

## **RESUME**

1 **NAME** **Ajita**  
.  
2 **Designation** **Associate Professor**  
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3 **Department** **Sports Sciences.**  
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4 **DATE OF BIRTH** **21.07.73**  
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### **AREA OF SPECIALISATION :**

- **EXERCISE PHYSIOLOGY (MAJOR).**
- **SPORTS ERGONOMICS.**
- **SPORTS NUTRITION (MINOR).**
- **HEALTH FITNESS MANAGEMENT. (minor)**
- **PHYSICAL ACTIVITY AND HUMAN GROWTH. (minor).**

### **Membership of Professional Bodies/Organisations.**

1. **Life member of Punjab academy of Sciences.**
2. **Life member of Exercise Science Publication Society.**
3. **Member Sports Science Society from 1993 till date.**
4. **Member of Exercise Fitness & Health Alliance.**
5. **Life Member of Nutritional Society of India.**
6. **Member Faculty of Medicine since 2004 till date.**
7. **Life Member of Indian society of Ergonomics.**
8. **Life Member of Physiological Society of India.**

### **Details of experience:**

<b>S. No.</b>	<b>Name of the Inst./Employer</b>	<b>Position Held.</b>	<b>DURATION</b>	<b>Major Job Responsibilities and Nature of Experience.</b>
1.	Sports Authority of India.	Research fellow	1996-1998	Research and Teaching Exercise Physiology.
2.	Govt. College for Girls, Patiala.	Lecturer (Physical Education).	January 1999-March, 1999.	Teaching
3.	Dept of Sports Sciences, Punjabi	Asst Prof (Sports Sciences).	June,30 <sup>th</sup> 2003 till date	Teaching and Research.

University, Patiala.			
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➤ **RESEARCH EXPERIENCE:**

<b>TITLE OF THE PROJECT</b>	<b>DURATION</b>
<b>Energy intake and output in female court game players.</b>	M. Sc. Dissertation
<b>Anaerobic threshold and oxygen consumption as a measure of training status in young females.</b>	2 year (with Fellowship)
<b>Cardiorespiratory adjustments in relation to exercise and anaerobic threshold level in young females.</b>	PhD. Degree.

**CONFERENCES AND SEMINAR ATTENDED.**

<b>CONFERENCE/SEMINAR</b>	<b>ORGANIZED ON</b>	<b>ORGANISED BY</b>
<b>International Conference on HEALTH, SPORTS AND PHYSICAL-FITNESS- NEED FOR INTEGRATED APPROACH.</b>	Jan 16-18, 1995..	CCS Haryana Agricultural University, Hisar jointly with National Association of Physical Education & Sports Sciences.
84 <sup>th</sup> Indian Science Congress	Jan 3 <sup>rd</sup> -7 <sup>th</sup> ,1997.	Delhi University , Delhi.
First Punjab Science Congress.	April 28 <sup>th</sup> -30 <sup>th</sup> ,1997.	Punjabi University, Patiala.
16 <sup>th</sup> International Punjabi Development conference	January 13 <sup>th</sup> -15 <sup>th</sup> ,1999.	Deptt of Punjabi Development Punjabi University , Patiala
National Seminar on Anthropology at the turn of the Century.	Feb 25 <sup>th</sup> -26 <sup>th</sup> , 1999.	Deptt of Anthropology, Panjab University , Chandigarh.
IAP Punjab, CME 2001	October 21 <sup>st</sup> ,2001	Indian Academy of Pediatrics Patiala Branch.
Impedence Plethysmography in the measurement of Autonomic Function and Hemodynamics (IPAH-2006).	March 17 <sup>th</sup> -18 <sup>th</sup> ,2006	All India Institute of Medical sciences, New Delhi. <b>Accredited for 10 hours CME credits (Ref No. 955/DMC/16C/2/2006/21267)</b>
National Workshop For Fitness Assessment	September 15 <sup>th</sup> -16 <sup>th</sup> ,2006.	NSI-Mumbai Chapter, at SNDT University, Mumbai.
INTERCOPS-2007, I <sup>st</sup>	October 6 <sup>th</sup> -	Dept of Physiotherapy and

