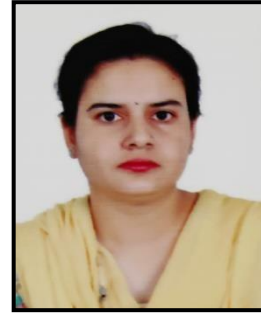


## **Dr. Shabnam Joshi**

**Present Address:**

**H. no. 123, Patel Nagar,  
HisarHaryana, Pin 125001  
Contact No. 9729922466**



### **Statement of Purpose**

***“The purpose of Life is a Life of Purpose”***

My career objective entails gaining expertise in a multitude of facets of the organization of which I am a part, and subsequently using my academic & professional knowledge to effectively shoulder my responsibilities and deliver my objectives, thereby adding value to the organization, and at the same time creating opportunities for professional growth and personal development. I am a Life member of the Indian Association of Physiotherapists bearing no. L-15591.

### **Professional & Academic Qualifications**

- (2019) Ph. D**  
Department of Physiotherapy, Guru Jambheshwar University of Science & Technology, Hisar
- (2003 – 05) Masters in Physiotherapy (Musculoskeletal)**  
Dolphin Institute of Biomedical and Natural sciences, Dehradun  
**Performance:** Aggregate 61%
- (1998 -2003) Bachelor’s in Physiotherapy**  
TDTRDAV Institute of Physiotherapy and Rehabilitation, Yamunanagar  
**Performance:** Aggregate 64%
- (1997) 12<sup>th</sup> (CBSE)**  
CBSE Board  
**Performance:** Aggregate 67%
- (1995) 10<sup>th</sup>**  
ICSE BOARD  
**Performance:** Aggregate 83%

#### **Ph.D. Thesis Topic:**

Efficacy of Retrowalking and Topical nanogel formulation: Randomized trials in management of knee osteoarthritis.

#### **M.P.T. Dissertation Topic:**

The Efficacy of Spinal Flexion and Extension Exercises on the basis of Movement bias in Patients with Chronic low Back Pain.

### **Professional Experience**

**30<sup>th</sup> August, 2019 - till date**

Associate Professor, in Department of Physiotherapy, Guru Jambheshwar University of Science & Technology, Hisar.

### **30<sup>th</sup> August, 2006 – 29<sup>th</sup> August, 2019**

Assistant Professor in Department of Physiotherapy, Guru Jambheshwar University of Science & Technology, Hisar.

#### ***Work Profile***

##### Academic Duties

- Supervising Ph.D. research scholars
- Teaching students both at Graduate and Post graduate level
- Guiding students for Bachelor of Physiotherapy Project Work and Master of Physiotherapy Dissertation work
- Course Coordinator of Master of Physiotherapy (Musculoskeletal Disorders)
- Conduct and Organization of Workshops, Seminars, World Physiotherapy day and International Yoga day at Departmental and University level

##### Administrative duties

Administrative duties as Department Incharge (from December, 2009 to 26<sup>th</sup> January, 2021)  
Presently Chairperson, Department of Physiotherapy, GJUS&T, Hisar.

### **September 2005 – 29<sup>th</sup> August 2006**

Worked as guest faculty in Department of Physiotherapy, Guru Jambheshwar University of Science & Technology, Hisar.

