

## CURRICULUM VITAE

### GENERAL INFORMATION

<b>Name in Block Letters</b>	SANDEEP SINGH
<b>Father's Name/Mother's Name</b>	S. Gunwant Singh/ Ranjit Kour
<b>Department</b>	Department of Physiotherapy
<b>Faculty</b>	Faculty of Medicine University Punjabi University, Patiala, Punjab
<b>Date of Birth</b>	24.10.1976,
<b>Current Designation</b>	Assistant Professor
<b>Marital Status</b>	Married
<b>Nationality</b>	Indian
<b>Address for correspondence (with Pin code)</b>	Deptt. Physiotherapy, Punjabi University, Patiala. 147002
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<b>Email:</b>	sandyraina24@gmail.com

### ACADEMIC / PROFESSIONAL QUALIFICATIONS

Examination	Name of the Board/University	Year of Passing	Marks obtained Division	Class/Grade
<b>Matric</b>	J&K State Board of School Education	1993	639/850 75.2%	Distinction
<b>Intermediate</b>	J&K State Board of School Education	1995	385/600 64.2%	1 st Division
<b>B.P.T.(Bachelor in Physiotherapy)</b>	Rajiv Gandhi University of Health Sciences, Karnataka.	2002	1900/3000 63.3%	1 st Division
<b>Master in Physiotherapy (M.P.T) in Neurology</b>	H.N.B.Garhwal University, Srinagar, Uttarakhand	2004	717/1100 65.2%	1 st Division
<b>Ph.D in Physiotherapy (Faculty of Medicine)</b>	Punjabi University, Patiala, Punjab	2017		

### **EMPLOYMENT HISTORY:**

- 1) 12-10-2006 to Till Date:** Working as Assistant Professor in Department of Physiotherapy, Punjabi University Patiala.
- 2) 11 Oct 2005 to 12 Oct 2006:** Worked as Lecturer (ad hoc) in Department of Physiotherapy, Punjabi University Patiala.
- 3) 21 June 2004-Oct 2005:** Worked as Lecturer in Adesh College of Physiotherapy with attached 350 bedded Multispecialty Hospital, Muktsar.

### **FIELD OF SPECIALIZATION**

- 1) Neurological Physiotherapy, 2) Neurophysiology 3) Electrotherapy, 4) Biomechanics

### **ADDITIONAL PROFESSIONAL SPECIALIZED COURSES ATTENDED**

- 1) 10 Days Certificate course in "Basic concepts of Musculo- Skeletal Manipulative Therapy" (G.D. Maitland's concept) by Dr. G.C. Ananda Jotyhi M.P.T. (Australia) at Sardar Bhagwan Singh P.G. Institute of Biomedical Sciences & Research, Balawala, Dehradun-248 161 (UA) India
- 2) 1-days (16-Hours) CME on Role of Physiotherapy in Management of C.P. Child on 5 Feb 2006 by Dr. PK Prabhakar, (IPH Delhi) at St. Soldier College Of Physiotherapy, Jalandhar (PB).
- 3) 2-days (16-Hours) workshop on Combining NDT and SI Principles in Management of Child with Cerebral Palsy on 4-5 Oct 2007 Organised by Deptt of Physiotherapy, Punjabi University, Patiala

- 4) 1-days (16-Hours) workshop Technique of Taping and Bracing organised by Department of Physiotherapy, Punjabi University Patiala on Oct. 2007.
- 5) 1-days (8-Hours) workshop on Cardiopulmonary Resuscitation & First Aid Management by Emergency care unit, Apollo Hospital, Ludhiana (PB) organised by Department of Physiotherapy, Punjabi University Patiala on 05 Oct. 2008.
- 6) 2-days (16-Hours) workshop on Prosthetics and Orthotics organized by Department of Physiotherapy, 18-19 Feb, 2009.
- 7) 2-days (16-Hours) CME on "Neural Tissue Mobilization: Concept and techniques" organised by Department of Physiotherapy, Punjabi University Patiala on 14-15 Nov 2009.
- 8) 1 day Workshop on "Practical Aspects on the Importance of Patents in Research (PAIPR2013)" on 12-02-2013. organized by IPR-Cell Punjabi University Patiala & PSCST Chandigarh.
- 9) One day CME on "New generation total knee replacement and post surgical rehabilitation" organized by Department of Physiotherapy, Punjabi University Patiala in collaboration with Max.Elite Institute of Orthopaedics & Rehabilitation on 8 th Feb 2014.
- 10) One day CME on "Management of Painful Hip" organized by Department of Physiotherapy, Punjabi University Patiala in collaboration with Fortis Hospital, Mohali on 11th Sep 2015
- 11) One day CME on "Recent Advances in Surgery and Rehabilitation protocols of Arthroplasty and Arthroscopic Procedures" organized by Fortis Hospital. Ludhiana on 4<sup>th</sup> September, 2016
- 12) One day workshop on "New Age Teaching: Teachers Need to Unlearn" organized by Internal Quality Assurance Cell (IQAC) Punjabi University, Patiala 22Feb, 2018

