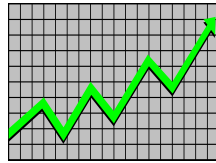


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	<ul style="list-style-type: none"> • Research Papers Presented by Co-Authors 18-20 	
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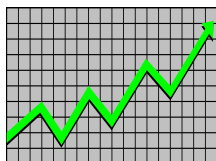


Brief Profile of Prof. Satish Kumar Verma

Dr. Satish Kumar Verma received his Master's degree in Human Physiology in 1974 from the prestigious *All India Institute of Medical Sciences*, New Delhi, India and Ph.D. in Exercise Physiology (Faculty of Life Sciences) from Punjabi University, Patiala, India in 1989 and was the Head, Sports Science Department at the Punjabi University, Patiala from 1991-1994, 1999-2002, Feb 2008 till Dec. 2009. Dr. Verma played a key role in the creation of first and only department of Sports Science in India at Punjabi University, Patiala. He retired as Prof & Head of the Sports Science Department at the Punjabi University, Patiala on Dec. 31, 2009 & was granted two years extension that he completed successfully on Dec. 31, 2011. Prof. Verma also worked as the Dean, Faculty of Medicine of Punjabi University, Patiala for a period of two years (May 1, 2006 to April 30, 2008). Worked as Dean, Research in Punjabi University from May 1, 2006 to June 2008. After retirement from Punjabi University, Dr. Verma was given extension of two years as Prof. in the Department of Sports Science of Punjabi University, Patiala till 31/12/2011.

An author of 4 books and over 80 publications in scientific and sports journals, Prof. Verma has given over 30 keynote and 85 paper presentations in India and abroad. Prof Verma is actively involved in research as is evident from the fact that he has successfully guided 25 doctoral level theses and 17 Master level dissertations. He is member of the various professional organizations. He possesses more than 30 years of teaching experience at Master level. The papers taught include Human Physiology, Exercise Physiology, Sports Nutrition, Applied Sports Science etc. As the President of the Exercise Fitness & Health Alliance (2005-2007) India; he has organised workshops on manual therapy and obesity management. Dr. Verma has also successfully organised several seminars and conferences in India. He has also been the chairman of Board of Studies (Courses committee) of Sports Science, Punjabi University, Patiala for a total duration of 6 years, It was because of his efforts that a full fledged Physiotherapy programme could be started in the Department of Sports Sciences of Punjabi University, Patiala. Prof. Verma is on the expert committee of UGC for the award of innovative research/teaching in India.

Prof. Verma is the chief editor of a prestigious international journal "Journal of Exercise Science & Physiotherapy" indexed by ICMR.



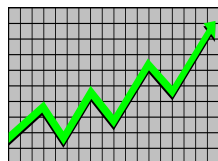
RESEARCH PUBLICATIONS

CHAPTER -1

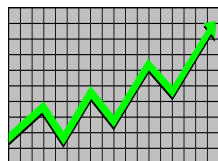
RESEARCH PUBLICATIONS AT A GLANCE	
PAPERS PUBLISHED IN FOREIGN JOURNALS	= 24
PAPERS PUBLISHED IN PROCEEDINGS/BOOKS	= 13
PAPERS PUBLISHED IN INDIAN JOURNALS	= 41
TOTAL	= 78

A: LIST OF RESEARCH PAPERS PUBLISHED BY S.K.VERMA IN REFERRED JOURNALS

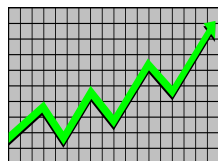
S.NO	AUTHORS	TITLE OF THE RESEARCH PAPER	NAME OF THE JOURNAL	Remarks
1.	S. K. Verma, K. G. Syal and D. K. Kansal	<i>Maximum aerobic and anaerobic muscular power of young Indian national football players.</i>	SPORTS MED. 6:1-6, 1977.	Referred Indian Journal
2	S. K. Verma, S. R. Mohindru and D. K. Kansal	<i>Factors limiting performance of football players on cycle ergometer.</i>	J. Sports MED.& PHY. FIT. ITALY 18 (1): 43-47, 1978.	Indexed International Journal (Pub-med)
3	S. K. Verma, S. R. Mohindru and D. K. Kansal	<i>Effect of four weeks of hard physical training on certain physiological and morphological parameters of basketball players.</i>	J. Sports MED.& PHY. FIT. ITALY 18 (4): 379-384, 1978.	Indexed International Journal (Pub-med)
4	S. K. Verma, S. R. Mohindru and D. K. Kansal	<i>The maximal anaerobic power of different categories of players.</i>	J.Sports Med. & Phy. Fit. ITALY 19 (1): 55-62, 1979.	Indexed International Journal (Pub-med)



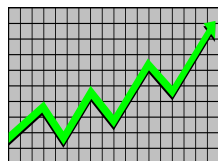
5	S. K. Verma, L. S. Sidhu and D. K. Kansal	<i>Aerobic work capacity in young sedentary men and active athletes in india.</i>	Brit. J. Sports Med., 13: 98-102, 1979.	Indexed International Journal (PubMed)
6	S. K. Verma, L. S. Sidhu and D. K. Kansal	<i>A study of maximum oxygen uptake and heart rate during work and recovery as measured on cycle ergometer on national sportsmen.</i>	Brit. J. Sports Med., 13: 24-28, 1979.	Indexed International Journal (PubMed)
7	D.K.Kansal, S.K.Verma &L. S. Sidhu	<i>Intra-sportive differences in maximum oxygen uptake and body composition of Indian players in hockey and football.</i>	J. Sports Med. & Phy. Fit. ITALY 20 (3): 309-316, 1980.	Indexed International Journal (PubMed)
8	D. K. Kansal, L. S. Sidhu and S. K. Verma	<i>Prediction of bone and body components of upper arm from its surface measurements.</i>	Z. Morph. Anthrop. 71(3):268-273, 1980.	Indexed International Journal (PubMed)
9	S. K. Verma, L. S. Sidhu & H. S. Sodhi	<i>Cardio-respiratory fitness and performance on cycle ergometer.</i>	J. Sports Med. & Phy. FIT. Italy20 (2): 199-206, 1980.	Indexed International Journal (PubMed)
10	S. K. Verma and D. K. Kansal	<i>A study of maximum oxygen uptake and body composition of top level Indian athletes.</i>	Hung. Rev. Sports Med., 20(3): 255-261, 1980.	Indexed International Journal (PubMed)
11	D. K. Kansal, S. K. Verma and L. S. Sidhu	<i>Anthropometric characteristics of Indian university football players.</i>	J. Sports Med. & Phy. Fit. ITALY 20 (3): 275-284, 1980.	Indexed International Journal (PubMed)
12	D. K. Kansal, S. K. Verma and L. S. Sidhu	<i>Improvisation of a simple device for measuring the anaerobic power of Indian male and female athletes.</i>	Brit. J. Sports Med. 15: 136-140, 1981.	Indexed International Journal (PubMed)
13	S. K. Verma, J. S. Saini, L. S. Sidhu, D. K. Kansal and L. S. Sidhu	<i>Cardio-respiratory responses to hard physical training in top level Indian athletes.</i>	Hung. Rev. Sports Med. 21(3): 243- 250, 1981.	Indexed International Journal (PubMed)



