

CURRICULUM VITAE

Dr. Saurabh Sharma, PhD (PT)

Associate Professor

Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia

ORCID: <https://orcid.org/0000-0002-9659-360X>

Publication statistics

| Total publications | Research Papers | Book Chapters |
|--------------------|-----------------|---------------|
| 74 | 72 | 2 |

Total publications (research articles, book chapters):74

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| A | Contact Information | | Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, Jamia Nagar,110025, New Delhi, India | | |
| | Telephone | | +91-11-26980544, ext.4522 | | |
| | Cell | | 91-9899214134 | | |
| | E-mail | | ssharma@jmi.ac.in | | |
| | Webpage | | https://www.jmi.ac.in/cprs/facultymembers/Dr_Saurabh_Sharma-1561 | | |
| B | Research Interests | | <ul style="list-style-type: none"> • Sports Injuries Rehabilitation • Manual therapy • Exercise therapy • Core stability • Ergogenic Aids | | |
| C | Personal Information | | | | |
| | Date of Birth | | 15-Feb-1979 | | |
| | Marital status | | Married | | |
| D | Education | | | | |
| | Ph.D. | Jamia Millia Islamia (A Central University), New Delhi | 2019 | 64.6% | 1 st |
| | MPT | HNB Garhwal University (A Central University) Srinagar, UK | 2006 | 64% | 1 st |
| | BPT | CCS University, Meerut | 2003 | 67% | 1 st |
| E | Title of PhD Topic: Physiotherapy Management of Shoulder Impingement Syndrome in Overhead Athletes: An EMG – Evaluative Study | | | | |
| F | Details of Employment | | | | |
| | 2021-Till Date | | Associate Professor (Level 13A), Jamia Millia Islamia, New Delhi | | |
| | 2018-2021 | | Assistant Professor (Level 12), Jamia Millia Islamia, New Delhi | | |
| | 2013-2018 | | Assistant Professor (Level 11), Jamia Millia Islamia, New Delhi | | |
| | 2008-2013 | | Assistant Professor (Level 10), Jamia Millia Islamia, New Delhi | | |
| | 2007-2008 | | Lecturer, IRMAS, Guru Gobind Singh Indraprastha University, New Delhi | | |
| | 2006-2007 | | Demonstrator, IRMAS, Guru Gobind Singh Indraprastha University, New Delhi | | |

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| G | Research Experience | |
| | Sports injuries management, musculoskeletal rehabilitation, performance enhancing aids in sports, biomechanics, corrective muscle exercises for musculoskeletal dysfunctions | |
| H | Teaching Experience 18+ years | |
| | Sports injuries diagnosis and physiotherapy management I, II, biomechanics and kinesiology, sports biomechanics, electrotherapy-I, electrotherapy -II, Physiotherapy in Sports medicine, Sports training methods I, II | |
| I | Ph.D.Thesis/Postdoc Supervised | |
| | Ph.D. students Supervised | 3 Scholars |
| | Ph.D. students registered (ongoing guidance) | 2 scholars |
| J | Dissertations supervised at MPT (PG level): | |
| | MPT dissertations supervised | 33 students |
| K | Members of Scientific Societies | |
| | Life Member of Indian Association of Physiotherapists (IAP) | |
| L | Reviewers of Journals | |
| | Scientific Reports | |
| | Plos One | |
| | Journal of Pain Research | |
| | Journal of Clinical and Diagnostic Research | |
| | Journal of Bodywork and Movement therapies | |
| | Journal of Chiropractic Medicine | |
| M | Publication as Book Chapters | |
| | a) Inter-rater and Intra-rater Reliability Measurement of Isometric Dynamometer in Overhead Athletes with Shoulder Impingement Syndrome; pp 73-76; 2019; Chapter 21: ISBN No 978-81-7524-879-3 | |
| | b) Comparison of Incline Plyometric with Plane Plyometric Training on Dynamic Balance and Vertical Jump Performance in Volleyball Athletes: A Randomized Controlled Study. Current Innovations in Medicine and Med Sci Vol. 6. 2022 Nov 5:89-102.; Chapter 7; ISBN 978-93-5547-897-9 | |
| | | |
| N | Conference/Seminar Organized | |
| | a) Organizing committee of Delhi Physiotherapy conference organized by Centre for Physiotherapy and Rehabilitation Sciences, JMI, 6 th November 2022 | |
| | b) Organizing committee of World Physiotherapy Day Celebrations organized by Centre for Physiotherapy and Rehabilitation Sciences, JMI, 2nd September 2020- 8th September 2020 | |
| O | Administrative Responsibility | |
| | BPT program coordinator: 2021-2022 and 2022-2023 MPT (Sports) Program coordinator 2010-2020 Member, Physical Verification committee of CPRS, JMI (2020-2021) Member, Physical Verification committee of CPRS, JMI (2021-2022) Member, Physical Verification committee of CPRS, JMI (2022-2023) Member, Physical Verification committee of CPRS, JMI (2023-2024) Timetable in charge 2021-2022, 2022-2023, 2023-2024, 2024-25 Member, Committee for PhD syllabus revision (Physiotherapy) 2020 Member, Organizing Committee for Delhi IAP Conference organized jointly by JMI and Delhi Branch. Woman cell IAP held on 5 th November 2022. | |