#### **FACULTY ADVANCEMENT COURSES**

1. Attended & successfully completed UGC-Sponsored Orientation Programme on '*Higher and Distance Education*' conducted by Academic Staff College, Punjabi University Patiala. 04-Jan to 10-Feb (2010)
2. Attended & successfully completed UGC-Sponsored Refresher Course in the subject of '*Environmental Studies (ID)*' conducted by Academic Staff College, Punjabi University, Patiala from 07-11-11 to 26-11-2011
3. 3 days UGC sponsored Workshop on *Research Supervision* organised by Academic Staff College Punjabi University, Patiala from 12-14 Sept-2011
4. 7 days workshop on "*Gender sensitisation: Issues and challenges*" organised by Women's study center, Punjabi University, Patiala from 26-2-15 to 4-3-15, 2015
5. 7 days Faculty Development Program on "*Psychosocial Issues in Work Environment*" organized by Deptt. Distance Education, Punjabi University, Patiala, 27<sup>th</sup> Sep - 3<sup>rd</sup> Oct 2016.
6. Attended & successfully completed UGC-Sponsored Refresher Course in the subject of '*Professional Courses*' conducted by Academic Staff College, Punjabi University, Patiala from 23-05-16 to 11-06-2016
7. Completed MOOCs based 5 weeks (3<sup>rd</sup> July 2018-30<sup>th</sup> Sept 2018) online course on *Physiotherapy Management of Spinal Cord Injuries* conducted by International Spinal Cord Society.
8. UGC sponsored short term course on "Research Methodology" held at UGC-Human Resource Development Centre, Punjabi University, Patiala, from 20-08-2019 to 27-08-2019
9. Attended National Faculty Development Programme (FDP) on "*Research Methodology*" 2021. Government College for Girls, Ludhiana, from 15th-20th March,

10. Participated in online 7-Day Faculty Development Program (FDP) On *Research Methodology* organised by Department Of Management, S. D. College, Hoshiarpur from 6<sup>th</sup> to 12<sup>th</sup> June 2021.
11. Attended webinar on '*Know About Plagiarism Detection Tools (Ouriginal and Shodhmapak)*' under Capacity Building Program organized through Online Mode on 06-08-2021

## **RESEARCH WORK**

### **A: Papers Presentation :-**

- 1) Sandeep Singh “ *Role of Physiotherapy in Neurological Disorders.*” in National Seminar on Role of Physiotherapy in Health Care Delivery: Need & Reality ( 22-23 January 2011) by Deptt. Physiotherapy, Punjabi University
- 2) Participated and presented paper entitled “*Teaching of Management Skills to Physiotherapists*” in National Seminar on “Methodology of Physiotherapy Education: Issues & Challenges” on 24th -25th March 2012’ by Deptt. Physiotherapy, Punjabi University
- 3) Participated and presented paper entitled “*The Effects of Effleurage and Kneading massage on motoneuronal excitability in neurologically healthy adults*” was presented in 50th Annual National Conference of Indian Association of Physiotherapists at Dehli on 16th March 2012.
- 4) Participated and presented paper “*Statistics of Falls in Elderly*” in UGC Sponsored National seminar on Role of Statistic in Physiotherapy, Nov 25-27, 2010.
- 5) Participated and presented paper “*Efficacy of TENS in Back Pain.*” National seminar on “Recent Trends in Back Pain Management” on 08-09-2012, at PGIMER, Chandigarh.
- 6) Participated and presented paper entitled "*Depression in Women:A Cause of Concern* ” in International Conference on Women,Peace and Security held at Punjabi University, Patiala on 26-27 October-2012
- 7) Participated and presented paper entitled “ *Effect of three different types massage on alpha motoneuronal Excitability in Healthy Adults*” in International Conference on Futuristic Trends In Physical Education, (ICFTPE), Jan 24-26, 2013
- 8) Participated and presented paper entitled "*Role of Physiotherapy in women 's health*” in International Conference on Women & Development organized by women’s study centre held at Punjabi University, Patiala on 22-23 November -2013.
- 9) Participated and presented paper entitled "*Constraints to healthcare Access for Indian women*” in International Conference on Promoting Excellence In Women & Development: The Way Forward For Progress organized by women’s study centre held at Punjabi University, Patiala on 30--31 OCTOBER-2014
- 10) Participated and presented paper entitled “*Effect of Training Turning Activity along with Cognitive Task on the Balance Performance of Elderly Individuals*” in 18th Punjab Science Congress at Desh Bhagat University, Mandi Gobindgarh, Punjab ( 7th To 9th Feb-2015)
- 11) Participated and presented paper entitled “ *Electrophysiologic Measurement of Spasticity Changes Induced by Two Different Duration of Ice Immersion*” 53rd Annual National Conference of Indian Association of Physiotherapists at Shimla on 21-22 March 2015

- 12) Presented paper in National Physiotherapy Conference (*KASHCON-2017*) organized by Indian Association of Physiotherapists. J & K Branch held at Srinagar, Kashmir on 4<sup>th</sup> March 2017.

