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LIST OF RESEARCH PUBLICATIONS

1. Published paper titled "Women Sports Person and Sports Nutrition" jointly with Dr. Paramvir Singh, in Conference proceedings of International Conference titled "Mainstreaming Gender: Issues and Challenges" organised by Women Studies Centre, Punjabi University Patiala, published by Publication Bureau, Punjabi University Patiala, 2012, ISBN 978-81-302-0182-5.
2. Published paper titled "Eating Disorders in Sports Women with special Reference to Obesity" jointly with Dr. Paramvir Singh, in International Journal of Fitness & Exercise Science released on the eve of 2nd National Seminar on Health Fitness 2012 organised by Department of Sports Science, Punjabi University Patiala, published by Department of Sports Science, Punjabi University Patiala, 2012, ISBN 978-81-302-0141-2.
3. Published paper titled "Role of Women in Food Security" in 4th International Women Science Conference Proceedings titled "Women, Peace and Security: Role of Education, Media and Sports" organised by Women's Studies Centre, published by Publication Bureau Punjabi University Patiala, ISBN 978-81-302-0240-2; 2013.
4. Published paper titled "Nutritional Intake and Energy Expenditure of Working Obese Women" jointly with Dr. Paramvir Singh, in Human Biology Review 3(1) 105-115.ISSN 2274 4424; 3(1) 2014.
5. Published paper titled "Malnutrition in Children Aged Below .5 Years- A Case Study Of SAARC Countries" jointly with Dr. Paramvir Singh, in edited book titled" Women's Health and

Empowerment”: edited by Dr. Gobind Singh; Twentyfirst Century Publications, Patiala; ISBN: 978.81-89463-47-2; 2014

6. Published paper titled "Anthropometric Profile and Nutrient Intake” of Working Obese Women in Punjab: An Empirical Study of Obese Working Women" jointly with Dr. Paramvir Singh, in International Journal of Fitness & Exercise Science to be published by Department of Sports Sciences, Punjabi University Patiala; ISBN: 978.81-302-0141-2; 2015.
7. Published paper titled "Anabolic Steroids- Two-edged Sword” jointly with Achita Ahuja and Neeraj Sharma, in International Journal of Fitness & Exercise Science 2015, organised by Department of Sports Sciences, Punjabi University Patiala; published by Department of Sports Sciences, Punjabi University Patiala; ISBN: 978.81-931528-0-5.
8. Published paper titled “A study of nutritional status and dietary patterns of female hockey players (12-17 years) of Bathinda” jointly with Harpreet kaur, in Conference proceedings of 9th international conference titled "women in the changing world of work: planet 50- 50 by 2030" organised by Women Studies Centre, Punjabi University Patiala, published by Publication Bureau, Punjabi University Patiala, page no. 147-153.2017
9. Published paper titled “role of sports in transforming the lives of women” jointly with Harpreet kaur, in Conference proceedings of 10th international conference titled "transforming the lives of the ‘unreached’ women through collective activism" organised by Women Studies Centre, Punjabi University Patiala, published by Publication Bureau, Punjabi University Patiala, 2018.
10. Published paper titled “Influence of sports dietitian on the dietary intake and hydration habits of collegiate athletes” jointly with Ravneet kaur and Navjot kaur published in current journal of applied science and technology. 39(19): 61-75, 2020; article no. CJUST.58925.
11. Published paper titled “Scrutinizing the fat mass, fat free mass, fat mass index, fat free mass index amidst rural and urban school boys of Punjab” jointly with Napinder Singh, Sunil Kumar and Reeta Devi in the journal of critical reviews. JCR.2020;7(19):4089-4093. Doi:10.31838/jcr.07.19.477.
12. Published paper titled “Effect of uphill running training and staircase training on lean body mass, fat mass, vital capacity and resting heart rate of male sportsmen” jointly with Sunil Kumar, Ashutosh Sharma and Dr Kiran in the journal of critical reviews. JCR.2020;7(19):4094-4102. Doi:10.31838/jcr.07.19.478.
13. Published paper titled “Judgmental analysis of depression, anxiety and stress between different level of handball players” jointly with Sunil Kumar, Rohit Kumar and Dr Khushbu in the journal of critical reviews. JCR.2020;7(19):4103-4107. Doi:10.31838/jcr.07.19.479.

14. Published paper titled “Relationship of time of drop under squat clean with the selected kinematic variables” jointly with Sunil Kumar, Makhan singh and Pramod Kumar Yadav in the European journal of molecular & clinical medicine. EJMCM.2020;7(7):6388-6395
15. Published paper titled “A comparative study of sports competitive anxiety among collegiate level individual, combative and team game players” jointly with Sunil Kumar and Harpreet kaur in the European journal of molecular & clinical medicine. EJMCM.2020;7(7):5954-5959
16. Published paper titled “An Assessment of Energy Intake and Energy Expenditure of Male Football Players During Pre- Competition Period” jointly with Harpreet kaur in the European journal of molecular & clinical medicine. EJMCM.2020;7(7):3948-3953
17. Published paper titled “Study of Iron Intake and Haemoglobin Concentration in Vegetarian and Non-Vegetarian Female Athletes” jointly with Harpreet Kaur in the European journal of molecular & clinical medicine. EJMCM.2020;7(7):5960-5965
18. Published paper titled “A Perusal of Fitness Components Amid Rural and Urban School Boys of Punjab” jointly with Napinder Singh in NIU International Journal of Human Rights.ISSN:2394-0298 Volume 8(III),2021, 412-417.

