

RESUME

Name: Dr. Anuradha Lehri
Designation: Head & Associate Professor
Department: Sport Science
Date of Birth: 21.12 1973
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Academic Qualifications (Matric till post-graduation)

Examination	Name of the Board/ University	Year of Passing	Percentage of Marks obtained	Division Class/ Grade	Subject
High School/Matric	P.S.E.B. Mohali	1988	72.2%	First	Pbi, Hindi, Eng., Math, Sci. History
Intermediate	P.S.E.B. Mohali	1990	62.4%	First	Physics, Chemistry, Bio, Eng. Punjabi
B.Sc.	Pbi. Univ. Patiala	1993	63.3%	First	Botany, Zoology, Chemistry, Eng. Punjabi
M.Sc. Sports Sci.	Pbi. Univ. Patiala	1995	71.8%	First	Physiology & Bio Chem. of Exercise, Health Education, Human Nutrition and Sports, Applied Sports Science, Psychology & Sociology of Sports, Practical Applied Sports Sciences.
Other Examination, If Any NET UGC	U.G.C	1999			Qualified for Lectureship

Research Degrees:

Degree	Title	Date of Award	University
M.Phil.	—	—	—
Ph.D	Effect of Six Weeks of Different Exercise Programs on Fat Reduction in Females	2004	Punjabi University, Patiala
D.Sc/D.Lit.	—	—	—

Membership of Professional Bodies/Organizations

- I. Founder Life Member of Exercise Fitness and Health Alliance.
- II. Life Member of the Punjab Academy of Sciences
- III. Member of the Editorial Board of the Journal of Exercise Fitness and Health Alliance

Posts held after appointment at this institution:

Designation	Department	Date of Actual Joining		Grade
		From	To	
Lecturer (Adhoc)	Physiotherapy & Sports Science	10.1.2005	27.11.2006	8000-13500
Assistant Professor, Stage-I (Regular)	Sports Science	28.11.2006	27.11.2010	15600-39100 Grade Pay 6000
Assistant Professor Stage-II	Sports Science	28.11.2010	27.11.2015	15600-39100 Grade Pay 7000
Assistant Professor Stage – III	Sports Science	28.11.2015	27.11.2018	15600-39100 Grade Pay 8000
Associate Professor	Sports Science	28.11.2018	Till date	37400-67000 Grade Pay 9000

Teaching Experience:

PG classes (in years) : 14 Years
 UG classes (in years) : 5 Years

Research Experience excluding years spent in M.Phil. /Ph.D (in years): 13 Years

Field of Specialization under the subject/Discipline:

- (a) Health & Fitness
- (b) Nutrition
- (c) Kinanthropometry
- (d) Exercise Physiology

Academic Staff College Orientation/Refresher Course Attended

Name of the Course Summer School	Place	Duration	Sponsoring Agency
General Orientation Course	Academic Staff College, Pbi. Univ. Patiala	14.01.2010 to 10.2.2010	UGC
Refresher Course	Academic Staff College, Pbi. Univ. Patiala	10.11.2010 to 30.11.2010	UGC
Refresher Course	UGC Human Resource Development Centre, Pbi. Univ. Patiala	16.2.2015 to 07.3.2015	UGC
Short-term course on Relevance of Research in Society	UGC Human Resource Development Centre, Pbi. Univ. Patiala	22.12.2015 to 28.12.2015	UGC

Research, Publications and Academic Contribution Papers Published in Journals:

S. No.	Title	Journal	ISSN/ ISBN No.	Whether Peer reviewed impact Factors, if any
1	A Comparative study of Physical Fitness of urban and rural school girls	Indian Journal of Sport Science and Physical Education	ISSN 0971-0140, Vol. 10(1), 1998	Yes (Editorial Board)
2	A Comparative Study of Physical growth in breast fed and bottle fed female infants	Published in Souvenir, Continuing Medical Education programme in Paediatrics, Patiala Branch, Indian Academy of Paediatrics	Oct. 21, 2001	Yes (Editorial Board)
3	Physical Performance of Indian Female Players of Basketball and Volleyball during different phase of Menstrual cycle	Indian Journal of Sport Science and Physical Education	ISSN 0971- 0140, Vol. 11(2), 2002	Yes (Editorial Board)
4	Physique and Physical abilities of 12-14 years female gymnasts in relation to their performance	Indian Journal of Sport Science and Physical Education	ISSN 0971-0140, Vol. 12(1), 2003	Yes (Editorial Board)
5	ਮਾਂ ਦਾ ਦਯੁੱਕੀਣ ਵਾਕੇ ਅਤੇ ਬੇਟੇ ਦਾ ਦਯੁੱਕੀਣ ਵਾਕੇ ਨਰ ਬੁੱਝਿਆਂ ਦੇ ਵਾਧੇ ਤੇ ਵਕਾਏ ਦੇ ਰਸ਼ਨ	ਵਦਰਗਆਨ ਦੇ ਨਕਸ਼	ਅੰਕ : 40, ਦਸੰਬਰ 2003, ਬੁੱਝੀਕਸ਼ੇ ਨ ਬੁਊਰੋ, ਜ਼ਿਲ੍ਹਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ	Yes (Editorial Board)

6	ਐਰੋਬਿਕ ਕਾਰਤਾਮਾਂ, ਮੋਟਾਮਾ ਅਤੇ ਮਨੁੱਖੀ ਸਿਹਤ	ਵਿਦਿਆਰਥੀ ਦੇ ਨਕਸ਼	ਅੰਕ : 41, ਦਸੰਬਰ 2004, ਬੀਕੇ ਨੈਸ਼ਨਲ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ	Yes (Editorial Board)
7	A Study of Some Menstrual Characteristics in Basketball and Volleyball players	Indian Journal of Sport Science and Physical Education	ISSN 0971-0140, Vol. 13(1), 2004	Yes (Editorial Board)
8	Effect of Different Types of Exercise Programmes on daily dietary intake of Nutrients in females	Indian Journal of Exercise Science and Physiotherapy	ISSN 0973-2020 Vol.1(1), 2005	Yes (Editorial Board)
9	Age at Menarche in Urban-Rural Panjabi Jat Sikh Girls	The Anthropologist, Delhi	Vol. 8(3), 2006	Yes (Editorial Board)
10	Effectiveness of Aerobic and Strength Training in Causing Weight Loss and Favourable Body Composition in Females	Journal of Exercise Science & Physiotherapy	ISSN 0973-2020 Vol.2, 2006	Yes (Editorial Board)
11	A Study on Flexibility of Various Joints and the Skin Fold Thickness in two	Journal of Sport Science and Physical Education	ISSN 0971-0140, 2006	Yes (Editorial Board)
12	Comparison of Aerobic and Strength Training Programs on Health-Related Fitness in Females	UGC Sponsored National Conference on "Scientific Temperaments in Physical Education & Sports	14 th -15 th 2008	-
13	Health Related Fitness of Punjabi Boys Ranging in Age From 10-12 Years pp. 73-79	Indian Journal of Sports Science & Physical Education	ISSN 0971-0140, Vol. 20 (1 & 2) Jan-July, 2011	Yes (Editorial Board)