## **B. Publications**

- 1) Sandeep Singh.(2006). Chronic lateral elbow pain with nerve entrapment- An Advanced Physiotherapeutic Approach. *Journal of Exercise Science and Physiotherapy*, Vol.2: 100- 101
- 2) PankajPreet Singh, Supreet Bindra, **Sandeep Singh**, Rohit Aggarwal, (2012) Effect of Nerve Mobilization on Vibration Perception Threshold in Diabetic Peripheral Neuropathy . *Vol. 6, No. 3, 195-2012 Indian Journal of Physiotherapy & Occupational Therapy*
- 3) **Singh Sandeep** , Singh Sonia (2012) Effect of Ageing on Posture in Women. Proceedings of International conference on Mainstreaming gender issues and challenges. **p-463-468**.
- 4) **Singh S** and Sinha AGK. 2014. Comparison of Effect of Six Minutes of Effleurage and Kneading Massage on Alpha Motoneuronal Excitability in Normal Healthy Individuals. *Human Biology Review*, 3 (4), 275-281.
- 5) Tanu Khanna, **Sandeep Singh** (2014) Effect of Gaze Stability Exercises on Balance in Elderly. *Journal of Dental and Medical Sciences, e-ISSN: 2279-0853, p-ISSN: 2279-0861. Volume 13, Issue 9 Ver. 1 (Sep. 2014), PP 41-48 DOI:10.9790/0853-13914148*
- 6) Jagriti Sharma, Sandeep Singh (2015) Effect of Training Turning Activity along with Cognitive Task on Balance Performance of Elderly Individuals., *Journal of The Indian Academy of Geriatric*,; 11:23-28. ISSN: 09742484
- 7) **Sandeep Singh**, Vinny Grover, Sonia Singh (2015) Effect of Neural Mobilization and PNF Stretching on Hamstring Flexibility in Working women. *International Journal of Health Sciences and Research*, 5(8), 361-368.
- 8) Jaspreet Kaur and **Sandeep Singh**(2016) Neuromusculoskeletal Problems of Upper Extremities in Musicians-A Literature Review. *International Journal of Therapies and Rehabilitation Research* 5.(2): 14.
- 9) **Sandeep Singh** and Ambika Mehta (2015), Effect of Concomitant Use of PNF Stretching with Thermotherapy and Massage on Plantar Flexors Flexibility in Young Females. *International Journal of Health and Rehabilitation Sciences*,4(2).pp 84-94. DOI:10.5455/ijhrs.000000078
- 10) **Sandeep Singh**, Nanky Bhalla, Ambika Mehta (2015)Benefits of Physiotherapy in Rett's Syndrome (A Rare Neurodevelopmental Condition). *International Journal of Therapies and Rehabilitation Research*, Volume 4; Doi:10.5455/Ijtrr.000000093
- 11) Sonia Singh, Ravneet Kaur, **Sandeep Singh** (2015) Relationship of Parity and Health Related Quality of Life among Women. *Human Biology Review*, 4(2), 159-166.
- 12) **Sandeep Singh and Sukhpreet Kaur** (2015). Study of Motor Nerve Conduction Velocities of Upper Extremity in the Female Archers. *Int J Phys Educ Sports Health*, 1, 31-33.\

- 13) Alka Handa, Tanu Khanna, **Sandeep Singh**(2016) Comparison of Individual and combined effects of Ankle Strengthening and proprioception Training on Balance Performance in Elderly Women, *Journal of Nursing and Health Sciences*5(1)
- 14) Kumar, S., Singh, A. K., and **Singh, Sandeep.**( 2017) The Effectiveness of Physiotherapy Approaches in Patients with Parkinsonism Disease: A Literature.,*International Journal of Health Sciences & Research*) Vol.7; Issue383:
- 15) Ankana Kumari and **Sandeep Singh (2018)** Effects of vestibular stimulation techniques on gross motor function of children with cerebral palsy- A Systematic Review. *International Journal of Scientific Research and Reviews.* 7(4),452-459 ISSN:2279-0543
- 16) **Sandeep Singh**,(2019) Physiotherapeutic pain relief mechanisms, *Proceedings of national conference on 'Counteracting Pain Through Physiotherapy*, Deptt.physiotherapy, SGGSWU, Fatehgarh Sahib, Punjab
- 17) **Sandeep Singh**, Honey Goel, Sonia SinghAshok Kumar Tiwary (2020) Understanding COVID-19: origin, symptoms and current treatment guidelines. *Journal of Indian Association of Physiotherapists* 14 (1), 5-5
- 18) Roshan Lal Meena, Tarun Kumat, **Sandeep Singh** (2022) Physical therapy in hemiplegic shoulder:A systematic review. *Journal of Clinical and diagnostic research*
- 19) Navjot Kaur and **Sandeep Singh.** (2022). Role of Physiotherapy in managing type 2 diabetes mellitus: A systematic review. *Journal of Diabetology*, 13(3), 210-226.
- 20) Gaurav Kapoor, Sandeep Singh, Priya Chauhan, Aksh Chahal, A Gugnani(2022) Yoga in Arterial Stiffness: A Review, *Journal of Health Science and Medical Research* 40 (5), 599-606
- 21) Kapoor, G., Swaroop, A.,**Singh, Sandeep.** (2022). Impact of acute and chronic regular exercise on arterial stiffness and reflection measures in coronary artery disease patients: A Protocol for Randomized Clinical Trial. *Cardiovascular Therapy and Prevention*, 21(10), 3362.
- 22) **Sandeep Singh**, Jagmeet Kaur, Rupinder Kaur(2023), Effect of training turning activities along with cognitive task on balance and gait performance of chronic stroke survivors, proceedings of 4th National Research Scholars Meet-2023 "Evolving Trends and Challenges in Multidisciplinary Research 16th-17th March, 2023 ISBN-1-929890,**p143-147**
- 23) **Sandeep Singh**, Arshdeep Kaur, Aakriti Jain (2023), The effect of music on anxiety, motor skills and cognition in music learners and non learners, in proceedings of 4th National Research Scholars Meet-2023 "Evolving Trends and Challenges in Multidisciplinary Research 16th-17th March, 2023: ISBN-1-929890, **p152-157**
- 24) **Sandeep Singh** Shanika Sharma,Simranpreet Kaur, Efficacy of neural mobilization plus balance-gait training on balance and gait functions of individuals with subclinical diabetic neuropathy, in proceedings of 4th National Research Scholars Meet-2023 "Evolving Trends and Challenges in Multidisciplinary Research 16th-17th March, 2023: ISBN-1-929890, **p137-142**

