

`CURRICULUM VITAE

GENERAL INFORMATION

Name in Block Letters	SANDEEP SINGH
Father's Name/Mother's Name	S. Gunwant Singh/ Ranjit Kour
Department	Department of Physiotherapy
Faculty	Faculty of Medicine
University	Punjabi University, Patiala, Punjab
Current Designation	Assistant Professor
Date of Birth	24.10.1976,
Marital Status	Married
Nationality	Indian
Address for correspondence (with Pin code)	Deptt. Physiotherapy, Punjabi University, Patiala. 147002
Telephone No.	+91-9417802490,
Email	<i>sandyraina24@gmail.com</i>

ACADEMIC / PROFESSIONAL QUALIFICATIONS

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

TEACHING EXPERIENCE:

- 1) Undergraduate Teaching: 13 years
- 2) Post Graduate Teaching: 11 years

FIELD OF SPECIALIZATION

- 1) Neurological Physiotherapy
- 2) Electrotherapy,
- 3) 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 by Dr. Saravanan Sivanithi 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 Dr.Srivastava (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 (PAIPR-2013)*” 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 **8th 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 1st Sep 2015

FACULTY ADVANCEMENT COURSES

- i. 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)
- ii. 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.
- iii. 3 days UGC sponsored Workshop on **Research Supervision** organised by Academic Staff College Punjabi University, Patiala from 12-14 Sept-2011
- iv. 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

RESEARCH WORK

A: Papers Presented :-

I. Sole Presentations):

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*" 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

II. Students guided for paper presentations

1. Japneet Kaur, **Sandeep Singh**, Sonia Singh: *Motor imagery in stroke rehaabilitation: a review of literature*. Physiocon Chandigarh – Nov 2010 .Annual Conference.
2. Isha Atwal, **Sandeep Singh**: *Epidemiology of low back pain in sports(poster)*. Physiocon Chandigarh – Nov 2010 .Annual Conference.
3. Simrat Kaur, **Sandeep Singh**: *Role of Physiotherapy in Parkinsonism* in National Seminar on Role of Physiotherapy in Health Care Delivery: Need & Reality (22-23 January)
4. Pawanpreet Kaur, **Sandeep Singh**: *Role of Physiotherapy in head injury patients* in National Seminar on Role of Physiotherapy in Health Care Delivery: Need & Reality (22-23 January 2011
5. **Sandeep Singh** ,Sofia Bharti,: *Role of Physiotherapy in diabetic neuropathy* in National Seminar on Role of Physiotherapy in Health Care Delivery: Need & Reality (22-23 January 2011)

6. Parneet Bedi, **Sandeep Singh**: *Role of Physiotherapy in health promotion* in National Seminar on Role of Physiotherapy in Health Care Delivery: Need & Reality (22-23 January 2011)
7. Alka Handa, **Sandeep Singh**: *Role of Physiotherapy in juvenile diabete* in National Seminar on Role of Physiotherapy in Health Care Delivery: Need & Reality (22-23 January 2011)
8. Pawanpreet Kaur, **Sandeep Singh**: *Role of Physiotherapy in head injury patients* in National Seminar on Role of Physiotherapy in Health Care Delivery: Need & Reality (22-23 January 2011)
9. Mansukh Chander, **Sandeep Singh**: *Role of Physiotherapy in bladder dysfunction in spinal cord injuries.* in National Seminar on Role of Physiotherapy in Health Care Delivery: Need & Reality (22-23 January 2011)
10. Mansukh Chander, **Sandeep Singh**, Simrat Kaur . “ Effect of static stretching, kneading and proprioceptive neuromuscular facilitation (hold-relax) stretching on alpha motorneuronal excitability in normal subjects.” in Asian Spinal Cord Network International Conference on Spinal Cord Injuries, Sri Lanka. 21-23 October 2011.
11. **Singh Sandeep** , Bharti Sofia, Chander Mansukh “ A Study to investigate various factors on Balance and gait in individuals with type -2 diabetes Mellitus.” in Physiocon Chandigarh 2011 3rd -4th Dec, 2011.
12. **Singh Sandeep** , Singh Harpreet, Handa Alka. “ A study to compare the effects of Cervical Traction and neural Mobilization on Hand Grip in Cervical Radiculopathy” in Physiocon Chandigarh 2011 3rd -4th Dec, 2011.
13. Handa Alka ,**Singh Sandeep** , Singh Harpreet., “ A study to compare the effects of Cervical Traction and neural Mobilization on Hand Grip in Cervical Radiculopathy” in Physiocon Chandigarh 2011 3rd -4th Dec, 2011.
14. Bedi Parneet Kaur, **Singh Sandeep**, “ Epidemiology of Spinal Cord Injury- Literature Review” in Physiocon Chandigarh 2011 3rd -4th Dec, 2011.