14	Effect of Aging and Anthropometric Measurements on Nerve Conduction Properties- A Review, pp. 1-10	Journal of Exercise Science & Physiotherapy	ISSN 0973-2020, Vol. 7 (1), 2011	Yes Impact Factor 2.035
15	Effect of Electrical Muscle Stimulation on Reducing Fat from the Body, pp. 24-28	Journal of Exercise Science & Physiotherapy	ISSN 0973-2020, Vol. 7 (1), 2011	Yes Impact Factor 2.035
16	Occupation & Its Association with Carpal Tunnel Syndrome: A Review, pp. 68-78	Journal of Exercise Science & Physiotherapy	ISSN 0973-2020, Vol. 7 (2), 2011	Yes Impact Factor 2.035
17	Comparison of Flexibility Between Jat Sikh and Bania Girls, pp. 19-27	Indian Journal of Sports Science & Physical Education	ISSN 0971-0140, Vol. 21, 2012	Yes (Editorial Board)
18	Effect of Electrical Muscles Stimulation on Abdomen Skin fold After Four Weeks Programme, pp. 41-47	Indian Journal of Sports Science & Physical Education	ISSN 0971-0140, Vol. 21, 2012	Yes (Editorial Board)
19	A Study of Dietary Energy Profile and Hemoglobin Level of Young Punjabi Females, pp. 42-45	International Journal of Fitness & Exercise Science Deptt. of Sports Science, Pbi. Univ. Pta.	ISBN 978-81-302-0141-2, 2012	Yes (Editorial Board)
20	Role of Health Concepts in Daily Life, pp. 9-12	International Journal of Fitness & Exercise Science Deptt. of Sports Science, Pbi. Univ. Pta.	ISBN 978-81-302-0141-2, 2012	Yes (Editorial Board)
21	Rotator Cuff Injury and Sports, pp. 34-39	International Journal of Fitness & Exercise Science Deptt. of Sports Science, Pbi. Univ. Pta.	ISBN 978-81-302-0141-2, 2012	Yes (Editorial Board)
22	A Study of Nerve Conduction Properties in Labourers, pp. 135-139	Journal of Exercise Science & Physiotherapy	ISSN 0973-2020, Vol. 9 (2), 2013	Yes Impact Factor 4.652

23	A Comparison of Nerve Conduction Properties in Male & Female of 20 to 30 years of age group, pp. 16-20	Journal of Exercise Science & Physiotherapy	ISSN 0973-2020, Vol. 10 (1), 2014	Yes Impact Factor 4.925
24	Vestibular Deficits in Sports Athletes A Benchmark for Cognitive Impairment, pp. 44- 46	International Journal of Fitness & Exercise Science, Pbi Univ. Pta.	ISSN 978-81-931528-0-5, Released on October 28,	Yes (Editorial Board)
25	Music Therapy: A Promising Tool in Enhancing Sports Performance, pp. 55-57	International Journal of Fitness & Exercise Science, Pbi Univ. Pta.	ISSN 978-81-931528-0-5, Released on October 28,	Yes (Editorial Board)
26	Comparative Study of Pulmonary Function Variables of Male Rajput of High and Low Altitude area	Journal of Exercise Science & Physiotherapy	ISSN 0973-2020 (P), ISSN 2454-6089 (O), Vol. 11 (2),	Yes Impact Factor 4.925
27	Exercise Cynosure in Restless leg Syndrome: A Scoping Review, pp. 2016-21.	International Journal of Medical Science and Clinical Invention	ISSN: 2454-9576 Vol. 3(8), 2016	Yes Impact factor – 5.1
28	An Update on the Potential role of emerging adjunct techniques for the management of	International Journal of Health and Rehabilitation Sciences	ISSN: 2278-9014 Vol.6(1), 2017	Yes Impact factor awaited
29	A Study to evaluate the anthropometric profile among Punjabi boys, pp. 3-6.	International Journal of Physical Education, Sports and Health	ISSN: 2394-1685 Vol. 4(6), 2017	Yes Impact factor- 5.3
30	Flexibility in Punjabi girls: An Observational Study, pp. 7-10.	International Journal of Physical Education, Sports and Health	ISSN: 2394-1685 Vol. 4(6), 2017	Yes Impact factor- 5.3
31	Effect of spinal exercises and epidural injections in chronic low back pain, pp. 76-80.	Journal of Exercise Science and Physiotherapy	ISSN 0973-2020 Vol. 13(1), 2017	Yes Impact Factor 4.925
32	A Study to evaluate the anthropometric profile among Punjabi boys. pp. 3-6.	International Journal of Physical Education, Sports and Health	ISSN: 2394-1685 Vol. 4(6), 2017	Yes Impact factor- 5.3
33	Effect of Vitamin A and Vitamin C on Physiological Parameters of Males in Age Group 18 To 25 Years	Journal of Exercise Science and Physiotherapy	ISSN 0973-2020 Vol. 13(2), 2017	Yes Impact factor- 5.23

