

## Curriculum Vitae

Dr. Jaspreet Kaur  
Associate Professor  
Department of Physiotherapy  
Guru Jambheshwar University of Science & Technology  
Hisar, Haryana  
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Name	Dr. Jaspreet Kaur
Husband's name	Dr. Manoj Malik
Date of Birth	16.01.1981

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### EDUCATIONAL QUALIFICATION

**PhD on 'Optimization of Exercise protocols in management of Neurological Disorders associated with Diabetes Mellitus' (2014-2019)** from Department of Physiotherapy, G.J.U.S.&T., Hisar

**Pre Ph.D Course** Department of Physiotherapy, G.J.U.S.&T., Hisar

**Masters of Physiotherapy** (Neurological disorders) a 2 year full time course with compulsory dissertation, 2003-05, from S.B.S. Post Graduate Institute of Biomedical Sciences and research, Balawala, Dehradun, Uttarakhand affiliated to H.N.B.Garhwal University, Srinagar.

**Bachelors of Physiotherapy** from Lyallpur Khalsa College of Physiotherapy (4 years of Course Work and 6 months of compulsory rotatory internship), Jalandhar, affiliated to Guru Nanak Dev University, Amritsar (1998-2003).

### CLINICAL INTERNSHIP

Did rotatory six months internship as a part of curriculum.

### PROFESSIONAL EXPERIENCE

Professional experience of more than fifteen after Post Graduation.

#### **Feb 2020- till date**

Working as Associate Professor in Deptt. of Physiotherapy, Guru Jambheshwar University of Science and Technology, Hisar, a State Government University

*Work Profile:-* Teaching of Graduate, Post graduate classes & PhD Scholars.

: Guiding Undergraduate, Post Graduate Dissertations & PhD Scholars.

: Course Coordinator for Credit Based System.

: Conduct of Workshops and Seminars, Educational tours.

: Assisted in compilation of data for NAAC and UGC inspection and other routine University activities

#### **Feb 2007- January 2020**

Worked as Assistant Professor in Deptt. of Physiotherapy, Guru Jambheshwar University of Science and Technology, Hisar, a State Government University

*Work Profile:-* Teaching of Graduate ,Post graduate classes & PhD Scholars.  
: Guiding Undergraduate ,Post Graduate Dissertations & PhD Scholars.  
: Course Coordinator for Credit Based System.  
: Conduct of Workshops and Seminars, Educational tours.  
: Assisted in compilation of data for NAAC and UGC inspection and other routine University activities

**Feb 2006- Feb. 2007**

Worked as lecturer in J.C.D. College of Physiotherapy, J.C.D. Vidyapeeth, Sirsa.

*Work Profile:-* Teaching of Graduate classes.

: Guiding undergraduate project work.