International Conference of Physiotherapy and Sports Sciences.	8 <sup>th</sup> ,2007	Sports Sciences Punjabi University, Patiala.
XIX <sup>th</sup> Annual Conference of Physiology organized by Physiological Society of India	December 6 <sup>th</sup> -8 <sup>th</sup> , 2007	Manav Rachna Educational Institute of Technology, Faridabad.
HWWE 2007 International Ergonomics Conference organized by International Ergonomics Association and Indian Society of Ergonomics.	December 10 – 12, 2007	Central Institute of Agricultural Engineering, Bhopal.
Sports Science Conference on 3 <sup>rd</sup> concluding pre-commonwealth games, 2010	September 1 <sup>st</sup> - 3 <sup>rd</sup> ,2010	Sports Authority of India, NS NIS, Patiala.
14 <sup>th</sup> commonwealth International Sports Science Congress 2010	September 27 – 30, 2010	Manav Rachna International University, Faridabad, Haryana, India.
National seminar on Ecological Crisis	September 8-9, 2011	Department of Distance education, Punjabi University, Patiala.
National Seminar on Sports & Fitness Culture : Role of Media	September 28, 2011	Department of Sports Science, Punjabi university, Patiala.
33 <sup>rd</sup> IASM Congress 2011	November 19- 20 <sup>th</sup> , 2011	Department of Orthopaedics, PGIMER, Chandigarh
International Conference on Minstreaming Gender : Issues and Challenges	November 25 -26, 2011	Punjabi University, Patiala.
International Conference on Molecules to systems Physiology: 100 years journey	September 21- 23, 2011	Department of Physiology, University of Calcutta.
1 <sup>st</sup> National Conference Sports Sciences and Sports Physiotherapy	March 3 <sup>rd</sup> - 4 <sup>th</sup> , 2012	Directorate of Sports, Panjab university, Chandigarh.
National Seminar on Emerging environmental issues: legislative & judicial approach.	October 22 -23 <sup>rd</sup> , 2012	Department of Law, Punjabi University Regional Centre, Bathinda.
13 <sup>th</sup> International Conference of Ergonomics – HWWE 2013	Dec 4- 6 <sup>th</sup> , 2013	Department of Physiology and community Health, Vidyasagar University, Midnapore.
14 <sup>th</sup> International Conference of Ergonomics- HWWE 2014	Dec 3-6 <sup>th</sup> , 2014	IIT Guwahati, Assam
15 <sup>th</sup> International Conference of Ergonomics –HWWE 2015	Dec 6 <sup>th</sup> -9 <sup>th</sup> , 2015	IIT, Mumbai, Maharashtra.
16 <sup>th</sup> International Conference of	Dec 7 <sup>th</sup> –11 <sup>th</sup> , 2016	NIT, Jalandhar

Ergonomics –HWWE 2016		
ICORD-2017	Jan 8 <sup>th</sup> – 11 <sup>th</sup> , 2017	IIT, Guwahati
International Conference of Ergonomics-HWWE 2017	Dec 8 <sup>th</sup> -10 <sup>th</sup> , 2017	Department of Mechanical Engineering, Aligarh Muslim University, Aligarh.

**ABSTRACT /RESEARCH PAPER/ARTICLE PUBLISHED:**

<b>TITLE OF THE ABSTRACT /RESEARCH PAPER/ARTICLE</b>	<b>CONFERENCE /JOURNAL/BOOK</b>
Effect of water pollutants on Biochemical parameters and physical fitness of boys of Yamunanagar.	International Conference on <b>HEALTH, SPORTS AND PHYSICAL-FITNESS- NEED FOR INTEGRATED APPROACH.</b> <b>Organized by</b> CCS Haryana Agricultural University, Hisar jointly with National Association of Physical Education & Sports Scieces. On Jan 16-18, 1995..
Effect of 4 weeks altitude training on selected cardiovascular responses of elite junior national athletes.	84 <sup>th</sup> Indian Science Congress organized by Delhi University , Delhi on January 3 <sup>rd</sup> -7 <sup>th</sup> ,1997.
Comparison of some selected physiological parameters of sub-junior and senior group of Indian National female Hockey Players.	First Punjab Science Congress organized by Punjabi University , Patiala on April 28 <sup>th</sup> -30th,1997.
Aerobic capacity and anaerobic threshold level of Indian senior and Junior female Hockey players.	Indian Journal of Physiology and Allied Sciences.Vol. 52, No. 2, 76-82.1997
Vigianic tarike naal bhar ghataoun layi kuj jaroori hadaitan.	Presented in 16 <sup>th</sup> Punjabi conference and published in journal ‘vigian de naksh’ in December, 2004
Vigianic tarike naal bhar ghataoun de thanga di tulna.	Presented in 16 <sup>th</sup> Punjabi conference and published in journal ‘vigian de naksh’ in December, 2004
Scientific Developments related to identification of sports talent and future challenges.	National Seminar on Anthropology at the turn of the Century on Feb 25 <sup>th</sup> -26 <sup>th</sup> , 1999 organised by Deptt of Anthropology, Panjab University , Chandigarh.