Three Chapters published in Part II of book “*Physiotherapy in Health Care: Need and the Reality*” in section *Physiotherapy in Neurological Conditions*, ISBN: 978- 81-302-0133-7

- 25) Mithilesh Kumar, **Sandeep Singh**, Jayaraman. G. **Physiotherapy in Hemiplegia. An Overview**”. **p- 194**, *Physiotherapy in Health Care : Need and The Reality* (Ed) Sinha A G K, Kumar M , Singh S, 978-81-302-0133-7

- 26) **Sandeep Singh**, Sofia Bharti. Role of Physiotherapy in Diabetic Neuropathy” p-198, *Physiotherapy in Health Care : Need and The Reality* (Ed) Sinha A G K, Kumar M , Singh S, 978-81-302-0133-7
- 27) Simrat Kaur, **Sandeep Singh**. “**Role of Physiotherapy in Parkinsonism**” ” p-203, *Physiotherapy in Health Care : Need and The Reality* (Ed) Sinha A G K, Kumar M , Singh S, 978-81-302-0133-7
- 28) **Co-Edited Book** on proceedings of UGC sponsored National Seminar organized by Deptt. Physiotherapy, Punjabi University on 22-23 January 2011 in form of book “**Physiotherapy in Health Care: Need and the Reality**” ISBN: 978-81-302-0133-7
- 29) Co-Authored book ‘ Effect of Vertical Stimulation on Gross Motor Function of Cerebral Palsy’ ISBN 978-61-399-4630-3.

### **C: Post Graduate Research Supervisions:**

- 1) Efficacy of Different Balance Training Programs Using Swiss Ball, Wobble Board, Regular Flat Surface Exercises in Improving Balance in Elderly.( **Ruchi Sawhney 2009**)
- 2) Effect of Nerve Mobilisation on Vibration Perception Threshold in Diabetic Peripheral Neuropathy
- 3) (**Pankajpreet Singh 2009**)
- 4) Effect of Transcutaneous Electrical Nerve Stimulation and Neuromuscular Electrical Stimulation on H-Reflex Amplitude in Healthy Individuals.(**Nandita 2009**).
- 5) Effect of Cervical Traction and Nerve Mobilisation on Strength of Hand Grip in Cervical Radiculopathy. (**Harpreet Singh Dhindsa ,2010**)
- 6) Efficacy of Kneading Brushing and Stretching on H Reflex. ( **Maninder Kaur, 2010**)
- 7) Effect of static stretching, kneading and PNF stretching on alpha motoneuron excitability in normal subjects ( **Simrat Kaur, 2011**)
- 8) Study to compare the effects of combination of MFR technique plus SWD vs Transverse Friction massage plus MWD on pain and cervical ROM( **Pawanpreet Kaur,2011**)
- 9) Study to investigate the effect of various factors on Balance and Gait in individuals with Type 2 Diabetes Mellitus ( **Sofia Bharti. 2011**)
- 10) Effect of Kneading, Effleurage and Wringing Massage on Alpha Motoneuronal Excitability in Healthy Adults. ( **Mansukh,2012**)
- 11) Effect of Gaze Stability Exercises on Balance in Elderly( **Tanu Khanna,2012**)
- 12) Quality of Life of Individuals with Traumatic Paraplegia in Punjab.(**Parneet Bedi 2012**)
- 13) Comparing the Effectiveness of Ankle Strengthening and Proprioception Training on Balance Performance in Elderly Women. (**Alka Handa.2012**)
- 14) Effect of Superficial Stroking on Alpha Motoneuronal Excitability in Healthy Individuals.( **Amber Dabra 2013**)
- 15) Awareness about the role of Physiotherapy in Stroke management among Physicians of Patiala City (**Manijot, 2013**)
- 16) Effect of Cognitive Training on Balance and Gait Performances in Elderly Diabetic Individuals (**Milky 2013**)
- 17) Effect of Training Turning Activity along with Cognitive Task on Balance Performance of Elderly Individuals.(**Jagruti 2013**)
- 18) A Comparison of Effect of Cryotherapy and Thermotherapy on H-Reflex in Post-Stroke Patients.(**Kavita 2014**)
- 19) Effect of Neural Mobilization and PNF Stretching on Hamstring Flexibility in Working Women (**Vinny,2014**)
- 20) Comparison of Effect of Brushing the Skin Overlying Agonist and Antagonist on Motoneuronal Excitability of Triceps Surae in Hemiplegics. (**Aarohi,2014**)