**PUBLICATIONS**

1. Thukral, N., Kaur, J. & Malik, M. A systematic review on foot muscle atrophy in patients with diabetes mellitus. *Int J Diabetes Dev Ctries* (2022). <https://doi.org/10.1007/s13410-022-01118-8>
2. Saini Minaxi, Kaur Jaspreet. (2022). Intra-rater reliability of desktop spirometry in adults with type 2 diabetes mellitus. *J Dow Univ Health Sci.* 16(1): 3–8.
3. Saini Minaxi, Kaur Jaspreet. (2022) Effect of subjective tool based aerobic exercise on pulmonary functions with type 2 diabetes mellitus-a feasibility RCT. *Comp Exerc Physiol.*18(3): 1-10.
4. Anuradha, Rojaria NS, Kaur Jaspreet, Saini Minaxi (2022). The effects of yoga on cardiovascular risk factors among patients with type 2 diabetes mellitus: systematic review and meta-analysis. *Int J Yoga.* 15:3-11.
5. Saini Minaxi, Kaur Jaspreet. (2022). Impact of talk test based aerobic exercise on glycemic control and anthropometric measures among patients with type 2 diabetes mellitus. Accepted in *Comp Exerc Physiol*
6. Saini Minaxi, Kaur Jaspreet (2022). The effect of talk test-based aerobic exercise on pulmonary functions and quality of life among adults with type 2 diabetes mellitus: A randomized controlled trial. *Advances in Rehabilitation;* 36(2):49-56
7. Rani, M., & Kaur, J. (2022). Effectiveness of spinal mobilization and postural correction exercises in the management of cervicogenic headache: A randomized controlled trial. *Physiotherapy theory and practice,* 1–15.
8. Rani, M., & Kaur, J. (2022). Effectiveness of different physiotherapy interventions in the management of cervicogenic headache: a pilot randomized controlled trial. *The Journal of manual & manipulative therapy,* 30(2), 96–104.
9. Monika, Jaspreet Kaur, Manoj Malik, Charu Gera. Relationship between forward head posture and headache related disability in migraine. *Romanian Journal of Neurology* (2022); 21(2):189-194
10. Kritika Verma, **Jaspreet Kaur**, Manoj Malik, Neerja Thukral, The effectiveness of mirror therapy with repetitions on lower extremity motor recovery, balance and mobility in patients with stroke. *Romanian Journal of Neurology.* 2021;20(2). DOI: 10.37897/RJN.2021.2.5.
11. Punia Sonu, Malik Manoj, Jangra Shalu, Kaur **Jaspreet**. Singh Varun, 2020. "Effect of High-Velocity Low-Amplitude Thrust Manipulation of Upper Cervical Spine on Pulmonary Function Test and Headache Disability Index in Patients with Migraine Headache," *Polish Journal of Sport and Tourism, Sciendo,* vol. 27(4), pages 18-22, December.
12. Varun Singh, Manoj Malik, **Jaspreet Kaur**, Siva Chidambram Kulandaivelan , Sonu Punia , "A systematic Review and Meta-analysis on the efficacy of physiotherapy intervention in management of lumbar prolapsed intervertebral disc", *International Journal of health sciences,* 2021, vol 15(2):49-57.
13. Piyush Bhardwaj, **Jaspreet Kaur**, Charu Gera, Manoj Malik, "Effect of Mcimt wih and without interval on hand in patients suffering from stroke". *Romanian journal of Neurology,* 2021, vol 20(1):57-65

14. Charu Gera, Manoj Malik, **Jaspreet Kaur**, Meenakshi saini. A Systematic review and meta-analysis on effect of spinal mobilization and manipulation on cardiovascular responses. *Hong kong Physiotherapy Journal 2020 volume* (42): 75-85.
15. Neerja Thakural, **Jaspreet Kaur**, Manoj Malik. A Systematic review and Meta-analysis on efficiency of exercise on posture and balance in patients suffering from diabetic neuropathy. *Current Diabetic Review*,2020:16.
16. Varun Singh, Manoj Malik, **Jaspreet Kaur**, Sonu Punia. Disentangling the lumbar PIVD puzzle: A narrative review. *Romanian Journal of Neurology*.2020;19(4),228-236.
17. Minaxi Saini, Siva Chidambaram Kulandaivelan, Virender Kumar Bansal, Vikram Saini, Suresh Sharma, **Jaspreet Kaur**, Aprajita Singh. Pulmonary Pathology Among Patients with Type 2 Diabetes Mellitus: An Updated Systematic Review and Meta-analysis. *Current Diabetes Reviews*, 2019; 15.
18. Jaspreet Kaur, Parul Sharma, Vinika Chaudhary. Importance of religious education in therapeutic conditions, international journal of scientific research.2019;7(6): 52-55.
19. Sonu Punia, **Jaspreet Kaur**, Varun Singh, Manoj Malik, Priyanka. Efficacy of Proprioceptive Neuromuscular Facilitation and Joint Mobilization in mnagement of Frozen Shoulder. *International Journal of research and Analytical Reviews (IJRAR)*, 2019; 6( 1 ):868-873.
20. Manoj Malik, Charu Gera, **Jaspreet Kaur**, Vandana Yadav. Satisfaction Level of Physiotherapy Students in North India. *Indian Journal of Public Health Research & Development*. Accepted
21. Punia Sonu, Malik Malik, **Kaur Jaspreet**. Prevalence of back pain and neck pain among dentists in hisar, india. *Int j health sci res*. 2018; 8(6):146-150..
22. Malik Manoj, **Kaur Jaspreet**, Punia Sonu, Bhagesh. Navicular drop gender differences among college students: a cross sectional study. *International Journal of Scientific Research and Review* 2018, 7(3), 40-47.
23. **Jaspreet kaur**, Sonu Punia, Manoj Malik, Shankar Dayal Sharma. Correlation between genu valgum and overpronated foot. *International journal of yogic, human movement and sports sciences* 2018; 3(1): 1159-1161.
24. **Kaur J.**, Singh, S. K. and Vij, J. S. Optimization Of Efficacy Of Core Strengthening Exercise Protocols On Patients Suffering From Diabetes Mellitus. *Romanian Journal of Diabetes, Nutrition and Metabolic Diseases*.2018; 25(1):023–036.
25. **Jaspreet Kaur**, Manoj Malik, Parul Sharma, Sunita Jangra. Effect of Mental Fatigue on Memory and Retention: An Experimental Study. *Journal of Emerging Technology and Innovative Research* 2018; 5(7):620-626.
26. Deepika Sharma, **Jaspreet Kaur**, Monika Rani, Arpit Bansal, Manoj Malik, Sivachidambaram Kulandaivelan. Efficacy of Pilates based mat exercise on quality of life, quality of sleep and satisfaction with life in type 2 diabetes mellitus. *Rom j diabetes nutr metab dis*.2018; 25(2):149-156.
27. **Kaur J.**, Singh, S. K. and Vij, J. S. Optimization of Aerobic Exercise Protocols in Diabetes Mellitus: A Randomized Trial. *Romanian Journal of Diabetes, Nutrition and Metabolic Diseases*. 2017; 24(4):333–344
28. Manoj Malik, Monika Rani, Reena Kumari, **Jaspreet Kaur**. Conservative management of vertbrobasilar insufficiency:A systematic review. *Journal of Exercise science and physiotherapy*.2017; 13(2):51-55.
29. **Jaspreet kaur**, Manoj Malik, Sonu Punia, Puja. Mobile phone usage and its effect on health among university students. *International journal of advanced research and development*. 2017; 2 (6):249-252.
30. Sivachidambaram Kulandaivelan, Mahamed Ateef, Varun Singh, Rekha Chaturvedi, Shabnam Joshi, **Jaspreet Kaur**, Sonu Punia, Manoj Malik, Dinesh Narwal, Monika Rani. Hisar urban geographical observational cohort study [hugocs] - aims and objectives, methodology, future plans. *Iosr Journal of Dental and Medical Sciences*.2017; 16(6):23-27.
31. Monica Rani, **Jaspreet Kaur**, Taruna Singal, Manoj Malik, Arpit Bansal. Does exercise improve sleep quality, balance and strength among females? *International Journal of Current Advanced Research*.2017; 6(4).

32. Manoj Malik, **Jaspreet Kaur**, Annu, Monika. Correlation between foot overpronation and angle of inclination of hip joint. *Indian Journal of Physiotherapy & Occupational Therapy*.2017; 11(4):78-82.
33. **Jaspreet kaur**, Manoj Malik, Parul Sharma, Preeti Sangwan, Monika Rani. Effect of iontophoresis with dexamethasone in pain. *Indian Journal of Physiotherapy and Occupational Therapy*. 2017; 11(3):1-5.
34. **Jaspreet Kaur**, Parul Sharma, Physical performance and balance in active and sedentary older adults- a comparative study. *International Journal of Physiotherapy and occupational therapy*, 2017;11(2):78-83.
35. Preeti Sangwan, **Jaspreet Kaur**, Annu Malik. Effect on memory and cognitive function in patients suffering from stroke- A review. *International Journal of Current Research and Review*. 2017;9(12):27-31.
36. **Jaspreet Kaur**, Manoj Malik, Parul Sharma, Sumedha Sangwan, Kulandaivelan S. Prevalence and fitness of diabetics in hisar, haryana, india. *Rom j diabetes nutr metab dis*.2016: 24(2):111-118.
37. **Jaspreet kaur**, Manoj Malik, Monika rani. Efficacy of neural mobilization and advice on postural correction in cervicogenic headache: a case report. *International Journal of Physiotherapy*. 2016.3(6):726-730.
38. **Jaspreet kaur**, Manoj Malik, Monika rani. A systematic review on efficacy of Kinesiotaping in pain management. *International Journal of Physiotherapy*.2016; 3(3):355-361.
39. **Jaspreet Kaur**, Sonu Punia. Floppy Infant Syndrome: Overview. *Int J Physiother Res* 2016, Vol 4(3):1554-63.
40. **Jaspreet Kaur**, Shailendra Kumar Singh, and Jaspreet Singh Vij. Physiotherapy and Rehabilitation in The Management of Diabetes Mellitus : A Review. *Indian Journal of Scientific Research*.2015; 6(2):171–181
41. **Jaspreet Kaur**, Naveen Ganer, Gayatri, Manoj Malik, Corelation of sit & reach test and indirect inclinometer measurement of hip joint angle in hamstring flexibility testing in indian school going girls & boys. *Romanian Journal of Physical Therapy*.2015; 21(35):48-55.
42. Sumit Kumar, Kulandaivelan S, **Jaspreet Kaur**, Rekha Chaturvedi, Baljeet Girdhar, Varun Singh, Sonu Punia, Vikash Kumar, One year prevalence of musculoskeletal disorder among cricket Players in Haryana: A retrospective study. *International Journal of Physical Education, Sports and Health* 2015; 2(2): 75-77
43. Sumit kumar, s. Kulandaivelan, **jaspreet kaur**, rekha chaturvedi, azad singh malik, sonu punia, varun singh, vikas kumar. One year prevalence of musculoskeletal disorder among field hockey players in haryana: a retrospective study. *Journal of physical education research*, volume 2, issue iv, december 2015, pp.48-56.
44. Manjula, **Jaspreet kaur**, Manoj Malik, Shabnam Joshi, impact of positions of shoulder, elbow, wrist, body posture and hand span on grip strength- a review study. *International Journal of Advanced Physiotherapy*.2014;2(9); 356-365.
45. Varun Singh, Manoj Malik, **Jaspreet Kaur**, Naveen Ganer, Comparision between posterior to anterior mobilization and traction slr on pain and neurodynamic mobility in patients of low back pain. *International Journal of Physiotherapy and Research* 2014, 2(1): 383-87.
46. Naveen Ganer, **Jaspreet Kaur**, Gayatri, Manoj Malik, Varun, Sujata. A randomized controlled trial on effectiveness of static stretching on hamstring flexibility in school children (5 to 12 yrs) . *Indian Journal of Health and Wellbeing* .2014; 5(4): 481-484.
47. **Jaspreet Kaur**, Manoj Malik, Inderpreet Kaur, Neerja Thukral. Effects Of Collar On Balance And Vertebrobasilar Insufficiency. *Indian Journal of Physiotherapy and Occupational Therapy*.2014; 8(1):199-203.
48. Naveen Ganer, **Jaspreet Kaur**, Gayatri, Manoj Malik, Varun, Sujata. A randomized controlled trial on effectiveness of static stretching on hamstring flexibility in school children (5 to 12 yrs) . *Indian Journal of Health and Wellbeing* .2014; 5(4): 481-484.
49. **Jaspreet Kaur**, Manoj Malik, Minaxi, Inspiratory Muscle Performance Following Diaphragmatic Resistance Training In Healthy Adults, *Indian Journal Of Physiotherapy And*

Occupational Therapy, *Indian Journal of Physiotherapy and Occupational Therapy*.2013;7(3):98-102.

