

CURRICULUM VITAE



PERSONAL DETAILS

Name: Dr. Zubia Veqar,
PhD, FIAP

Present Status: Professor and Hony
Director at Centre for
Physiotherapy and
Rehabilitation Sciences,
Jamia Millia Islamia, Delhi,
India

Date Of Birth: 30th August, 1976

Sex: Female

Nationality: Indian

Marital Status: Married

Memberships:

IAP Registration No.: 21440L (Life Member)

SIP Registration No.: 0260

DCPTOT PR-91

Registration No.: Life Member

*Indian Society of
Sleep Research:*

**Address (For
Correspondence):** Centre For Physiotherapy
and Rehabilitation Sciences,
Jamia Millia Islamia, Delhi,
India

Permanent Address: C - 82, Pocket - 7, Kendriya
Vihar, Phase – V, Sector -
82, Noida, UP

Phone No.: +91-9958993486

E-Mail ID: zveqar@jmi.ac.in

EDUCATIONAL QUALIFICATIONS

Course	School	Board	Month & Year of Passing	Percentile Score
All India Secondary School Exam (1992)	Queen Mary's School, Tis Hazari, New Delhi	Central Board of Secondary Education	May, 1992	73.8%
All India Senior School Certificate Exam (1994)	Queen Mary's School, Tis Hazari, New Delhi	Central Board of Secondary Education	May, 1994	55.4%

PROFESSIONAL QUALIFICATIONS

Degree	Institution	University	Month & Year of Passing	Percentile Score
Bachelors Of Physiotherapy (B.P.T)	City College of Physiotherapy	Mangalore University	June, 1998	66.2 %
Masters Of Physiotherapy Of (M.P.Th, Osteomyology)	Hamdard University	Hamdard University	July, 2000	70.1 %
Doctor Of Philosophy (PhD)	Centre For Physiotherapy and Rehabilitation Sciences	Jamia Millia Islamia	March, 2015	Awarded

TITLE OF PHD THESIS:

“Physiotherapy Intervention on Sleep Parameters in Human Subjects: A Therapeutic Approach”

DISSERTATION WORK (As A Part of Master of Physiotherapy Degree):

“Clinical study and Physiotherapeutic management of Cervical Spondylitis”

PROJECT WORK (As A Part of Bachelor of Physiotherapy Degree):

- 6th Semester – Appendicectomy and Its Physiotherapy Management
- 5th Semester – Cauda Equina Injuries and Its Physiotherapy Management

COURSES OF MORE THAN 1 WEEK DURATION:

1. Attended and Completed 83rd 4 - week orientation programme organized by the academic staff college, Jamia Millia Islamia, New Delhi from 20 February to 19 March 2008

2. Attended and completed the first 3-week winter refresher programme organized by the academic staff college, Jamia Millia Islamia, New Delhi from 11 December 2012 to 1 January 2013
3. Attended and completed the fourth 3-week winter refresher programme organized by the academic staff college, Jamia Millia Islamia, New Delhi from 08 December 2015 to 30 December 2015
4. Attended and completed a five day workshop organized by Zone 4 solution, New Delhi on community radio for disaster reduction from 08 July 2017- to 13 July 2017.
5. Attended and completed the one-week course on research methodology organized by the academic staff college, Jamia Millia Islamia, New Delhi from 05 December 2019- 11 December 2019
6. Attended and completed the one-week course on disaster management organized by the academic staff college, Jamia Millia Islamia, New Delhi from 06 January 2020- 11 January 2020
7. Attended and completed the one week course on Orthopaedic Manual therapy course (MTS-I and MTE-I) conducted by centre for Physiotherapy and rehabilitation sciences, Jamia Millia Islamia, New Delhi from 18 August 2012- 25 August 2012.
8. Attended and completed the one-week course on NEP 2020 orientation and sensitization programme organized by the Malviya Mission Teacher Training Centre, Jamia Millia Islamia, New Delhi from 18 March 2024-28 March 2024.

UGC FINANCIAL GRANT:

“Effect of interferential therapy and temperature manipulation on sleep parameters in human subjects”

AWARDS

1. **Alois Alzheimer Memorial Award**, awarded by Interdisciplinary Brain Research Centre, Aligarh Muslim university on 15 February 2014 for Psychometric Properties Of Pittsburgh Sleep Quality Index In University Population Of Poor Sleepers In India
2. **Excellence for Academician Award**, awarded by Department of Physiotherapy, Janardhan Rai Nagar Rajasthan Vidyapeeth university, Udaipur, Rajasthan on 4 March 2017 at second international physiotherapy conference 2017.
3. **Outstanding Academician Award**, awarded by Neuraxis-2019 on 22 September 2019 for significant contribution in the field of physiotherapy as an academician.
4. Certificate for **Commendation of COVID-19 Warriors** by Anand group of Pune on 4 September 2021 at felicitation ceremony organised by Delhi Branch Of Indian Association Of Physiotherapists.
5. **Significant Contribution In The Field of Physiotherapy**, awarded by Indian association of physiotherapy on the occasion of International Women’s day on 10 March 2022.
6. **Fellowship**, Indian association of physiotherapy, India.

WORKING EXPERIENCE (TEACHING & CLINICAL)

1. Present Experience

Currently working at Centre of Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia since as Professor and Honorary Director from 1st June 2023 till present, as a Professor from 15th January 2018 till 31st May 2023, as an Associate professor from 15th January, 2015 till 14th January, 2018 and as an Assistant Professor from 15th January, 2007 till 14th January, 2015.

Job Profile

- All administrative duties of an Hony Director
- In charge - BPT, MPT (Teaching and Examination) and PhD classes
- Member of GSAT under GATI program of JMI
- BPT and MPT orthopaedic programme coordinator
- Teacher advisor for subject association from 2015 - 19
- Teacher in charge for Talimi Mela.
- Teacher in charge for clinical posting from 2007 – 09 (BPT), 2013 - 19 (MPT)
- Teacher in charge for Physiotherapy clinic from 2007 - 09
- Teacher in charge for Examinations from 2007 - 08; 2013 - 19
- Making and revising the BPT as well as MPT syllabus from time to time
- Project guide for BPT students
- Dissertation guide for MPT students
- Member of Jamia Cultural committee from 2008 - 09
- Member of Youth empowerment services from, JMI from 2008 - 10
- Member of centre purchase committee from 2007 - 10
- Clinical duties
- Conduction of classes, tutorial and practical for BPT, MPT and PhD
- Project guide for BPT students
- Dissertation guide for MPT students

2. Past Experience

- a. Worked at FIT, Faridabad (Affiliated to MD University, Rohtak) as an Assistant Professor, HOD - Physiotherapy from 1st December, 2006 – 14th January, 2007

Job Profile

- Head of the department for MPT programme
- Conduction of lectures, tutorials and practical sessions for B.P.T and MPT students
- Project guide for B.P.T students
- Dissertation guide for MPT students.
- Preparation of model papers, practical/viva evaluation on behalf of GGSIPU
- All administrative responsibilities of the head of the department

- b. (i). Worked at IRMAS (affiliated to GGSIPU, Delhi) as a Lecturer since 7th December, 2002 – 30th November, 2006

Job Profile

- In charge of Internship and clinical posting from 2003 January

- Conduction of lectures, tutorials and practical sessions for B.P.T students
- Project guide for B.P.T students
- Preparation of model papers, practical/viva evaluation on behalf of GGSIPU

(ii). HOD - Physiotherapy (from 10th February, 2006 - 30th November, 2006)

Job Profile

- All academic responsibilities as above
- All administrative responsibilities of the head of the department.

c. Worked at Jamia Hamdard as a Lecturer from 6th December, 2000 - 6th December, 2002

Job Profile

- Made the syllabus and byelaws of B.P.Th
- Revised the syllabus of M.P.Th Osteomyology, Neurosciences, Cardiopulmonary and Sports medicine
- Conduction of lectures, tutorials and practical sessions for B.P.Th. and M.P.Th. students
- Thesis guide for M.P.Th students
- Preparation of model papers, practical/viva evaluation on behalf of Jamia Hamdard
- In charge for clinical posting-curricular activities organized in the University
- Office In charge for undergraduate and postgraduate (Osteomyology and Sports medicine) at Department of Rehabilitation Sciences ,Hamdard University

d. Worked at as a lecturer at Institute of Rehabilitation Medicine and Allied Sciences (affiliated to GGSIPU), JC-36, Malviya Nagar, New Delhi from 1st January, 2000 – 5th December, 2000

Job Profile

- Working in the outpatient rehabilitation setup and handling all kinds of orthopaedic patients
- Teaching and training of Bachelor of Physiotherapy (B.P.T) students
- Present in the institute since inception and totally involved in the formation of the syllabus of Indraprastha university New Delhi and forming of the new department.

SUPERVISION OF RESEARCH WORK

Guided The Following Research Work for Masters' Students:

Jamia Hamdard [2001 – 2002]

- Effect Of Application of Heat or Cold Followed by Stretching on Hamstring Muscle Length – Gokul Kannan
- The Role of Neural Tissue Tension Stretching in Cervical Radiculopathy – Altaf Hussain
- Role Of Electrical Stimulation in Improving Grip Strength in Ra Hand – Puja Choudhary
- Role Of Therapeutic Ultrasound in Treatment of Grade I Hamstring Strain – Archana Gupta

Jamia Hamdard [2002 – 2003]

- Effect Of Cervical Stabilization and Sensorimotor Training Programme in The Correction of Forward Head Posture in Male Visual Unit Operators – Deepak Kumar
- Effect Of Low Back Endurance Exercises in Chronic Low Back Pain – Jafar Sadiq
- Effect Of Carrying Double Strap School Bag on The Static Cervical and Shoulder Posture of Indian Children Between 11-13 Years – Upendra Singh

Jamia Hamdard [2003 – 2004]

- Efficacy Of NMES In Oa Knee – Faisal Mian
- Effectiveness Of Proprioceptive Exercises on Pain and Function in Knee Osteoarthritis – Deepak Grover

Jamia Hamdard [2006 - 2007]

- Effect Of Local Versus Global Stabilizer Strengthening in Chronic Low Back Pain - Priyanka Goyal

Jamia Millia Islamia [2011 - 2012]

- A Comparison of Cervicothoracic and Shoulder Posture Between Healthy Collegiate Basketball Players and Students - Deepika Singla

Jamia Millia Islamia [2012 - 2013]

- To Compare the Effect of Vibration Therapy and Massage in Prevention of Delayed Onset Muscle Soreness - Shagufta Imtiaz

Jamia Millia Islamia [2013 - 2014]

- Acute Effects of Aerobic Exercise and Concurrent Exercise on Polysomnographic Parameters - Prakash Jha

Jamia Millia Islamia [2014 - 2015]

- Preferential VMO Strengthening Using Burst Modulated Kilohertz Frequency Alternating Current During Close Kinetic Chain Exercise: An EMG And Performance Based Analysis - Anamika Bhat

Jamia Millia Islamia [2015 - 2016]

- Role Of Gluteus Medius Muscle Strengthening in Patients with Chronic Nonspecific Low Back Pain - Devender Bhardwaj
- Effect Of Short Term Palliative Care Educational Program on Knowledge, Attitudes and Beliefs on Physiotherapy Students - Iram Hussain

Jamia Millia Islamia [2016 - 2017]

- Effect Of Retro walking (Backward Walking) On Sleep Problems, Quality of Life and Functional Disability in Patients with Chronic Low Back Pain - Azeem Ahmad
- Correlation Of Physical Activity Status with Sleep Quality and Daytime Sleepiness in Urban School Going Children in India – Mosab Aldabbas
- Effect Of Increases Lumbar Lordosis on Lumbar Multifidus and Longissimus Thoracis Activity During Quadruped Stabilization Exercises in Patients With CLBP: An EMG Analysis - Jayshree Shah

Jamia Millia Islamia [2017 - 2018]

- Comparison Of Muscle Strength, Physical Function, QoL and Balance Between Whole Body Vibration Versus Wobble Board Exercises in Knee Osteoarthritis Patients - Tahseen Anjum

- Effect Of Sleep Quality on Dynamic Balance in Collegiate Student Population - Tarushi Tanwar
- Effect Of Scapular Stabilization with Upper Limb Proprioceptive Training in Chronic Non-Specific Neck Pain Patients on Function and Related Parameters – Anam Fatima

Jamia Millia Islamia [2018 - 2019]

- Cross Cultural Adaptation and Psychometric Evaluation of Hindi Version of The Copenhagen Neck Functional Disability Scale - Manzoor Ahmed
- Effect Of Incorporating Diaphragmatic Breathing Exercises with Core Stabilization Exercises on Pain, Disability and Sleep in Chronic Low Back Pain - Sana Masroor
- Influence Of Concurrent Exercise Timing on Subjective Sleep Quality and Polysomnographic Parameters - Mohammad Azharuddin

Jamia Millia Islamia [2019 - 2020]

- Psychometric Evaluation of Hindi Version of The Copenhagen Neck Functional Disability Scale (H-CNFDS) – Gulnaz
- Electromyography (EMG) Activations of Scapular Muscles During Different Sling System Exercises in Healthy Population - Sharin Khan
- Correlation Between Fatigue, Pain and Functional Disability with Cardiac Autonomic Functioning and Sleep Quality in Chronic Neck Pain Patients - Shaima Saifi

Jamia Millia Islamia [2020 - 2021]

- Effect Of Physical Activity on Sleep Problems in Sedentary Adults: A Scoping Systematic Review - Anushree Rai
- Effects Of Surface Variability in Whole Body Vibration Platform on Knee Osteoarthritis: A Scoping Review - Priyanka Chourasiya
- Sleep Questionnaires for Adults in Musculoskeletal Physiotherapy - SM Ashraf

Jamia Millia Islamia [2021 - 2022]

- Effect of Physical Activity on Sleep Problems in Healthy Young Adults: A Systematic Review and Meta-Analysis – Sumaya Durrani
- Association Between Different Sleep Characteristics and Falls in Older Women: A Systematic Review – Areeba Khanam
- Does Regular Physical Activity Protect the Sleep and Mental Health of University Students: A Meta-Analysis – Sana Rehman
- Effect Of Physiotherapy Interventions On Sleep And Pain In Chronic Musculoskeletal Pain Patients With Altered Sleep: A Systematic Review – Anam Amam Alam

Jamia Millia Islamia [2022 - 2023]

- Cross Cultural Adaptation And Psychometric Analysis Of The Hindi Version Of The Shirom Melamed Burnout Measure- Rashmi Jain
- Cross Cultural Adaptation And Psychometric Evaluation Of The Hindi Version Of The Oldenburg Burnout Inventory- Ancy Alex
- Psychometric Properties Of Sleep Hygiene Practice Scale Among The Indian Population- Shama Parveen
- Reliability and validity of Pedalosensa move balance device in patients with OA Knee-Huda Raja

SEMINARS ORGANIZED

1. **Organized The One Day National Seminar On Recent Advances In Sports Health At Centre For Physiotherapy And Rehabilitation Sciences, JMI, New Delhi Held At JMI On 9 March 2009**
2. **Organized The One Day National Seminar On Healthy Ageing At Centre For Physiotherapy And Rehabilitation Sciences, JMI, New Delhi Held At JMI On 31 March 2010.**
3. **On The Board Of Organizing Committee Of Second Annual Conference Of Physical Therapy (ANCPT) Held At All India Institute Of Medical Sciences, New Delhi, On 6-7 February 2011.**
4. **Organized The Two Day Workshop On 2-Day Workshop On Research Methodology And Biostatistics At The Centre For Physiotherapy And Rehabilitation Sciences, JMI, New Delhi Held At JMI On 31 March 2010.**
5. **On The Board Of Organizing Committee Of III International Conference Of Physical Therapy, AIIMS-2014 Organized By Physiotherapy Unit JPNATC, AIIMS, New Delhi, India On 19-20 December 2014**
6. **Organizing Secretary Of the Delhi State Grand Conference 2022 Organized By Delhi Chapter of Indian Association of Physiotherapy at Jamia Millia Islamia, New Delhi, India On 6 November 2022**
7. **Organising committee member in Physiomanthan & 1st National Conference of IAP Women Cell on 5th and 6th August 2023 at Constitution Club Of India ,New Delhi**

PAPER AND POSTER PRESENTATION

1. Presented A Paper On ‘**Postural Reflexes**’ at **Physiotherapy 99 – Annual Conference of Indian Association of Physiotherapists Held at IMA Hall, New Delhi on 10 January 1999**
2. Presented A Poster On ‘**Clinical Study and Physiotherapeutic Management of Cervical Spondylitis**’ at **NSIF 2008-09** Conducted by Faculty of Natural Science, JMI Held At JMI, New Delhi on **November 2008**
3. Presented A Paper ‘**Correlation Between Endurance of Deep Cervical Flexors and Lower Scapular Stabilizers in Computer Users with Chronic Neck Pain**’ At the **Commonwealth International Sports Science Congress 2010** Held at Manav Rachna International University, Faridabad on **27-30 September 2010**
4. Presented A Paper ‘**Physiotherapy in Palliative Care-A Lacunae in Physiotherapy Education in India**’ At the **UGC Sponsored Seminar on Methodology of Physiotherapy Education - Issues and Challenges** Organised by Physiotherapy Department, Panjabi University, Patiala on **24-25 March 2012**
5. Presented A Poster ‘**A Comparison of Shoulder and Thoracic Posture Between Healthy Collegiate Basketball Players and Students**’ at **The International**

- Forum of Physical Education and Sports Science** Organized by Department of Physical Education, Panjab University, Chandigarh on **20-22 October 2012**
6. Presented A Paper **‘Effects of Vibration on Delayed Onset Muscle Soreness in Non-Dominant Elbow Flexor Muscles’** at **The International Forum of Physical Education and Sports Science** Organized by Department of Physical Education, Panjab University, Chandigarh on **20-22 October 2012**
 7. Presented A Paper **‘Palliative Care in Indian Undergraduate Curriculum: Perspectives and Views’** at **The First 3 Week Winter Refresher Programme Organized by The Academic Staff College, Jamia Millia Islamia, New Delhi** from **11 December 2012 to 1 January 2013**
 8. Presented A Poster **‘Methods of Postural Analysis: A Critical Review’** At **International Conference on Futuristic Trends in Physical Education – ICFT-2013** Organised by Department of Physical Education, Panjabi University, Patiala, Punjab on **24-26 January 2013**
 9. Presented A Poster **‘Psychometric Properties of Pittsburgh Sleep Quality Index(PSQI) In University Population of Poor Sleepers in India’** At **National Symposium on Neurosciences and Its Future Prospects (NFP-2014)** Organized by Interdisciplinary Brain Research Centre, Faculty of Medicine, Aligarh Muslim University On **15th February 2014**
 10. Presented A Paper **‘Physical Therapy: Emerging Trends in Management of Sleep Problems’** at **National Symposium on Neurosciences and Its Future Prospects (NFP-2014)** Organized by Interdisciplinary Brain Research Centre, Faculty of Medicine, Aligarh Muslim University On **15th February 2014**
 11. Presented A Paper **‘Effect of Physical Activity on Sleep: A Review’** At **International Conference III International Conference of Physical Therapy, AIIMS - 2014** Organized by Physiotherapy Unit JPNATC , AIIMS, New Delhi, India on **19-20th December 2014**
 12. Presented A Poster **‘Telerehabilitation: A Review’** At **International Conference III International Conference of Physical Therapy, AIIMS - 2014** Organized by Physiotherapy Unit JPNATC , AIIMS, New Delhi, India on **19th - 20th December 2014**
 13. Presented A Paper **‘Neuroergonomics : Concept and Its Future’** At **International Conference on Public Health Infrastructure in Transition: Challenges and A Way Forward** Organized by Department of Social Work (UGC Centre Of Advanced Study), Faculty of Social Sciences, Jamia Millia Islamia, New Delhi, India and School of Public Health, University of Minnesota (Twin Cities Campus), Minneapolis, Minnesota, USA Held On **18th To 20 February, 2015**
 14. Presented A Paper **‘Risk Factor Evaluation Scales: A Comparative Analysis’** at **International Conference on Public Health Infrastructure in Transition: Challenges and A Way Forward** Organized by Department of Social Work (UGC Centre Of Advanced Study), Faculty of Social Sciences, Jamia Millia Islamia, New Delhi, India and School of Public Health, University of Minnesota

(Twin Cities Campus), Minneapolis, Minnesota, USA Held On **18th To 20th February, 2015**

15. Presented A Paper **‘Telerehabilitation: Latest Perspective’** At **International Conference on Public Health Infrastructure in Transition: Challenges and A Way Forward** Organized by Department of Social Work (UGC Centre Of Advanced Study), Faculty of Social Sciences, Jamia Millia Islamia, New Delhi, India and School of Public Health, University of Minnesota (Twin Cities Campus), Minneapolis, Minnesota, USA Held On **18th To 20 February, 2015**
16. Presented A Paper **‘Cryostimulation and Its Multitude of Application in Sports: A Review’** At **7th Asia Pacific Conference on Exercise and Sports Science** Held at Manav Rachna International University, Faridabad on **14-16 October 2015**
17. Presented A Poster **‘Psychometric Properties of Pittsburgh Sleep Quality Index (PSQI) In Community - Dwelling Elderly in India: Feasibility Study’** At **IV International Conference of Physical Therapy, AIIMS - 2015** Organized by Physiotherapy Unit Dr B.R.A. IRCH, AIIMS, New Delhi, India on **28-29 November 2015**
18. Presented A Paper **‘Palliative Care Education in India: An Update’** At **IV International Conference of Physical Therapy, AIIMS - 2015** Organized by Physiotherapy Unit Dr. B.R.A. IRCH, AIIMS, New Delhi, India on **28-29 November 2015**
19. Presented A Paper **‘Physiotherapy in Palliative Care: Scope and Hurdles in Practice’** At **JTA Multidisciplinary International Conference 2020**, Organized By JTA, Jamia Millia Islamia, New Delhi. India On **16-18 February, 2020**
20. Paper Presentation - **4th International Conference on Medicine and Health Sciences (ICMHS) 2022 - Surabaya, Indonesia - "Gender-Based Correlation Between Subjective Sleep Parameters, Stress, and Fatigue Among University Students"** - Tarushi Tanwar, Zubia Veqar
21. Paper Presentation - **4th International Conference REACH 2022 - New Delhi, India - "Effect of Relaxation Therapy on Postural Control and Other Health Related Parameters in University Students: A Feasibility Study"** - Tarushi Tanwar, Zubia Veqar
22. Poster Presentation - **26th Congress of the European Sleep Research Society 2022 - Athens, Greece - "Gender differences and the association of sleep outcomes with physical activity in Indian young adults"** - Tarushi Tanwar, Mosab Aldabbas, Iram Iram, Zubia Veqar
23. Poster Presentation - **26th Congress of the European Sleep Research Society 2022 - Athens, Greece - "Analysis of nocturnal activity of upper trapezius muscle during sleep stages in patients with chronic neck pain with sleep disturbance"** - Mosab Aldabbas, Tarushi Tanwar, Iram Iram, Zubia Veqar
24. Poster Presentation - **26th Congress of the European Sleep Research Society 2022 - Athens, Greece - "A Relationship between subjective sleep parameters and fatigue in Indian working women"** - Iram Iram, Tarushi Tanwar, Mosab Aldabbas, Zubia Veqar

25. Paper Presentation - **4th International Conference on Medicine and Health Sciences (ICMHS) 2022 - Surabaya, Indonesia - "Association Between Subjective Sleep Parameters with Stress and Burnout in Women Working in The Formal Sector"** – Iram Iram, Zubia Veqar
26. Paper Presentation - **4th International Conference REACH 2022 - New Delhi, India - "Impact of Exercise Training on Sleep and Health of Women Working in Formal Sector: The Protocol of a Feasibility Randomised Control Trial"** – Iram Iram, Zubia Veqar
27. Paper Presentation – **Physiomanthan 2023-New Delhi, India –“Association between heart rate variability and sleep among subjects with chronic neck pain and healthy controls –A study protocol”** – Al-afshan , Iram Iram ,Tarushi Tanwar , Zubia Veqar
28. Paper Presentation – **Physiomanthan 2023-New Delhi, India –“Design and protocol for assessing the association between gait and sleep quality in healthy young adults :Exploring the feasibility”**- Lubna Zahid , Tarushi Tanwar , Iram Iram, Zubia Veqar
29. Paper Presentation – **Physiomanthan 2023-New Delhi, India “Effect of adding physical activity regimen to the conventional physiotherapy treatment program for chroni neck pain patients”**- Jennifer Nazir , Tarushi Tanwar , Iram Iram, Mosab Aldabbas, Zubia Veqar
30. Paper Presentation – **Physiomanthan 2023-New Delhi, India “Effect of retrowalking as an adjunct to conventional treatment on pain, balance , gait and muscle strength in patients with knee osteoarthritis”** – Mehnoor Khatoon, Iram Iram ,Tarushi Tanwar ,Shabnam Khan, Zubia Veqar

RESEARCH PUBLICATIONS

1. **“Effect Of Local Vs Global Stabilizers Strengthening in Chronic Low Back Pain”**- Gupta P, Veqar Z & Quddus N,2010, *Indian Journal of Physiotherapy and Occupational Therapy*, 4(1), 68-74,
2. **“Effect Of Ankle Position on Isometric Quadriceps Strengthening in Osteoarthritis of Knee Joint”** Katyal S, Quddus N, Veqar Z,2010, *Indian Journal of Physiotherapy and Occupational Therapy*, 4(2), 71-75,
3. **“A Comparison of Shoulder and Thoracic Posture Between Healthy Collegiate Basketball Players and Students”** Singla D, Veqar Z Published as A Full Length Paper in The *Proceedings Published for The International Forum of Physical Education and Sports Science* Organized by Department of Physical Education, Panjab University, Chandigarh on **20-22 October 2012**
4. **“Effects Of Vibration on Delayed Onset Muscle Soreness in Non-Dominant Elbow Flexor Muscles”** Jameel J, Veqar Z, Khan SA, Quddus N Published as Full Length Paper in *The Proceedings Published for International Forum of Physical Education and Sports Science* Organized by Department of Physical Education, Panjab University, Chandigarh on 20-22 October 2012

5. **“Sleep Quality Improvement and Exercise”** Veqar Z, Hussain E ,2012, *International Journal of Scientific Journal and Research Publications*, 2(8).
6. **“Effect Of Vibration in Prevention of Delayed Onset Muscle Soreness: A Recent Update”**, Veqar Z, Imtiyaz S ,2012 ,*Journal of Physiotherapy and Sports Medicine*, 1(2), 75-85.
7. **“The Perspectives for Including Palliative Care in Indian Undergraduate Physiotherapy Curriculum”** Veqar Z , 2012, *Journal of Clinical Diagnosis and Research* in Vol 6,1-5,
8. **“Conservative Techniques of Malalignment Correction in Management of Knee Osteoarthritis: A Review”** Veqar Z ,2013, *Elixir Human Physiology*, Vol 55, 1320-13204.
9. **“Causes And Management of Delayed Onset Muscle Soreness: A Review”** Veqar Z , 2013,*Elixir Human Physiology* , Vol 55 ,Pg 13205-132115.
10. **“Psychometric Analysis of The Pittsburgh Insomnia Rating Scale Among University Population of Poor Sleepers in India”** Veqar Z, Moiz J A, Hussain M E, 2014, *North American Journal of Medical Sciences*, 6(4), Pg 161-167
11. **“To Compare the Effect of Vibration Therapy and Massage in Prevention of Delayed Onset Muscle Soreness (DOMS)”** Imtiyaz S, Veqar Z, Shareef MY ,2014, *Journal of Clinical Diagnosis and Research*, 8 (1), Pg 131-134.
12. **“Methods Of Postural Assessment Used for Sports Persons”** Singla D, Veqar Z 2014, *Journal of Clinical Diagnosis and Research*, 8(4) ,1-4.
13. **“Vibration Therapy in Management of Delayed Onset Muscle Soreness (DOMS)”** Veqar Z , Imtiyaz S, 2014, *Journal of Clinical Diagnosis and Research* in 8 (6) , Pg 1-4.
14. **“Effect Of Playing Basketball on The Posture of Cervical Spine in Healthy Collegiate Students”** Singla D, Veqar Z, 2015, *International Journal of Biomedical and Advance Research*, 6 (2) ,133-136.
15. **“Inclusion Of Palliative Care in Indian Undergraduate Physiotherapy Curriculum-Course Guidelines and Content”** Veqar Zubia, 2016, *Asia-Pacific Journal of Oncology Nursing* . 3(3)
16. **“Do We Need a More Inclusive Model for Understanding Ethics in Palliative Care in The Developing Countries?”**(Editorial) Veqar Z 2016, *Palliative Medicine & Care*. 3(2)
17. **“Photogrammetric Assessment of Upper Body Posture Using Postural Angles: A Literature Review”**. Singla D, Veqar Z, Hussain ME, 2017, *Journal of Chiropractic Medicine*, 16 (2).
18. **“Association Between Forward Head, Rounded Shoulders, And Increased Thoracic Kyphosis: A Review of The Literature”**. Singla D, Veqar Z Published in *Journal of Chiropractic Medicine*, 16 (3)
19. **“Extensor Trunk Muscle Activity During Stabilization Exercises: An Update”**. Shah J, Veqar Z, 2017, *Physiotherapy-The Journal of Association of Physiotherapists*, 11(1)

20. **“Psychometric Analysis of Epworth Sleepiness Scale and Its Correlation with Pittsburgh Sleep Quality Index Among University Population of Poor Sleepers in India”** Veqar Z, Hussain M E, 2019, *International Journal of Adolescent Medicine and Health*. 31(2)
21. **“Validity And Reliability of Insomnia Severity Index and Its Correlation with Pittsburgh Sleep Quality Index in Poor Sleepers Among Indian University Students”** Veqar Z, Hussain ME, 2020, *International Journal of Adolescent Medicine and Health*, 32(1),
22. **“The Prevalence of Psychological Status and Its Relationship with Pain and Disability in Patients with Neck Pain: A Cross Sectional Study”** Aldabbas M, Veqar Z , 2020, *Studies in Indian Place Names (UGC Care Journal)*, Vol. 40,
23. **“Effect Of Increased Lumbar Lordosis on Lumbar Multifidus and Longissimus Thoracic Activation During Quadruped Exercise in Patients with Chronic Low Back Pain an EMG Study”** Shah J, Tanwar T, Iram I, Aldabbas M, Veqar Z, 2020, *Journal of Applied Biomechanics*, Vol 36(6), 436-443.
24. **“Challenges To Physiotherapy Practice In COVID-19 Times”** Veqar Z, 2020, *New Zealand Journal of Physiotherapy*, 48 (3), 155-156
25. **“The Changing Face of Physiotherapy Practice In COVID-19: Perspective of An Indian Physiotherapist”** Veqar Z,2021, *Journal of Clinical Diagnosis and Research*, 15(5), YA01-YA03
26. **“Is Poor Sleep Quality Associated with A Deterioration in Postural Control?”** Tanwar T, Veqar Z, Ghrouz AK, Spence D W, Pandi-Perumal S R In *Sleep Science*
27. **“Prevalence Of Fatigue And Its Association With Pain Intensity, Psychological Status And Sleep Quality In Patients With Neck Pain”** Aldabbas M, Tanwar T, Iram I, Veqar Z ,2021, *Journal Of Clinical Diagnosis And Research*, 15(7), KC01-KC06
28. **“Effects Of Scapular Stabilization And Upper Limb Proprioception As An Adjunct To Cervical Stabilization In Chronic Neck Pain Patients: A Randomized Controlled Trial”** Fatima A, Sahar Z, Tanwar T, Veqar Z, 2022, *Journal Of Bodywork And Movement Therapies* ,Vol29, 291-301
29. **“Influence Of Concurrent Exercise And Its Timing On Polysomnographic Parameters And Subjective Sleep Quality In Collegiate Adults With Poor Sleep.”** Azharuddin M, Aldabbas M, Aseem A, Pandi-Perumal SR, Tanwar T, Veqar Z , 2021, *Sleep And Vigilance*
30. **“Correlation between sleep quality and physical activity among school-going children in South Delhi”** - Aldabbas M, Tanwar T, Veqar Z., 2022, - *Journal of Society of Indian Physiotherapists*, 6(1)
31. **“A Polysomnographic Study Of Sleep Disruptions In Individuals With Chronic Neck Pain”** Aldabbas M, Tanwar T, Ghrouz AK, Iram I, Spence D W ,Pandi-Perumal S R Veqar Z ,2022, *J Of Sleep Research* E13549
32. **“Association Between Sleep Parameters and Postural Control: A Literature Review”** - Tanwar, T. and Veqar, Z. ,2022, *Sleep Medicine Research*, 13(1), 1-7.

33. **“Sleep Questionnaires for Adults in Musculoskeletal Physiotherapy”** - Ashraf SA, Veqar Z, Iram I. 2022, *Sleep and Vigilance* – 2022,1-21.
34. **“Quantification of Lumbar Lordosis by Tactile and Non Tactile Methods: A Revisit”** - Rai A, Veqar Z., 2022, *Journal of Clinical & Diagnostic Research*, 16(6).
35. **“Effect Of Various Exercise Training Interventions On Cardiac Autonomic Function In Obese Individuals: A Systematic Review And Meta-Analysis”** Mujaddadi A, Moiz J A, Veqar Z, Dar J A, Amber S,2022, *Obesity Medicine*, 30 (4)
36. **“The role of sleep disturbance, sleepiness, and fatigue in the development of acute and chronic neck pain”** - Aldabbas MM, Tanwar T, Ghrouz A, Iram I, Veqar Z. 2022, *Journal of Musculoskeletal Research* –, Aug 17 (2250028).
37. **“Sleep Disturbance in Neck Pain Patients: Implications to Pain Intensity and Disability”** - Aldabbas MM, Tanwar T, Iram I, Spence DW, Pandi-Perumal SR, Veqar Z., 2022, *Sleep and Vigilance* ,5 ,(1-9).
38. **“Exploring the role of respiratory intervention as an effective adjunct tool in the management of chronic low back pain: A scoping systematic review”** - Usman A, Tanwar T, Veqar Z., 2022, *Journal of Bodywork and Movement Therapies*,
39. **“Muscle activation patterns around knee following neuromuscular training in patients with knee osteoarthritis: secondary analysis of a randomized clinical trial”** - Rashid SA, Hussain ME, Bhati P, Veqar Z, Parveen A, Amin I, Rashid SM. – 2022, *Archives of Physiotherapy* ,12(1),1-10
40. **“Effect of Whole-Body Vibration on Balance or Proprioception in Nonspecific Chronic Low Back Pain: A Systematic Review.”** Tariq, N., Khan, Z., & Veqar, Z.-2023, *Journal of Chiropractic Medicine*.
41. **“Effect of extracorporeal shockwave therapy on adhesive capsulitis in patients with type 2 diabetes mellitus: A systematic review”**-Abbas, A., Khan, S., Khan, Z., & Veqar, Z.-2023. *International Journal of Diabetes in Developing Countries*, 1-12.
42. **“Predictors of persistent pain in patients with acute neck pain treated with physical therapy: A prospective study with 2 years follow up.”**- Aldabbas, M. M., Tanwar, T., Iram, I., Ghrouz, A., & Veqar, Z. -2023. *Musculoskeletal Care*.
43. **“A comparison of nocturnal upper trapezius muscle activity between chronic neck pain patients with sleep disturbance and healthy participants.”**- Aldabbas, M. M., Tanwar, T., Iram, I., Salman, M., & Veqar, Z. -2023. *Sleep and Breathing*, 1-8.
44. **“The effect of retro-walking on pain, functional disability, quality of life and sleep problems in patients with chronic low back pain.”**- Ahmad, A., Aldabbas, M., Tanwar, T., Iram, I., & Veqar, Z -2023 *Physiotherapy Quarterly*, 32(1)
45. **“Dose dependent effects of extracorporeal shockwave therapy on pain and function in osteonecrosis of femoral head: A systematic review”**-Abbas, A., Khan, S., Khan, Z., & Veqar, Z.-2023. *Journal of clinical orthopaedic and trauma*, 1-8.

46. **“Effect of Adding Diaphragmatic Breathing Exercises to Core Stabilization Exercises on Pain, Muscle Activity, Disability, and Sleep Quality in Patients With Chronic Low Back Pain: A Randomized Control Trial.”**- Masroor,S., Tanwar, T., Aldabbas, M., Iram, I., & Veqar, Z -2023 *J of chiropractic medicine*, 22(4) , 275-283
47. **“Effect Of Physical Activity On Sleep Problems In Sedentary Adults:A Scoping Systematic Review.”**-Rai,A., Aldabbas, M., & Veqar, Z -2024 *sleep and biological rhythm*, 22, 13-31.
48. **“Effect Of High -Intensity Interval Training In Patients With Back Pain: A Systematic Review.”**- Basista R., Singla D., & Veqar Z., 2024, *Critical reviews in physical medicine and rehabilitation*, 36(1), 85-102
49. **“Influence Of Short Term Palliative Care Program On Knowledge, Beliefs And Attitudes Of Physiotherapy Students: A Quasi Experimental Study.”**- Iram, I., Tanwar, T , Bhati P., & Veqar, Z -2024 ,*SN Comprehensive Clinical Medicine*, 6(45), 1-7.
50. **“Gait Analysis Technologies For Measurement Of Biomechanical Parameters Of Knee Osteoarthritis”**- Chourasiya P., Veqar, Z., Khan Z., Tanwar, T., Iram, I., Aldabbas, M., & -2023, ,*SN comprehensive Clinical Medicine* 6(6) , 1-11.
51. **“Sleep Quality And Its Association With Anxiety, Stress, Sleep Related Beliefs And Attitudes And Postural Control In Young Adults: A Crossectional Study. ”**- Tanwar, T., Aldabbas, M., Iram, I., & Veqar, Z -2024, *Int J adolescent medicine and health,(ahead of print)*
52. **“Is Retrowalking With Conventional Therapy Effective In Managing Knee Osteoarthritis? A Systematic Review And Meta-Analysis.”**- Durrani,S., Tanwar, T., Aldabbas, M., Iram, I., Rehman S., & Veqar, Z -2023 *J of pain management and therapeutic care*, 3(1) , 1-9
53. **“Does Regular Physical Activity Protect Sleep And Mental Health Of University Students: A Systematic Review”** -Rehman S., Tanwar T., Iram I., Aldabbas MM., &Veqar Z., 2024, *Sleep and Vigilance* ,5 ,(1-11).

INVITED LECTURES AND SESSIONS CHAIRED

1. Delivered An Invited Lecture On **‘Low Backache’** At HWWA, ITBP, Tigri Camp, Delhi, 4th September 2003
2. Delivered An Invited Lecture On **‘Cervical Stabilization And Sensorimotor Training- A Brief Overview’** At The **XIX Th Annual Conference Of The Physiological Society Of India**, Held At **Faridabad Institute Of Technology**, Faridabad, Haryana. December 2007
3. Delivered An Invited Lecture On **‘Osteoporosis And Its Physiotherapy Management’** At The **National Seminar On Bone Health**, Organized By **Faridabad Institute Of Technology**, Faridabad, Haryana. 1 December 2009
4. Delivered An Invited Lecture On **‘Osteoporosis And Its Management’** At The **National Seminar On Healthy Ageing**, Organized By **Centre For Physiotherapy And Rehabilitation Sciences, JMI** On 31 March 2010.

5. Delivered An Invited Lecture On **‘New Dimension Of Disability-International Perspective’** In The Clinical Meeting On **New Dimensions Of Disability-A Challenge To The Society And Role Of Physiotherapy** Organized By The **Indian Association Of Physiotherapist** On 3 December 2010.
6. Delivered An Invited Lecture On **‘Life Style Disorders -An Introduction’** At The **Life Style Disorders And Prophylactic Effect Of Physiotherapeutic System Of Medicine** Organized By The **Indian Association Of Physiotherapist** On 26-28 February 2011.
7. Delivered An Invited Lecture On **‘Physiotherapeutic Intervention For The Arthritic Knee –A Literature Review’** At The Physiotherapy CME On **Problems In Knee Rehabilitation** Organized By **Sitaram Bhartiya Institute Of Science And Research** On 6 October 2012.
8. Delivered An Invited Lecture On **‘Improving Functional Mobility - Manual Therapy In Older Patients’** At The CME On **Optimizing Movement Transforming Society - Advances In Orthopaedic Rehabilitation** Organized By Department Of Physiotherapy And Rehabilitation, **Indraprastha Apollo Hospitals** On 22 August 2014.
9. Delivered An Invited Lecture On **‘Physical Therapy: Emerging Role In Sleep Medicine’** At **IIIRd International Conference Of Physical Therapy, AIIMS-2014** Organized By **Physiotherapy Unit JPNATC , AIIMS, New Delhi, India** On 19th-20th December 2014.
10. Delivered An Invited Lecture At **Amity Institute Of Physiotherapy** On **“An Introduction To Palliative Care”** On 4 March 2015.
11. Chaired A Session In **IV International Conference Of Physical Therapy, AIIMS-2015** Organized By **Physiotherapy Unit Dr B.R.A. IRCH, AIIMS, New Delhi, India** On 28-29 November 2015
12. Delivered An Invited Lecture On **“Shoulder Anatomy And Biomechanics: For A Better Clinical Understanding”** At The Physiotherapy CME On **Shoulder Rehabilitation** Organized By **Sitaram Bhartiya Institute Of Science And Research** On 9 September 2016.
13. Delivered An Invited Lecture On **“Physiotherapy Challenges In Paediatric Liver Transplant”** At The **2nd International Liver Symposium** Organized By **Apollo Hospital, Delhi** On 16th September, 2016.
14. Delivered An Invited Lecture On **“Sleep – It’s Impact On The Neuromuscular System And Relevance To Physiotherapy”** At The **Annual SIP Conference 2017** Organized By **Society Of Indian Physiotherapist** Held On 10-12 February 2017.
15. Delivered An Invited Lecture On **“Case Studies Of The Shoulder”** At 2 Days International Hands On Workshop On **Advancements In Shoulder And Spine Rehabilitation** Organised By **Sitaram Bhartiya Institute Of Science And Research** On 25-26 February 2017.
16. Delivered An Invited Lecture On **“Importance And Methods Of Sleep Assessment For Physiotherapist”** At The **2nd International Physiotherapy Conference 2017** On Multidisciplinary Approach To Health & Fitness:

- Preventive, Curative & Therapeutic Aspects Organized By **J R N Rajasthan Vidyapeeth University** At Udaipur, Rajasthan , India On 6-8 March 2017
17. Participated As A Panellist In International Workshop On “**Clinical Orthopaedics Biomechanics**” Organized By **Indian Spinal Injuries Centre**, Delhi On 18th March 2017.
 18. Delivered An Invited Lecture On “**Assessment And Rehabilitation In Sleep Dysfunction**” At The **Hamdard Physiocon 2017** Organized By Department Of Rehabilitation Sciences, **HIMSR, Jamia Hamdard** On 8 September 2017.
 19. Delivered An Invited Lecture On “**Physiotherapy In Palliative Care: Role And Challenges**” At The CME On **Physiotherapy: Profession Of 21st Century** Organized By **Health Care At Home** On 8 September 2017.
 20. Delivered An Invited Lecture On “**Role And Methods Of Sleep Assessment For Physiotherapist**” At The **Apollo Physiocon 2017** Organized By **Indraprastha Apollo Hospital** On 9-10 September 2017.
 21. Delivered An Invited Lecture On “**Physiotherapy Interventions In Improving Sleep Quality**” At The **Goa Sleep 2017-** International Conference On Sleep Medicine And Research Organized By **Indian Society For Sleep Research** Held On 22-23 September 2017.
 22. Chaired A Session In **VI International Conference Of Physical Therapy**, AIIMS-2017 Organized By Neuro Physiotherapy Unit Neurology Department, **AIIMS**, New Delhi, India On 9-10 December 2017
 23. Participated In A Focused Symposia On “**Andragogy In Physiotherapy Education: Changing The Concrete Thinker To Become A Critical Thinker**” At The **Annual SIP Conference 2018** Organized By **Society Of Indian Physiotherapist** Held On 26-28 January 2018.
 24. Delivered An Invited Lecture On “**Addressing Cancer Associated Cognitive Dysfunction And Coping Strategies To Support Optimal Quality Of Life**” At The **1st Cancer Rehabilitation Symposium** Organized By **Apollo Hospital**, Delhi Held On 13 October 2018.
 25. Chaired A Session At The Annual SIP Conference 2019 Organized By **Society Of Indian Physiotherapist** Held On 15-17 February 2019.
 26. Delivered An Invited Lecture On “**Why Are Patient Sleep Patterns Relevant To Physiotherapy Practice?**” At The **Annual SIP Conference 2019** Organized By **Society Of Indian Physiotherapist** Held On 15-17 February 2019.
 27. Delivered An Invited Lecture On “**Comprehensive Geriatric Assessment**” At The **1st Geriatric Physiocon** Organized By **Apollo Hospital**, Delhi Held On 12 October 2019
 28. Delivered An Invited Lecture On “**Exercise And Sleep-Correlation Revisited**” At The **VIII International Conference Of Physical Therapy**, AIIMS-2019 Organized By **Trauma Physiotherapy Unit**, AIIMS, New Delhi, India On 21-22 December 2019.
 29. Chaired A Session At The **BCIPCON-2020** Organized By **Banarsidas Chandiwala Institute Of Physiotherapy** Held On 29 February 2020.

30. Chaired A Session At 1st International Conference Of IAP Women Cell Titled **“Physiotherapist Panchtatva Amidst COVID-19”** Organized By **Gitam University And IAP Women Cell**, Held On 8 August 2021.
31. Delivered An Invited Lecture On **“Sleep Health: Assessment And Consequences For Physiotherapists”** At The 1st E-Conference On Developments And Obstacles In Recent Decades In The Field Of Physiotherapy Organized By **Galgotia’s University** In Association With Indian Association Of Physiotherapists Women Cell, India On 22-23 October 2021
32. Invited as guest speaker at **Sports Connect 4** organized at **Amritsar, Punjab** on 11-12 December 2021.
33. Invited as a speaker in the panel discussion on **“Women in Physiotherapy: A Journey Across Decades”** on March 26, 2022 at Jamia Millia Islamia.
34. Delivered An Invited Lecture On **“Role Of Physical Activity In Managing Sleep In Older Adults”** at **“JAWS 2023”** Organized By **Men’s health Society of India** On 5-6 August 2022
35. Chaired a scientific session at **Neuraxis 2022** for the 10th International Conference on Neurological Rehabilitation on 10-11 December 2022
36. Chaired a scientific session at the **60th Annual National Conference Of Indian Association Of Physiotherapists** on 11th and 12th feb 2023
37. Invited as a speaker in the panel discussion on **““Managing the mysteries Pain: Some Contemporary Strategies”** on March 23-25, 2023 at **Annual SIP conference** held at Bhubaneshwar.
38. Invited as a speaker in the panel discussion on **““Interactive Instructional Strategies in Physiotherapy Education”** on March 23-25, 2023 at **Annual SIP conference** held at Bhubaneshwar.
39. Chaired a scientific session on **“Renal Rehabilitation”** at **Annual SIP conference** held at Bhubaneshwar on 23-25 March 2023
40. Invited as a speaker in two days national level conference on **“Role of physiotherapy in management of sleep associated problems”** at **Physio Conclave PGI-Chandigarh** on 1st and 2nd April 2023.
41. Chaired a scientific session at the **Physiomanthan & 1st National Conference of IAP Women Cell** on 5th & 6th August 2023.
42. Delivered An Invited Lecture On **“Exercise And Sleep-Correlation Revisited”** At The **International Conference Of Physical Therapy, AIIMS-2023** Organized By **Department of Anaesthesiology pain medicine and critical care Physiotherapy Unit, AIIMS, New Delhi, India** On 23-24 December 2023.
43. Delivered An Invited Lecture On **“Pain and sleep: chicken or egg?”** at **“61st Annual National Conference Of Indian Association Of Physiotherapists”** Organized By **Indian Association Of Physiotherapists** On 8-10 March 2024

WORKSHOPS AND CME ATTENDED

1. **Attended A Workshop On ‘Neurokinesiological Diagnosis’ Held At Dr. M. V. Shetty College Of Physiotherapy, Mangalore On 6th March 1998.**
2. **Attended A Workshop On ‘McKinzie Concept In Mumbai Medicine’ Conducted By Prof. Philomena Commens (UK) At Batra Hospital, New Delhi On 26th – 26th March, 1999**
3. **Attended The Workshop On ‘Manual Therapy – Lumbar And Cervical Spine Focus On Articular And Neural Systems’ Conducted By Manual Concepts Education For Health Professional, Australia On 1-3 August 2002.**
4. **Attended The CME On ‘Hip And Knee Arthroplasty And Advanced Physiotherapeutic Intervention’ Conducted By The Indian Association Of Physiotherapist Delhi Branch On 14 March 2010.**
5. **Attended A Workshop On ‘McKinzie Method: An Overview Of Mechanical Diagnosis Therapy Of The Spine’ Conducted By Colin Davies At Deenanath Mangeshkar Hospital, Pune, Maharashtra On 6 January 2011.**
6. **Attended The Workshop On ‘Introduction to Examination and Manual Therapy of Extremities (MTE-I)’ Conducted by Advances in Physiotherapy Education at Centre for Physiotherapy and Rehabilitation Sciences, JMI, N Delhi in August 2011**
7. **Attended The Workshop On ‘Introduction to Examination and Manual Therapy of Spine (MTS-I)’ Conducted by Advances in Physiotherapy Education at Centre for Physiotherapy and Rehabilitation Sciences, JMI, N Delhi in August 2011**
8. **Attended The Workshop On ‘Spinal Stabilisation’ Conducted by Advances in Physiotherapy Education at Centre for Physiotherapy and Rehabilitation Sciences, JMI, N Delhi on 29 April 2012**
9. **Attended The Workshop On ‘Latest Trends in Physiotherapy: Workshop’ Organised by Centre for Physiotherapy and Rehabilitation Sciences Jamia Millia Islamia, New Delhi on 13 September 2012.**
10. **Attended The Workshop On ‘Neuro Physical Therapy Workshop 2012’ Organised by Medanta Institute of Neurosciences, Gurgaon, Haryana. On 22-23 September 2012.**
11. **Attended The Workshop On ‘Neurological Disorders and Neuro-Rehab’ Organised by Centre for Physiotherapy and Rehabilitation Sciences Jamia Millia Islamia, New Delhi on 21 March 2013.**
12. **Attended The Physiotherapy CME On ‘Problems In Knee Rehabilitation’ Organized By Sitaram Bhartiya Institute Of Science And Research On 6 October 2012.**
13. **Attended The Workshop On ‘Bands, Balls & Balance Workshop’ Conducted by The Thera-Band Academy Organised by Centre for Physiotherapy and Rehabilitation Sciences Jamia Millia Islamia, New Delhi on 2 -3 December 2013.**
14. **Attended A Two Day International Workshop On ‘Scores: An Innovative Approach To Spinal Core Stability And Spinal Pain Management’ At Centre**

**For Physiotherapy And Rehabilitation Sciences, Jamia Millia Islamia In
Collaboration With Physio Asia Academy, 23-24 March 2018**

SEMINARS AND CONFERENCES ATTENDED

1. **Attended The 1st Annual Conference Of Dakshin Kannada Physiotherapy Students Association Held At Bejai Parish Hall, Mangalore From 6th – 8th March 1998**
2. **Attended Physiotherapy' 99 – Annual Conference Of Branch Of Indian Association Of Physiotherapists Held At IMA Hall, New Delhi On 10 January 1999**
3. **Attended The National Seminar On HIV – AIDS: Media Awareness Conducted By Prasar Bharti Broadcasting Corporation On India On 11 February 1999**
4. **Attended Physiotherapy 2000 – Annual Conference Of The Delhi Branch Of Indian Association Of Physiotherapists, Held At Hotel Kanishka, New Delhi On 6 February 2000**
5. **Attended The Conference PHYSIOCON – Scenario Of Physiotherapy In India And Europe Held At Maurya Sheraton On 7 September 2000**
6. **Attended The Annual Physiotherapy Conference Of Indian Association Of Physiotherapy Held At Ahmedabad In January 2006**
7. **Attended The XIX Th Annual Conference Of The Physiological Society Of India Held At Faridabad Institute Of Technology, Faridabad Haryana In December 2007**
8. **Attended The International Seminar On “Mobility For Stability” Held At Faridabad Institute Of Technology, Faridabad Haryana On 30 -31 January 2009**
9. **Attended The Rheumatology Update-2009 Held At All India Institute Of Medical Sciences, New Delhi, On 22 February 2009.**
10. **Attended The International Congress On Gerontology And Geriatric Medicine 2009 Held At All India Institute Of Medical Sciences, New Delhi, On 26-28 February 2009.**
11. **Attended The International Congress On Sports Medicine-Sports Medicon2009 Held At New Delhi, On 06-08 November 2009.**
12. **Attended The One Day National Seminar On Healthy Ageing Organized By Centre For Physiotherapy And Rehabilitation Sciences, JMI, New Delhi Held At JMI On 31 March 2010.**
13. **Attended The National Conference Of Indian Association of Physiotherapists Held At Pune, Maharashtra, On 6-8 January 2011**
14. **Attended The Second Annual Conference Of Physical Therapy (ANCPT) Held At All India Institute Of Medical Sciences, New Delhi, On 6-7 February 2011.**
15. **Attended The One Day National Seminar On Cardiopulmonary Rehabilitation Organized By Centre For Physiotherapy And Rehabilitation Sciences, JMI, New Delhi Held At JMI On 19 February 2011.**

16. Attended The Life Style Disorders And Prophylactic Effect Of Physiotherapeutic System Of Medicine **Organized By Indian Association Of Physiotherapist Held At Maulana Azad Medical College, New Delhi, On 26-28 February 2011**
17. Attended The 2nd International Congress on Gerontology and Geriatric Medicine 2012 **Held at All India Institute of Medical Sciences On 25 -29 February 2012**
18. Attended **The International Seminar on Rehabilitation, Health and Wellness Organised by Manav Rachna International University, Faculty of Allied Sciences, Held On 14th March 2012.**
19. Attended **The UGC Sponsored Seminar on Methodology of Physiotherapy Education-Issues and Challenges Organised by Department of Physiotherapy, Panjabi University, Patiala, Punjab Held On 24-25 March 2012.**
20. Attended The International Forum Of Physical Education And Sports Science **Organized By Department Of Physical Education, Panjab University, Chandigarh On 20-22 October 2012.**
21. Attended The International Conference On Futuristic Trends In Physical Education – ICFT-2013 **Organised By Department Of Physical Education, Panjabi University, Patiala, Punjab On 24-26 January 2013.**
22. Attended **The National Symposium On Neurosciences And Its Future Prospects (NFP-2014) Organized By Interdisciplinary Brain Research Centre, Faculty Of Medicine, Aligarh Muslim University On 15th February 2014.**
23. Attended The III International Conference Of Physical Therapy, AIIMS-2014 **Organized By Physiotherapy Unit JPNATC , AIIMS, New Delhi, India On 19-20 December 2014.**
24. Attended The International Conference On **Public Health Infrastructure In Transition: Challenges And A Way Forward** Organized By Department Of Social Work (UGC Centre Of Advanced Study), Faculty Of Social Sciences, **Jamia Millia Islamia**, New Delhi, India And School Of Public Health, University Of Minnesota (Twin Cities Campus), Minneapolis, Minnesota, USA **Held On 18th To 20 February, 2015**

I hereby declare that the information provided above is true to the best of my knowledge.

Prof. Zubia Veqar
Professor & Hony Director
Centre For Physiotherapy And Rehabilitation Sciences
Jamia Millia Islamia
New Delhi, India