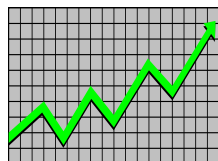
14	D. K. Kansal, S. K. Verma and L. S. Sidhu	<i>A study of some morphological variables in male player of four field sports.</i>	Human Biology Recent Advances Vol. 1: 285-294, 1982.	Proceedings of Conference
15	D. K. Kansal, L. S. Sidhu and S. K. Verma	<i>Variations of total plasma protein levels in athletes.</i>	Human Biology Recent Advances Vol. 1: 303-307, 1982.	Proceedings of Conference
16	D. K. Kansal, L. S. Sidhu and S. K. Verma	<i>Plasma protein levels and its relation to physical performance in Indian athletes.</i>	Hung. Rev. Sports Med., 23: 39-45, 1982.	Indexed International Journal (Pubmed)
17	D. K. Kansal, L. S. Sidhu and S. K. Verma	<i>Physical growth and performance of school boys.</i>	Human Biology Recent Advances Vol. 1:239-248, 1982.	Proceedings of Conference
18	M. S. Malhotra, S. K. Verma and G. L. Khanna	<i>Assessment of physical work capacity of national Indian road cyclists.</i>	SNIPES Journal Vol. 3:65-72, 1982	Reviewed Indian Journal
19	S. K. Verma, L. S. Sidhu, D. K. Kansal and D. P. Badhbar	<i>A study of physique and body composition in Indian weight lifters.</i>	Human Biology, Recent Advances Vol. 1: 267-275, 1982.	Proceedings of Conference
20	D. K. Kansal, L. S. Sidhu and S. K. Verma	<i>An approach for anthropometric assessment of tissue composition of human upper arm.</i>	Human Biology-Recent Advances Vol. I: 127-132. 1982.	Proceedings of Conference
21	D. K. Kansal, S. K. Verma and L. S. Sidhu	<i>Physique of hockey, kabaddi, basketball and volleyball players.</i>	J. Sports Med. & Phys. Fit. ITALY 23 (2): 194-200, 1983.	Indexed International Journal (Pubmed)
22	M. S. Malhotra, S. K. Verma and G. L. Khanna	<i>Physiological assessment of Indian national water-polo players.</i>	SNIPES Journal Vol. 6(4): 3-9, 1983.	Reviewed Indian Journal
23	M. S. Malhotra, S. K. Verma, R. K. Gupta and G. L. Khanna	<i>Physiological basis for selection of competitive road cyclists</i>	J. Sports Med. & Phy. Fit. ITALY 24(1): 49-57, 1984	Indexed International Journal (Pubmed)
24	L. S. Sidhu, R. Grewal and S. K. Verma	<i>Positional differences in physique and body composition among top level Indian women hockey</i>	J. Sports Med. & Phy. Fit., ITALY24(4): 337-342, 1984.	Indexed International Journal (Pubmed)



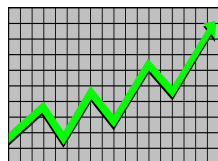
		<i>players.</i>		
25	M. S. Malhotra, G. L. Khanna and S. K. Verma	<i>Functional characteristics of Indian national track cyclists.</i>	SNIPES Journal, Vol.7 (1): 89-95, 1984.	Reviewed Indian Journal
26	S. K. Verma	<i>A study of the body composition in relation to functional characteristics in top level Indian athletes.</i>	Annali del. Isef ITALY 4: 37-52, 1986.	Indexed International Journal (Pubmed)
27	S. K. Verma	<i>Relationship of maximum oxygen uptake with lean body mass in Indian athletes.</i>	Modern Perspectives In Physical Education & Sports Sciences 137-141, 1986.	Proceedings of Conference
28	S. K. Verma, P. Malhotra, M. S. Malhotra and G. L. Khanna	<i>Comparative study of physical and physiological characteristics of Indian national waterpolo players and swimmers.</i>	Annali. del. Isef ITALY 9-16, 1986.	Indexed International Journal (Pubmed)
29	S. K. Verma and P. Malhotra	<i>Assessment of physical fitness from bp-hr relationship during exercise and recovery in athletes.</i>	Hung. Rev. Sports Med., 27(4): 243-253, 1986.	Indexed International Journal (Pubmed)
30	S. K. Verma, L. S. Sidhu and P. Malhotra	<i>A Study Of Morph physiological Characters In Indian Weight Lifters.</i>	Annali. del. Isef ITALY 27-39, 1987.	Indexed International Journal (Pubmed)
31	D. K. Kansal and S. K. Verma	<i>A kinanthropometric study of university volleyball and football players.</i>	Research Biannual Movement, 6(1): 28-38, 1987.	Reviewed Indian Journal
32	S. K. Verma, L. S. Sidhu and G. S. Chhina	<i>Physical work capacity of Punjabi boys 10-13 years of age.</i>	Sports Sciences, Health Fitness & Performance 163-173, 1987.	Proceedings of Conference
33	Nischint and S. K. Verma	<i>Khoondan-ek smajik kart-vya.</i>	Vigyan de Naksh 31-33, April, 1989.	Punjabi University Journal
34	S. K. Verma	<i>Maximum oxygen uptake and timed distance runs in boys, 10-18 years of age.</i>	Ind. J. Sports Science & Phy. Edu. 4(2): 68-78, 1992.	Reviewed Indian Journal



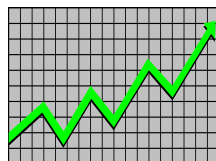
35	A. Sachdeva and S. K. Verma	<i>Comparison of best performances of endurance athletes in various asian and olympic games- a physiological analysis.</i>	Ind. J. Sports Science & Phy. Edu., 6(1): 32-45, 1994.	Reviewed Indian Journal
36	H. Kumar, R. Singh, A. Sachdeva, R. Rai and S. K. Verma	<i>Age changes in some morphological and strength measures related to jumping in Punjabi boys.</i>	Ind. J. Sports Science & Phy. Edu., 6(1):9-20, 1994.	Reviewed Indian Journal
37	A. Sachdeva and S. K. Verma	<i>Physiological analysis of asian and olympic swimming performances.</i>	Ind. J. Sports Science & Phy. Edu.,7(2):41-57, 1995.	Reviewed Indian Journal
38	R. Rai, A. Goel, A. Kumar and S. K. Verma	<i>Kinematics analysis of sprint running in the pre-adolescent boys.</i>	NIS Scientific Journal, 18(3) :36-58,1996	Reviewed Indian Journal
39	A. Sachdeva and S. K. Verma	<i>Evaluation of asian and olympic sprinting performances.</i>	Research Biannual Movement 12(2): 39-58, 1996.	Reviewed Indian Journal
40	G. Kaur, L. S. Sidhu and S. K. Verma	<i>Age changes in height, weight and motor performance of girls from 12-17 years of age.</i>	Ind. J. Sports Sci. Phy. Ed 8 (2):. 23-31, 1996.	Reviewed Indian Journal
41	G. Kaur, L. S. Sidhu and S. K. Verma	<i>Heights, weights and certain motor abilities of girls participating in sports.</i>	J. Rehab.Med.Asia18-30, 1997.	Reviewed Indian Journal
42	S. K. Verma, A. Kumar and H. S. Bhasin	<i>Your aerobic exercise program based on scientific facts.</i>	Proc. 15th conf. On Punjabi Development. 196-205,1998	Proceedings of Conference
43	G. Kaur, L. S. Sidhu and S. K. Verma	<i>Comparative study of height, weight and certain motor abilities of Punjabi sports girls and controls.</i>	Current Researches in Sports Science: In Indian Context , 197-215, 1998.	Proceedings of Conference
44	S. K. Verma H. Kumar	<i>Factors influencing the Jumping ability in boys.</i>	Ind. J. Sports Sci. Phy. Ed. 10(2): 123-131, 1998	Referred Indian Journal
45	S. K. Verma and Ajita	<i>Oxygen uptake and ventilatory responses to sub maximal and maximal exercise in Punjabi males</i>	Human Growth- A Multidisciplinary Approach, 54-69, 1999.	Felicitation Issue



