

BIO DATA

Name: SupreetBindra

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Designation: Assistant Professor, Physiotherapy Department, SGGS World University, Fatehgarh Sahib.

Qualifications

1. Bachelor of Physiotherapy (BPT):

Institute: Department of Physiotherapy, Punjabi University, Patiala

Duration: 4 years + 6 months **Internship** (CMC & H, Ludhiana)
(Aug 2002 – May 2006)

AggregatePercentage: 82.1% **Gold Medalist**

2. Master in Physiotherapy (MPT):

Institute: Department of Physiotherapy, Punjabi University, Patiala

Specialization: **Musculoskeletal**

Duration: 2 years (Aug 2007 – May 2009)

AggregatePercentage: 75% **Gold Medalist**

3. Research Scholar (Pursuing Ph.D.)

Institute: Department of Physiotherapy, Punjabi University, Patiala

Ph.D. coursework: Passed with **Grade A**

Work Experience

Worked as Incharge, Physiotherapy Department, ESIC Model Hospital Ludhiana (Centre Government) from 19 May, 2009 to 3rd June 2015.

Special Achievements

1. **Gold Medalist** of BPT batch (2002 – 2006).
2. **Gold Medalist** of MPT batch (2007 – 2009).
3. **Scholarship holder** for distinction in academic year (Aug 2002- May 2006).
4. **Scholarship holder** for merit in academic year (2007-2008).
5. Secured **1st position in PEFA Annual Quiz** trophy (PAQT 2005).
6. Secured **1st position in Quiz at 2nd International Conference** of manual therapy held at New Delhi (2006).
7. **Recommended by the Punjabi University**, to the Ministry of Human Resources & Development Department of Secondary & Higher Education. Govt. of India New Delhi **to participate in the Republic Day Parade 2007 in New Delhi.**
8. **Topper** of two entrance examinations for Masters in Physiotherapy (2007) at Indian Spinal Injuries Centre, Delhi and Punjabi University, Patiala.
9. **Topper** of Ph.D. entrance examination, 2009 at Punjabi University, Patiala.
10. Secured **1st position for Paper presentation** titled 'A study on efficacy of muscle energy technique as compared to conventional therapy on hip joint range of motion in chronic low back pain of sacroiliac origin' at GiansagarPhysiocon, 2010
11. Secured **1st position for Paper presentation** titled 'Hip rotation MWM for sacroiliac

joint dysfunction: A case report' at 3rd international conference of manual therapy.

12. Secured **1st position for Poster presentation** titled ““Enhancing sports performance with biofeedback training” in National Seminar on “Nurturing sports through science” at Punjabi University, Patiala.

Paper Publications

1. Bindra, S., Sinha, A.G.K. (2010). A study on statistical tools used to assess hip joint function after arthroplasty. *Proceedings of national seminar on role of statistics in physiotherapy*: 247-254.
2. Sinha, A.G.K., Bindra, S. (2010). Importance of research in physical therapy. *Proceedings of national seminar on role of statistics in physiotherapy*: 4-8.
3. Bindra, S., Kumar, M., Singh, P.P., Singh, J. (2010). A study on efficacy of muscle energy technique as compared to conventional therapy on hip joint range of motion in chronic low back pain of sacroiliac origin. *Journal of Advanced Researches in Biological Sciences*; 2(2): 26-31.
4. Bindra, S. and Sinha, A.G.K. (2012). Awareness and attitude of medical practitioners towards physical therapy in Punjab. *Physiotherapy in health care: Need and reality*: 232-243.
5. Benjamin, K.E. and Bindra, S. (2012). Physiotherapy in health care: need & reality: my perspective. *Physiotherapy in health care: Need and reality*: 280-282.
6. Lakhanpal, S.K. and Bindra, S. (2012). Being a physiotherapist. *Physiotherapy in health care: Need and reality*: 285-287.
7. Bindra, S. and Singh, P.P. (2011). Assessment of Sacroiliac component of low back pain. A review article. *Journal of Advanced Researches in Biological Sciences*; 3(2): 159-164.
8. Bindra, S., Kumar, M., Singh, P.P. and Singh, J. (2012). A study on efficacy of muscle energy technique as compared to conventional therapy in chronic low back pain due to sacroiliac joint dysfunction. *Indian journal of Physiotherapy and Occupational Therapy*; 6(1): 200-203.
9. Singh, P.P., Bindra, S., Singh, S., Aggarwal, R. and Singh, J. (2012). Effect of nerve mobilization on vibration perception threshold in diabetic peripheral neuropathy. *Indian journal of Physiotherapy and Occupational Therapy*; 6(3): 189-195.
10. Sinha, A.G., Dhamija, D. and Bindra, S. (2013). Effect of Physiotherapy on Quality of Life of Post Stroke Survivors. *Baba Farid Journal of Physiotherapy*; 1(1): 58-63.
11. Bindra, S. and Sinha, A.G.K. (2013). Physical Therapy Interventions in Back Pain Management. What does evidence say? *Human Biology Review*; 2(3): 282-293.
12. Sinha, A.G., Dhamija, D. and Bindra, S. (2013). Functional Status and Disability in Stroke Survivors of North India. *Indian journal of Physiotherapy and Occupational Therapy*; 7(3): 240-244.
13. Singh, P., Singh, P.P. and Bindra, S. (2013). Traditional Bone setting: Origin and

Practice. *International Journal of Therapeutic Application*; 13:19-23.