SEMINARS/CONFERENCES ATTENDED

1. Participated in CME 2010 conference titled “Obesity – A Growing Challenge” held on 29th January, 2010 organised by Department of Pharmacology & Department of Dietetics, Government Medical College & Hospital, Chandigarh.
2. Participated in National Conference titled “Changing Landscape of Higher Education” held on 28th March, 2010 organised by Joint Action Committee, Punjab (a body of Non-Govt. Colleges Management Federation (Pb. & Chd.), Federation of Associations of College Principals (Pb. & Chd.), & Pb. Chd. College Teachers’.
3. Participated in National seminar titled “Sports & Fitness Culture: Role of Media” held on 20th September, 2011 organised by Department of Sports Science, Punjabi University Patiala
4. Paper Presented in National Seminar titled “Sports & Fitness Culture: Role of Media” held on 28th September, 2011 organised by Department of Sports Science, Punjabi University Patiala
5. Paper titled “Women Sports Persons and Sports Nutrition” presented in International Conference on “Mainstreaming Gender: Issues and Challenges” held on November 25-26, 2011 organised by Women’s Studies Centre, Punjabi University Patiala.

6. Participated in National seminar titled “Genetically Modified Foods: Current Scenario” held on 19th – 20th January, 2012 organised by Department of Biotechnology, Punjabi University Patiala
7. Paper titled “A Study of Hb Level and Iron Intake of Sports Women in Punjabi University Patiala” presented in National Seminar on “Anaemia – A National Health Problem” held on September 1st, 2012 organised by Banarsi Dass Arya Girls College, Jalandhar Cantt.
8. Participated in National seminar titled “Sports and Technology” held on 28th September, 2012 organised by Department of Sports Science, Punjabi University Patiala.
9. Paper titled “Role of Women in Food Security” presented in International Conference on “Women Peace and Security” held on October 26-27, 2012 organised by Women’s Studies Centre, Punjabi University Patiala.
10. Paper Presented in National Seminar titled “Nurturing Sports through Science” held on 27th September, 2013 organised by Department of Sports Science, Punjabi University Patiala
11. Paper titled “Obesity: Its Prevalent Scenario in Developed and Developing Countries with Special Reference to India” presented in Fifth International Conference on “Women and Development” held on November 22-23, 2013 organised by Women’s Studies Centre, Punjabi University Patiala.
12. Paper titled “An Evaluation of Nutrient Intake and Haemoglobin Level of Sports Women of Endurance Events” presented in Sixth International Conference on “Promoting Excellence in Women and Development: The Way Forward for Progress” held on October 30-31, 2014 organised by Women’s Studies Centre, Punjabi University Patiala.
13. Paper Presented in International Seminar titled “Sports Science: Challenges and Endeavours” held on 9-10th, February, 2015 organised by Department of Sports Science, Punjabi University Patiala
14. Paper titled “An Evaluation of Nutrient Intake and Haemoglobin Level of Sports Women of Strength Events” presented in Seventh International Conference on “Empowering Women, Empowering Humanity” held on December 11-12, 2015 organised by Women’s Studies Centre, Punjabi University Patiala.
15. Paper presented entitled “Energy Intake and Energy Expenditure of Male Football Players (18-25 years) in Punjabi University, Patiala Campus. In the 8th International conference on “He for She: A Solidarity Movement for Gender Equality” held at Punjabi university, Patiala on November 16-17, 2016 organised by department of Women’s Study centre, Punjabi university, Patiala.
16. Paper presented entitled “Doping: An Ethical Issue in Sports” (Co-Authored by Sandeep attri) in the international conference on “Skill Development in Education” held on march 17-18,2017 organised by Kanya Maha Vidyalaya, Jalandhar.