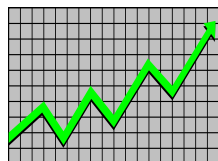
		<i>10-18 years of age.</i>		
46	Ajita, S. K. Verma and A. Kumar	<i>Heart rate response to sub maximal weight related work loads with special reference to age and work capacity.</i>	Human Growth – A Multidisciplinary Approach, 109-118, 1999.	Felicitation Issue
47	S. K. Verma, R. Mokha and Ajita	<i>Scientific guidelines for losing excess body weight.</i>	Proc. 16th conf. on Punjabi Development. In press, 1999.	Proceedings of Conference
48	Ajita, S. K. Verma and R. Mokha	<i>Comparison of various weight loss methods.</i>	Proc. 16th conf. on Punjabi Development. In press, 1999.	Proceedings of Conference
49	S. K. Verma and R. Mokha	<i>Prevalence of overweight and underweight among young Punjabi adult males.</i>	Medicine Science And Sports. Editor Shukla, N.B. 5-16, 2001.	Reviewed Indian Journal
50	S. K. Verma and A. Kumar	<i>Heart rate responses of adult male and female runners during 3000m running.</i>	The Anthropologist 3(1): 1-5, 2001.	Reviewed Indian Journal
51	R. Mokha, K. Kaur and S. K. Verma	<i>Gynaecological characteristics of female players of basketball and volleyball players.</i>	Ind. J. Sports Sci. Phy. Ed. 13: 95-100, 2004	Reviewed Indian Journal
52	S. K. Verma and Nischint	<i>Age changes in some health related components of fitness among Jat Sikh females of Punjab.</i>	Ind. J. Sports Sci. Phy. Ed. 13: 73-84, 2004	Reviewed Indian Journal
53	S. Mukhopadhyay, L.S. Sidhu and S. K. Verma	<i>A comparison of selected cardiopulmonary responses of elite Indian combative sports disciplines of kabaddi, judo and boxing.</i>	The Anthropologist 3(2): 1-7, 2001.	Reviewed Indian Journal
54	S. Mukhopadhyay, S. K. Verma and L.S. Sidhu	<i>A comparison of cardiopulmonary responses of elite Indian distance athletes with certain selected elite power event groups.</i>	The Anthropologist 3(2): 91-97, 2001..	Reviewed Indian Journal



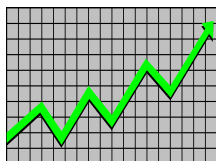
55	J. Kaur, C. K. Mishra, S. Mukhopadhyay and S. K. Verma	<i>Effects of Four Weeks of Yogic Exercises on Certain Selected Physiological Parameters in Women</i>	The Anthropologist 3(4): 269-273, 2001.	Reviewed Indian Journal
56	S. K. Verma & Ajita	<i>Increasing prevalence of obesity and role of exercise.</i>	The Anthropologist 4(2): 91-100, 2002.	Reviewed Indian Journal
57	A. Kumar and S. K. Verma	<i>Shareerik tandrusti atay us di mahtata</i>	Vigyan de Naksh 40: 84-86, 2003	Punjabi University Journal
58	D. P. Bhatnagar, P. Singal, S. K. Verma, A. K. Wangoo and T. Singal	<i>A Haematological Study of the Vokkaligas of Mysore</i>	The Anthropologist 5(1): 45-48, 2003.	Reviewed Indian Journal
59	R. Mokha, S. K. Verma and H. R. Arora	<i>Manukhi shareerik rachna atey es da khedan bitch mahatav.</i>	Vigyan De Naksh 40: 87-92, 2003	Punjabi University Journal
60	P. Aeri and S. K. Verma	<i>Child's Socialization Through Play among 2-4 years old children</i>	The Anthropologist 6(4): 279-281, 2004	Reviewed Indian Journal
61	Anuradha, R. Mokha and S. K. Verma	<i>Aerobic kasratan, motappa atay manukhi sehat</i>	Vigyan De Naksh 41: 80-83, 2004	Punjabi University Journal
62	Ajita, S. K. Verma and R. Mokha	<i>Vigyanic tareekey nal bhar ghatown layee kuj jaroorey hydatan</i>	Vigyan De Naksh 41: 70-75, 2004	Punjabi University Journal
63	S. K. Verma, R. Mokha and Ajita	<i>Vigyanic tareekey nal bhar ghatown de wakh-2 dhanga de tulna</i>	Vigyan De Naksh 41: 76-79, 2004	Punjabi University Journal
64	A. Kumar and S. K. Verma	<i>Kudrati sampatey da mahatav atay bharat de jeev jantuan dee sambhal</i>	Vigyan De Naksh 41: 47-50, 2004	Punjabi University Journal
65	A. Goswami, A. Sachdeva, N. Singh and S. K. Verma	<i>Involvement of lower extremity muscles during forward walkover on floor</i>	Ind. J. Sports Science & Physical Education 14: 53-62, 2005	Reviewed Indian Journal
66	N. Multani and S.	<i>A healthy body composition programme for the</i>	Ind. J. Sports Science & Physical Education	Reviewed Indian Journal