50. **Jaspreet Kaur**, Manoj Malik, Priyanka Tripathi. A comparative study on effect of core stability exercises and PNF on balance, flexibility and endurance in overweight females. *Indian Journal of Physiotherapy and Occupational therapy* 2013; 7(4): doi 10.5958/j.973.5674.7.4.125.
51. Priyanka Tripathi, **Jaspreet Kaur**, Shabnam Joshi. Role of obesity in low back pain related disability in female adults. *Int. J Physioth Res*, 2013, 3, 93-98.

#### **PAPER-PRESENTATIONS AND CONFERENCE ATTENDED**

- Participated and presented paper in virtual 4th International conference “biomechanics clinical spine & orthopedics, organized ISIC, IIT Delhi, Hamburg University of technology and university of Toledo, held on April 16-18,2021.
- Participated as speaker at INTI’S Virtual symposium “the role of tele-rehabilitation in physiotherapy management during COVID-19 Pandemic” held on 8 May 2021, Singapore.
- Participated and presented paper in National Conference on Arthritis (virtual), conducted on occasion of world arthritis day, organized by DVVPF College of Physiotherapy, held on 12 Oct 2021.
- Participated and presented paper in HSB 14th Annual National Conference on Business and management, organized by Haryana School of Business, GJUS&T, Hisar, held on 10-11 February 2022.
- Participated and presented paper, speaker at Physio Bharat 2022, the National Physiotherapy Conference on Theme “unravel the new horizon of Physiotherapy in India-post COVID era”, held on 19 June 2022.
- Participated in one day virtual national seminar on “Comprehensive quality initiatives & challenges for Higher Education in Digital Era” held on 30th May 2020.
- Participated and presented a paper in National Seminar on “Weight Management Through Exercise & Yoga” held on 12th January 2020 organised by Department of Physical education Chaudhary Bansi Lal university, Bhiwani, Haryana.
- Delivered a lecture on topic “Thinking Beyond the Knee pain in a live virtual Conference on “recent advancement in physical therapy & rehabilitation (RAPTR)” Organized by Department of Physiotherapy Faculty of Allied Health Sciences (FAHS) On 9TH – 11TH OCTOBER, 2020.
- Contributed as Reviewer in virtual Global congress on sustainability for growth and development on 18 July 2020, organized by INTI International University Malaysia.
- Participated in one day online International Seminar on Pandemic, literature and life crisis, organized by department of English on June 04, 2020 in S.A,Jain (PG) College, Ambala City.
- Delivered lecture on “The role of tele rehabilitation in physiotherapy management during COVID-19 pandemic” at INTI International University, Malaysia on 08 May 2021.
- Paper Presentation on “Mental health promotion in developing peace and prevention of violence among adolescents” in International conference held on 24-25 February 2020, organized by Department of Psychology MNS Government PG College, Bhiwani.
- Paper Presentation on topic “ Impact of COVID-19 Pandemic on Education : student perspective” in international webinar on Psychosocial factors in sustainable health and well-being, held on 17-18 June 2020, organized by Ch. Bansi Lal University, Bhiwani.

- **participated** in one day Virtual National Seminar on “ comprehensive equality initiatives & challenges for higher education in digital era” organized by internal quality assurance cell, People’s University, Bhopal.
- **Paper presentation on** topic “ Efficacy of Jacobson’s Relaxation Technique in Management of Migraine.” in National Conference of physiotherapy on Relief, Remedy and Recovery, organized by Department of Physiotherapy, Jagannath University, Bahadurgarh and Haryana Chartered Association of Physiotherapy, Haryana, India on 08/09/2019.
- **Poster presentation** on topic “ Comparison between Physiotherapy and Physiotherapy combined with Stress Management programme for the treatment of Trigger point in patients suffering from Tension type headache.” in National Conference of physiotherapy on Relief, Remedy and Recovery, organized by Department of Physiotherapy, Jagannath University, Bahadurgarh and Haryana Chartered Association of Physiotherapy, Haryana, India on 08/09/2019.
- **Paper Presentation** on the topic “ Stress Among Medical Students “ in national conference on Gure Jambo Ji Aur Bharatiye Dharamo Mein Shanti Puran She Astitva Ki Bhawna, organised by department of religious studies, guru Jambheshwar university of science and technology, hisar, on 26/02/2019.
- **Chaired** an academic session in National Seminar on “Recent advances in Physiotherapy Management of Lymphedema” organized by College of Physiotherapy, Pt B.D. University of Health Sciences, Rohtak.
- **Paper Presentation** on “Effect of Core Strengthening Exercises in Patients Suffering from Diabetes Mellitus” in 1<sup>st</sup> International Conference of Physiotherapy RPAICON, held at Mahatma Gandhi University of Medical Sciences and Technology, Jaipur from 28/1/17 to 29/01/17.
- **Paper presentation** titled “Dhanurasana and its effect on low back pain among youth” in International conference on nurturing human values in youth: a perspective of Srimad Bhagvad Gita organise from 8 to 10<sup>th</sup> December, 2016.
- **Paper presentation** titled “ Bhagvad development Gita as basis of treatment of Parkinson’s Disease” in international conference on nurturing Human values in youth : A perspective of Srimad Bhagvad Gita, held in GJUS&T, Hisar.
- **Co-Authored a Paper Presentation** entitled “The use of Psychotherapy in Physical and Mental Rehabilitation: A Review Article” in International Conference on Positive Psychology for health and well-being.

## **MEMBERSHIP**

- Life Member of India Association of Physiotherapy (membership no. L-12532).

## **MEMBERSHIP IN UNIVERSITY BODIES**

- 1) Member of departmental board of study and research committee, Department of Physiotherapy, G.J.U.S&T, Hisar
- 2) Member of Post graduate Board of studies 15.05.2008 to 15.5.2010.
- 3) Member of Under graduate Board of studies 06.01.2009 to 06.01.2011.
- 4) Member of Academic Council of G.J.U.S&T 19.02.2009 to 19.02.2011.
- 5) Member of sports council of G.J.U.S&T 04.01.2010 to 04.01.2012.
- 6) Member of faculty of medical sciences 03.08.2009 to 03.08.2011.
- 7) Worked as NSS Program officer (3 yrs).

## **ADDITIONAL QUALIFICATION**

**2001:-** Attended 1st Annual Conference of Physiotherapists, held at Jalandhar.

**2002:-** Attended Workshop on Mulligan’s Technique conducted by Dr. Deepak Kumar

**2004:-** Attended Workshop on Maitland’s Technique conducted by Dr. Anandajyoti.

**2005:-** Attended Workshop on Neuro Developmental Therapy conducted by Dr. Sarvanan Savanithi.

- 2009:** Attended Seminar cum Workshop on “Basis of manipulation and approaches in neuromusculoskeletal disorders by Dr. Narkeesh Arumugum.
- 2009:-** Attended Seminar cum Workshop on “Recent trends in functional rehabilitation of spinal cord injury” by Dr.Parveen Kumar.
- 2013-** Paticipated in National Symposium on Research in Physiotherapy,Organized by Deptt of Physiotherapy,Punjabi University,Patiala hrlrd on March 4,2013
- 2013-** Convener of National Level Wokshop on Recent Tends in Sinal Cord Injury Organised by Deptt of Physiotherapy,G.J.U.S.&T.,Hisar held on Nov 11 and 12,2013
- 2013-** Convener of camp and competition oganised on world physiotherapy day 08-09-2013.
- 2020-** organized one week yoga camp online in Deptt of Physiotherapy,G.J.U.S.&T.,Hisar
- 2021-** organized one day yoga webinar in Deptt of Physiotherapy,G.J.U.S.&T.,Hisar

(Dr. Jaspreet Kaur)