- 21) Effect of thermotherapy, PNF stretching and massage on plantar flexibility in young females (**Ambika. 2015**)
- 22) Study of motor nerve conduction velocities of upper extremity in the female archers.(**Sukhpreet.2015**)
- 23) Efficacy of core stability exercise and spinal traction on pain, mobility, disability, facet joint space and intervertebral disc space in chronic low back ache” (**Richa Sood.2015**)
- 24) The efficacy of proprioceptive neuromuscular facilitation- contract relax antagonist contract(PNF-CRAC) with Ruddy’s pulsed muscle energy technique(PMET) in upper trapezius tightness in females (**Jashandeep Kaur.2016**)
- 25) Study on nerve conduction velocities of upper extremities in musicians playing different hand instruments(**Jaspreet Kaur.2016**)
- 26) Correlation of body composition with trunk muscle strength and endurance in female university students (**Akshara Gupta.2016**)
- 27) Efficacy of Ankle Joint Taping and Ankle Muscles Strengthening plus Proprioception Training in Chronic Ankle Instability in Kathak Dancers (**Renuka,2017**)
- 28) Evaluation of balance and fall risks in women in different time intervals of their postpartum period" **Vishavdeep Kaur, 2017**)
- 29) Effect of training turning activities along with cognitive task on balance and gait performance of chronic stroke survivors" (**Jagmeet Kaur, 2017**)
- 30) Effect of vertical vestibular stimulation on gross motor functions in children with cerebral palsy(**Ankana Kumari 2018**)
- 31) Comparison of modified constraint induced movement therapy and task oriented mirror therapy on hand function in stroke survivors (**Franky,2018**)
- 32) The effect of music on anxiety, motor skills and cognition in music learners and non learners(**Arshdeep Kaur.2019**)
- 33) Evaluation of balance and gait pattern in postmenopausal women (**Ankita 2019**)
- 34) Efficacy of neural mobilization plus balance-gait training on balance and gait functions of individuals with subclinical diabetic neuropathy (**Shanika Sharma,2020**)
- 35) Study of motor nerve conduction velocities of upper extremities in shooters (**Kundan 2020**)
- 36) Concomitant effects of mental practice and modified constraint induced movement therapy on hand function of stroke survivors. (**Shriraam. S, 2020**)
- 37) Efficacy of myofascial release and muscle energy technique in managing acute trismus and pain after dental surgery (**Diksha Saini,2021**)
- 38) Role of physiotherapy in managing type 1 diabetes mellitus: a systematic review (**Navjot Kaur,2021**)
- 39) Role of physiotherapy in facilitating recovery of covid-19 patients in post acute phase: systematic review. (**Aishwarya Sahu,2021**)
- 40) Effect of music on mood disorders of elderly: a systematic review (**Sukhmanjot Kaur,2021**)
- 41) Efficacy of pelvic pnf strengthening in conjunction with transcutaneous electrical nerve stimulation on primary dysmenorrhoea (**Harmandeep Kaur, 2022**)
- 42) Comparison of Back muscle endurance and Lumbar flexibility of cross-legged floor sitters and chair sitters" (**Anchal Pandita,2022**)
- 43) Effectiveness of Dexterity mobile application on hand function in sub- acute stroke survivors (**Upasana Sharma. 2022**).
- 44) Effect of Motor Imagery on Post-Stroke Fatigue and Quality of Life in Stroke Survivors (**Gaganpreet Kaur, 2022**)
- 45) Combine effect of transcutaneous vagus nerve stimulation and calisthenics on insomnia (**Himanshu Arora, 2023**)
- 46) Effectiveness of progressive muscle relaxation and music therapy on hypertension (**Rupinder Kaur, 2023**)

- 47) Combined effect of neck specific exercises and tens on neck pain and headache symptoms of female migraineurs (**Prabhjot, 2023**)
- 48) Effect of kinesiotaping and modified cervical exercises on smartphone users with forward head posture(**Akriti Jain 2023**)

**D. Three Ph.D candidates have been registered under my supervision**

- 1) Relevance of proximal strength deficits and efficacy of structured training program on knee osteoarthritis (**Tarun Kumar, March, 2020**)
- 2) Investigation of functional electrical stimulation on electrophysiological changes in upper extremity from functional perspectives among individuals with hemiparesis (**Roshan Meena, Dec-2021**).
- 3) Comparison of synchronous and asynchronous tele rehabilitation for individuals with parkinson's disease at a tertiary care centre(**Shiv Priya, April, 2023**)