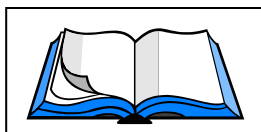
	K. Verma	<i>patients of osteoarthritis knee.</i>	14: 75-89, 2005	nal
67	S. Mukhopadhyay, Sukhjinder, L.S. Sidhu and S.K. Verma	<i>The kinetics of cardiopulmonary dynamics during recovery following maximal exercise</i>	J. Exer. Sci. & Physiotherapy 1: (1&2): 3-11, 2005	Indexed International Journal (medIND)
68	N. Multani and S. K. Verma	<i>Quadriceps strength of patients of osteoarthritis knee: relationships to pain and disability</i>	J. Exer. Sci. & Physiotherapy 1: (1&2): 38-45, 2005	Indexed International Journal (medIND)
69	Anuradha and S.K. Verma	<i>How effective are Aerobic and Strength Training Programmes in producing weight loss and favourable body composition?</i>	J. Exer. Sci. & Physiotherapy 2: (1&2): 2006 (In Press)	Indexed International Journal (medIND)
70	A. Kumar and S.K. Verma	<i>Effect of a conditioning program on subcutaneous fat and LBM% in males aged 18-24 Years</i>	Anthropologist 8 (1) : 2006 (In Press)	Reviewed Indian Journal
71	S. Mazumdar and S.K. Verma	<i>The effects of early cardiac rehabilitation programme on the patients with coronary Artery Disease</i>	J. Exer. Sci. & Physiotherapy 3 (2) :2007	Indexed International Journal (medIND)
72	Singh, Sonia, Multani, N.K. and Verma, S.K.	<i>Development and Validation of Geriatric Assessment Tools: A Preliminary Report from Indian Population</i>	J. Exer. Sci. & Physiotherapy 3 (2) :103-110, 2007	Indexed International Journal (medIND)
73	Mesay Desalegn & Verma, S.K	<i>Effect of Leg Massage on Recovery from High Intensity Exercise on Football Players</i>	J. Exer. Sci. & Physiotherapy 3 (2) :120-128, 2007	Indexed International Journal (medIND)



74	Kaur, Navdeep, Mokha, R., Singh, S.P. and Verma, S.K.	Physical Fitness and Growth Performance of Menstruating Girls Belonging to Upper and Lower Socio-economic Status	J. Exer. Sci. & Physiotherapy 3(2): 149-152, 2007	Indexed International Journal (medIND)
75	Desalgen, M. and Verma, S.K.	Comparison of Cardiovascular Responses to Exercise and Recovery Pattern in Players	J. Exer. Sci. & Physiotherapy 4(1): 55-65, 2008	Indexed International Journal (medIND)
76	Kulandaivelan, S., Verma, S.K., Vignesh, N.	Test Retest reproducibility of a Hand-Held Lactate Analyzer in Healthy Men	J. Exer. Sci. & Physiotherapy 5(1): 30-33, 2009	Indexed International Journal (medIND)
77	Kulandaivelan, S., Verma, S.K., Mukhopadhyay, S., Singh, V., Kumar, D. and Kumar, U.	Effect of Combined Electrical Stimulation as a Recovery Modality on Selected Physiological Transients in Adolescent Judo Players	J. Exer. Sci. & Physiotherapy 5(2): 80-86, 2009	Indexed International Journal (medIND)
78	Juneja, H., Verma, S.K., Khanna, G.L.	Isometric Strength and Its Relationship to Dynamic Performance: A Systematic Review.	J. Exer. Sci. & Physiotherapy 6(2): 60-69, 2010	Indexed International Journal (medIND)
79	John, S., Verma, S. K., Khanna, G. L.	The Effect of Music Therapy on Salivary Cortisol as a Reliable Marker of Pre Competition Stress in Shooting Performance.	J. Exer. Sci. & Physiotherapy 6(2): 70-77, 2010	Indexed International Journal (medIND)
80	Jagga, M., Lehari, A. & Verma,	Effect of aging and	J. Exer. Sci. &	Indexed In-



	S.K.	anthropometric measurement on nerve conduction properties – A Review	Physiotherapy 7(1) : 1-10, 2011	International Journal (medIND)
81	Sharma, P., Lehri, A. & Verma, S.K.	Effect of Electrical Muscle Stimulation on Reducing Fat from the Body	J. Exer. Sci. & Physiotherapy 7(1) : 24-28, 2011	Indexed International Journal (medIND)
82	Juneja, H., Verma, S.K., Khanna, G.L.	Isometric Peak Force of Shoulder Rotators in Cricketers with and without History of Shoulder Pain	J. Exer. Sci. & Physiotherapy 7(1) : 42-49, 2011	Indexed International Journal (medIND)
83	Jagga, V., Lehri, A. & Verma, S.K.	Occupation and its association with Carpal Tunnel syndrome- A Review	J. Exer. Sci. & Physiotherapy 7(2) : 68-78, 2011	Indexed International Journal (medIND)



BOOKS/MONOGRAPHS PROCEEDINGS

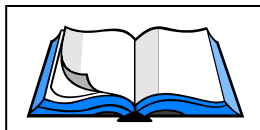
CHAPTER-2

AT GLANCE

PROCEEDINGS EDITED/BOOKS/ MONOGRAPHS WRITTEN	= 17
(A) Proceedings/Journals Edited	= 7
(B) Books/Monographs Written	= 4
(C) Editor of News Letters/Journals	= 6

(A) :PROCEEDINGS/JOURNALS EDITED

S.NO.	TITLE OF THE BOOK	PUBLISHER AND YEAR OF PUBLICATION
1	<i>Human Biology-Recent Advances. Vol. I, Proceedings Of International Symposium On Human Growth Pp.307.</i>	Today & Tomorrow Publishers, New Delhi, 1982.
2	<i>Human Biology-Recent Advances. Vol. II, Proceedings Of International Conf. On Human Dermatoglyphics. Pp 325.</i>	Today & Tomorrow Publishers, New Delhi, 1982.
3	<i>Modern Perspectives In Physical Education & Sports Sciences. Proceedings Of First National Conference On Physical Education & Sports Sciences. Pp 350.</i>	Harnam Publishers New Delhi, 1986.
4	<i>Sports Sciences- Health, Fitness & Performance. Proceedings Of 2nd National Conference Of IASSPE. Pp 290.</i>	IASSPE, Patiala, 1987.
5	<i>Human Growth-A Multidisciplinary Approach.</i>	Exer. Sci. Publ. Soc., Deptt. Of Sports Science, Punjabi., Univ. Patiala, 1999.
6	<i>Guest Editor of Indian Journal of Sports Science & Physical Education Vol 7 (Jan & July, 1993)</i>	IASSPE PUBLICATION



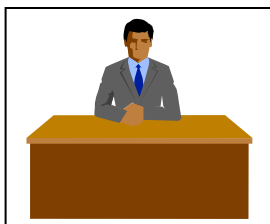
7	<i>Guest Editor of Indian Journal of Sports Science & Physical Education Vol 14 (Jan & July, 2005)</i>	IASSPE PUBLICATION
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(B) :BOOKS/MONOGRAPHS WRITTEN

S.No.	TITLE OF THE BOOK/MONOGRAPH	PUBLISHER/YEAR
1	<i>Healthier Living-A Monograph. Vol.I: Some Practical Guidelines on Food and Body Weight. Pp 24.</i>	Dept. of Sports Sciences, Punjabi University, Patiala 1990.
2	<i>Healthier Living-A Monograph. Vol.II: Your Exercise Programme For Total Well Being. Pp 25.</i>	Exer. Sci. Publ. Soc., Dept. of Sports Sciences, Punjabi University, Patiala, 1993.
3	<i>Nutrition, Exercise and Weight Reduction-For Sedentary men and Athletes .pp 140</i>	Exer. Sci. Publ. Soc., Deptt. of Sports Sciences, Punjabi Univ., Patiala, 1994.
4	<i>Practical Manual –Haematology.</i>	Exer. Sci. Publ. Soc., Deptt. of Sports Sciences, Punjabi, Univ. Patiala, 1998.