14. Bindra, S., Sinha, A.G.K. and Benjamin, A.I. (2013). Kuppaswami Socioeconomic Status Scale: Economic Revision for 2012. *Journal of Advanced Researches in Biological sciences*; 5(3): 320-322.

15. Bindra, S., Sinha, A.G.K. and Benjamin, A.I. (2013). Questionnaire for low back pain in garment industry workers. *Indian Journal of Occupational and Environmental Medicine*, 17(2): 48-57.

16. Bindra, S. (2013). A study on the efficacy of Muscle Energy Technique as compared to Conventional Therapy on Lumbar spine Range of Motion in Chronic low back pain of Sacroiliac origin. *Human Biology Review*, 2(4): 336-348.

17. Bindra S. and Singh, S. (2013). Efficacy of Integrated Neuromuscular Inhibition Technique (INIT) in neck pain due to postural syndrome. *Journal of Punjab Academy of Sciences*, 11-12 (1&2): 34-36.

18. Bindra, S. and Sinha, A.G.K. (2013). Physical Therapy research and education. *Baba Farid Journal of Physiotherapy*, 1(2).

19. Kaur, H., Bindra, S. and Sinha, A.G.K. (2014). Epidemiological features of low back pain in bank employees of North India. *International Journal of Health and Rehabilitation Sciences*, 3(1): 30-38.

20. Pelvic Dysfunction in Pregnancy: A Case Report. (2014). *Indian Journal of Fundamental and Applied Life Sciences*, 4(2): 211-215.

21. Surgery or Conservative Management for Lumbar Spinal Pain: What does the Evidence say? (2014). *International Journal of Therapeutic Applications*, 16: 22-27.

22. Hip Rotation MWM for Sacroiliac Joint Dysfunction: A case report. (2014). *Indian journal of Physiotherapy and Occupational Therapy*. 8(3): 8-11.

23. Epidemiology of low back pain in Indian Population: A review. (2015). *International Journal of Basic and Applied Medical Sciences*, 5(1): 166-179.

24. Singh, P.P., Singh, P. and Bindra, S. (2015). Volkmann's Ischaemic contracture. A sequelae to bone setting. *International Journal of Current Research*, 7(3): 13981-13982.

Paper Presentations

1. Efficacy of integrated neuromuscular inhibition technique in neck pain due to postural syndrome. 1st International conference of physiotherapy and sports sciences.

2. A study on efficacy of muscle energy technique as compared to conventional therapy on hip joint range of motion in chronic low back pain of sacroiliac origin. GiansagarPhysiocon, 2010.

3. A study on effect of two treatment interventions on hip and lumbar spine range of motion and leg length discrepancy in sacroiliac joint dysfunction. Physiocon Chandigarh, 2010.

4. Importance of research in Physical Therapy. National Seminar on Role of statistics in physiotherapy (sponsored by UGC), 2010.
5. A study on statistical tools used to assess hip joint function after arthroplasty. National Seminar on Role of statistics in physiotherapy (sponsored by UGC), 2010.
6. Role of physiotherapy in health care services: need & reality. National seminar on the role of physiotherapy in health care delivery: the need and the reality, 2011.
7. The need and reality of physiotherapy services in Punjab: my perspective. National seminar on the role of physiotherapy in health care delivery: the need and the reality, 2011.
8. Awareness and attitude of medical practitioners towards physical therapy in Punjab. National seminar on the role of physiotherapy in health care delivery: the need and the reality, 2011.
9. Curriculum design and education in physiotherapy. UGC sponsored National seminar on methodology of physiotherapy education: Issues and challenges, 2012.
10. Physical Therapy research and education. UGC sponsored National seminar on methodology of physiotherapy education: Issues and challenges, 2012.
11. Effect of physiotherapy on quality of life of post stroke survivors. 50th annual conference of the Indian association of physiotherapists.
12. Physical therapy interventions in back pain management: What does evidence say? At National Seminar on recent trends in back pain management at PGIMER, Chandigarh.
13. Hip rotation MWM for sacroiliac joint dysfunction: A case report. At 3rd International Conference of Manual Therapy.