Human Sports Performance & challenges for 21st century.	National Seminar on Anthropology at the turn of the Century on Feb 25 <sup>th</sup> -26 <sup>th</sup> , 1999 organised by Deptt of Anthropology, Panjab University, Chandigarh.
Heart rate response to submaximal weight related work load with special reference to age and work capacity.	Published in the Book-“Human Growth- a multidisciplinary approach” Published by ESPS in March, 1999.
Oxygen uptake and ventilatory response to submaximal and maximal exercises in Punjabi males 10-18 years of age.	Published in the Book-“Human Growth- a multidisciplinary approach” Published by ESPS in March, 1999.
Increasing Prevalence of Obesity and role of exercise.	Anthropologist Special issue No. 1: 91-100.(2002)
Comparison of aerobic fitness, excess post exercise oxygen consumption and recovery patterns of different groups of sub elite athletes.	National Workshop For Fitness Assessment organized by NSI-Mumbai Chapter, at SNDT University, Mumbai on September 15 <sup>th</sup> -16 <sup>th</sup> , 2006 and published in the proceedings of the workshop.
Cardiovascular Fitness with special reference to Body composition profile of university boys	INTERCOPS-2007, 1 <sup>st</sup> International Conference of Physiotherapy and Sports Sciences. October 6 <sup>th</sup> -8 <sup>th</sup> , 2007 organised by Dept of Physiotherapy and Sports Sciences Punjabi University, Patiala.
Age related variations in occurrence of anaerobic threshold level in young females.	XIX <sup>th</sup> Annual Conference of Physiology organized by Physiological Society of India at Manav Rachna Educational Institute of Technology, Faridabad. On December 6 <sup>th</sup> -8 <sup>th</sup> , 2007
Anaerobic threshold and oxygen consumption as a measure of training status in females	International ergonomics conference, HWWE 2007 (Humanising work and work environment) held at Central Institute of Agricultural Engineering, Bhopal during dec. 10-12, 2007.
	International Journal of Physical Therapy. (accepted for publication)
Aerobic capacity and anaerobic capacity in judo players.	Journal of Movement education and sports. 34 – 36.,2008
Age at menarche and its secular trend in rural and urban girls of Bathinda District.	Indian Journal of Applied research, Vol.: 1, Issue :9, June 2012. ISSN 2249-555X
The effects of regular sports training of different mode of serum lipid profile of the Indian athlete.	Medicina Sportiva 16(4): 155-158. ISSN 1734-2260

Oxidative stress and antioxidant status of endurance athletes.	Indian Journal of Applied Research, Vol: 1, Issue :3 March 2012.
Age at menarche in rural and urban girls of Patiala District.113-115	International Journal of Fitness & Exercise Science., 2013 ISBN:978-81-302-0141-2
Overweight and Physical Activity as a measure of Age at Menarche in Females.	American Journal of Sports Science and Medicine, 2014, Vol 2, No. 1, 32-34, D.O.I. 10.12691/ajssm-2-1-6 ISSN- 2333-4592
Prevalence of Poor Posture found among school going girls and boys of age group 12-14 years –a cross sectional study.	International Journal of fitness & Exercise Science Vol –II 2015, ISBN : 978 -81-302-0141-2
Comparison of lung volumes and capacities between elite Indian female sports persons and sedentary controls.	International Journal Of Scientific Research. Vol-5, issue 1 January 2016. ISSN NO : 2277-8179 (Impact factor- 3.6241)
Growth pattern of posture in school children from age group of 4 -14 : an observational study.	International Journal of Applied Rearch Vol 5, Issue : 4 April 2015 ISSN: 2249-555x, (Impact Factor- 3.6241)
<b>ਕੌਸਰ ਅਤੇ ਸਰਿਰਕ ਕਸਰਤ, 64-66 Vol 45, 2013</b>	<b>ਵਿਗਿਆਨ ਦੇ ਨਕਸ਼, Publication Bureau, Punjabi University, Patiala. ISBN : 978-81-302-0260-0</b>
Effects of Sports Participation and Availability of Resources in Schools on Physical Activity and Fitness Levels of School Children: A Survey.468-476	Ergonomics for Rural Development, Proceedings of the international conference on Ergonomics (HWWE 2013) Vidyasagar University, Midnapore, 2013. ISBN: 978-93-5174-905-9
Relationship of aerobic capacity and the dietary antioxidants among physically active and sedentary males.684-687	User Centered Design and Occupational Wellbeing 2014 HWWE Proceedings International Ergonomics Conference Dec 3-5, 2014, McGraw Hill Education Pvt Ltd, New Delhi. ISBN-13:978-93-392-1970-3 ISBN-10: 93-392-1970-8
Determining the effect of duration of helmet wearing on the trapezius & sternocleidomastoid muscles. 583-587	User Centered Design and Occupational Wellbeing 2014 HWWE Proceedings International Ergonomics Conference Dec 3-5, 2014, McGraw Hill Education Pvt Ltd, New Delhi. ISBN-13:978-93-392-1970-3 ISBN-10: 93-392-1970-8
Effect of body posture on upper extremity strength and endurance in school children between 8-12 years of age 567-572.	User Centered Design and Occupational Wellbeing 2014 HWWE Proceedings International Ergonomics Conference Dec 3-5, 2014, McGraw

