

CURRICULUM VITAE

1.	Name in Block Letters	:	SONIA SINGH
2.	Father's Name/Mother's Name	:	S. Partap Singh/ Tarwinder Kaur
3.	Department	:	Department of Physiotherapy
4.	Date & Place of Birth	:	23.09.1979, Patiala, Punjab
5	Sex	:	Female
6	Marital Status	:	Married, mother of one daughter
7.	Nationality	:	Indian
8.	Address for correspondence (with Pin code)	:	Deptt. Physiotherapy, Punjabi University, Patiala. 147002
9	Email	:	soniaphysio239@rediffmail.com

PROFESSIONAL QUALIFICATION

- **Ph.D, Punjabi University, Patiala(PB), Faculty of Medicine, Department of Physiotherapy (2014)**

- **Master of Physiotherapy (Musculoskeletal disorders), H.N.B. Garhwal, University, Srinagar,(Uttaranchal) India. S. Bhagwan Singh Post Graduate Institute of Biomedical Sciences & Research, Balawala, Dehradun (UA)**

- **Bachelor of Physiotherapy Ch. Charan singh, university, Meerut Uttar pradesh (UP) S. Bhagwan Singh Post Graduate Institute of Biomedical Sciences & Research, Balawala, Dehradun (UA)**

PROFESSIONAL LICENCE NO.

Indian Association of Physiotherapist (IAP), Life Member-10294-L

TEACHING EXPERIENCE: PG: 10 years

UG:12 years

RESEARCH EXPERIENCE: Guided 30 MPT Dissertation

PhD: 2 students registered

PUBLISHED WORK

1. Research Papers -18
2. Books – “Factors leading to disability in Chronic non-Specific Backpain” LAP Lambert Academic Publishing, Deutschland/Germany, ISBN: 978-3-659-42356-7 (2013)
3. **Chapters in Books** 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

ADDITIONAL PROFESSIONAL COURSE

- 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) **Research Supervision** 3 days (24 hours) 12-14 Sep 2011 UGC sponsored , Academic Staff College, Punjabi , University Patiala.
- 10) 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.**
- 11) One day CME on "*Management of Painful Hip*" organized by Department of Physiotherapy, Punjabi University Patiala in collaboration with Fortis Hospital, Mohali on 1th Sep 2015

FACULTY ADVANCEMENT COURSES

S. No.	Programme	Duration	Organised by
1.	Orientation Program on Current trends in teaching language skills	28 days	Academic Staff College, Punjabi University, Patiala 3.08.2009 - 29.08.2009
2.	Refresher Course on "Environment Studies" (ID)	21 days	Academic Staff College, Punjabi University, Patiala 10-11-2010 to 30 -11-2010

3.	Refresher course “ professional courses ID: Physiotherapy	21 days	UGC-Human resource development center, Punjabi University, Patiala 4-5-15 to 23-5-15 , 2015
4.	Gender sensitisation: Issues and challenges”	7 days	Women’s study center, Punjabi University, Patiala 26-2-15 to 4-3-15, 2015
5.	Relevance of research in society	7 days	UGC-Human resource development center, Punjabi University, Patiala 22-12-15 to 28-12-15

RESEARCH WORK

A) Papers presented:

1. Effect of Ageing on Posture in Women- Singh Sandeep , Singh Sonia, at International conference on Mainstreaming gender issues and challenges Nov 25-26, 2011
2. Proprioceptive Training: An Important Component in Rehabilitation of Osteoarthritis Knee Singh Sandeep, Singh Sonia 15th Punjab Science Congress (Feb. 7-9, 2012)
3. Physiotherapy Education and Practice for Preventing Falls in elderly: Need And Reality Singh Sonia, Multani NK. Presented at UGC sponsored seminar on methodology of physiotherapy education issues and challenges, organised by department of physiotherapy, Punjabi University Patiala on 24-25 March 2012
4. Importance of Nutrition in Women Health: Maternal and National Perspectives in the International conference n women, peace and security held at Punjabi University, Patiala on 26-27 Oct 2012

5. Comparison of Stretching and Muscle Energy Technique for Increasing the Planter flexor Muscle Flexibility in the international conference on futuristic trends in physical education (ICFTPE)UGC sponsored Jan 24-26, 2013
6. Effect of obesity on quality of life among middle age females in 5th International conference on women and development Punjabi University, Patiala on on 22-23 Nov, 2013.
7. Impact of parity status on health related quality of life in women in the 6th annual conference on promoting excellence inwomen and development: The way forward for progress Punjabi University, Patiala on Oct 30-31, 2014.
8. Impact of Socioeconomic Status on Health Related Quality of Life Women in 7th International conference on empowering Women, Empowering Humanities Punjabi University Patiala on 11-12 Dec 2015
9. **Health related Physical Fitness among the women with different Parity Status in 9th** International conference on ‘Womwn in the changing world of work: Planet 50-50by 2030” Punjabi University Patiala on 22 Nov, 2017.

Invited Talk: Evolving Physiotherapy Approaches for Fall Prevention in Elderly at IAP Chandigarh Conference

B) Paper Published:

International

Year 2017

1. Roopika sabharwal and Sonia singh (2017) Foot postural deviations in female kathak dancers *int j physiother. Vol 4(1), 38-43, (2017)*

Year 2016

2. Manpreet Kaur and Sonia Singh Effect Of Obesity On Quality Of Life In Middle Aged Females *Int J Physiother. Vol 3(4), 435-438, August (2016).*

3. Singh Balwinder and Singh Sonia 2016) Intervention Approaches in Management of Neck Pain Among Computer Users International Journal of Therapies and Rehabilitation Research Jan 2016; 5 (2): 19-24.

Year 2015

4. 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 vil 5; issue 8, August 2015
5. Kawaldeep Kaur and Sonia Singh Efficacy of muscle energy technique (MET) with deep heating (MWD) in non-specific neck pain Journal of Medicine and Medical Research ISSN 2315-943X Vol. 3(1), pp. 12-17, July 2015 .
6. Singh S, Kaur R and Singh S. (2015). Relationship of Parity and Health Related Quality of Life among women. Human Biology Review, 4 (2), 159-166.
7. Sadbhawna Dadia, SoniaSingh Influence of Different Grades of Knee Osteoarthritis on Gait Indian Journal of Physiotherapy and Occupational Therapy - An International Journal (2015), Volume : 9, Issue : 2, pg 139 – 143 Article DOI : [10.5958/0973-5674.2015.00069.6](https://doi.org/10.5958/0973-5674.2015.00069.6)

Year 2014

8. Dadia Sadbhwna and Sonia Singh Influence of different grades of Osteoarthritis on foot Posture. Indian journal of physiotherapy and occupational therapy: An international journal, Vol 8, no. 1 (2014) pg 14-18. DOI number 10.5958/j.0973-5964.8.1.004

9. Sonia Singh and Pushpdeep Singh (2015) Efficacy of Intermittent cervical traction and upper limb tension test 1 in patients with C3-C4 Radiculopathy. International journal of fitness and exercise science, vol II pg 63-70

Year 2013

10. Singh S, Multani N.K. (2013) Effect of Dorsiflexor Muscle Strengthening Using Russian Currents on Balance and Function in Elderly. Hum Bio Rev 2 (2):p-176-184
11. Monga A and Singh S. (2013). Impact of Back Muscle Functions, Spinal Range of Motion and Fear Avoidance Beliefs on Disability in Chronic Non-Specific Low Back Pain. Hum Bio Rev, 2(1): 46-55.
12. Sonia Singh (2013) Comparison of Stretching and Muscle Energy Technique for Increasing The Planterflexor Muscle Flexibility. Proceedings of international conference on futuristic trends in physical education, vol 4, pg 452-456

Year 2012

13. 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

Year 2011

14. Paramjot K Dhillon, Sonia Singh (2011) Effectiveness of strength training program on bone mineral density in postmenopausal women, Indian journal of physiotherapy and occupational therapy: An international journal, vol.5 ,3, july-sep 2011 pp105-108

Year 2010

15. Singh S, Multani N.K. (2010) Practical Statistics for medical research. Proceeding of national seminar on 25-27november 2010.

Year 2007

16. Singh S, Multani NK, Verma SK (2007) Development and validation of geriatric assessment tools: A preliminary report from Indian population. Journal of Exercise Science and Physiotherapy, 3(2): 103-110, 2007.

Year 2006

17. Singh Sonia (2006) Rehabilitation of Patient after Colle's Fracture using NMES - IS NMES Successful? Case study Journal of Exercise Science and Physiotherapy, Vol. 2: 102-103, 2006.

National

18. Supreet Bindra and Sonia Singh Efficacy of integrated neuromuscular inhibition techniques (INIT) in neck pain due to Postural syndrome. J. Punjab academy of sciences 11-12 (1&2) 2012-13

C) Book Published:

Factors leading to disability in Chronic non-Specific Backpain, LAP Lambert Academic Publishing, Deutschland/Germany, ISBN: 978-3-659-42356-7 (2013)
Aastha Monga, Sonia Singh

D) Chapters in Books 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**

1. Role of physiotherapy in obstetrics. Sonia Singh, Richa Sahni, p-175-182.
2. Role of physiotherapy management in frozen shoulder. Saurav Sharma, Sonia Singh, Nidhi Katyal , p-101-105.
3. Role of Physiotherapy in Osteoporosis. Saurav Sharma, Sonia Singh, Nidhi Katyal, pp 223-226.

E) Post Graduate Research supervisions and thesis submitted

S. No.	Title of Thesis	Year of Completion	Name of student
1.	Effectiveness of strength training program on bone mineral density and grip strength in postmenopausal women	2009	Paramjot
2.	Effect of proprioceptive training on gait and balance in knee osteoarthritis	2009	Vidushi
3	To compare the effect of active stretching, passive stretching and muscle energy technique on ankle dorsiflexion range of motion	2009	Nidhi
4	Efficacy of intermittent Cervical Traction And Upper Limb Tension Test 1 in Patients with C5 C6 Radiculopathy (2010)	2010	Pushpdeep

5.	Comparison of Isolated Trunk Extensors and Global Trunk Muscles Endurance Training in Healthy subjects (2010)	2010	Vipin
6	Epidemiology, awareness and Risk assessment of type 2 Diabeteds mellitus in population of Patiala District	2011	Neha
7	Effect of ageing on Kyphotic index, lordosis and spinal range of motion in women	2011	Karanpreet
8	Effect of different types of footwear on balance and gait	2011	Richa Sahni
9	Study To Compare The Effectiveness Of Muscle Energy Technique And Passive Mobilization On Pain, Disability, External Rotation And Abduction Range Of Motion In Frozen Shoulder	2012	Saurav Sharma
10	Impact Of Back Muscle Functions, Spinal Range Of Motion And Fear-Avoidance Beliefs On Disability In Chronic Non-Specific Low Back Pain	2012	Aastha
11	Influence Of Different Grades Of Knee Osteoarthritis On Foot Posture And Gait	2012	Sadbhawana
12	Effect Of Parity And Mode Of Delievery On Trunk Muscle Function, Range Of Motion And Parity	2013	Manpreet
13	Effect Of Chronic Ankle Sprain On Foot Posture And Ankle Disability	2013	Pallavi

14	Effect Of Progression Of Osteoarthritis Knee On Lower Limb Muscle Strength And Quality Of Life	2013	Ritula
15	Effect Of Obesity On Foot Posture, Ankle Range Of Motion, Isometric Muscle Strength And Quality Of Life In Middle-Aged Females	2013	Manpreet
16	Disability And Self Efficacy Among Office Workers Suffering From Chronic Low Back Ache	2014	Mukesh
17	Physical Fitness And Health Related Quality Of Life In Women With Different Parity Status	2014	Ravneet
18	Efficacy Of Muscle Energy Technique (Met) With Deep Heating (Mwd) In Non-Specific Neck Pain	2014	Kawaldeep Kaur
19	Impact Of Occupational Activities Requiring Prolonged Standing, Sitting And Squatting On Mobility, Strength And Joint Pain In The Lower Limb	2015	Jasdeep Singh
20	Prevalance Of Eating Disorders Among Female Athletes And Its Relation With Physical Fitness	2015	Sukhmani Sarao
21	Impact Of Socioeconomic Status On Health Related Quality Of Life And Body Mass Index In Women	2015	Parneet
22	Functional Outcomes Of Hip And Ankle Muscle Strengthening In Addition To Conventional Physiotherapy In Osteoarthritis Knee	2015	Pritpal

23	Knowledge about role of physiotherapy and practice of exercise among hypertensive patients	2016	Shweta Khunger
24	Correlation of Body composition with trunk muscle strength and endurance in Female university students	2016	Akshra Gupta
25	Prenatal stress and Musculoskeletal symptoms among mothers of cerebral Palsy children in comparison to Normal children	2016	Trisha Pandit
26	Prevalence of foot and ankle injuries, postural deviations and instabilities amongst Punjabi university female kathak dancers	2016	Roopika Sabarwal
27	Comparison of upper limb function and disability among individuals with diabetes, diabetic neuropathy and non-diabetic	2016	Manjot Kaur
28	Identify barriers and their association with adherence to physiotherapy treatment among rural and urban geriatric population in patiala	2017	Anjum Fatima
29	Awareness and knowledge among gynaecologists/obstetricians and physiotherapists of patiala district regarding the role of exercise in antenatal and postnatal care	2017	Manraj
30	Study To Compare And Investigate The Eating Behavior And Physical Fitness Among The Young Females With And Without Mensural Irregularities	2017	Shweta Joshi

E) Guided students for paper presentations

1. Sharma Vidushi, **Singh Sonia**, Multani NK, Kaur Gian Sagar Physiocon- Sep 2010 Gian Sagar College of Physiotherapy.Banur.

Karanpreet:
*Effect of Proprioceptive
 Training on balance in
 patients with knee OA*

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| 2. | Singh Pushpdeep, Singh Sonia , Sharma Neha:

<i>Effect of efficacy of
intermittent Cervical
traction & upper limb test
in patients with C5-C6
radiculopathy</i> | Gian Sagar Physiocon-
Sep 2010 | Gian Sagar College of
Physiotherapy. Banur. |
| 3. | Japneet Kaur, Sandeep
Singh, Sonia Singh : <i>Motor
imagery in stroke
rehabilitation: a review
of literature</i> | Physiocon Chandigarh
2010 1 st Annual
Conference and
Scientific Meet 13 th –
14 th November 2010 | the Indian Association of
Physiotherapists Chandigarh Branch in
association with Indian Society of
Physiotherapy Education and Research |
| 4 | , Singh Sonia , Kaur
Karanpreet:

<i>Role of physiotherapy in
postural impairments in
elderly</i> | National Seminar On
“The Role of
Physiotherapy in
Health Care Delivery:
The Need and The
Reality On 22 nd and
23 rd Jan 2011 | Department of Physiotherapy , Punjabi
University Patiala |
| 5. | Monga Astha, Singh Sonia ,
:

<i>Role of physiotherapy
management in amputees</i> | National Seminar On
“The Role of
Physiotherapy in
Health Care Delivery:
The Need and The
Reality On 22 nd and | Department of Physiotherapy , Punjabi
University Patiala |

23rd Jan2011

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| <p>6.</p> | <p>Dhillon Harshita ,Singh Sonia :
<i>Role of physiotherapy management in Osteogenesis Imperfecta</i></p> | <p>National Seminar On
“The Role of
Physiotherapy in
Health Care Delivery:
The Need and The
Reality On 22nd and
23rd Jan2011</p> | <p>Department of Physiotherapy ,Punjabi
University Patiala</p> |
| <p>7.</p> | <p>Sharma Neha Singh Sonia: <i>Role of physiotherapy in burns</i></p> | <p>National Seminar On
“The Role of
Physiotherapy in
Health Care Delivery:
The Need and The
Reality On 22nd and
23rd Jan2011</p> | <p>Department of Physiotherapy ,Punjabi
University Patiala</p> |
| <p>8.</p> | <p>Richa Sahani, Sonia Singh: <i>Expanding domains of physiotherapy in obstetric & gynaecology</i></p> | <p>National Seminar On
“The Role of
Physiotherapy in
Health Care Delivery:
The Need and The
Reality On 22nd and
23rd Jan2011</p> | <p>Department of Physiotherapy ,Punjabi
University Patiala</p> |
| <p>9.</p> | <p>Sadbhawana, Sonia Singh: <i>Women health physiotherapy services</i></p> | <p>National Seminar On
“The Role of
Physiotherapy in
Health Care Delivery:
The Need and The
Reality On 22nd and
23rd Jan2011</p> | <p>Department of Physiotherapy ,Punjabi
University Patiala</p> |

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| 10 | Sharma Neha and Singh Sonia

Epidemiology, awareness and risk assessment of type 2 diabetes mellitus in population of Patiala district | Physiocon 2 nd Annual Conference and Scientific Meet 3 rd and 4 th December,2011 |
| 11 | Effect of footwear on balance and gait in young females – Sahani Richa and Singh Sonia | Physiocon 2 nd Annual Conference and Scientific Meet 3 rd and 4 th December,2011 |
| 12 | The effect of task oriented training on upper limb function in cerebral palsy children with spastic hemiparesis – Saurav Sharma , Sonia Singh , Nidhi katyal | Physiocon 2 nd Annual Conference and Scientific Meet 3 rd and 4 th December,2011 |

PROFESSIONAL DEVELOPMENT

A) CME/ Seminar Attended

- National seminar on Ecological crisis organised by distance education Punjabi University, Patiala.8, 9 September 2011
- One day workshop on “*Cardiopulmonary Resuscitation*” by experts of Apollo hospitals Ludhiana in 2008.
- Two Days Workshop on “*Orthotics and Prosthetics*” by Mr. Nirmalendu Guin prosthetic orthotic engineer of PGIMER, Chandigarh on 14-15 Feb 2009.
- Two days workshop on the topic of “*Concepts and Techniques of Neural Mobilization*” by Prof. A.G. Dhandapani in Collaboration with IAP Punjab branch organized in Oct 2009.
- One Day Workshop on “*Taping Techniques*” by Dr. Mithilesh & Dr. Sandeep.

- National seminar on theme “*The Role of Physiotherapy in Health Care Delivery: The Need and the Reality*” on 22nd-23rd January 2011.
- National seminar on theme “*Methodology of Physiotherapy Education: Issues and Challenges*” on 24th -25th March 2012.
- National seminar on theme “*Research in Physiotherapy*” on 4th March 2013.
- One day CME on “*New generation total knee replacement and post surgical rehabilitation*” organized in collaboration with Max Elite Institute of Orthopaedics & Rehabilitation on 8th Feb 2014.

B) CHAIRED the Scientific Session at

- Chaired the two Scientific sessions in National Seminar on Role of Physiotherapy in Health Care Delivery: Need & Reality (22-23 Januar2011)
- UGC sponsored National Seminar on “Methodology of Physiotherapy Education: Issues & Challenges” 24th-25th March 2012’ by Deptt. Physiotherapy, Punjabi University
- 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.

C) 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

1. Examiner : Under Graduate & Post Graduate

(Evaluation of theory exams, Question paper setting, Viva and practical, Thesis evaluation)

- Baba Farid Health University, Faridkot (PB)
Guru Jamdeshwar University,Hisar(Har)

- Guru Nanak Dev University, Amritsar (PB)
- Rohtak University, Rohtak (Har)
- MD University, Rohtak (Har)
- Lovely Professional University, Jalandhar (Pb)
- Punjabi University, Patiala (PB)
- Maharashtra University of Health Sciences, Nasik

CONTRIBUTION IN DEPARTMENT ACTIVITIES

A) Conferences / seminars/ CME organised as a organising committee member

- One day workshop on “*Cardiopulmonary Resuscitation*” by experts of Apollo hospitals Ludhiana in 2008.
- Two Days Workshop on “*Orthotics and Prosthetics*” by Mr. Nirmalendu Guin prosthetic orthotic engineer of PGIMER, Chandigarh on 14-15 Feb 2009.
- Two days workshop on the topic of “*Concepts and Techniques of Neural Mobilization*” by Prof. A.G. Dhandapani in Collaboration with IAP Punjab branch organized in Oct 2009.
- One Day Workshop on “*Taping Techniques*” by Dr. Mithilesh & Dr. Sandeep.
- National seminar on theme “*The Role of Physiotherapy in Health Care Delivery: The Need and the Reality*” on 22nd-23rd January 2011.
- National seminar on theme “*Methodology of Physiotherapy Education: Issues and Challenges*” on 24th -25th March 2012.
- National seminar on theme “*Research in Physiotherapy*” on 4th March 2013.
- One day CME on “*New generation total knee replacement and post surgical rehabilitation*” organized in collaboration with Max Elite Institute of Orthopaedics & Rehabilitation on 8th Feb 2014.
- One day CME on “*Management of Painful Hip*” organized in collaboration with Fortis Hospital, Mohali on 1st Sep 2015 as coordinator.

B) Membership of various committees of the department

- Nardal Officer, NAAC
- Board of studies
- Faculty of medicine
- Healing Hand society: Teacher incharge (2014 onwards)
- ACD
- Purchase committee (Registrars Nominee)
- Admission committee
- Anti ragging Committee
- Grievance committee
- Coordinator NAAC Committee
- Fee concession committee

C) Departmental Responsibilities:

- Examination coordination house test exams
- Examination coordinator final and semester/ annual exams
- Conduction of final practical examination
- Naac Cordinator
- Annual calendar incharge
- Conduction of PhD annual seminars
- Incharge teaching Assignments/ tutorial

Dr Sonia Singh
(Assistant Prof.)