chronic inflammatory diseases. Although I worked as a full time researcher till date, I have also contributed to Biomedical teaching. In India, I have successfully passed the National University Grants Commission (UGC) exam for Lectureship fellowship award in 1990. I have mentored junior researchers and staff and provided guidance in the form of research project supervision and thesis to a number of B Tech students, Masters Students, summer students and PhD students.

I am presently employed as a research fellow grade B (since 2006) and working in the Laboratory of Immunology and Molecular Biomedical Research (LIMBR) at BioDeakin/ITRI with a research focus on combining nanomedicinal approaches with basic cell biology and immunology research, to devise diagnostics and therapeutics for cancer (angiogenesis, metastasis) and chronic inflammatory disease (atherosclerosis, asthma and osteoarthritis).