34	Sports Activity, Nutritional Intake on Intelligence and Academic Achievements among Boys: Review	Journal of Exercise Science and Physiotherapy	ISSN 0973-2020 Vol. 13(2), 2017	Yes Impact factor-5.23
35	A study on body composition and dietary intake among interuniversity female hockey players. pp. 450-55.	Journal for Advanced Research in Applied Sciences	ISSN NO: 2394-8442 Vol. 4 (7), 2017	Yes Impact factor-5.8
36	A Study on micronutritional and hemoglobin level in female hockey players. pp. 488-93.	Journal for Advanced Research in Applied Sciences	ISSN NO: 2394-8442 Vol. 4 (7), 2018	Yes Impact factor-5.8
37	A study of motor skill test for football players under 14 years age group. pp. 26477-80	International Journal of Recent Scientific Research	ISSN: 0976-3031 Vol. 9(5), 2018	Yes Impact factor-7.3
38	Acute Effects of Dynamic versus Static Stretching on Explosive Agility of Young Football Players	Journal of Exercise Science and Physiotherapy	ISSN 0973-2020 Vol. 14(1), 2018	Yes Impact factor-5.23
39	Comparative Study of Biochemical Variables of High and Low Altitude Male Rajput Residents	Journal of Exercise Science and Physiotherapy	ISSN 0973-2020 Vol. 14(1), 2018	Yes Impact factor-5.23
40	Potential benefits of transcutaneous electrical nerve stimulation in primary dysmenorrhea: A Review	International Journal of Current Advanced Research	ISSN 2319-6475 Vol. 7(12), 2018	Yes Impact factor-6.614
41	Effect of Sports Participation on academic achievements among boys	Journal of Exercise Science and Physiotherapy	ISSN 0973-2020 Vol. 14(2), 2018	Yes Impact factor-6.115
42	Evaluation of Macro nutrient intake of national female volleyball players aged 10-18 years	International Journal of Advanced Research	ISSN 2320-5407 Vol. 7(1), 2019	Yes Impact factor-7.08
43	Nutritional knowledge assessment of adolescent national female volleyball players	International Journal of Current Advanced Research	ISSN 2319-6475 Vol. 8(1), 2019	Yes Impact factor-6.614
44	Different stretching techniques for improving flexibility in males with hamstring tightness: A	International Journal of Yogic, Human Movement and Sports	ISSN 2456-4419 Vol. 4 (1), 2019	Yes

45	Effect of Nutrition on Intelligence and Academic Performance Among Boys of Age 14 -17 Years	International Journal of Recent Scientific Research	10(11)E 36046-36048 Nov 2019	Peer reviewed
46	Comparative study of body mass index and waist hip ratio between pre and post-menopausal women.	Journal of Exercise Science and Physiotherapy	ISSN 0973-2020 (P) ISSN 2454-6089	Yes Impact Factor- 5.23
47	A comparison of linear and daily undulating periodized strength training programme for quadriceps strength in	Journal of Exercise Science and Physiotherapy	ISSN 0973-2020 (P)	Yes 5.23
48	Assessment of knowledge, attitude and practice regarding supplement use of state and national players.	International journal of current advanced research	ISSN: 23196475 (E) ISSN: 23196505	
49	Effect of proprioceptive neuromuscular facilitations on flexibility in males with hamstring tightness.	International Journal of health sciences and research, Volume9, issue 5	ISSN: 2249-9571 (Online)	
50	Effect of High frequency transcutaneous electrical nerve stimulation on dermatomal site menstrual	International Journal of health sciences and research, Volume9, issue 5	ISSN: 2249-9571	
51	12-week training induced effects on selected fitness parameters among field hockey players	International Journal of Physiology, Nutrition and Physical Education 2019; 4(1): 1715-1718	ISSN: 2456-0057	Impact Factor: RJIF 5.43
52	Effect of high Frequency transcutaneous electrical nerve stimulation on dermatome and root level	International Journal of Pharma and Bio Sciences, 2020	ISSN 0975-6299	Scientific Journal Impact Factor (SJIF): 7.446
53	Effect of High and Low Flexibility on Agility, Acceleration Speed and Vertical Jump Performance of Volleyball Players.	European Journal of Physical Education and Sport Science. Volume 6 Issue 11 2021	ISSN: 2501 - 1235 ISSN-L: 2501 - 1235	
54.	Effect of high frequency transcutaneous electrical nerve stimulation at root level menstrual pain in primary dysmenorrhea.	Journal of bodywork and movement therapies.	2021 APR; 26:108-112.	Peer reviewed

