

Faculty of Physiotherapy

Research Projects

(A) Thesis / Short studies/ Dissertation of PG, UG, Intern

S. No.	Name of Faculty/ Department	Student Name	Title of Project	Guide/Co-guide	Ongoing Projects/ Completed/ Submitted Projects
1.	Physiotherapy	Ashish Sood	Effect of trunk stabilization and agility in comparison to stretching and strengthening in treatment of acute adductor strain .Intl. J Health Physical Education and Computer Sciences in Sports	Dr. Sheetal Kalra Dr. Joginder Yadav	Completed
2.	Physiotherapy	Chirag Sethi	A correlational study of BMI and fitness level among children in India in the age group of 13-16	Dr. Sheetal Kalra Dr. Joginder Yadav	Completed
3.	Physiotherapy	Sagrika Popli	Effect of Static stretching versus retro walking on hamstring flexibility	Dr. Joginder Yadav Dr. Sheetal Kalra	Completed
4.	Physiotherapy	Arun Yadav	A comparative study of effectiveness between Myofascial release and Pressure release on pain and ankle range of motion in adults with soleus myofascial trigger points	Dr. Joginder Yadav Dr. Sheetal Kalra	Completed
5.	Physiotherapy	Ramneesh Vohra	A comparative study of static stretching and PNF stretching on pectoral muscle flexibility	Dr. Sheetal Kalra Dr. Joginder Yadav	Completed
6.	Physiotherapy	Sunil Yadav	Effect of forward stair climbing and backward locomotion on Cardiopulmonary parameters in sedentary young males	Dr. Sheetal Kalra Dr. Joginder Yadav	Completed
7.	Physiotherapy	Jaywant Yadav	Effect of Pelvic Floor Muscle Exercises in comparison with Core Stability Exercises on Pain, Functional status and Abdominal muscle endurance in Post-Partum females with Chronic Low back pain	Dr. Joginder Yadav Dr. Sheetal Kalra	Completed

8.	Physiotherapy	Rajlaxmi Chaturvedi	To Compare the effect of Wobble Board as Bilateral Proprioceptive Exercise to Unilateral Leg Standing Exercise in Knee Osteoarthritis Patients: a Randomized Controlled Trial	Dr. Joginder Yadav Dr. Sheetal Kalra	Completed
9.	Physiotherapy	Pooja Katwani	The effect of cervical lateral glide and manual cervical traction combined with neural mobilization on patients with cervical radiculopathy	Dr. Joginder Yadav Dr. Sheetal Kalra	Completed
10.	Physiotherapy	Monika Raghav	Effect of adding specific hip strengthening exercises to traditional knee exercises in patients with Patellofemoral Pain Syndrome	Dr. Joginder Yadav Dr. Sheetal Kalra	Completed
11.	Physiotherapy	Vineeta Sharma	Effect of square stepping exercises versus strength and balance training on balance and risk of fall in elderly population.	Dr. Joginder Yadav Dr. Sheetal Kalra	Completed
12.	Physiotherapy	Manisha Nayyar	Effect of Retro Walking on Pain, Balance and Functional Performance in Osteoarthritis of knee.	Dr. Joginder Yadav Dr. Priyanka Rishi	Completed
13.	Physiotherapy	Gurpreet Singh	A Comparative study of Mulligan Mobilization , Cyriax Physiotherapy and Eccentric Training Program in Patients with Lateral Epicondylitis	Dr. Joginder Yadav Dr. Priyanka Rishi	Completed
14.	Physiotherapy	Pinky	Efficacy of Snags versus Deep Cervical Flexor Strengthening on dizziness in patient with Cervicogenic Dizziness.	Dr. Joginder Yadav Dr. Priyanka Rishi	Completed
15.	Physiotherapy	Deepak Raghav	Effect of Thoraco-Lumbar Fascia Kinesio taping as a Therapeutic Intervention for Pain, Functional Disability in Non Specific Low Back Pain-A Pilot Study	Dr. Joginder Yadav Dr. Sheetal Kalra	Completed
16.	Physiotherapy	Pooja Panchal	Effect of resistance band exercise on neck pain, disability and forward head posture in dentist with chronic neck pain	Dr. Joginder Yadav Dr. Sheetal Kalra	Completed
17.	Physiotherapy	Purva Shakula	Effect of treating BPPV under Epleys maneuver with Vestibular Rehabilitation exercises and Brandt- daroff maneuver with vestibular rehabilitation exercises in elderly population with balance impairment	Dr. Bharti Arora Dr. Sheetal Kalra	Completed
18.	Physiotherapy	Swati Singhal	Effects of Aerobic Versus Resistance Training on Blood Pressure in Hypertensive Patients	Dr. Sonia Pawaria Dr. Sheetal Kalra	Completed