17. Paper presented entitled “A Study of Nutritional Status & Dietary Patterns of Female Hockey Players of Bathinda” in the 9th international conference on “Women in the changing world of work: planet 50-50 by 2030” held at Punjabi university, Patiala on 22nd November, 2017 organised by Department of Women’s Study centre, Punjabi university Patiala.
18. Participated in webinar titled “Learn to live with corona” held on 19th may, 2020, organised by department of physiotherapy, sri guru granth sahib world university Fatehgarh Sahib.
19. Participated in webinar titled “Awareness about cancer (symptoms, diagnosis, treatment)” held on 6th June, 2020 organised by department of physiotherapy, sri guru granth sahib world university Fatehgarh sahib.
20. Participated in international webinar titled “role of sports activities on health and changing lifestyle: pandemic 2020” held on 14th June, 2020 organised by department of sports, govt. Autonomous girls p.g college of excellence, Sagar (M.P).
21. Participated in national webinar titled “Combating Covid-19 with yoga” held on 21st June, 2020 organised by department of sports science, Punjabi university, Patiala.
22. Participated in a webinar titled “achieving high performance in sports: a physiological approach” held on 8th September, 2020 organised by department of sports science, Punjabi university, Patiala.
23. Participated in national webinar titled “Sports Ergonomics” held on 29th august, 2021 organised by department of sports science, Punjabi university, Patiala.

PARTICIPATION IN REFRESHER/WORKSHOPS/ CONVENTIONS

1. Participated in U.G.C refresher course organised by the Department of Education & Community Service of this University from 17th April 2002 to 10th may 2002 at Punjabi university, Patiala.
2. Participated in the U.G.C sponsored General Orientation Course from March 01, 2004 to March 27, 2004 organised by Academic Staff College, Guru Nanak Dev University, Amritsar.
3. Participated in Special Summer Program from 14/6/2008 to 4/7/2008 organised by UGC – Academic Staff College, Panjab University, Chandigarh.
4. Participated in Refresher Course on “Environmental Studies” from 18/12/2009 to 7/1/2010 organised by UGC – Academic Staff College, Guru Nanak Dev University, Amritsar.
5. Participated in the workshop on “Stress Management Workshop for Women University Teachers” held at Punjabi university, Patiala on September 18-19,2012 organised by Department of Women’s Study Centre, Punjabi university, Patiala.
6. Participated in 3rd NSS Youth Convention on January 22nd, 2014 organised by Punjabi University, Patiala.

7. Participated in workshop on “Basics in Research Methodology and Statistical Analysis” held from 28th November, 2014 to 4th December, 2014 organised by School of Management Studies, Punjabi University, Patiala.
8. Participated in 4th NSS Youth Convention on January 16th, 2015 organised by Punjabi University, Patiala.
9. Participated in workshop on “Nutrition, Rehabilitation, Conditioning & Kinanthropometry” in International Seminar on “Sports Science: Challenges and Endeavours” held on 9th-10th February, 2015 organised by Department of Sports Science, Punjabi University, Patiala.
10. Participated in 7 days training Workshop on “Gender Sensitization: Issues and Challenges” held at Punjabi university, Patiala from 26th February,2015 to 4th March, 2015 organised by Department of Women’s Study Centre Punjabi university Patiala.
11. Participated in UGC – Sponsored Workshop/Short Term Course on “Relevance of Research in Society” from 22/12/2015 to 28/12/2015 organised by UGC – Human Resource Development Centre, Punjabi University, Patiala.
12. Participated in UGC – Sponsored Workshop Course on “Physical Education and Sports Science” from 11/01/2017 to 31/01/2017 and obtained Grade ‘A’ organised by UGC – Human Resource Development Centre, Punjabi University, Patiala.
13. Participated in workshop on “effective online teaching and blended learning in emerging scenario” held from 5th September, 2020 to 11th September, 2020 organised by School of Management Studies, Punjabi University, Patiala.
14. Participated in Faculty Development Programme (FDP) on “Holistic Development and Outcome Based Innovative Teaching” from 14th to 20th February,2022 organised by Om Sterling Global University, Hisar (Haryana)
15. Participated in UGC – Sponsored Workshop Course on “Home Science (Food and Nutrition)” held from 01/09/2022 to 14/09/2022 and obtained Grade ‘A’ organised by UGC – Human Resource Development Centre, Punjabi University, Patiala.

EXTENSION LECTURES DELIVERED

1. Delivered Lecture entitled “Balanced Diet” as Resource Person on 27/2/2013 in Training Course organised by Department of Empanelled Training Institution, NSS, Punjabi University, Patiala.

2. Delivered Lecture entitled “Women and Nutrition” as Resource Person on 28/7/2015 in Training Course organised by Department of Empanelled Training Institution, NSS, Punjabi University, Patiala from 23-29 July, 2015.
3. Delivered Lecture entitled “Sports Nutritive Recipe” as a resource person on 24/10/2017 in a 7 days national workshop on “Sports Skills: A Scientific Approach” Theme: Sports Science for Sports and Wellness held at Punjabi university, Patiala organised by Department of Empanelled Training Institution, NSS, Punjabi University, Patiala and sponsored by Ministry of Youth Affairs & Sports, Government of India from 22nd October to 28th October 2017.
4. Delivered Lecture entitled “Nutritive Values Followed in Langer” as Resource Person on 10/04/2021 in Training Course organised By Panth Ratan Jathedar Gurcharan Singh Tohra Institute of Advanced Studies in Sikhism, Bahadurgarh (Patiala)