

BIO DATA

Namrata Sharma

Research Fellow and Ph.D. Scholar

I completed my Masters in Physiotherapy (Sports) from the MYAS-GNDU Department of Sports Sciences and Medicine, Guru Nanak Dev University, Amritsar in 2018 securing Gold Medal and did my bachelor degree from Amar Jyoti Institute of Physiotherapy, New Delhi in 2016. I also did Diploma in Health and Nutrition from Indira Gandhi National Open University, New Delhi (2017) & Foundation course in yoga for wellness from Morarji Desai National institute of Yoga and Sports authority of India (2011).

My research interest include

- Kinanthropometric profile and Physical performance of athletes
- Role of physical activity in clinical population with cognitive changes

My Academic Achievements include Published article in “International Journal of Science and Research”(IJSR) in its volume 7 issue 4, April 2018 edition on ‘Impact of Back Strength ,Selected Anthropometric variables and performance tests in Indian Inter- University Cyclists’ ; Secured first position in Emerging Trends of Physiotherapy-Synapse-2016 ; Presented scientific paper and adjudged Second in senior category at INCPT AIIMS 2018 .