19.	Physiotherapy	Shweta Tikko	A comparative study of PNF versus Progressive resisted exercises on strength and balance in patients with diabetic neuropathy	Dr. Bharti Arora Dr. Sheetal Kalra	Completed
20.	Physiotherapy	Kirti Saini	Respiratory response to BiPAP aided upper limb exercise in hypercapnic COPD patients	Dr. Sonia Pawaria Dr. Sheetal Kalra	Completed
21.	Physiotherapy	Deepak Raghav	Effect of Thoraco-Lumbar Fascia Kinesio taping as a Therapeutic Intervention for Pain, Functional Disability in Non Specific Low Back Pain-A Pilot Study	Dr. Joginder Yadav Dr. Sheetal Kalra	Completed
22.	Physiotherapy	Shivangi Sachdeva	Effect of Mouth mask on Dyspnea in normal individuals	Dr. Sonia Dr. Sheetal Kalra	Completed
23.	Physiotherapy	Shivangi Sachdeva	Effect of muscle energy technique versus mobilization on pain and disability in post-partum females with sacroiliac joint dysfunction	Dr. Sheetal Kalra Dr. Sonia Pawaria	Completed
24.	Physiotherapy	Shivangi Sachdeva	Effectiveness of Pursed lip breathing versus Mouth mask on Dyspnea & Functional Capacity in Acute Exacerbation of COPD patients	Dr. Sonia Pawaria Dr. Sheetal Kalra	Completed
25.	Physiotherapy	Mamta	Effectiveness of Inspiratory Muscle Training versus Conventional Breathing Training on Dyspnea & Functional Capacity in Pregnant Women	Dr. Sonia Pawaria Dr. Sheetal Kalra	Submitted
26	Physiotherapy	Mona	To compare the effect of myofascial release and positional release technique on pain and TMJ dysfunction	Dr. Sheetal Kalra (GUIDE) Dr. Bharti Arora (CO-GUIDE)	Completed
27	Physiotherapy	Mona	Comparative study of square stepping and swiss ball exercises on balance on Institutionalized elderly population	Dr. Bharti Arora (GUIDE) Dr. Sheetal Kalra (CO-GUIDE)	Completed
28	Physiotherapy	Sana Saleem	Comparative study to evaluate the effectiveness of vestibular rehabilitation verses dual task training on balance & gait in VBI Stroke	Dr. Bharti Arora (GUIDE) Dr. Sheetal (CO-GUIDE)	ongoing

29	Physiotherapy	Vineeta Sharma	Manual Physical Therapy in Patients with Myofascial Pain in Upper Trapezius. A Case series	Dr. Sheetal Kalra Dr. Sonia Pawaria	Completed
30.	Physiotherapy	Pooja Panchal	A study on effect of hypothyroidism on lipid profile.	Dr. Sonia Dr. Priyanka Rishi	Completed
31	Physiotherapy	Manisha	Effect of Retro Walking on Pain, Balance and Functional Performance in Osteoarthritis of knee.	Dr. Bharti Arora (GUIDE) Dr. Sheetal Kalra (CO-GUIDE)	Completed
32	Physiotherapy	Gurpreet	A Comparative study of Mulligan Mobilization , Cyriax Physiotherapy and Eccentric Training Program in Patients with Lateral Epicondylitis	Dr. Bharti Arora (GUIDE) Dr. Sheetal Kalra (CO-GUIDE)	Completed
33	Physiotherapy	Pinki	Efficacy of Snags versus Deep Cervical Flexor Strengthening on dizziness in patient with Cervicogenic Dizziness	Dr. Sheetal Kalra (GUIDE) Dr. Bharti Arora (CO-GUIDE)	Completed
34	Physiotherapy	Pooja shrivastav	Effect of hamstring stretch with pelvic control on pain, disability & work ability index in patient with mechanical low back pain	Dr. Priyanka Rishi (GUIDE) Dr. Mohit (CO-GUIDE)	Ongoing
35	Physiotherapy	Premlata	A comparative study of effect of positional release in combination with ischemic compression on pain pressure threshold, range of motion & disability in cervicogenic headache among college going students	Dr. Priyanka Rishi(GUIDE) Dr. Gurpreet (CO-GUIDE)	Ongoing