© :EDITOR OF FOLLOWING PUBLICATIONS OF IASSPE/EFHA

S.No.	TITLE OF THE NEWS BULLETIN	PUBLISHER/YEAR
1	News Bulletin No.1 pp.20.	IASSPE,Patiala,1984
2	<i>News Bulletin No.2 pp 30.</i>	IASSPE,Patiala,1985
3	<i>News Bulletin No.3 pp 40.</i>	IASSPE,Patiala,1986
4	<i>Newsletter of EFHA 2005 pp 16</i>	EFHA, Patiala, 2005
5	<i>Newsletter of EFHA 2005 pp 16</i>	EFHA, Patiala, 2006
6	<i>Chief Editor of Journal of Exercise Science & Physiotherapy Vol 1 (No &2), 2005</i>	EFHA PUBLICATION

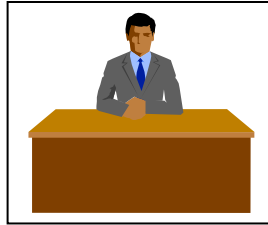
OFFICIAL POSITIONS HELD**BIO DATA OF DR. S. K. VERMA****CONFERENCES****CHAPTER – 3****AT GLANCE****PARTICIPATION IN CONFERENCES = 30****RESEARCH PAPERS PRESENTED***(A) BY S.K.VERMA = 40**(B) BY CO-AUTHORS = 18**(C) CONTRIBUTED BUT COULD NOT BE PRESENTED DUE TO LACK OF FUNDS = 17*

TOTAL RESEARCH PAPERS CONTRIBUTED IN CONFERENCES 75

(A) RESEARCH PAPERS PRESENTED BY S.K.VERMA IN CONFERENCES/SEMINARS

S.NO	TITLE OF THE PAPER	CONFERENCE NAME	YEAR	VENUE
1	<i>Ventilatory Responses To Continuous And Oscillatory Hypoxic Stimuli Applied To The Carotid Body.</i>	APPI Conference.	Dec.1972	Hyderabad
2	<i>Maximum Oxygen Uptake And Body Composition Of Indian Athletes And Sportsmen.</i>	Xth Intern. Cong. Anth. Ethnol. Sci.	Dec 10, 1978	New Delhi
3	<i>Aerobic Power And Body Composition Of Hockey And Football Players</i>	Xth Intern. Cong. Anth. Ethnol. Sci.	Dec 10, 1978	New Delhi
4	<i>Physique And Body Composition Of Indian Weight Lifters.</i>	Xth Intern. Cong. Anth. Ethnol. Sci.	Dec 10, 1978	New Delhi
5	<i>Morpho-Physiological Status Of Indian Cyclists.</i>	Xth Intern. Cong. Anth. Ethnol. Sci.	Dec 10, 1978	New Delhi
6	<i>Effect Of Hard Physical Training On Certain Physiological And Morphological Parameters Of Top Level</i>	Xth Intern. Cong. Anth. Ethnol. Sci.	Dec 10, 1978	New Delhi

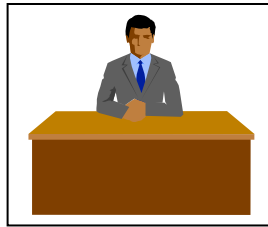
OFFICIAL POSITIONS HELD



BIO DATA OF DR. S. K. VERMA

	<i>Indian Athletes.</i>			
7	<i>Physiological Basis Of Selection Of Competitive Road Cyclists.</i>	Internation-Al Con-gress Of Sports Scientists.	Nov. 14-16, 1982	NIS, Patiala.
8	<i>A Study Of Lean Body Mass In Rela-tion To Maximum Oxygen Uptake In Indian Athletes</i>	First Natio- Nal Con-fern. Of IASSPE.	Feb. 22-24, 1985	LNCPE Gwalior.
9	<i>Physical Work Capacity Of Punjabi Boys, 10-13 Years Of Age.</i>	Second Nati-onal Confer. Of Physical Education & Sport Sciences.	Feb. 22-24, 1986	Punjabi Univ., Patiala
10	<i>Physical Fitness Kit For The Coaches For Talent Spotting At An Early Age.</i>	National Seminar Talent Search In Sports.	Feb. 28-29, 1988	College of Phy. Edu. Patiala
11	<i>Comparison Of Cardio-Respiratory Responses To Absolute And Relative Work Loads.</i>	Int. Conf. on Exer. Fitness & Wellbeing.	Jan. 9-12, 1988	NSNIS, Patiala
12	<i>Comparative Study Of Morpho-Physiological Characters Of Various Categories Of Indian Weight Lifters.</i>	Int. Conf. on Exer. Fitness & Health.	May 29- June 3, 1988	Toronto, Canada.
13	<i>Issues And Problems In The Develop-ment Of Exercise Physiology In India.</i>	Nat. Semin. On Phy. Educat. & Sports Sci-ence.	April 12- 14, 1991	Yamuna Nagar.
14	<i>Failures At Seoul-Creation Of Sports Culture Universities -A Possible Solu-tion.</i>	Nat. Semin. On "Recent Devel-opments In Phys. Edu. And Sports Sci-ence In India,"	Nov. 11-12, 1991	Patiala.
15	<i>Physical Work Capacity And Cardio-Respiratory Responses In Children.</i>	Int. Conf. On Health Revolu-tion & Sports Excellence.	1992	IGIPSS, New Delhi
16	<i>Physiological Responses To Sub-maximal Exercise In Males With Special Reference To Age Changes.</i>	Int. Conf. On Health Revolu-tion & Sports Excellence.	1992	IGIPSS, New Delhi
17	<i>Physical Growth And Physical Per-formance Of Punjabi Females With Reference To Their Socio Economic</i>	Seventh National IASSPE Conference.	April 16- 18, 1993	Patiala.