B. Paper Published:

I: International:

1. **Singh, Sandeep**, and Sinha AGK.. (2015). Cold Induced Modulation of Motoneuronal Excitability in Spastics. *International Journal of Therapies and Rehabilitation Research*, 4 (4), 172-176. doi:10.5455/ijtrr.00000085.
2. **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 & Research*, 5(8); 361-68 **ISSN: 2249-9571**.

3. **Sandeep Singh**, 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), **84-94**, ISSN: 2278-9014 (Print), ISSN: 2278-9030 (Online).
4. **Sandeep Singh**, Sukhpreet Kaur (2015). Study of motor nerve conduction velocities of upper extremity in the female archers. *International Journal of Physical Education, Sports and Health* 1(6): 31-33. **P-ISSN: 2394-1685, E-ISSN: 2394-1693**
5. **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*, 4 (4), 219-222. [doi:10.5455/ijtrr.00000093](https://doi.org/10.5455/ijtrr.00000093)
6. **Singh Sonia**, Kaur Ravneet, **Singh Sandeep** (2015) Relationship of parity and Health related quality of life among women *Human Biology Review*, 4(2), 159-166. . ISSN: 2277-4424
7. **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. ISSN: 2277-4424
8. Tanu Khanna, **Sandeep Singh** (2014) Effect of Gaze Stability Exercises on Balance in Elderly. *IOSR Journal of Dental and Medical Sciences (IOSR-JDMS)*. 13(9); 41-48; e-ISSN: 2279-0853, p-ISSN: 2279-0861
9. **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.
10. Pankaj Preet Singh, Supreet Bindra, **Sandeep Singh**, Rohit Aggarwal, (2012) Effect of Nerve Mobilization on Vibration Perception Threshold in Diabetic Peripheral Neuropathy *Indian Journal of Physiotherapy & Occupational Therapy Letter*. Vol. 6, No. 3, 195-201
11. Sandeep Singh.(2006). Chronic lateral elbow pain with nerve entrapment- An Advanced Physiotherapeutic Approach. *Journal of Exercise Science and Physiotherapy*, Vol.2: 100-101

II : National

1. 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
2. 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
 - i. Mithilesh Kumar, **Sandeep Singh**, Jayaraman. G. “**Physiotherapy in Hemiplegia. An Overview**”. p- 194
 - ii. **Sandeep Singh**, Sofia Bharti. “ Role of Physiotherapy in Diabetic Neuropathy” p-198

iii. Simrat Kaur, Sandeep Singh. “Role of Physiotherapy in Parkinsonism” ” p-203

III : Book-

- **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

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(**Pankajpreet Singh** 2009)
3. Effect of Transcutaneous Electrical Nerve Stimulation and Neuromuscular Electrical Stimulation on H-Reflex Amplitude in Healthy Individuals.(**Nandita** 2009).
4. Effect of Cervical Traction and Nerve Mobilisation on Strength of Hand Grip in Cervical Radiculopathy.(**Harpreet Singh Dhindsa** ,2010)
5. Efficacy of Kneading Brushing and Stretching on H Reflex. (**Maninder Kaur**, 2010)
6. Effect of static stretching, kneading and PNF stretching on alpha motoneuron excitability in normal subjects (**Simrat Kaur**, 2011)
7. 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)
8. Study to investigate the effect of various factors on Balance and Gait in individuals with Type 2 Diabetes Mellitus (**Sofia Bharti**. 2011)
9. Effect of Kneading, Effleurage and Wringing Massage on Alpha Motoneuronal Excitability in Healthy Adults. (**Mansukh**.2012)
10. Effect of Gaze Stability Exercises on Balance in Elderly(**Tanu**.2012)
11. Quality of Life of Individuals with Traumatic Paraplegia in Punjab.(**Parneet Bedi** 2012)
12. Comparing the Effectiveness of Ankle Strengthening and Proprioception Training on Balance Performance in Elderly Women. (**Alka Handa**.2012)