**PROFESSIONAL AND ACADEMIC CONTRIBUTIONS/ ACTIVITIES**

**A. Workshop Conducted as RESOURCE PERSON:**

- 1) **Resource person for hands-on workshop on “Taping Techniques in Muculoskeletal Injuries”** in National Conference on “Opportunities & Challenges in Phy.Edu. Deptt. Physical.Edu, Punjabi University, Patiala 10-11 Feb.2009.
- 2) **Resource person for hands-on workshop on “Tapping & Wrapping Techniques”** for students of department of Physiotherapy Punjabi University 16th April 2011.
- 3) **Resource person for hands-on workshop on Pre-conference physiotherapy workshop on “Taping Techniques”** held on 7th & 8th Dec-2011 KLE University Institute of Physiotherapy, Belgaum, Karnataka, India.
- 4) **Resource person for hands-on workshop on ‘Stroke rehabilitation’** at Deptt of Physiotherapy, Lyallpur Khalsa College Jalandhar in Feb 2019.
- 5) **Resource person for Workshop workshop on ‘Stroke Management’** at Deptt of Physiotherapy, Guru Granth Sahib World University. Fatehgarh Sahib , 18<sup>th</sup> April 2019
- 6) **Resource person for workshop on ‘Training body mechanics and ergonomics’** for NSS volunteers cadets at Punjabi University 18 March 2019

**B. AS a GUEST / INVITED SPEAKER**

- 1) **Invited speaker** in a seminar “ *Highlighting the Role and Scope of Physiotherapy Services*” on occasion of World Physiotherapy Day Celebrations organized by Gian Sagar College of Physiotherapy , Banur, Punjab on 8<sup>th</sup> Sep-2014.
- 2) As **Guest Speaker** delivered the scientific talk in *Multidisciplinary Healthcare Conference AIIMS 2016*, held at AIIMS, New Delhi on 2<sup>nd</sup> -8<sup>th</sup> Nov.2018.
- 3) As **Guest Speaker** delivered the lecture “ *Evidence Based Guidelines for Rehabilitation of Patients with Stroke* ’ at 55<sup>th</sup> Annual National Conference of Indian Association of Physiotherapists at Ranchi, 3<sup>rd</sup> -5<sup>th</sup> Feb. 2017



- 4) As **Guest Speaker** delivered the lecture “ *Reducing Burden of Diseases through Physiotherapy*” in National Physiotherapy Conference at Swami Rama Himalayan University, Jolly Grant, Dehradun (Uttarakhand) 6<sup>th</sup>-7<sup>th</sup> April, 2018
- 5) As **Guest Speaker** delivered the lecture “*Physiotherapy in Alleviating Burden of Neurological Disorders*” in National Physiotherapy Conference 2018 ‘**Counteracting Non-Communicable Diseases through Physiotherapy**’ organized by Deptt. Physiotherapy, Punjabi University, Patiala on 9<sup>th</sup> – 10<sup>th</sup> March 2018
- 6) As **Guest Speaker** delivered the scientific talk “ *Understanding Pain Relieving Mechanisms*” in **Physiocon Chandigarh 2017** in 4<sup>th</sup> Annual National Conference of Indian Association of Physiotherapists, Chandigarh Branch, at Panjab University on 11<sup>th</sup> -12<sup>th</sup> Nov. 2017.
- 7) Invited as Guest of Honour at International Conference of Sports Physiotherapy (SPORTS ACCORD) at IGMC, Shimla, India on 5<sup>th</sup>-6<sup>th</sup> Jan. 2019.
- 8) As **Guest Speaker** delivered the scientific talk “ *Research based Guidelines for Physiotherapy Management of Stroke Survivors*” in Annual National Conference of All India Association of Physiotherapists (**Physiocon-2019**) at **Kanpur 9<sup>th</sup> -10<sup>th</sup> Feb.2019.**
- 9) As **Guest Speaker** delivered the lecturer “ *Physiotherapeutic Pain Relief Mechanisms*” in National Physiotherapy Conference (**Physio-Unity**) organized by Rehabilitation and Physiotherapy Practitioner Association , Bareilly(U.P.) on 28<sup>th</sup> July 2019.
- 10) As **Guest Speaker** delivered the lecturer “ *Counteracting Pain through Physiotherapy*’ in National Conference organized by Deptt. Physiotherapy ,Guru Granth Sahib World University, Fatehgarh Sahib, Punjab on 17<sup>th</sup> Oct.2019.
- 11) As **Guest Speaker** National E-Conference on ‘Best Practices and Recent Advancement in Physiotherapy’ organized by Ravi Nair Physiotherapy College, Datta Meghe University of Medical Sciences (Deemed to be University), Wardha, Maharashtra on 11<sup>th</sup> November 2020
- 12) Delivered **Expert Talk** in the live webinar on "*Entangling knots of pain: From origin to relief*" organized by Deptt. Physiotherapy, Faculty of Allied Health Sciences, Manav Rachna International Institute Of Research and Studies 29<sup>th</sup> July, 2020
- 13) Delivered **Invited Talk** in Continuing Physiotherapy Education (CPE) program on topic: ‘*Overview & Importance of EMG & NCV for Physiotherapists*’ organized by Deptt. Physiotherapy, Chandigarh University, 10<sup>th</sup> May, 2021
- 14) **Keynote Speaker** for 1st International Research E-Con 2021 organized by Indian Clinical Research Association (ICRA) and My Rehab Academy (INDIA), on 28-29 Aug 2021.
- 15) **Guest Speaker** for webinar on the topic "*Formulating Research Question*" organized by Florence College of Physiotherapy, Bangalore held on 8th May, 2021
- 16) Acted as **Judge** in Debate Competition on 24th February during Science Week Festival-*Vigyan Sarvatra Pujyate* (22-28 February 2022) celebrated by Ministry of Culture, Govt. of India in association with Vigyan Prasar, Department of Science and Technology, Govt. of India hosted by Department of Biotechnology, Punjabi University, Patiala and PSCST, Chandigarh