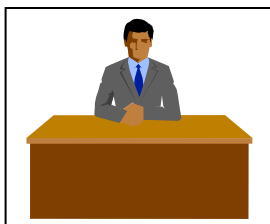
OFFICIAL POSITIONS HELD



BIO DATA OF DR. S. K. VERMA

<i>Status.</i>				
18	<i>A Comparison Of Best Performance Of Athletes In Asian And Olympic Games- A Physiological Analysis.</i>	Seventh National Conf. Of IASSPE.	April 16-18, 1993	Patiala
19	<i>Age Changes In Some Morphological And Strength Measures Related To Jumping In Punjabi Boys.</i>	Seventh National Conf. Of IASSPE.	April 16-18, 1993	Patiala
20	<i>A Proposed Model For The Promotion Of Sports Science In India.</i>	One-Day Nat. Seminar On "Nat. Sports Policy".	April 18, 1993	IGIPSS New Delhi.
21	<i>A Study Of Flexibility Of Various Joints In Two Communities Of Punjab.</i>	Fifth National Conf. NAPESS.	Oct. 28-29, 1995	Delhi University, Delhi.
22	<i>EMG Study Of Deltoid Group Of Muscles During Walkover Of Muscles During Walkover.</i>	Fifth National Conf. NAPESS.	Oct. 28-29, 1995	Delhi University, Delhi.
23	<i>Effect Of Isometric Fatigue In Reaction Abilities Of Female Basketball Players.</i>	Fifth National Conf. NAPESS.	Oct. 28-29, 1995	Delhi University, Delhi.
24	<i>Contribution Of Trapezius Muscle In Forward Walkover On Balancing Beam And Floor.</i>	Indian Science Congress.	Jan, 1996	Punjabi University Patiala
25	<i>Arm Muscles Involvement In Forward Walkover On Balancing Beam And Floor.</i>	Indian Science Congress.	Jan, 1996	Punjabi University Patiala
26	<i>Energy Intake Of Punjabi Jat Sikh Girls, Age 8-12 Years.</i>	National Conference On Sports Culture In The 21st Century.	Dec. 19-21, 1997	Delhi College of Engineering, Delhi.
27	<i>Exercise Prescription For Diabetic.</i>	National Conference On Sports Culture In The 21st Century.	Dec. 19-21, 1997	Delhi College of Engineering, Delhi.
28	<i>A Scientific Approach For Developing Aerobic Exercise Programme.</i>	National Conference On Sports Culture In The 21st Century.	Dec. 19-21, 1997	Delhi College of Engineering, Delhi.
29	<i>HR & VE Adjustments In Children During Submaximal Exercise In Boys, Age 10-18 Years.</i>	First Punjab Science Congress.	April 29-30, 1997	Punjabi University Patiala

OFFICIAL POSITIONS HELD



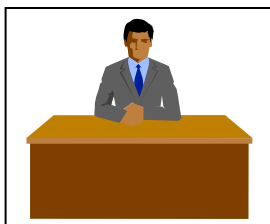
BIO DATA OF DR. S. K. VERMA

30	<i>Your Aerobic Exercise Program Based On Scientific Facts.</i>	15th Conference On Punjabi Development.	March 28-30, 1998	Punjabi University Patiala
31	<i>Scientific Guidelines For Losing Excess Body Weight.</i>	16th Conference On Punjabi Development.	Jan. 13-15, 1999	Punjabi University Patiala
32	<i>A Comparison Of Cardiopulmonary Responses Of Elite Indian Distance Athletes With Certain Selected Elite Power Event Groups.</i>	National Conference On Science Of Man In The Service Of Man	March 1-2, 2001	Dept. Of Anthropology, Univ. Of Delhi
33	<i>Increasing Prevalence Of Overweight And Role Of Exercise</i>	National Conference On Science Of Man In The Service Of Man	March 1-2, 2001	Dept. Of Anthropology, Univ. Of Delhi
34	<i>Keynote Speaker</i>	National workshop on obesity	2003	Dept. Of Anthropology, Univ. Of Delhi
35	<i>Keynote Speaker</i>	<i>Workshop on Manual Therapy</i>	2004	Exercise Fitness & Health Alliance, Patiala
36	<i>Keynote Speaker</i>	<i>Workshop on Manual Therapy</i>	2004	Exercise Fitness & Health Alliance, Jalandhar
37	<i>Keynote Speaker</i>	<i>Workshop on Manual Therapy</i>	2005	College of Physiotherapy, Institute of Medical Sciences, Mullana

(B) : RESEARCH PAPERS PRESENTED BY CO-AUTHORS

S.NO	TITLE OF THE PAPER	CONFERENCE NAME	YEAR	VENUE
1	<i>Physique And Body Composition Of Football Players.</i>	Tenth Int. Congress Anthropol. Ethnol. Sci.	1976	Delhi Univ. New Delhi
2	<i>Vitamin C Deficiency And Physical Educatin Students.</i>	Internation. Symposium on Human Growth	Feb. 18-23, 1980	Pbi. Univ. Patiala
3	<i>Vitamin C Deficiency And Perform-</i>	Internation. Sympo-	Feb.	Pbi. Univ.

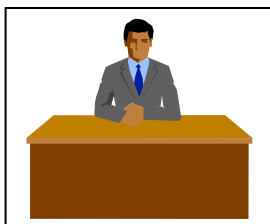
OFFICIAL POSITIONS HELD



BIO DATA OF DR. S. K. VERMA

	<i>ance In Female Physical Educatin Students.</i>	sium on Human Growth	18-23, 1980 Feb.	Patiala
4	<i>Vitamin B Administration To Deficient Subjects And Its Efface On Their Physical Performance.</i>	Internation. Sympo- sium on Human Growth	18-23, 1980	Pbi. Univ. Patiala
5	<i>Vitamin B Deficiency And Perform- ance In Physical Education Students.</i>	Symposium on Envi- ronment Biochemistry	1980	PGI, Chandi- garh.
6	<i>Assessment Of Tissue Assessment Of Tissue -An Anthropometric Evalua- tion.</i>	Internation. Sympo- sium On Human Growth	Feb. 18-23, 1980	Pbi. Univ. Patiala
7	<i>A Study Of Selected Anthropometric Measurements And Anthropometric Measurements And Athletic Perform- ance In Untrained School Boys</i>	Internation. Sympo- sium On Human Growth	Feb. 18-23, 1980	Pbi. Univ. Patiala
8	<i>Comparative Study Of Morphological characteristics Of University Football And Volleyball Players.</i>	Second National Conf. On Physical Educat. And Sports Sciences.	Feb. 22-24, 1986	Pbi. Univ. Patiala.
9	<i>New Approach For The Determination Of Cardio-Respiratory Fitness.</i>	Nat. Conf. Of IASSPE.	1987	Calcutta.
10	<i>Do It Yourself Kit For The Athletes And The Coaches For Scientific Evaluation Of Physical Fitness And Sports Potentials Of Children.</i>	Internation. Conf. On Exercise, Fitness And Well Being.	Jan. 9-12, 1988,	NIS, Patiala
11	<i>Physiological Analysis Of Asian And Olympic Swimming Performances.</i>	Internation. Con- feren. On Health, Sport & Phy. Fit. Need For An Inte- grated Approach.	Jan. 16-18, 1995	HAU, Hissar, Haryana.
12	<i>Influence Of Socio Economic Status On Physical Growth And Physical Performance Measures In Punjabi Females.</i>	Int. Conf. On Health, Sport & Phy. Fit. - Need For An Inte- grated Approach.	Jan. 16-18, 1995	HAU, Hissar, Haryana.
13	<i>Factors Influencing The Jumping Ability In Punjabi Boys.</i>	Int. Conf. On Health, Sport & Phy. Fit. - Need For An Inte- grated Approach.	Jan. 16-18, 1995	HAU, Hissar, Haryana.
14	<i>A Study Of Some Upper Body Muscle Involvement During Forward Walk-</i>	National Conference On Sports Culture In	Dec.19, 1997	Delhi College of Engineering,

