

PUBLICATION DETAILS: 25 Papers in National & International Journal

1. **Sonia**, Gupta C. Effects of Acu TENS on pulmonary functions in patients with acute exacerbation of Chronic Obstructive Pulmonary disease. *Indian J of Physiotherapy and Occupational Therapy*.2012;6(4):115-119.
2. **Pawaria Sonia**, Kalra Sheetal. A comparative study of myofascial release and stretching on pain, disability and range of motion in trapezius trigger points. *Indian Journal of Health Sciences and Care*.2015;2(1):8-13.
3. Singhal Swati, **Sonia**, Kalra Sheetal. Effects of Aerobic Versus Resistance Training on Blood Pressure in Hypertensive Patients. *Journal of Anesthesia & Critical Care: Open Access*. Volume 3 Issue 3 – 2015-
4. Saini Kirti, **Pawaria Sonia**, Kalra Sheetal. Respiratory response to BiPAP aided upper limb exercise in hypercapnic COPD patients. *Jouranal of Lung, Pulmonary and Respiratory Research*. Volume 3 Issue 1-2016.
5. Kalra Sheetal, **Pawaria Sonia**, Arora Bharti. Cross sectional survey of work related musculoskeletal disorders and associated risk factors among female farmers in rural areas of Haryana. India. *Indian Journal of Physiotherapy and Occupational Therapy*. 2016; 10 (2): 149-154.
6. Vineeta Sharma, Sheetal Kalra, **Sonia Pawaria**. Manual Physical Therapy in Patients with Myofascial Pain in Upper Trapezius. A Case series. *Indian J of Physiotherapy and Occupational Therapy*. 2016; 10(4): 67-71.
7. Kalra S, Pal S, **Pawaria Sonia**. Correlational study of chronic neck pain and hand grip strength in Physiotherapy Practioners. *International Journal of Yoga , Physiotherapy and Physical education*.2017;2(4):30-32.
8. **Pawaria Sonia**, Kalra S, Pal S. A study on cardiorespiratory fitness of Physiotherapy Students. *International Journal of Yoga, Physiotherapy and Physical education*.2017;2(4):22-24.
9. Panchal P, **Pawaria Sonia**, Rishi P. A study on effect of hypothyroidism on lipid profile. *European Journal of Physical Education and Sport Science*. 2017. - Volume 3; Issue 8: 212-218.
10. Panchal P, **Pawaria S**, Rishi P. Effects of Hypothyroidism on Cardio-Respiratory Fitness. *International Journal of Health Sciences and Research*.2018; 8(4): 71-73.
11. Sheetal Kalra, **Sonia Pawaria**, Sajjan Pal. Effectiveness of Conservative Treatment with Physiotherapy in an Adolescent Male with Scheuermann's Disease: A Case Report. *Journal of Physiotherapy & Rehabilitation*. 2018; 2 (1): 1-3.
12. Sajjan Pal, Sheetal Kalra, **Sonia Pawaria**. De Quervain's Tenosynovitis in Weight Lifter: A Case Report. *International Journal of Health Sciences and Research*.2018; 8 (5):428-433.
13. Sachdeva Shivangi, Kalra Sheetal, **Pawaria Sonia**. Effects of Muscle Energy Technique versus Mobilization on Pain and Disability in Post-Partum Females with Sacroiliac Joint Dysfunction. *Indian Journal of Health Sciences and Care*. 2018; 5(1):11-17.
14. Sachdeva Shivangi, **Pawaria Sonia**, Kalra Sheetal. Effect of Pursed Lip Breathing and Mouth Mask on Dyspnea in Healthy Individuals- A Pilot Study. *International Journal of Health Sciences and Research*.2018; 8 (7):135-140.
15. Sachdeva Shivangi, **Pawaria Sonia**, Kalra Sheetal. Effectiveness of Pursed Lip Breathing Mouth Mask on Dyspnea and Functional Capacity in Acute Exacerbation of

Chronic Obstructive Pulmonary Disease. International Journal of Health Sciences and Research.2018; 8 (9): 94-101.

16. Amola Mamta, **Pawaria Sonia**, Saher Tabassum. A comparative study of effectiveness between diaphragmatic breathing and resistive inspiratory muscle training on pulmonary functions (ERV) during pregnancy. Journal of Medical science and clinical research. 2018; 6 (9): 556-559.
17. Amola Mamta, **Pawaria Sonia**, Saher Tabassum. A comparative study of effectiveness between diaphragmatic breathing and resistive inspiratory muscle training on dyspnea during pregnancy. International Journal of Medical science and diagnosis research. 2018; 2 (5): 44-48.
18. Premlata, Rishi Priyanka, **Pawaria Sonia**, Singh Gurpreet. To evaluate the role of positional release technique on pain and headache disability in cervicogenic headache patients in middle aged population. A pilot study. International Journal of Medical Science and Diagnostic Research.2019; 3(1): 68-74.
19. Sachdeva Shail, Yadav Joginder, Gulati Mohit, **Pawaria Sonia**. To see the effect of first rib muscle energy technique on pain in chronic mechanical neck pain patients- A randomized controlled pilot study. International Journal of Medical Science and Diagnostic Research.2019; 3(1): 75-80.
20. Yadav Preeti, Kalra Sheetal, **Pawaria Sonia**. Effect of pilates and coordination skills in aspiring state level badminton players: A pilot study. International Journal of Medical Science and Diagnostic Research.2019; 3(1): 90-95.
21. **Pawaria Sonia**, Sudhan D Singh, Kalra Sheetal. Effectiveness of Cervical Stabilisation Exercises on Respiratory Strength in Chronic Neck Pain Patients with Forward Head Posture- A pilot study. Journal of Clinical and Diagnostic Research. 2019 Apr, Vol-13(4): YC06-YC09.
22. **Pawaria Sonia**, Sudhan D Singh, Kalra Sheetal, Yadav Joginder. Effectiveness of cervical stabilization exercises with feedback on respiratory status in chronic neck pain patients with forward head posture. International Journal of Physiotherapy. 2019; 6 (3):70-74.
23. Yadav Preeti, Kalra Sheetal, Yadav Joginder, **Pawaria Sonia**. Effect of Pilates on Lower Limb Strength, Dynamic Balance, Agility and Coordination Skills in Aspiring State Level Badminton Players.Journal of Clinical and Diagnostic Research. 2019; Jul, Vol-13(7): YC01-YC06.
24. Amola Mamta, **Pawaria Sonia**, Kalra Sheetal. Effect of inspiratory muscle training and diaphragmatic breathing exercises on dyspnea, pulmonary functions, fatigue and functional capacity in pregnancy during third trimester. Journal of Clinical and Diagnosis research. 2019; 13 (8): YC01-YC04.
25. Nirjhar Mohanta, Sheetal Kalra, **Sonia Pawaria**. Comparative study of circuit training and plyometric training on strength, speed and agility in state level lawn tennis players. Journal of Clinical and Diagnosis research. 2019; 13 (12): YC05-YC10.