| P | | Research Activities | |
|------------------------------------|--|---------------------|---------------------|
| | No. of publications | 72 | |
| | No. of paper presented/invited talks | 29 | |
| | No of Book Chapters | 02 | |
| | No of PhD guided/guiding | 03/02 | |
| | No. of post graduate dissertations supervised | 33 | |
| Research Activities (Publications) | | I.F. | Indexing |
| | Alam, M. F., Ansari, S., Zaki, S., Sharma, S. , Nuhmani, S., Alnagmoosh, A., & Alsubaiei, M. E. (2024). Effects of physical interventions on pain and disability in chronic low back pain with pronated feet: a systematic review and meta-analysis., 1-15. <i>Physiotherapy Theory and Practice</i> | 1.8 | Scopus/ UGC List |
| | Zaki, S., Alam, F., Faizan, M., Sharma, S. , & Naqvi, I. H. (2024). Association between heart rate variability and cardiorespiratory fitness in individuals with type 2 diabetes mellitus: A cross-sectional study. 19(3), 779-791. <i>Journal of Human Sport and Exercise</i> | - | Scopus/ UGC List |
| | Ahmed, M., Zaki, S., Alam, M. F., Sharma, S. , Al Salman, A. A., Altaweel, A., & Khan, H. (2024). The impact of intrinsic foot muscle strengthening exercises in asymptomatic athletes with normal foot structure: A systematic review., 101597. <i>Clinical Epidemiology and Global Health</i> | 2.3 | Scopus/ UGC List |
| | Zafar, T., Zaki, S., Alam, M. F., Sharma, S. , Babkair, R. A., Nuhmani, S., & Pandita, S. (2024). Effect of Whole-Body Vibration Exercise on Pain, Disability, Balance, Proprioception, Functional Performance and Quality of Life in People with Non-Specific Chronic Low Back Pain: A Systematic Review and Meta-Analysis., 13(6), 1639. <i>Journal of Clinical Medicine</i> | 3.4 | Scopus/ UGC List |
| | Zafar, T., Zaki, S., Alam, M. F., Sharma, S. , Babkair, R. A., & Nuhmani, S. (2024). Effects of progressive vs. constant protocol whole-body vibration on muscle activation, pain, disability and functional performance in non-specific chronic low back pain patients: a randomized clinical trial., 12, e18390. <i>Peer J</i> | 2.7 | Scopus/ UGC List |
| | Alam, M. F., Zaki, S., Sharma, S. , & Nuhmani, S. (2024). Establishing the Reliability of the GaitON® Motion Analysis System: A Foundational Study for Gait and Posture Analysis in a Healthy Population., 24(21), 6884. <i>Sensors</i> | 3.4 | Scopus/ UGC List |
| | Jawed, F., Ansari, S., Aziz, R., Khan, H., Khan, M. H., Sharma, S. , & Nuhmani, S. (2024). An evaluation of physical performance in collegiate athletes: A randomized controlled trial comparing backward and forward running., 29, 101740. <i>Clinical Epidemiology and Global Health</i> | 2.3 | Scopus/ UGC List |
| | Zaki, S., Alam, M. F., Sharma, S. , El-Ashker, S., Ahsan, M., & Nuhmani, S. (2024). Impact of Concurrent Exercise Training on Cardiac Autonomic Modulation, Metabolic Profile, Body Composition, Cardiorespiratory Fitness, and Quality of Life in Type 2 Diabetes with Cardiac Autonomic Neuropathy: A Randomized Controlled Trial. , 13(13), 3910. <i>Journal of Clinical Medicine</i> | 3.4 | Scopus/ UGC List |
| | Response to the letter to the editor regarding: Alam MF, Ansari S, Zaki S, Sharma S , Nuhmani S, Alnagmoosh A, Alsubaiei ME 2024 Effects of physical interventions on pain and disability in chronic low back pain with pronated feet: a systematic review and meta-analysis. <i>Physiotherapy Theory and Practice</i> 3: 1-15. (2024). <i>Physiotherapy Theory and Practice</i> , 40(8), 1910–1911 | 1.8 | Scopus/ UGC List |
| | Zaki, S., Alam, M. F., Sharma, S. , Naqvi, I. H., & Nuhmani, S. (2024). Impact of concurrent training sequence on heart rate variability, glycemic control, body composition, lipid profile, and cardiorespiratory fitness in type 2 diabetes patients with cardiac autonomic neuropathy: A randomized controlled trial. 29, 101747. <i>Clinical Epidemiology and Global Health</i> | 2.3 | Scopus/ UGC List |
| | Aysha, T., Zaki, S., Alam, M. F., Sharma, S. , Alnasser, S. M., Alqahatn, A. S., & Nuhmani, S. (2024). Effectiveness of backward gait training on body composition, cardiopulmonary fitness, inflammation, and metabolic marker in adults: A systematic review and meta-analysis. 14(2), <i>International Journal of Critical Illness and Injury Science</i> 101-111. | - | Scopus/ UGC List |
| | Ansari, S., & Sharma, S. (2024). Sleep Status and Chronotype in University Athletes with and without Chronic Low Back Pain: A Cross-Sectional Study. <i>Sleep Science</i> . | 1.0 | Scopus/ UGC List |
| | Raza, A., Zaki, S., Alam, M. F., Sharma, S. , Aysha, T., Khiyami, A. T., & Nuhmani, S. (2023). Effects of facilitatory and inhibitory Kinesio taping on lateral gastrocnemius muscle activity, motor neuron excitability, and countermovement jump height in university athletes from multiple sports: A randomized controlled trial., 9(12). <i>Heliyon</i> | 3.4 | Scopus/ UGC List |
| | Khan, M. H., Sharma, S. , Alsubaiei, M. E., Sahely, A., & Nuhmani, S. (2023). The impact of chronotype on VO2max in university students at two different times of the day, 27(5), 402-407. <i>Pedagogy of Physical Culture and Sports</i> | - | Scopus/ UGC List |

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| Ansari, S., & Sharma, S. (2024). Does multifidus muscle fatigue asymmetry exist in athletes with chronic low back pain?. 20(2), 449-454. Sport Sciences for Health | 1.2 | Scopus/ UGC List |
| Ali, R., Ali, I., & Sharma, S. (2023). Comparison of shoulder external rotation fatigue protocols on kinetic determinants and fatigue index in overhead athletes: a cross over study., 19(3), 189-196 Comparative Exercise Physiology | 0.9 | Scopus/ UGC List |
| Ansari, S., Alam, M. F., & Sharma, S. (2023). Reliability of the EN-TreeM dynamometer for measuring back strength in university athletes with chronic low back pain. 20(2), 517-523. Sport Sciences for Health | 1.2 | Scopus/ UGC List |
| Khan, M. H., Sharma, S., & Saleem, M. (2023). Chronotype and Its Relationship with Sleep Quality among Professional Students at Indian University., 5(2), 198-202. Indian Journal of Physical Therapy and Research | - | Scopus/ UGC List |
| Parveen, S., Ansari, S., & Sharma, S. (2023). Effects of the addition of neural mobilization to static stretching on nerve conduction and mobility in hamstring-injured soccer players. 20(1), 193-201. Sport Sciences for Health | 1.2 | Scopus/ UGC List |
| Khan, A., Sharma, S., Sharma, S. , Priyadarshi, P., Sharma, R. K., & Awasthi, S. (2023). Effectiveness of sleeper's stretch on proprioception and range of motion in volleyball and basketball athletes with glenohumeral internal rotation deficit. 1-10. Comparative Exercise Physiology | 0.9 | Scopus/ UGC List |
| Dutta, N., Sharma, S., Khurana, D., Malik, S., Sharma, S. , & Sharma, R. K. (2023). Foam Rolling is not Superior to dynamic Stretching in Augmenting Muscle Strength and Physical Performance Markers: A Systematic Review and Meta-Analysis, 13(1). Muscles, Ligaments & Tendons Journal | 0.5 | Scopus/ UGC List |
| Faizan, M., Ahuja, A., Ansari, S., Sharma, S. , Ngomdir, K., & Alam, M. F. (2023). Effect of 6-week combined training on salivary cortisol levels, total Olympic lifting performance and anxiety levels in elite male Olympic weightlifters. 20(1), 55-64. Sport Sciences for Health | 1.2 | Scopus/ UGC List |
| Khurana, D., Dutta, N., Malik, S., Sharma, S., Minhaj, M., Sharma, R. K., & Sharma, S. (2023). Blood flow restriction therapy with exercise are no better than exercise alone in improving athletic performance, muscle strength, and hypertrophy: a systematic review and meta-analysis., 41(2), 97-114. Somatosensory & Motor Research | 1.5 | Scopus/ UGC List |
| Khan, N., Sharma, S., Dahiya, I., Khan, J., Sharma, S. , & Sharma, R. K. (2023). Dose-response and temporal ergogenic effects of ginseng supplementation in athletes and active participants: A systematic review and meta-analysis., 40(21), 2444-2460. Journal of Sports Sciences | 3.4 | Scopus/ UGC List |
| Sirohi, P., Khan, M. H., Sharma, S. , Nuhmani, S., Al Muslem, W. H., & Abualait, T. (2022). A systematic review of effects of daytime napping strategies on sports performance in physically active individuals with and without partial-sleep deprivation. 10, 14460. Peer J | 2.7 | Scopus/ UGC List |
| Malik, S., Sharma, S., Dutta, N., Khurana, D., Sharma, R. K., & Sharma, S. (2022). Effect of low-level laser therapy plus exercise therapy on pain, range of motion, muscle strength, and function in knee osteoarthritis—a systematic review and meta-analysis., 40(1), 8-24. Somatosensory & Motor Research | 1.5 | Scopus/ UGC List |
| Zaki, S., Sharma, S. , & Vats, H. (2023). Effectiveness of concurrent exercise training in people with type 2 diabetes: A systematic review and meta-analysis., 40(9), 2094-2115. Physiotherapy Theory and Practice | 1.8 | Scopus/ UGC List |
| Ramzan, I., Khan, M. H., Sharma, S. , & Nuhmani, S. (2022). Effects of circadian rhythm on anaerobic performance and blood lactate level: a systematic review. 27(3), 799-816. Sleep and Breathing | 2.1 | Scopus/ UGC List |
| Sharma, S. , Sharma, S., Sharma, R., & Jain, A. (2022). Exercise therapy plus manual therapy improves acromiohumeral distance measured by real-time ultrasound in overhead athletes with shoulder impingement syndrome. Advances in Rehabilitation, 36(3), 1-10. Advances in Rehabilitation | - | Scopus/ UGC List |
| Arora, N. K., Sharma, S. , Sharma, S., & Arora, I. K. (2022). Physical modalities with eccentric exercise are no better than eccentric exercise alone in the treatment of chronic Achilles Tendinopathy: A systematic review and meta-analysis., 53, 101927. The Foot | 2.0 | Scopus/ UGC List |
| Hayat, Z., Sharma, S. , & Minhaj, T. M. (2022). Efficacy of caffeine on athletic performance: A systematic review and meta-analysis., 37(5-6), 333-353. Science & Sports | 0.8 | Scopus/ UGC List |
| Ansari, S., & Sharma, S. (2022). Prevalence and risk factors of chronic low back pain in university athletes: a cross-sectional study., 51(4), 361-370. The Physician and Sports Medicine | 2.4 | Scopus/ UGC List |
| Minhaj, T. M , Sharma, S. , & Hayat, Z. (2022). Effects of whole-body vibration on sports performance: A systematic review and meta-analysis, 37(4), 231-243. Science & Sports | 0.8 | Scopus/ UGC List |

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| Ansari, S., Sharma, S. , Kumar, S., & Sharma, S. (2022). Effect of stabilization exercises on balance parameters in chronic low back pain: a systematic review., 1-17. Sport Sciences for Health | 1.2 | Scopus/ UGC List |
| Gupta, R., Sharma, S., Sharma, R. K., & Sharma, S. (2021). Effect of Neurodynamic Mobilisation Plus Core Stability on Pain and Motor Nerve Conduction Velocity in Athletes with Lumbar Radiculopathy., 28(3), 3-7. Polish Journal of Sport and Tourism | - | Scopus/ UGC List |
| Sharma, S. , Ghrouz, A. K., Hussain, M. E., Sharma, S., Aldabbas, M., & Ansari, S. (2021). Progressive resistance exercises plus manual therapy is effective in improving isometric strength in overhead athletes with shoulder impingement syndrome: a randomized controlled trial. (1), 9945775. BioMed Research International | 3.411 | Scopus/ UGC List |
| Sharma, S. , Hussain, M. E., & Sharma, S. (2021). Effects of exercise therapy plus manual therapy on muscle activity, latency timing and SPADI score in shoulder impingement syndrome., 44, 101390. Complementary Therapies in Clinical Practice | 2.446 | Scopus/ UGC List |
| Arora, N. K., Sharma, S., Saifi, S., Sharma, S. , & Arora, I. K. (2021). Effects of combined whole-body vibration and resistance training on lower quadrants electromyographic activity, muscle strength and power in athletes, 49, 101844. The Foot | - | Scopus/ UGC List |
| Azhar, S., Sharma, S., Sharma, S. , & Tanwar, T. (2021). EMG activity of transversus abdominis, multifidus and co-contraction index in different phases amongst varied level archers: A cross-sectional study. 28(1), 19-23. Polish Journal of Sport and Tourism | - | Scopus/ UGC List |
| Sharma, S. , Akmal, S., & Sharma, S. (2021). Comparison of two manual therapy approaches combined with exercise on pain, strength and electromyographic muscle activity in athletes with subacute mechanical low back pain, 1-11. Sport Sciences for Health | - | Scopus/ UGC List |
| Anwer, U., Nuhmani, S., Sharma, S. , Bari, M. A., Kachanathu, S. J., & Abualait, T. S. (2021). Efficacy of speed, agility and quickness training with and without equipment on athletic performance parameters–A randomized control trial., 9(2), 194-202. International Journal of Human Movement and Sports Sciences | - | Scopus/ UGC List |
| Sharma, Saurabh. , Hussain, M. E., & Sharma, Shalini (2021). Manual therapy combined with therapeutic exercise vs therapeutic exercise alone for shoulder impingement syndrome: A systematic review and meta-analysis. Journal of Clinical & Diagnostic Research | - | Scopus/ UGC List |
| Sharma S. , Saifi, S., Arora, N.K., & Sharma, S. (2021). Whole Body Vibration for Athletes: An Evidence Informed Review. Journal of Clinical & Diagnostic Research, 15(5). | - | Scopus/ UGC List |
| Sharma, Saurabh. & Hussain, M. (2019). Confirmatory Factor Analysis of Hindi Version SPADI Scale in Overhead Athletes with Shoulder Impingement Syndrome. Journal of Clinical & Diagnostic Research, 13(7), 12-17. | - | Scopus/ UGC List |
| Anam, Sharma S. , Sharma S. (2020) Correlation Analysis Between Oswestry Disability Questionnaire and Abdominal Flexor Endurance among Non-Specific Low Back Pain Patients; 13(2), 249-253. Indian Journal of Forensic Medicine and Pathology | - | Scopus/ UGC List |
| Fozia, S. S., Sharma, S. , & Arora, N. (2019). Core Muscles Electromyographic Analysis in Collegiate Athlete on Performing Deadlift on Different Unstable Surfaces. 12(2), 95. Indian Journal of Forensic Medicine and Pathology | - | Scopus/ UGC List |
| Rashid, S. A., Moiz, J. A., Sharma, S. , Raza, S., Rashid, S. M., & Hussain, M. E. (2019). Comparisons of neuromuscular training versus quadriceps training on gait and WOMAC index in patients with knee osteoarthritis and varus malalignment., 18(1), 1-8. Journal of Chiropractic Medicine | - | Scopus/ UGC List |
| Sharma, S. (2018). Effect of neural mobilization on EMG and disability index in lumbar radicular pathology., 11(4). Indian Journal of Forensic Medicine and Pathology | - | Scopus/ UGC List |
| Sharma, S. , & Hussain, M. E. (2018). Psychometric properties of the Hindi version of SPADI in overhead athletes with shoulder impingement syndrome., 23(6), 246-252. International Journal of Athletic Therapy and Training. | - | Scopus/ UGC List |
| Sharma, S. , Hussain, M., Jain, A., & Moiz, J. A. (2018). Diagnostic accuracy and reliability of sonographic evaluation in overhead athletes with shoulder impingement syndrome., 12(8), 17-21. Journal of Clinical & Diagnostic Research | - | Scopus UGC List |
| Kumar S, Sharma S ; Equine Hydrotherapy: Recent Trends; 2016, 2(2), 45-48. Journal of Cardiovascular Medicine and Surgery. | - | UGC List |
| Ali, S., & Sharma, S. (2017) Efficacy of Neural Mobilisation in Hamstring Strain Injury: Current Update.1(10), 51-53 Physiotherapy and Occupational Therapy Journal | - | UGC List |
| Sharma S ; (2017) Pilates Exercises in Low Back Pain Syndrome; 10(1),47-50 Physiotherapy and Occupational Therapy Journal | - | UGC List |
| Sharma S ; (2017) Cryotherapy in Sports Physiotherapy: An Update., ,10(1), 43-46. Physiotherapy and Occupational Therapy Journal | - | UGC List |

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| | Gupta R, Sharma S ; (2017) Efficacy of Neurodynamic Technique on Athletes with Lower Lumbar Radiculopathy: Narrative Review;10(1), 37-41. Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Saira Ali, Sharma S ;(2016) Neurac Training in Muscle Rehabilitation. ,9(3),123-127 Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Saira Ali, Sharma S ;(2016) Neurac Training in Muscle Rehabilitation. ,9(3),123-127 Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Gupta R, Sharma S ;(2016) Improvement in Physical Performance Parameters with Whole Body Vibration, 9(2), 73-76 Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Jagmohan, Sharma S ;(2016) Efficacy of High Intensity Laser Therapy (HILT): A Review of Literature ;9(2), 63-66 Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Iqbal M, Sharma S ;(2015) Scapular Dyskinesia; 8 (1), 31-35 Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Nazish M, Sharma S . (2015) Role of BOMB Test in Shot Put Players Evaluation.:23. Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Sharma S, Singh P, Sharma S . (2014) A study to compare the Delorme and DAPRE strength training regimens. ,1;7(4):189. Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Ahmad I, Sharma S (2014) Electromyographic Activity Profile of Transverse Abdominis and Multifidus Muscles During Bridging Exercise Variants in Collegiate Cricketers. ;7(4).- Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Nazish M, Sharma S . (2014) Effect of Complex Training on Salivary Cortisol Level, BOMB Test and Balance Performance in Shot-put Throwers: A Review. 1;7(3):139 Physiotherapy and Occupational Therapy Journal. | - | UGC List |
| | Sharma S . (2014) Activity of Core Musculature during Bridging Variations-An Overview, 1;7(3):131 Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Kaushik A, Sharma S . (2013) A correlation between latency period of transverse abdominis and dynamic balance: an EMG study., 1;6(3):125. Physiotherapy and Occupational Therapy Journal. | - | UGC List |
| | Nuhmani S, Sharma S . (2013) Comparison of Internal and External Attentional Focussing Strategy on Power Gain with Plyometric on Upper Limb. ,1;6(3):117. Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Sharma S . (2013). Short Term Effects on Peak Extensor Torque of Muscle by Multi Modal Method of Stretching: A Review., 1;6(2):91. Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | K. Swati, Sharma S . (2012) Effect of backward training on agility and quadriceps strength. (53):11918 Elixir international journals Human Physiology | - | UGC List |
| | Sharma S . (2012) Core stability–An overview.;53: 11914. Elixir international journals Human Physiology | - | UGC List |
| | Kedia S, Sharma S . (2012) Effect of retro-treadmill ambulation training in patellofemoral pain patients.; 5:59. Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Sharma S , Shukla A, Sharma S.(2013) Plane vs Incline Plyometrics: A Review, 1;6(1):33. Physiotherapy and Occupational Therapy Journal | - | UGC List |
| | Singh D, Sharma S , Hussain ME. (2012) A Correlation Between Core Stability and Athletic Performance: An Electromyographic Study;5(4):207-15 Physiotherapy & Occupational Therapy Journal | - | UGC List |
| Research Guidance (Ph.D. and MPT) | | | |
| | | | |
| | Name of Student | Degree | Dissertation Title |
| | Ms. Sumbul Ansari | Ph.D. | Studies On Understanding the Role of Physiotherapeutic Interventions in University Athletes With Chronic Low Back Pain Submitted on :10/10/2023 |
| | Ms. Saima Zaki | Ph.D. | Modulation of cardiac Autonomic control by concurrent exercise training in Type 2 Diabetes Mellitus Submitted on :04/10/2024 |

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| Mr.Moazzam Hussain Khan | Ph.D. | Timing of interval training and its association with Oxygen uptake, cardiac autonomic function and physical performance in healthy human subjects: Role of circadian variation. Submitted on :11/11/2024 |
| Tasneem Zafar | MPT | Effects of Whole-body Vibration on Muscle Activation, Pain, Disability and Functional Performance in Chronic Low Back Pain Patients: A Randomized Controlled Trial Submitted on :14/05/2024 |
| Sujata Pandita | MPT | Effect of Low-Level Laser Therapy on Muscle Activation and Fatigue in University Level Overhead Athletes: A Randomized Cross-Over Trial Submitted on :14/05/2024 |
| Humaira | MPT | Comparison of Effect of Combining Strengthening and Stretching with Stretching alone in Athlete with Glenohumeral Internal Rotation Deficit: A Randomized Controlled Trial Submitted on :14/06/2023 |
| Ahmar Raza | MPT | Temporal Effect of Facilitatory and Inhibitory Kinesiology Taping on Electrophysiological and Countermovement Jump in University Athletes Submitted on :14/06/2023 |
| Tuba Ayesha | MPT | Comparison of Retro walking and Forward walking treadmill training on Cardiac Autonomic Function in obese females Submitted on :14/06/2023 |
| Junaid Khan | MPT | Effectiveness of kinesiology taping on scapular kinematics and muscle activity in shoulder impingement syndrome: a systematic review and meta-analysis. Submitted on :22/07/2022 |
| Nasreen | MPT | Physical and Physiological Effects of Ginseng: A Systematic Review and Meta-Analysis Submitted on :22/07/2022 |
| Indu Kumari | MPT | A Systematic review with meta-analysis of BPTB versus HT autograft on Physical therapy outcome measures Submitted on :22/07/2022 |
| Dimple | MPT | Effects of blood flow restriction therapy plus exercises on athletic performance, muscle strength and hypertrophy: A systematic review and meta-analysis Submitted on :13/08/2021 |
| Muhammed Minhaj T. | MPT | Effects of whole-body vibration on sports performance: A Systematic review and Meta –analysis; Submitted on :13/08/2021 |
| Zishan Hayat | MPT | Efficacy of caffeine on athletic performance: A Systematic review and Meta –analysis Submitted on :13/08/2021 |
| Shikha Malik | MPT | Effect of low-level laser therapy plus exercise therapy on pain, range of motion, muscle strength, and function in knee osteoarthritis-a systematic review and meta-analysis. Submitted on:13/08/2021 |
| Neha Dutta | MPT | Effect of foam rolling and dynamic stretching on flexibility, jump height and muscular strength: A Systematic review and Meta–analysis: Submitted on:13/08/2021 |
| Nitin Arora | MPT | Effects of combined progressive whole-body vibration and strength training on electromyographic activity, muscle strength and power in university athletes Submitted on:13/08/2020 |
| Sana Saifi | MPT | Efficacy of whole-body vibration on scapular muscle activation pattern and latency timing in modified push up position in overhead athletes Submitted on:13/08/2020 |
| Adil Ali | MPT | Effect of chronic static & dynamic lower limb stretch on lower body power, agility & flexibility in healthy collegiate basketball players: a randomized control trial Submitted on: 13/08/2020 |
| Rameez Ali | MPT | Comparison of fatigue protocols based on fatigue index and force output of rotator cuff in overhead university athletes: A crossover study Submitted on: 15/05/2019 |
| Samreena Ali | MPT | Comparison between muscle energy technique and mulligan technique in collegiate athletes with mechanical low back pain Submitted on: 15/05/2019 |

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| Amir Khan | MPT | Effectiveness of sleeper stretching on range of motion and proprioception in overhead athletes with glenohumeral internal rotation deficit Submitted on: 15/05/2019 |
| Sheikh Azhar | MPT | Activation patterns of core muscles during different phases in male archery-A comparative study. Submitted on 11/5/ 2018 |
| Rashmi Gupta | MPT | Effects of neurodynamic technique on pain, functional disability and electrophysiology in university athletes with lower lumbar radiculopathy; Submitted on 15/5/ 2017 |
| Saira Parveen | MPT | Effect of neural mobilization on motor nerve conduction velocity and lower quadrant mobility in soccer athletes with hamstring strain. Submitted on 12/5/ 2017 |
| Fozia | MPT | Electromyographic analysis of core musculature during deadlift on variant unstable surfaces in collegiate athletes; submitted on May 2016 |
| Sidra Hashmi | MPT | EMG analysis of trunk musculature during push up exercise on unstable surfaces in healthy male collegiate; Submitted on 27/5/ 2016 |
| M. Iqbal | MPT | Scapular dyskinesis measurement; Submitted on 16/6/2015 |
| Mallika Nazish | MPT | Efficacy of complex training on salivary cortisol, physical and balance performance in elite shot-put throwers; Submitted on 16/6/ 2015 |
| Irshad Ahmad | MPT | Electromyographic activity profile of transverse abdominis and multifidus muscles during bridging exercise variants in collegiate cricketers; Submitted on 6/6/2014 |
| Aarti Kaushik | MPT | A correlation between latency period of transverse abdominis and dynamic balance: An EMG study ; Submitted on 2/7/2013 |
| Abhishek Shukla | MPT | Efficacy of inclined versus plane plyometrics on dynamic balance, jumping performance and agility in collegiate volleyball players; Submitted on 25/6/ 2013 |
| Daljeet | MPT | A correlation between core stability and athletic performance: An electromyographic study; Submitted on 7/5/ 2012 |

Research activities Invited Lectures/ Resource Person/Paper presentation in Seminars/ Conferences)

| | Title / Academic Session with Date/Year | Lecture/Resource Person/ Paper presentation | Agency |
|----|---|--|--------------------------------------|
| 1. | 2 nd National conference GAPTCO, 2022, “Reliability of surface electromyography in shoulder Syndrome” , 24 th -25 th Dec 2022 | Invited Lecture | Global Association for Physiotherapy |
| 2. | Aligarh National Conference 2022 “ Foot pronation and Gait “ 18 th Dec 2022 | Paper Presentation | Physio Guide - 2 |
| 3. | Seven international day workshop on clinical orthopedic biomechanics in sport, 2022, “Biomechanics of ankle joint and gait” 14 th -20 th Nov 2022 | Invited Lecture | AMU, Aligarh (A Central University) |
| 4. | PAMOT as an adjunct to occupational therapy; 21 st August 2022 , National workshop on OT, New Delhi. | Invited lecture | AIOTA |
| 5. | PAMOT as an adjunct to occupational therapy; 22 nd August 2022 , National workshop on OT, New Delhi. | Invited lecture | AIOTA |
| 6. | PAMOT as an adjunct to occupational therapy;23 rd August 2022 , National workshop on OT, New Delhi. | Invited lecture | AIOTA |
| 7. | PAMOT as an adjunct to occupational therapy;29th March 2019, National workshop on OT, New Delhi. | Invited lecture | AIOTA |
| 8. | PAMOT as an adjunct to occupational therapy;30th March 2019, National workshop on OT, New Delhi. | Invited lecture | AIOTA |