OFFICIAL POSITIONS HELD



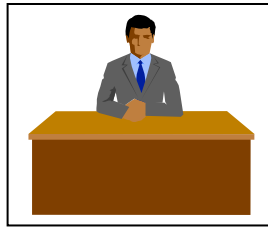
BIO DATA OF DR. S. K. VERMA

	<i>over On The Floor.</i>	The 21st Century.		Delhi.
15	<i>Age Changes In Height, Weight And Motor Performance Of Girls From 12 To 17 Years Of Age.</i>	First Punjab Science Congress.	April 29-30, 1997	Pbi.Univ. Patiala.
16	<i>VO₂ Adjustments In Children In Relation To Age, Type And Duration Of Exercise.</i>	First Punjab Science Congress.	April 29-30, 1997	Pbi.Univ. Patiala.
17	<i>Vigyanik Tareekey Naal Bhar Ghatown Layee Kujh Jarooree Hidyataan.</i>	Sixteen Internat.Punjab Development Conference	Jan. 13-15, 1999	Pbi.Univ. Patiala.
18	<i>A Comparison Of Selected Cardio-pulmonary Responses Of The Elite Indian Combative Sports Disciplines Of Kabaddi, Judo And Boxing</i>	Annual Conference Of FIPS	Nov. 24-26, 2000	Science City, Calcutta

(C) : RESEARCH PAPERS CONTRIBUTED IN CONFERENCES/SEMINARS BUT COULD NOT BE PRESENTED DUE TO LACK OF FUNDS

S.NO	TITLE OF THE PAPER	CONFERENCE NAME	YEAR	VENUE
1	<i>Patterns of Sub-cutaneous fat changes at adolescence in males of two communities of Punjab.</i>	South Asia Reg. symp. Of Internationa.Assoc. OF Human Biologists.	Dec. 23-26, 1980	Ranchi.
2	<i>A study of heart rate and blood pressure recovery pattern after a standard sub maximal exercise in national women hockey players.</i>	International symposium on "Women and Sports".	July 4-8 1980	Rome, Italy.
3	<i>Adolescent Changes In Tissue Components Of The Upper Arm In The Boys Of Two Communities.</i>	Symposium On Growth, Development & Physique.	May, 1981	Budapest Hungary.
4	<i>Relationship Of Physical Growth And Athletic Performance In School Boys.</i>	Intern. Research Conf On Human Adaptation.	Feb. 1-5, 1982	Indian Statistical.Inst. Calcutta.
5	<i>Comparison Of Cardiorespiratory Responses Of Indian Waterpolo Players Using Leg And Arm Ergometry.</i>	1984 Olympic Scientific Congress.	July 19-26, 1984	Eugene, Oregon, USA.
6	<i>Bicycle Ergometric Measurement Of Maximum Oxygen Uptake In Indian</i>	Intern. Congress On Child And sport.	Oct.	Italy.

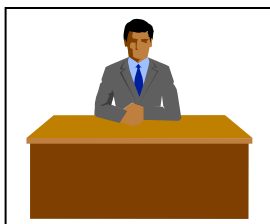
OFFICIAL POSITIONS HELD



BIO DATA OF DR. S. K. VERMA

	<i>School Boys 10-13 Years Of Age.</i>		8-12, 1984	
7	<i>A Study Of Body Composition In Relation To Functional Characteristics In Top Level Indian Athletes.</i>	Sports Science Congress.	Sept. 13-15, 1984	Bedford UK
8	<i>Comparative Study Of Physical And Physiological Characteristics Of Indian National Waterpolo Players And Swimmers.</i>	Vlth World FINA Medical Congress.	Aug. 26-30, 1985	Dunedin, New Zealand
9	<i>Physiological Responses Of Boxers To Maximum Exercise.</i>	VIIIth Int. Conferen. On Sport, Phys. Education, Dance, Recreation And Health.	July, 18-23, 1986	Glasgow. UK
10	<i>A Kinanthropometric Study Of University Volleyball And Football Players.</i>	First World Congress Of Science And Football.	April 13-17, 1987	England.
11	<i>Maximum Oxygen Uptake And Distance Runs In Boys 10-18 Years Of Age.</i>	Fist IOC World Congress Of Sports Sciences	Oct.28- Nov. 3, 1989	Colorado Springs USA.
12	<i>Work Capacity And Cardiorespiratory Responses To Exercise In Punjabi Boys 10-18 Years Of Age.</i>	FISU Conference.	July 8-11, 1993	NEW York U.S.A.
13	<i>A Study Of Factors Influencing The Jumping Ability In Punjabi Males.</i>	36 th ICHPER World Congress.	August 18-22, 1993	Yokohama, Japan.
14	<i>Physiological Analysis Of Asian And Olympic Weight Lifting Performances.</i>	Int. Cong. Of Health For All.	Feb.1-3, 1996	PAU, Ludhiana.
15	<i>Comparison Of Weight Loss Patterns During Three Weight Loss Methods.</i>	Nat. Sem. On Recent Advances In Human Biology.	Feb.3-5, 1998	Pbi. Univ. Pa- tiala
16	<i>Comparison Of Heart Rate Responses Of Adult Male And Female Runners During 3000 Meter Running.</i>	National Conference Of NAPESS.	Oct. 18-19 2000	HPU, Shimla
17	<i>Prevalence Of Overweight And Underweight Among Young Punjabi Adult Males.</i>	National Conference Of NAPESS.	Oct.18-19 2000	HPU, Shimla

OFFICIAL POSITIONS HELD



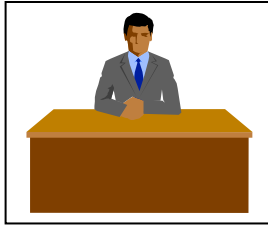
BIO DATA OF DR. S. K. VERMA

**OFFICIAL POSITIONS
HELD IN CONFERENCES**

CHAPTER - 4

POSITION HELD	NAME OF THE CONFERENCE	VENUE OF CONFERENCE
<i>Member Executive Committee</i>	○ International Symposium on Human Growth.	Punjabi University, Patiala Feb.18-23, 1980.
	○ International Symposium on Dermatoglyphics.	
	○ National Seminar on Human Variation.	
<i>Co-Ordinator</i>	○ Scientific sessions committee International Symp.on Human Growth and National Seminar on Human Variation.	Punjabi University, Patiala Feb.18-23, 1980.
	○ VIIth National conference of Indian Association of Sports Scientists and Physical Educationists	Deptt. Of Sports Sciences Pbi. Univ., Patiala April 14-16, 1993.
<i>Member, Organising Committee</i>	○ Workshop on Manual Therapy	Organised by EFHA, 2005 Punjabi Univ., Patiala
	○ Second conference of Indian Association of Sports Scientists and Physical Educationists	Feb.22-24, 1986
	○ National conference on Sports Culture in the 21st Century.	Delhi College of Engineering, Delhi. Dec.19-21, 1997