#### **Workshops and Seminars attended**

- 42<sup>nd</sup> annual conference of IAP, 13<sup>th</sup> – 15<sup>th</sup> Feb, 2004, Jaipur.
- Workshop on Basic concept of Manipulative Therapy organized by Dr. G.C. Ananda Jothi MPT(Australia), MIAP at DIBNS Dehradun, 26<sup>th</sup> April 2004 – to 7<sup>th</sup> May 2004.
- International conference on Manual Therapy, 10<sup>th</sup> – 11<sup>th</sup> Nov 2005, SBSPPG Institute of Biomedicalsciences and research, Dehradun.
- Workshop on Cerebral Palsy, 21<sup>st</sup> – 22<sup>nd</sup> October 2005, GJUS&T, Hisar.
- Workshop on Spinal cord Injury Rehabilitation, 18<sup>th</sup> – 19<sup>th</sup> Nov 2005, GJUS&T, Hisar.
- 1<sup>st</sup> International Conference of Orthopaedics and Sports Physiotherapy, 2<sup>nd</sup> – 3<sup>rd</sup> Dec, 2006, organized by DIBNS, Dehradun.
- Workshop on Cardiopulmonary rehabilitation, 6<sup>th</sup> Jan 2007, GJUS&T, Hisar.
- Workshop on Basis of Manipulation and approaches in Neuromusculoskeletal Disorders, 17<sup>th</sup> Jan, 2009 GJUS&T, Hisar.
- Workshop on Recent trends in Functional Rehabilitation of Spinal cord Injury, 6<sup>th</sup> Feb 2009, GJUS&T, Hisar.
- National workshop on Intellectual Property Rights and Technology Commercialization held at GJUS&T, Hisar on 18<sup>th</sup> March, 2013.
- Organized and participated in a conference held on Recent Trends in Health Care at GJUS&T, Hisar on 14<sup>th</sup> March, 2016.
- Chaired a session in National Seminar on “Recent advances in Physiotherapy management of Lymphedema” held at College of Physiotherapy, Pt. B. D. Sharma PGIMS, Rohtak on 16 September, 2017.

- Attended 2<sup>nd</sup> Annual Conference of Society for Rural Mental Health held at CCS HAU, Hisar on 28-29<sup>th</sup> Oct, 2017.
- Attended 4<sup>th</sup> Neuroscience Update 2018 held at GJUS&T Hisar on 2<sup>nd</sup> September, 2018.
- Attended World Physiotherapy Day and Knowledge Sharing Programme held on 8<sup>th</sup> September, 2019 organized by Dukhbhanjan Hospital, Fatehabad.
- Attended 3<sup>rd</sup> Re-Life Ingenious Synod 2019 held on 21<sup>st</sup> – 22<sup>nd</sup> December, 2019 at Jaipur.
- Participated in international conference on “violence and peace: Analysis to action” held on 24 -25 February, 2020 organized by PG department of Psychology M.N.S Govt PG College Bhiwani, Haryana.
- Participated in Emerald Publishing’s Webinar “Publishing Impactful Articles” conducted by UGC- Human Resource Development Centre, Guru Jambheshwar University of Science & Technology, Hisar in association with Emerald Publishing, India on 5<sup>th</sup> May, 2020.
- Participated in One day Virtual National Seminar on “Comprehensive Quality Initiatives & Challenges for Higher Education in Digital Era” held on 30<sup>th</sup> May, 2020 organized by IQAC, People’s University, Bhopal.
- Participated in two days online International Webinar on “ Psychosocial Factor in Sustainable Health and Well Being” organized by Faculty of Behaviour and Cognitive Sciences on June17-18, 2020.
- Webference on “Role of Chest Physiotherapy in COVID-19 Pandemic” held at National Institute for Locomotor Disabilities (Divyangjan), Kolkata on 1<sup>st</sup> August, 2021.

### **Paper Presentations/ Expert Lectures**

- Paper presentation on the topic “A randomized controlled pilot trial on efficacy of longwave diathermy in patients with neck pain” in National Conference- Physio Bharat 2022 (Theme- Unravel the new horizon of physiotherapy in India: Post COVID Era) held on June 19<sup>th</sup>, 2022 at Artemis Hospital, Gurugram.
- Delivered Guest Lecture on the topic “Retrowalking- a Novel Concept in Rehabilitation” on 21<sup>st</sup> April, 2022, in Student Induction Programme, College of Physiotherapy, Pt. B.D. Sharma, University of Health Sciences, Rohtak during 06.04.2022-23.04.2022.
- Presented a paper entitled “Effect of Pilates on Forward Head Posture” in International Physiotherapy E-conference “Evolving Physiotherapy Practices” on 30-31 July, 2021 organized by Faculty of Physiotherapy, SGT University, Gurugram.
- Presented a paper entitled “ Effect of Lockdown on Eating Habits & Lifestyle Pattern in College & University Students” in two days online International Webinar on “ Psychosocial Factor in Sustainable Health and Well Being” organized by Faculty of Behavior and Cognitive Sciences on June17-18, 2020.
- Presented a paper on topic “Effect of lockdown on stress and anxiety among college and university students” in two days online international webinar on “Psychosocial factors in sustainable health and wellbeing ” organized by Faculty of Behavior and Cognitive Sciences on June17-18,2020.
- Presented a paper on topic “Mental health in developing peace and prevention of violence among adolescents” in international conference on “violence and peace: Analysis to action” held on 24 -25 February, 2020 organized by PG department of Psychology M.N.S Govt. PG College Bhiwani, Haryana.
- Presented a paper on topic “Immediate effect of muscle energy technique and contraction

