

BIO-DATA

MONIKA SHARMA

Research Fellow and Ph.D. Scholar

I completed my Masters in Sports Physiotherapy from the MYAS-GNDU Department of Sports Sciences and Medicine, Guru Nanak Dev University, Amritsar, Punjab in 2019 and did my bachelors degree from Department of Sports Medicine and Physiotherapy, Guru Nanak Dev University, Amritsar, Punjab in 2016. I have proficiency in operating gold standard research and rehabilitation instruments in the field of sports sciences.

My sphere of interest includes the field of sports and exercise sciences. During my Masters degree Dissertation work I had the opportunity to learn and work on advanced performance assessing and rehabilitation instruments as well as getting field exposure in university .In context to balance and core endurance of male athletes I analyzed their training protocols had a positive feedback on injury prevention and performance. My Future research focus is on assessing the biomechanical changes in different sports and their relation to injury prevention and maintenance of athlete performance.

My academic experience includes serving as an assistant professor for a period of six months which included taking bachelor course classes and helping them in their practical and project work. My clinical experience includes being a sports physiotherapist for Indian women handball team for National Coaching Camp at Sawai Man Singh Stadium ,Rajasthan, India in 2019.I was also part of 8th Asain women's Youth handball Championship in 2019.Tournament Physiotherapist for National level championship for Punjab judo and Himachal Pradesh Handball team in 2018.

I continue to upgrade knowledge and skill by attending workshops and seminars on Neuromusculoskeletal Dry Needling, Clinical Kinesiotaping, Anti-Doping Awareness, and Cardiopulmonary physiotherapy in ICU and also presented research paper at 2nd Sports conference of physiotherapy, Delhi, India.