	Hill Education Pvt Ltd, New Delhi. ISBN-13:978-93-392-1970-3 ISBN-10: 93-392-1970-8
Degree of musculoskeletal pain and other discomforts experienced by school children using different type of furniture during class	Chakrabarti A., Chakrabarti D. (eds) Research into Design for Communities, Volume 1. ICoRD 2017. Smart Innovation, Systems and Technologies, vol 65. Springer, Singapore  DOI <a href="https://doi.org/10.1007/978-981-10-3518-0_77">https://doi.org/10.1007/978-981-10-3518-0_77</a>  Print ISBN 978-981-10-3517-3  Online ISBN 978-981-10-3518-0
Influence of Carrying loads on Ratings of perceived Exertion and heart rate during walking	J Ergonomics (2016)Volume 6 Issue 5: 176, DOI 1041762165-7556.1000176.
Electromyographic analysis of upper Trapezius Muscle and Development of MSD in Collegiate Students carrying Laptop Bag.	American Journal of Sports Science(2016): 4(6): 120-124, ISSN : 2331-8559(print), ISSN: 2330-8540 (online)
Influence of carrying Back pack and side pack load on development of musculoskeletal disorders in collegiate students.	International Journal of Therapies & Rehabilitation Research, 2017, E-ISSN 2278-0343.
Changes in head and shoulder posture of collegiate students carrying laptop bag as side pack.	International journal of Physiotherapy and Research 2017, Vol 5 (1): 1824-28. ISSN 2321-1822.

**Invited talks:**

- **Invited to deliver a lecture on the title-“ Sports Talent selection in school children” in the Workshop-“*Interaction with educationists*” organized by Senior Secondary School, Punjabi University, Patiala on 19<sup>th</sup> Aug,1998.**
- **Invited to deliver a lecture on the title, “Ergonomics in daily life” in ETI workshop organized by NSS Department Punjabi University Patiala.**
- **Invited to deliver a lecture on the title, “Ergonomics intervention in school classroom” in ETI workshop on 7.11.2016 organized by NSS Department Punjabi University Patiala.**
- **Invited to deliver a lead lecture in the international conference HWWE 2017 entitled, “Ergonomic evaluation of women working in small scale industries of Patiala district with special reference to preserve its handicraft heritage.”**

**Organized by Mechanical Engineering Department, Aligarh Muslim University, Aligarh.**

<b>S.No.</b>	<b>Name of the Student</b>	<b>Title of thesis</b>	<b>Year of Completion</b>
1.	<b>Neha. Kakkar.</b>	Maximal aerobic capacity, anaerobic capacity and anaerobic power output of sports persons: Relationship with body composition profile.	Awarded in 2012
2.	<b>Jyoti Sharma</b>	Age at menarche, nutritional patterns in relation to body composition of physically active and non active rural and urban girls.	Awarded in 2013
3.	<b>Sunil G Purohit</b>	Oxidative stress and antioxidant status of athletes and non athletes	Awarded in 2013
4.	<b>Seema</b>	Exercise and pregnancy induced hypertension.	Registered
5.	<b>Rackwinder Kaur</b>	A study of iron status of female athletes in relation with morpho-physiological variables.”	Registered
6.	<b>Vandana Isht</b>	Relationship of school furniture and posture of school children.	Awarded
7.	<b>Siddhartha Sen</b>	Analysis of scapular and Head posture along with musculoskeletal symptoms in collegiate student with back pack & side pack.	Awarded
8.	<b>Jeewanjot</b>	Ergonomic analysis of handicraft laborers of Punjab.	Registered.
9.	<b>Amanpreet Kaur</b>	Study of Female Athlete Triad among athletes and non athletes.	Registered
10.	<b>Iftikhar Ali Khan</b>		Registered
11	<b>Mansi Batra</b>		Enrolled
12	<b>Viji P Joseph</b>		Enrolled

**Technical proficiency.**

- Instrumental in updating the Exercise Physiology lab in various centres of Sports Authority of India.
- Instrumental in Updating the syllabi of Exercise Physiology, Therapeutic nutrition, Applied Nutrition & Research methodology subjects of M.Sc. Sports Sciences.

(Dr. Ajita)

Place:

Date:



