

## **BIO DATA**

### **SULEKHA**

#### **Research Fellow**

I have completed my M.Sc. in exercise and sports physiology from the MYAS-GNDU Department of Sports Sciences and Medicine, Guru Nanak Dev University, Amritsar in 2020 securing second position and did my bachelor degree in physiotherapy from Guru jambheshwar university of science and technology, Hisar in 2017.

I have a keen interest in contributing in the field of sports and exercise sciences. During my Master's degree Dissertation work I had the opportunity to learn about various physiological changes in swimmers after intense swim training and relationship between swimming performance and their body composition. I analysed increase in heart rate variability after training which signifies the well conditioning of heart of athletes and also reached to a conclusion that there is no significant relationship between performance and body composition in swimmers. During these years my focus has also developed that how autonomic physiological changes occur following intense exercise in sports persons. My Future research focus is on assessing the physiological mechanisms and molecular changes in different athletes.

My academic achievement includes qualification of UGC-NET in physical education in 2019 December cycle.

I keep myself updated through recent researches in the field of sports and exercise science.