duration in patients with neck pain” during 3<sup>rd</sup> Re-life conference ingenious synod 2019, Jaipur held on 21 -22 December, 2019.

- Delivered Expert Lecture on the topic “Exercises in Knee Osteoarthritis” on 20 November, 2018 in the UGC Sponsored Interdisciplinary Refresher Course on Research Methodology held at HRDC, GJUS&T, Hisar during 15.11.2018-05.12.2018.
- Paper presentation on the topic “Effect of retrowalking and topical glucosamine nanogel in knee osteoarthritis” in International Conference on Bio and Nano Technologies for sustainable agriculture food, health, energy and industry (ICBN-2018) held on Feb. 21-23, 2018 at Dept. of Bio and Nano Technology, GJUS&T, Hisar.
- Presentation a paper on the topic “ Formulation and evaluation of topical glucosamine nanogel for management of knee osteoarthritis” in 12<sup>th</sup> National Conference on organics, metallorganics and thermodynamics(NCOMT-2017) held on November 17-18, 2017 at Dept. of Chemistry, GJUS&T, Hisar.

### Research Publications

**Shabnam Joshi**, Ritu Kamboj, Alka Pawalia. Effect of Interferential Therapy and Elastic Band Exercises on Subjects with Round Shoulder and Forward Head Posture: A Randomized Trial. *Journal of the Dow University of Health Sciences (JDUHS)*. 2022;16(2): 59–65. <https://www.jduhs.com/index.php/jduhs/article/view/1639>

Rekha Chaturvedi, Rahul Jogi, **Shabnam Joshi**, Vandana Yadav. The Effect of Transcranial Direct Current Stimulation on Pain, Range of Motion, and Balance in Sportspersons with Ankle Sprain. *Advances in Rehabilitation*. 2022;36(1): 32-38. <https://doi.org/10.5114/areh.2022.116529>

Varsha Panchal, Chanchal Panchal, Usha Panihar, **Shabnam Joshi**, Alka Pawalia. A randomized controlled trial on the effectiveness of pilates training on physical components in cricketers. *Advances in Rehabilitation*. 2022;36(2):15-22. doi:10.5114/areh.2022.116031

Rekha Chaturvedi, **Shabnam Joshi**, Manoj Malik M. Transcranial Direct Current Stimulation (tDCS) in chronic low back pain: Systematic review with meta-analysis. *Romanian Journal of Neurology*. 2022;21(2):128. DOI: 10.37897/RJN.2021.2.7

Sonu Punia, Varun Singh, **Shabnam Joshi**, Manoj Malik, Minaxi Saini. Effects of walking in individuals with prehypertension and stage 1 hypertension in India: a randomised controlled trial. *International Journal of Therapy and Rehabilitation*. 2022 Apr 2;29(4):1-0. <https://doi.org/10.12968/ijtr.2020.0163>

Vandana Rani, **Shabnam Joshi**. Physical activity in pregnancy and its effect on weight-related parameters: A pilot randomized controlled trial. *Revista Pesquisa em Fisioterapia*. 2022 Mar 3;12:e4324-. <https://doi.org/10.17267/2238-2704rpf.2022.e4324>

Jyoti Sabharwal, **Shabnam Joshi**, Rekha Chaturvedi, Meekashi Bagri, Vandana Rani. Effectiveness of neuromuscular exercises (NEMEX) in knee osteoarthritis: a systematic review with metaanalysis. *Postepy Rehabilitacji*. 2022;36(1):33.

Alka Pawalia, **Shabnam Joshi**, Preeti, Vikram Singh Yadav. Prevalence of musculoskeletal pain and discomfort due to online teaching and learning methods during lockdown in students and teachers: outcomes of the new normal. *Journal of Musculoskeletal Research*. 2022 Mar

2;25(01):2150020. <https://doi.org/10.1142/S0218957721500202>

Rekha Chaturvedi, **Shabnam Joshi**. Co-relation of pain, function and quality of life with the radiographic findings in knee osteoarthritis patients. *Advances in Rehabilitation*, 2021, 35(3), 25–30. DOI: 10.5114/areh.2021.107302

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Sonu Punia, Mohini, Shailja Sharma, Varun Singh, **Shabnam Joshi**. Impact of the covid-19 pandemic on psychological health status during lockdown period: A cross-sectional study. *Romanian Journal of Neurology/Revista Romana de Neurologie*. 2021 Apr 1:217-23. DOI: 10.37897/RJN.2021.2.14

Rekha Chaturvedi, **Shabnam Joshi**. Time Dependent Effect of the Combination of Transcranial Direct Current Stimulation and Transcutaneous Electrical Nerve Stimulation in Knee Osteoarthritis Patients. *Journal of University of Shanghai for Science and Technology*. Volume 23, Issue 4, April – 2021; 196-206. URL: <https://jusst.org>

Rekha Chaturvedi, Sivachidambaram Kulandaivelan, **Shabnam Joshi**. Effectiveness of transcranial direct current stimulation on pain and function in knee osteoarthritis: a systematic review with meta-analysis based on PRISMA guidelines. *Physiother Quart*. 2021;29(2):89–95. URL:<https://www.termedia.pl/>

Rekha Chaturvedi, **Shabnam Joshi**. Combination of Transcranial direct current stimulation (tDCS) and transcutaneous electrical nerve stimulation (TENS) on pain, function and quality of life in knee osteoarthritis patients: participant blinded, placebo controlled randomized trial. (Accepted) Queued to be published in *Physiother Quart*. 2021; 29(3). URL:<https://www.termedia.pl/>

Manoj Purohit, **Shabnam Joshi**, Rekha Chaturvedi, Sivachidambaram Kulandaivelan. Association of Anthropometric Measurements and Lumbar Lordosis with Flexor and Extensor Trunk Muscle Endurance Along with Gender Based Differences in Young Adults. *Indian Journal of Public Health Research & Development*. 2020; 11(6): 463-469. URL:<http://www.ijphrd.com>

Alka Pawalia, **Shabnam Joshi**, Vikram Singh Yadav. Can your eye glasses lead to future neck pain and disability? Relation of eyeglasses with neck muscle endurance and posture. *International Journal of Community Medicine and Public Health*. 2019; 6(6): 2402-2407.

Jyoti, **Shabnam Joshi**, Vikram Singh Yadav. Knee joint muscle flexibility in knee osteoarthritis patients and healthy individuals. *International Journal of Health Sciences and Research*, 2019;

9(6): 156-163.

**Shabnam Joshi**, Alka Pawalia, Bharti Kundu and Vikram Singh Yadav. Relation of body image with BMI among female university students. International Journal of Physiology, Nutrition and Physical Education.2019;4(1):312-314.

Rekha Chaturvedi, Sivachidambaram Kulandaivelan, Manoj Malik, **Shabnam Joshi**. Transcranial direct current stimulation in combination with TENS: Effectiveness on pain and functional outcomes in knee OA patients- A study protocol. Indian Journal of Public Health Research and Development.2019;10(4):337-341.

**Shabnam Joshi**, Shailendra Kumar Singh, Jaspreet Singh Vij. Effect of Retrowalking, a Non-Pharmacological Treatment on Pain, Disability, Balance and Gait in Knee Osteoarthritis: A Randomized Controlled Trial. Indian Journal of Public Health Research & Development. 2019; 10(2):214-219.

Rekha Chaturvedi, Kulandaivelan S, Manoj Malik, **Shabnam Joshi**. Effect of transcranial direct current stimulation (tdcs) on depression in bipolar disorder: a systematic review based on prisma guideline. 2019 IJRAR February 2019, Volume 6, Issue 1 www.ijrar.org (E-ISSN 2348-1269, P-ISSN 2349-5138).URL: <https://www.ijrar.org>

Permila Dhayal, **Shabnam Joshi**, Rekha Chaturvedi, Sivachidambaram Kulandaivelan. Comparison of modified back saver sit and reach test and toe touch test on the basis of criterion measurements to measure hamstring flexibility. International Journal of Research and Analytical Reviews. 2019; 6(1): 53-61.

**Shabnam Joshi**, Alka Pawalia, Pawan Kumar and Vikram Singh Yadav. Correlation of BMI with obesity and physical activity among university male students. International Journal of Physiology, Nutrition and Physical Education. 2018;3(6): 28-30.

Sivachidambaram Kulandaivelan, Rekha Chaturvedi, Manoj Malik, **Shabnam Joshi**. One-year prevalence of low back pain and its correlates in Hisar urban population. Journal of Musculoskeletal Research. 2018; 21(2):1850011-1850018.

Monika Sihag, **Shabnam Joshi**, Rekha Chaturvedi. Comparison of Navicular height in females with and without mechanical arch foot pain. International Journal of Health Sciences and Research.2018; 8(6): 124-127.

**Shabnam Joshi**, Shailendra Kumar Singh, Jaspreet Singh Vij. Evaluation of age, gender, body mass index and gait characteristics in knee osteoarthritis patients. International Journal of Health Sciences and Research. 2018; 8(8): 151- 157.

Anuj Kumari, **Shabnam Joshi**, Sonu Punia and Sivachidambaram Kulandaivelan. Effect of isometric quadriceps contraction on the q angle in standing and supine positions among young females. International Journal of Physiology, Nutrition and Physical education. 2018; 3(1):2090-2093.

Rekha Chaturvedi, S. Kulandaivelan, Manoj Malik, Shailendra Kumar Singh, **Shabnam Joshi**. Effect of Trans-cranial direct current stimulation (TDCS) on pain in fibromyalgia-systematic review based on Prisma guidelines. International Journal of Physiology, Nutrition and Physical education. 2018;3(2): 858-862.

**Shabnam Joshi**, Alka Pawalia, Amit Sambharwal and Vikram Singh Yadav. Correlation of BMI with blood pressure in young university male students. International Journal of Physiology, Nutrition and Physical education. 2018; 3(2):1128-1130.

Saleem, **Shabnam Joshi**, Sonu Punia, Sivachidambaram Kulandaivelan. Prevalence of pre-competition anxiety in athletes of urban area, Hisar. International Journal of Fitness, Health, Physical Education & Iron Games. 2018;5(2): 122-129.

Jyoti, **Shabnam Joshi**, Parul Sharma. Role of Proprioceptive exercises in knee osteoarthritis. Indian Journal of Physiotherapy and Occupational therapy. 2017;11(3):33-37.

Sivachidambaram Kulandaivelan, Mahamed Ateef, Varun Singh, Rekha Chaturvedi, **Shabnam Joshi**, Jaspreet Kaur Malik, Sonu Punia, Manoj Malik, Dinesh Narwal, Monika Rani. Hisar Urban Geographical Observational Cohort Study [HUG-OCS]- Aims and objectives, methodology, future plans. IOSR Journal of Dental and Medical Sciences. 2017; 16(6): 23-27.

Sivachidambaram Kulandaivelan, Nisha Tigdania, Mahamed Ateef, Rekha Chaturvedi, **Shabnam Joshi**, Anisha Malik, Pahinian A. Prevalence of knee pain and its correlates with specific emphasis on CVD risk factors in Hisar urban population. International Journal of Clinical Rheumatology. 2017;12(4): 091-096.

Monika Bodwal, Priyanka Rana, **Shabnam Joshi**. Prevalence of neck pain and laptop using behaviour among post graduate students. International Journal of Physiotherapy and Research. 2017;5(4): 2271-75.

Deepika Garg, **Shabnam Joshi**, Alka Pawalia, Vikram Singh Yadav. Effect of high heels on lumbar lordosis, range of motion and muscle endurance in college going females. Indian Journal of Applied Research. 2016;6(9):33-37.

Priyanka Rana, **Shabnam Joshi**, Monika Bodwal. Quantitative gait analysis in patients with knee osteoarthritis. International Journal of Physiotherapy and Research, 2016, 4(5):1684-88.