Articles/Chapters Published in Books:

S. No.	Title with page nos.	Book Title, editor & Published	ISSN/ISBN No.	Whether Peer reviewed
1	Effect of Electrical Muscle Stimulation on Present Body Fat, pp. 371-373	Futuristic Trends in Physical Education, Vol. IV. Twenty First Century, Publication,	ISBN 978-93-80144-70-2, 2013	Yes (Editorial Board)
2	Assessment of Cardio-respiratory Fitness of Punjabi University Boys, pp. 310-313	Wellness through Physical Activity: Future Perspective, Twenty First Century, Publication, 2014	ISBN 978-93-8014-512-9	Yes (Editorial Board)

Full Papers Published in Conference Proceeding:

S. No.	Title with page nos.	Details of Conference Publication	ISSN/ISBN No.
1	A Study of Football Motor Skill Test of 14 Years Boys, pp. 202-204	Proceeding of National Conference on Role of Physical Activity and Sports in Balancing Education (IGIPES), University of Delhi,	ISBN 978-81-7873-3056-3, February 15-16-2013
2	Waist Hip Ratio in Punjabi Girls Ranging in Age From 8-10 Years, pp. 128-130	Proceeding of National Conference on Role of Physical Activity and Sports in Balancing Education (IGIPES), University of Delhi,	ISBN 978-81-7873-3056-3, February 15-16-2013

Research Guidance:

Degree	Name of Student	Title/Topic
M. Phil	Narinder Kaur (2012) Amandeep Kaur (2012) Manpreet Singh Randhawa (2017)	--

Ph.D	Parminder Kaur (as Co-guide) (March 2013)	Is electrical stimulation technique effective in reducing fat from the body
Ph.D	Vinay	Impact of Occupation on the median nerve conduction properties
Ph.D	Megha Gakhar (as Co-guide)	A study of nerve conduction properties of selected nerves with special reference to age, sex and anthropometry of healthy adults
Ph.D	Pooja Johri	Comparative Health Related fitness and biochemical parameters in male Rajput population of high and low altitude areas of Himachal Pradesh
Ph.D	Kulbir Rana	A Study on Sports Activity, nutritional intake on intelligence and academic achievement among boys
Ph.D	Manisha Uttam	Efficacy of High frequency Transcutaneous Electrical Nerve Stimulation on Primary Dysmenorrhea among Adolescent girls
Ph.D	Harshita Yadav	Effect of different types of stretching on hamstring tightness and back flexibility in males

Current Ongoing Research Guidance (PhD)

S. No	Name of Student	Title	Specialization
1.	Shivani Sharma	Development and validation of a tool to reveal knowledge, attitude and practice regarding use of supplements by players and fitness freak people	M.Sc. (Sports Nutrition)
2.	Rajneesh Kumar	Construction and Standardization of Tests to Assess Skill Efficacy of National Level Male Volleyball Players	M.P.ED (Specialized in Volleyball)
3.	Ishita Das	-	M.P.ED (Specialized in Athletics)

Training Courses, Teaching Learning-Evaluation Technology Programs, Faculty Development Programs (not less than one-week duration):

S. No.	Programme	Duration	Organized by
1	UGC Sponsored Workshop	23.8.2011 to 27.8.2011	Women Study Centre, Pbi. Univ. Patiala
2	UGC Sponsored Workshop	12.9.2011 to 14.9.2011	Academic Staff College, Pbi. Univ. Patiala
3	UGC Sponsored Refresher Course	16.2.2015 to 7.3.2015	UGC Human Resource Development Centre, Pbi. Univ. Patiala

Papers and posters presented in Conferences, Seminars, Workshops, and Symposia:

S. No.	Title of the Paper presented	Date of Conference/ Seminar	Organized by	Level
1	Effect of Different types of Exercise Programmes on health-related fitness	March 24-25, 2006	Department of Human Biology, Punjabi University Patiala	National
2	Effect of Different types of Exercise Programmes on Regional Fat Reduction	February 7-9, 2008	Thapar University, Patiala	National
3	Comparison of Aerobic and Strength Training Programs on Health-Related Fitness in Females	September 14 th - 15 th 2008	S.K.R College of Physical Education, Bhagoo Majra, Kharar	National
4	Poster Presentation Doping: Gene Doping	September 28 th , 2011	National Seminar on Sports & Fitness Culture	National
5	Poster Presentation Rotator cuff injury & Sports	September 28 th , 2011	National Seminar on Sports & Fitness Culture	National
6	Comparison of Electrical Muscle Stimulation Technique of Aerobic exercise on Present fat reduction	October 19-21, 2011	Indira Gandhi Institute of Physical Education and Sports Science, University of Delhi,	International
7	Comparison of Cardiorespiratory fitness of Urban and Rural Boys"	November 19-20, 2011	33 rd IASM Congress 2011 PGIMER, Chandigarh	International

8	Ill Effects of Weight Reduction Pills in Women"	November 25-26, 2011	Women's Studies Centre Punjabi University, Patiala	International
9	A Study of hemoglobin level and dietary intake of iron in Punjabi Females"	January 25-27, 2012	22 nd National Conference of Sports Psychology, S.K.R. College of Physical Education, Phagwara, Mohali	National
10	A Study of BMI and Dietary Energy Profiles in Punjabi Females"	February 7-9, 2012	15th Punjab Science Congress, Guru Nanak Dev University, Amritsar	National
11	Dietary analysis of Lactating Women in Rural areas of Punjab	October 26-27, 2012	Women's Studies Centre, Punjabi University, Patiala	International
12	Dietary Profile of 13 to 14 years boys of Punjab	December 20-21, 2012	Akal College of Physical Education, Mastuana Sahib, Sangrur	National
13	Body Composition of Punjabi Gils ranging in age from 8-10 years	November 22-23, 2013	Women's Studies Centre, Punjabi University, Patiala	International
14	Punjabi Females ranging in age from 20-40 years		Punjabi University, Patiala	International
15	Poster Presentation Flax Seeds: A Super Food	October 28, 2015	International Seminar on Issues & Fitness Management at Department of Sports Science, Punjabi University, Patiala	International
16	Poster Presentation Gene Therapy: A Boon in Sports	October 28, 2015	International Seminar on Issues & Fitness Management at Department of Sports Science, Punjabi University, Patiala	International
17	Poster Presentation Importance of Neuropsychological testing in Sports related concussion	October 28, 2015	International Seminar on Issues & Fitness Management at Department of Sports Science, Punjabi University, Patiala	International
18	A Study of lower limb power in 20-25 years Punjabi boys	February 7-9, 2016	19 th Punjab Science Congress by SUS Group of Institutions, Tangori, Mohali	National
19	A Study on Waist hip ratio among rural boys of district Patiala	February 18-20, 2016	Department of Physical education, Punjabi University, Patiala	International

20	A Study on formulation and sensory evaluation of flaxseeds supplemented food products and its benefits to Sports person	February 18-20, 2016	Department of Physical education, Punjabi University, Patiala	International
21	A Study on Dietary Analysis of Interuniversity Female hockey players	November 22, 2017	Women's Studies Centre, Punjabi University, Patiala	International
22	Nutrition Knowledge of and macronutrient assessment of national female Volleyball players aged 10-18 years	20 th November 2019	Women's Studies Centre, Punjabi University, Patiala	International
23	Women in Sports: Gender Equality and Empowerment	December 4, 2020	Women's Studies Centre, Punjabi University, Patiala	International
24	Effect of High Frequency Transcutaneous Electrical Nerve Stimulation for managing menstrual pain	December 4, 2020	Women's Studies Centre, Punjabi University, Patiala	International
25	Performance Analysis of Elite Indian Heptathlon Athletes	December 4, 2020	Women's Studies Centre, Punjabi University, Patiala	International
26	Effect of Sports Participation on Intelligence and Academic Achievements Among Young Girls	December 4, 2020	Women's Studies Centre, Punjabi University, Patiala	International

Place: Patiala
Date: 23-09-2023

Dr. Anuradha Lehri
Associate Professor
Punjabi University Patiala