13. Effect of Superficial Stroking on Alpha Motoneuronal Excitability in Healthy Individuals.(
Amber Dabra 2013)
14. Awareness about the role of Physiotherapy in Stroke management among Physicians of Patiala City (**Manijot, 2013**)
15. Effect of Cognitive Training on Balance and Gait Performances in Elderly Diabetic Individuals (Milky **2013**)
16. Effect of Training Turning Activity along with Cognitive Task on Balance Performance of Elderly Individuals.(**Jagriti 2013**)
17. A Comparison of Effect of Cryotherapy and Thermotherapy on H-Reflex in Post-Stroke Patients.(**Kavita 2014**)
18. Effect of Neural Mobilization and PNF Stretching on Hamstring Flexibility in Working Women (**Vinny.2014**)
19. Comparison of Effect of Brushing the Skin Overlying Agonist and Antagonist on Motoneuronal Excitability of Triceps Surae in Hemiplegics. (**Aarohi 2014**)
20. Effect of thermotherapy, PNF stretching and massage on plantar flexibility in young females (Ambika. **2015**)
21. Study of motor nerve conduction velocities of upper extremity in the female archers.(**Sukhpreet.2015**)
22. 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**)

PROFESSIONAL DEVELOPMENT ACTIVITIES

I. Workshop Conducted as RESOURCE PERSON:

- i. Workshop on “**Taping Techniques in Muculoskeletal Injuries**” in National Conference on “Opportunities & Challenges in Phy.Edu. Deptt. Physical.Edu, Punjabi University, Pataila 10-11 Feb.2009.
- ii. Conducted Physiotherapy workshop on “**Tapping & Wrapping Techniques**” for students of department of Physiotherapy Punjabi University 16th April 2011.
- iii. Conducted Pre-conference Physiotherapy workshop on “**Taping Techniques**” held on 7th & 8th Dec-2011 KLE University Institute of Physiotherapy, Belgaum, Karnataka,India.

II. CHAIRED the Scientific Session at

- i. Chaired the two Scientific sessions in National Seminar on Role of Physiotherapy in Health Care Delivery: Need & Reality (22-23 Januar2011)

- ii. Physiotherapy Conference “Physiocon-Sep 2010” Gian Sagar College of Physiotherapy. Banur.Pb.
- iii. 2nd Annual Conference of Indian Association of Physiotherapists. Chandigarh Branch from 3rd -4th Dec-2011.
- iv. UGC sponsored National Seminar on “Methodology of Physiotherapy Education: Issues & Challenges” 24th-25th March 2012’ by Deptt. Physiotherapy, Punjabi University
- v. Chaired the scientific session in National Seminar on "Recent trends in Back pain management" held at PGI Chandigarh, on 8th September 2012 organised by department of Physiotherapy & Rehabilitation Medicine.

III. Conferences /Seminars Attended without paper presentation:

- i. Participated in 46th Annual National Conference of Indian Association of Physiotherapy at Dehradun, 10th, 11th & 12th Jan 2008.
- ii. 3rd National Conference on “Opportunities & Challenges in Phy.Edu. Deptt. Physical.Edu, Punjabi University, Patiala 10-11 Feb. 2009.
- iii. UGC Sponsored National symposium on research in Physiotherapy, organised by department of physiotherapy, Punjabi University Patiala on 4th March 2013
- iv. National seminar on Ecological crisis organised by distance education Punjabi University, Patiala. 8, 9 September 2011
- v. Physiotherapy Conference “Physiocon-Sep 2010” Gian Sagar College of Physiotherapy. Banur.
- vi. Physiocon Chandigarh, 2nd Annual conference and scientific meet of IAP, Chandigarh, 3-4 Dec, 2011.

EXTENSION ACTIVITIES

- Providing consultation & physiotherapy services to patients and clinical training to students at NeuroPhysiotherapy OPD at Health Centre of Punjabi University

CONTRIBUTION TO CORPORATE LIFE AND MANAGEMENT OF THE DEPARTMENT AND INSTITUTION

A. Examiner : UG & PG (Evaluation of theory exams, Questionpaper setting, Viva and practical, Thesis evaluation) for following institutions.

- *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)
- Punjabi University,Patiala (Punjab)
- Jammu University
- Guru Granth Sahib World University, Fatehgarh Sahib, Punjab

B. Members of various administrative/ Academic committees:

- Board of studies
- Faculty of Medicine
- Administrative Committee of Department
- Purchase committee
- Admission committee
- Anti ragging Committee
- Scholarship committee
- Fee concession committee

C. Departmental Responsibilities:

- Incharge Transcript
- Incharge Part time teaching
- Fee Concession committee
- Incharge Case Studies

Dr Sandeep Singh (Assistant Prof)