(B) Ph. D Topics Year wise

S. No.	Name of Faculty/ Department	Name of Research Scholar	Title of Project	Guide/ Co-guide	Ongoing Projects/Completed / Submitted Projects
1.	Physiotherapy	Dr. Gitanjali Sikka	Effects of Resistive Inspiratory Muscle Training in Patients with Spinal Cord Injury During Inpatient Rehabilitation	Dr. Joginder Yadav Dr. Roop Singh, PGIMS, Rohtak	Ongoing
2.	Physiotherapy	Dr. Kopal Panjee	A Study to Compare the Effect of Kinesiotaping with Neural Mobilisation and Conventional Treatment in Patients with Cervical Radiculopathy”	Dr. Sheetal Kalra Dr. Joginder Yadav	Ongoing
3.	Physiotherapy	Dr. Deepak Raghav	Clinical Efficacy of Kinesiotaping for Thoracolumbar Fascia as an Intervention for Patients with Non Specific Low Back Pain	Dr. Joginder Yadav Dr. Sheetal Kalra	Ongoing
4.	Physiotherapy	Dr. Dimple Chaudhary	Effect of Hand Exercises on SACRAH score in Patients with Rheumatoid Arthritis of Rohtak District”	Dr. Joginder Yadav	Ongoing
5.	Physiotherapy	Dr. Sajjan Yadav		Dr. Joginder Yadav Dr. Sheetal Kalra	Submitted
6.	Physiotherapy	Dr. Sonia Pawaria	Effects of Cervical Stabilisation Exercises on Pulmonary Functions in Chronic Neck Pain Patients with Forward Head Posture	Dr. Dharmpal Singh Sudhan Dr. Sheetal Kalra	Ongoing
7	Physiotherapy	Dr. Poonam Dhankar	To compare the effects of generalized versus targeted exercise programme on multifactorial manifestations in adolescent females with joint hypermobility	Dr. Sheetal Kalra Dr. Ashish Devgan Senior Professor, Department of Orthopaedics, PGIMS Rohtak	Ongoing

(C) Research Projects with Intramural Grants

S. No.	Name of the Faculty/ Department	Name of PI/ Co-Investigator	Title of Project	Month of Commencement	Funded by SGT/ Self Funded	Present Status
1	Physiotherapy	Dr. Sonia Pawaria Dr. Sheetal Kalra	A comparative study of myofascial release and stretching on pain, disability and range of motion in trapezius trigger points	April 2015	Self Funded	Completed
2	Physiotherapy	Dr. Sheetal Kalra Dr. Sonia Pawaria Dr. Bharti Arora	Cross sectional survey of work related musculoskeletal disorders and associated risk factors among female farmers in rural areas of Haryana. India	April 2016	Self Funded	Completed
3	Physiotherapy	Dr. Sonia Pawaria Dr. Sheetal Kalra Dr. Sajjan Pal	A study on cardiorespiratory fitness of Physiotherapy Students. Inti J of Yoga, Physiotherapy and Physical education	July 2017	Self Funded	Completed
4	Physiotherapy	Dr. Sheetal Kalra Dr. Sajjan Pal Dr. Sonia Pawaria	Correlational study of chronic neck pain and hand grip strength in Physiotherapy Practioners	July 2017	Self Funded	Completed
5	Physiotherapy	Dr. Sonia Pawaria Dr. Sheetal Kalra Dr. Sajjan Pal	Effects of Hypothyroidism on Cardio-respiratory fitness	December 2017	Self Funded	Completed
6.	Physiotherapy	Dr. Sheetal Kalra Dr. Sajjan Pal Dr. Sonia Pawaria	Effectiveness of Physiotherapy Intervention in Scheuermann's Disease	February 2017	Self Funded	Completed
7	Physiotherapy	Shivangi Sachdeva Dr. Sonia	Effectiveness of Pursed lip breathing versus Mouth mask on Dyspnea & Functional Capacity in Acute Exacerbation of COPD	February 2017	Self Funded	Completed

		Dr. Sheetal Kalra	patients			
8	Physiotherapy	Dr Garima Dr Bharti	Effect of core stability exercises using swiss ball on balance performance and quality of the life in elderly			Completed
9	Physiotherapy	Dr Bharti Dr Priyanka	Efficacy on Locomotor ability with dual task in Diabetic Neuropathy.			Completed

(D) Research Projects with Extramural Grants

S. No.	Name of the Faculty/ Department	Name of PI/ Co-Investigator	Title of Project	Name of Funding Agency	Month of Commencement	Present Status
1.	Physiotherapy	Dr. Sonia Dr. Sheetal Kalra	A study of the impact of Inspiratory Muscle Rehabilitation training for early cure in Post Pulmonary Tuberculosis Sequelae	Science & Engineering Research Board (SERB) Department of Science & Technology	Result Pending	Submitted
2.	Physiotherapy	Dr Bharti (Principle Investigator) Dr Priyanka (Co Investigator)	Gait Trainer for parkinsonism patients	Science & Engineering Research Board (SERB) Department of Science & Technology	Result Pending	Submitted