- 17) **Resource Person** for the workshop conducted under the Institute Innovation Council on the topic *Recent Advances in Rehabilitation for Parkinson's Disease*, on World Parkinson's Day, 11<sup>th</sup> April 2022 organized by Department of Physiotherapy, Chitkara School of Health Sciences
- 18) **Key Speaker** in six day Online Faculty Development Program(FDP) on "Clinical Research and Quality Research Paper Writing" organized by University Institute of Allied Health Sciences, Chandigarh University held from 1<sup>st</sup>- to 6<sup>th</sup> August, 2022
- 19) Delivered **Invited Special Lecture on ' Universal Life Skills: Ergonomics and Body Mechanics in Daily Living Activities'** Universal Human Values Cell in collaboration with the Dept of Social Work, Punjabi University, Patiala,
- 20) **Keynote Speaker** at 1st International Conference on Advances of Physiotherapy and Rehabilitation (AIPR-22) with theme '*Coalescence of Innovation & Entrepreneurship in Allied Health Sciences and Physiotherapy*'.held at Chitkara University, by Deptt.Physiotherapy 16<sup>th</sup> -18<sup>th</sup> November 2022,

### C: SCIENTIFIC SESSION CHAIRED:

1. At 2<sup>nd</sup> Annual Conference of Indian Association of Physiotherapists. Chandigarh Branch from 3<sup>rd</sup> -4<sup>th</sup> Dec-2011.
2. Chaired the two sessions in UGC sponsored National Seminar on *Role of Physiotherapy in Health Care Delivery: Need & Reality* ( 22-23 January 2011)
3. Chaired the scientific session in UGC sponsored National Seminar on "*Methodology of Physiotherapy Education: Issues & Challenges*" 24<sup>th</sup>-25<sup>th</sup> March 2012' by Deptt. Physiotherapy, Punjabi University
4. National seminar on "*Recent Trends in Back Pain Management*" on 08-09-2012, at PGIMER, Chandigarh.
5. chairperson – '*Priority Physio-Connect Programme 2016*' organized jointly by Indian Association of Physiotherapists and Fortis Hospital at Ludhiana on 4<sup>th</sup> September,2016
6. Chaired the scientific session '*Pain Management ,Treatment and Rehabilitation*' in *Multidisciplinary Healthcare Conference AIIMS 2016*, held at AIIMS,New Delhi on 2<sup>nd</sup> -8<sup>th</sup> Nov.2018.
7. Chaired the scientific session '*Cancer as Non-Communicable Disease*' '' in National Physiotherapy Conference 2018 '*Counteracting Non-Communicable Diseases through Physiotherapy*' organized by Deptt. Physiotherapy, Punjabi University, Patiala on 9<sup>th</sup> – 10<sup>th</sup> March 2018
8. Chaired the scientific session in National Physiotherapy Conference (*KASHCON-2017*) organized by Indian Association of Physiotherapists. J & K Branch held at Srinagar, Kashmir on 4<sup>th</sup> March 2017.
9. Chaired the scientific session in National Physiotherapy Conference(*PHYSIOCON CHANDIGARH 2018*) organized by Indian Association of Physiotherapists. Chandigarh Branch on 15<sup>th</sup> -16<sup>th</sup> Dec.2018.
10. Chaired the Plenary Session '*Changing Paradigms in Physiotherapy Clinical Practice-Implication in Research and Education*' in Internatnational Conference of Physiotherapy: NITTE PHYSIO PANACEA 2022, organized by Nitte Institute of Physiotherapy.Mangalore 2<sup>nd</sup> Dec 2022
11. Chairperson National Conference, Physio Conclave PGI- Chandigarh, 1<sup>st</sup> -2<sup>nd</sup> April 2023

Chandigarh 2023

### D.CONTRIBUTION TO ORGANISING ACADEMIC/ PROFESSIONAL EVENTS

- 1) Contributed in organizing CME Program on "*Fitness, Sports Medicine & Disaster Management*" Deptt.Physiotherapy & Sports Sciences, Punjabi University Patiala. 28<sup>th</sup>-29<sup>th</sup> Oct-2006
- 2) Acted as convenor accommodation Committee of 1<sup>st</sup> International conference of physiotherapy and Sports sciences at Punjabi University Patiala 4<sup>th</sup>-9<sup>th</sup> Oct 2007