Manjula, **Shabnam Joshi**, Vikram Singh Yadav. Impact of prolonged sitting on knee joint position sense among middle aged men and women: A comparative study. International Journal of Scientific Research, 2016, 5(8):7-10.

Nisha Yadav, **Shabnam Joshi**, Sonu Punia. Immediate Effect Of Soleus Trigger Point Pressure Release And Post Isometric Relaxation (Met) On Restricted Active Ankle Joint Dorsiflexion Among College Females. Int J Physiother Res, 2016, 4(3): 1564-68.

**Shabnam Joshi**, Jaspreet Singh Vij, Shailendra Kumar Singh. Retrowalking: A new concept

in Physiotherapy and Rehabilitation. International Journal of Scientific Research. 2015;4(10):152-156.

Alka Pawalia, Vikram Singh Yadav, **Shabnam Joshi**, Taruna Verma. Deep Neck Flexor Endurance: A Normative Data Score in Normal Healthy Indian Population. Indian Journal of Applied Research. 2015;5(8):217-20.

Sujata Sharma, **Shabnam Joshi**. Comparing single arm military press test performance in females with and without non-specific neck pain. Indian Journal of Health and Wellbeing.2014; 5(7): 870-873.

Alka Pawalia, **Shabnam Joshi**, Vikram Singh Yadav. Correlation of grip strength with the duration of diabetes in diabetic individuals. Indian Journal of Health and Wellbeing.2014; 5(9): 1017- 1022.

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 Research.2014; 2(9): 356-365.

Nidhi Gupta, **Shabnam Joshi**. Predictors of job satisfaction among physiotherapy professionals. Indian Journal of Physiotherapy and Occupational Therapy. 2013;7(3): 151-156.

**Shabnam Joshi**, Bhawna. Relationship between q-angle and patellofemoral pain syndrome.IndianJournal of Physiotherapy and Occupational therapy. 2009; 3(1): 14-17.

Chandrasekar Rathinam, Nandakumaran Nair, Ankur Gupta, **Shabnam Joshi**, Sneha Bansal Self-reported motorcycle riding behaviour among school children in India. Accident Analysis and Prevention. 2007;39: 334-339.

#### **Position of Responsibility & Extra Curricular Activities/Sports/ Membership in University Bodies**

- Chairperson, Department of Physiotherapy, GJUS&T, Hisar
- Member/ Chairperson of Board of Studies & Research, Department of Physiotherapy, GJUS&T, Hisar
- Member of Academic Council, GJUS&T, Hisar (w.e.f. 01.06.2019) for a period of 2 years.
- Member of Department wise Parents-Teacher interaction Committee.
- Member of Department level Anti- Eve teasing Committee.
- Member (Outside Expert) of Postgraduate Board of Studies (PGBOS), College of Physiotherapy, Pt. B.D. Sharma, University of Health Sciences, Rohtak.
- Member (Outside Expert) of Board of Studies (BOS), Department of Physiotherapy, PDM University, Bahadurgarh.
- Member (Outside Expert) of Postgraduate Board of Studies (PGBOS), Department of Physiotherapy, Gurugram University, Gurugram.

#### **Awards & Achievements**

- Awarded “Clinical Education Award” at “Physio Connect 2019” held on 5<sup>th</sup> May, 2019 at Medanta The Medicity, Gurugram.
- Awarded “Illustrious Service Award” at “Physio Connect 2” National Conference held at Asian Institute of Medical Sciences, Faridabad on 15<sup>th</sup> May 2022.



## **Courses & Faculty Development Programs**

- Completed “Academic Writing” course certified by SWAYAM, India and passed in March, 2022.
- Completed online one week FDP (Faculty Development Program) on “Digital Pedagogy: A Way Forward” organized by Banarsidass Chandiwala Institute of Physiotherapy, Delhi from 18<sup>th</sup> to 24<sup>th</sup> July, 2022.

## **Personal Details**

Date of Birth:	11 Dec, 1979
Marital Status:	Married
Designation:	Associate Professor
Nationality:	Indian
Languages:	Hindi, English, Punjabi