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| 9. | PAMOT as an adjunct to occupational therapy; 31st March 2019, National workshop on OT, New Delhi. | Invited lecture | AIOTA |
| 10. | National symposium on Chronic pain: World Physiotherapy Day ,6th Sep 2019, JMI.” Manual therapy and exercise as pain manipulation strategies”. | Invited lecture | JMI, New Delhi(A Central University) |
| 11. | 3rd National Conference on latest trends in health and physical education 20 th to 21 st Aug 2019. New Delhi. Inter-rater and intra-rater reliability measurement of isometric dynamometer in overhead athletes with SIS. | Paper presentation | UGC & UCMS |
| 12. | 4th National Conference on Physical Education and Sports Sciences, 9th to 10th Feb 2018 Correlation between upper limb strength and vertical jump performance in basketball players | Paper presentation | Ministry of youth affairs and sports, GOI |
| 13. | Physical Agent Modalities as an adjunct to Occupational Therapy; 15th Dec 2017, National workshop on OT, Ghaziabad. | Invited lecture | AIOTA |
| 14. | Physical Agent Modalities as an adjunct to Occupational Therapy; 16th Dec 2017, National workshop on OT, Ghaziabad. | Invited lecture: | AIOTA |
| 15. | Physical Agent Modalities as an adjunct to Occupational Therapy; 17th Dec 2017, National workshop on OT, Ghaziabad | Invited lecture: | AIOTA |
| 16. | National Conference on Physical Education and Yogic Sciences in relation to social life 11 th -12 th Nov 2017 ; Reliability of the Hindi version of SPAD scale in Overhead athletes with shoulder impingement. | Paper presentation | Subharti University |
| 17. | 6 th INCPT -2017 9 th -10 th Dec 2017 ; Reliability of hand held dynamometer (HHD) for measurement of shoulder strength in overhead athletes with shoulder impingement syndrome | Paper presentation | AIIMS, New Delhi |
| 18. | Integrating Physiological and Biomedical Science Approaches to Improve Performance, Health and Safety”.5th-7th Nov 2017; Effect of physiotherapeutic management on shoulder isometric strength in athletes with impingement syndrome” | Presentation | DIPAS, New Delhi |
| 19. | Physical agent modalities as an adjunct to occupational therapy; 22nd- 24th April 2016, National workshop on OT, Ghaziabad. | Invited lecture | AIOTA |
| 20. | National Conference 2015; Recent developments in sports rehabilitation Shoulder Impingement Syndrome in Overhead Athletes: Some Recent Developments | Paper presentation | JMI, New Delhi(A Central University) |
| 21. | International Conference and Workshops of Physical Therapy. 2014 Management of myofascial pain syndrome – A Review | Paper presentation | AIIMS, New Delhi |
| 22. | International conference on multidisciplinary healthcare 11th – 12th Jan 2014, Role of nutritional disorders and trigger points formation in CPPS- a review. | Paper presentation | AIIMS, New Delhi |
| 23. | Physical Agent Modalities as an adjunct to occupational therapy; 21st to 23rd Dec 2012, National workshop on OT, Ghaziabad. | Invited lecture | AIOTA |
| 24. | ANCPT 2011, National conference “A vision for physiotherapy services in India” | Paper presentation | AIIMS, New Delhi |
| 25. | International conference and workshop of physical therapy, November 6th to 7th 2011, AIIMS , New Delhi “Chronic pelvic pain syndrome (CPPS) Physiotherapy management review” | Paper presentation | AIIMS, New Delhi |
| 26. | National symposium on lifestyle disorders, 2nd April 2011 New Delhi Exercise and acute CV risks: understanding the risks. | Paper presentation | IAP |
| 27. | National symposium on sports health 7th March 2009. JMI, New Delhi Shock wave therapy in sports health. | Paper presentation | JMI, New Delhi(A Central University) |
| 28. | Natural Science Info Fest , 2008-09, National conference; Shoes and you are hurting feet. | Paper presentation | JMI, New Delhi |
| 29. | International Sports Medcon, Nov 2009, New Delhi, Indian federation of sports medicine” A study to see the effect of caffeine on NCV, EC coupling and muscle force generation capability”. | Paper presentation | Indian Federation of Sports Medicine |

(Dr. Saurabh Sharma)