- 3) Contributed in organizing Clinical Seminar on 16-03-2008 organised by IAP Punjab Branch & Deptt. Physiotherapy Punjabi Uni.Pta.
- 4) Contributed in organizing workshop on “*Prosthetics & Orthotics*” organized by Deptt. Physiotherapy, Pbi. Uni. Pta on 18-19 Feb 2009
- 5) Member of organising committee UGC sponsored national seminar *Role of Physiotherapy in Health Care Delivery: Need & Reality* ( 22-23 January 2011) organized by by Deptt. Physiotherapy, Punjabi University
- 6) Contributed to organizing UGC sponsored national seminar ‘*Methodology in Physiotherapy Education*’ held on 24th -25<sup>th</sup> March 2012 as a catering convener of organizing committee, and member of steering and purchase committees of seminar
- 7) Joint Organising Secretary for National Physiotherapy Conference 2018 ‘*Counteracting Non-Communicable Diseases through Physiotherapy*’ organized by Deptt. Physiotherapy, Punjabi University, Patiala on 9<sup>th</sup> – 10<sup>th</sup> March 2018

**E. CONTRIBUTED to developing e-content** as content writer and co-author of module **C14 M3.6 Neuromuscular Electrical Stimulation** for subject of Physical Education, Sports, Health Education for **ePG PATHSHALA**( initiative of the MHRD under its National Mission of Education through ICT) being executed by the UGC

### **EXTENSION ACTIVITIES AND FIELD BASED ACTIVITIES**

- 1) Providing consultation & physiotherapy services to patients and clinical training to students at NeuroPhysiotherapy OPD at Health Centre of Punjabi University every Tuesday of week
- 2) Contributed as consultant chief physiotherapist to Physiotherapy Camp held at Senior Citizen Welfare Society, Model Town Patiala. on 14-02-2007 by department.
- 3) Participated as an Consultant Physiotherapist in “*Physiotherapy Camp for Children with special needs*” organized by Sarava Shiksha Abhiyan on 06-07-2010 at DDRRC Patiala.
- 4) Organised and participated as consultant physiotherapist in “*Free Physiotherapy Camp*” at Environment Park, Passey Road, Patiala & Police Hospital, Police Lines, Patiala. on 1<sup>st</sup> June 2011
- 5) Served as volunteer to the team that visited Kashmir on 12th-13<sup>th</sup> -Sept 2014 and distributed relief material to flood victims at Srinagar.
- 6) Participated as chief consultant physiotherapist in free physiotherapy camp organized by Indian Association of Physiotherapists(Punjab) in collaboration with Jotisar Physiotherapy Centre and Welfare Society on occasion of World Physiotherapy Day held at village Khuran Sangrur on 08-09-2016
- 7) Acted as member of Functioning Team of village adoption Project of Punjabi University to develop remote Akalgarh village of Patiala district into Model Village

### **EXAMINER : UG & PG (EVALUATION OF THEORY EXAMS, QUESTIONPAPER SETTING, VIVA AND PRACTICAL, THESIS EVALUATION) FOR FOLLOWING INSTITUTIONS.**

- Punjabi University, Patiala (Punjab)
- Baba Farid Health University, Faridkot (Punjab)
- Guru Jambheshwar University, Hisar (Haryana)
- Guru Nanak Dev University, Amritsar (Punjab)
- Pt. B. D. Sharma University, Rohtak (Haryana)
- MD University, Rohtak (Har)
- Lovely Professional University, Jalandhar (Punjab)
- Jammu University

- Guru Granth Sahib World University, Fatehgarh Sahib, Punjab
- SGT University, Gurgoan, Delhi-NCR
- National Institute of Rehabilitation Training and Research, Odisha
- KLE University. Karnataka
- Acted as evaluator of the Ph.D thesis in subject of physiotherapy, Madhav University, Pindwara, Distt. (Sirohi) Rajasthan.
- **Expert** for development the Common University Entrance Test (CUET) question papers of the subject “Master of Physiotherapy” at National Testing Agency (NTA) Okhla Premises, Ministry of Education, GOI 15th to 17th June, 2022.

**PARTICIPATION/MEMBERS OF VARIOUS ACADEMIC / ADMINISTRATIVE COMMITTEES/:**

- **External Expert** for Ethical Research Committee meeting for Ph.D synopsis approval in subject of physiotherapy at Faculty of Physiotherapy, at SGT University, Gurgoan, Delhi-NCR on 04-05-2019
- Attended Physiotherapy Department Research Committee meeting as an **External Expert** for pre-submission seminar of Ph.D candidates at Deptt of Physiotherapy, at GJUST, Hisar, Haryana.
- Acted as a **Subject Expert** for the **Selection Committee Meeting** for the post of Assistant Physiotherapy on 27<sup>th</sup> July at Guru Granth Sahib World University. Fatehgarh Sahib
- **External Expert** Doctoral Research Committee (DRC) of Ph.D. student, at Chitkara School of Health Sciences on May 4<sup>th</sup>, 2022

**Member of following committees**

- Board of studies( Punjabi University; CT university-Ludhiana; Guru Granth Sahib World University, Desh Bhagat University, RIMT University)
- Faculty of Medicine Punjabi University
- Administrative Committee of Department(ACD)
- Department Purchase committee
- Admission committee
- Anti ragging Committee
- Scholarship committee
- Fee concession committee

**Member of Professional Bodies**

- a. Life member of Indian Association of Physiotherapists(IAP) Regd.No-L-11952
- b. Life member of Punjab Academy of Sciences Regd.No-L-1375

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