OFFICIAL POSITIONS HELD



BIO DATA OF DR. S. K. VERMA

<i>Organising Secretary</i>	○ National seminar on Recent developments in Physical Education and Sports Sciences	Deptt. Of Sports Sciences Pbi. Univ., Patiala Nov., 10-11 1989.
	○ VIIth National conference of Indian Association of Sports Scientists and Physical Educationists	Deptt. Of Sports Sciences Pbi. Univ., Patiala April, 14-16, 1993.
	○ National conference on Sports Culture in the 21st Century.	Delhi College of Engineering, Delhi. Dec.19-21, 1997
<i>Keynote Speaker</i>	○ National seminar in the Retrospect and Prospect	Delhi University, Delhi. March 16-18, 1998
	○ Refresher course	Govt. college of Phy. Edu. Patiala, 1993
<i>Resource Person</i>	○ Refresher course	Govt. college of Phy. Edu. Patiala, 1993
	○ Refresher course	Deptt. Of Phy. Edu. Kurukshetra Univ., Kurukshetra, 1998 and 2000



RESEARCH GUIDANCE/ PROFESSIONAL CONSULTANCY

CHAPTER-5

Ph. D. GUIDANCE		M. Sc./M. D. GUIDANCE	
GUIDED	27	GUIDED	21
UNDER GUIDANCE	03		

(A) : LIST OF Ph.D. THESES GUIDED

In the area of Sports Science/Physical Education (20)

S.NO.	CANDIDATE'S NAME	TITLE OF THE THESIS
1	Gurpreet Kaur	A study of skeletal maturity and motor performance of adolescent girls performance of adolescent girls.
2	Narinder Singh	Work capacity and cardiorespiratory adjustments to exercise in boys with special reference to age changes.
3	Molly Simon Joshi	A study of Pre-adolescent growth, physique and physical performance of Punjabi girls.
4	Nischint Kaur	A study of Physical growth, motor and physical fitness of Punjabi females in the age range of 9-19 years.
5	Aruna Sachdeva	A study on the Muscle interactions during some gymnastic activities.
6	Harish Kumar	Development and evaluation of speed and strength of lower extremities in young boys of age 8-16 years.
7	Ashok Kumar	A study of selected physiological biomechanical variables and effect of a conditioning programme on running performance.
8	Ajita	Cardiorespiratory adjustments in relation to exercise and anaerobic threshold in young females.
9	Raj Kumar	Effect of six weeks Plyometric circuit training on the jumping performance of female college players.



10	Seema Bhatnagar	A study of ongoing psycho physiological manifestations of cognitive experiences associated with mental training of sports skills.
11	Suman Mukhopadhyay	The kinetics of cardiopulmonary dynamics during graded exercise and recovery in selected groups of athletes.
12	Sunil Dutt	A study of health related physical and motor fitness in boys aged 8-18 years
13	Priyanka Aeri	Optimising developmental and behavioural skills in young children: A longitudinal study
14	Kanwaljeet Kaur	Nutritional Status And Energy Expenditure Profiles Of Middle Aged Female
15	Parveen Chawla	Nutritional And Health Related Fitness Profiles Of Punjabi Females From 10-18 Years
16	Anuradha	Effect of six weeks of different exercise programs on fat reduction in females
17	Sukhjinder Kaur	A comparison of aerobic fitness and cardiopulmonary recovery patterns in selected groups of elite Indian athletes
18	Mandeep Kaur	Dietary status of females of Punjab with special reference to the socio economic status
19	Shiv Inder Dev	Relationship of Anthropometric Measures of Weightlifters to their Performance in Olympic Classical Lifts
20	Messiah Desalgen	Effects of massage on physiological restoration following maximal exercise

In the area of Physiotherapy (6)

S. NO.	CANDIDATE'S NAME	TITLE OF THE THESIS
21	Narinder Kaur	Effect of six weeks of exercise programme in patients of osteoarthritis knee
22	Narkeesh Arumugam	CLINICAL SIGNIFICANCE OF ELECTRODIAGNOSIS IN PIVD AS COMPARED WITH RADIO DIAGNOSIS
23	Kulandai Velan	Effect of different recovery interventions on physiological recovery



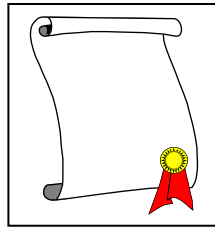
24	Soma Mazumdar	Determination of the intensity of exercises for cardiac rehabilitation for stable angina
25	Shahji John	A Study on Effect of Music Therapy and Meditation on Performance in Professional Shooters
26	Hemant Juneja	Strength of shoulder rotator muscles and its relationship to throwing performance in children
27	Megha Gakhar	A study of nerve conduction properties of selected nerves with special reference to age, sex and anthropometry of healthy adults.

(B) : M.Sc./M.D. DISSERTATIONS GUIDED

S.NO.	CANDIDATE'S NAME	TITLE OF THE THESIS
1	Desh Prem	Physique, body compositions and some physiological functions of state level weightlifters.
2	Kiranjot Sodhi	A study of physical growth & Physical performance of Punjabi males ranging in age from 8-12 years with special reference to their socio-economic status.
3	Ramandeep Singh	A study of factors influencing jumping ability.
4	Harish Kumar	A study of Physical performance and growth in Punjabi boys.
5	Aruna Sachdeva	Physiological analysis of Olympic and Asian performance.
6	Kanwaljeet Kaur	A study of physical growth and physical performance of Punjabi females in the age range of 8-12 years.
7	Navita Kaushal	Comparison of psycho physiological ability of university level basketball player with special reference to the effect of exercise on their reaction abilities.
8	Ashok Kumar	Temporal characteristics of acceleration phase in sprint running in preadolescent age.
9	Monika Malhotra	A study of some factors influencing flexibility in Punjabi girls.



10	Rajneesh Kumar	Health clubs in Punjab -A scientific commentary.
11	Monica	Trends in Sports Science research in Patiala based on dissertational studies.
12	Jaskiran	Overweight and underweight trends in 20-25 years old females.
13	Ruchi Mehta	A study of frequency of occurrence of overweight and underweight in middle aged females.
14	Sarabjot Singh	Incidence of occurrence of overweight and underweight subjects in Punjabi adult males 20-29 years of age.
15	Harmanjot Kaur	A study of health related fitness in boys.
16	Balwinder Kaur	A study of health related fitness in girls.
17	Jogbinder Singh	A study of Nerve conduction velocity in young males
18	Solomon	A study of the effect of resistant exercise program on type 2 diabetics
19	Alleme	Effect of massage on lactate removal
20	Tesfaye	A study of Nerve Conduction Velocity in young males

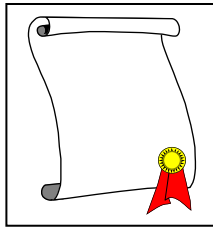


MEMBERSHIP/ FELLOWSHIP OF PROFESSIONAL BODIES

CHAPTER – 6

TYPE OF AFFILIATION	NAME OF THE BODY
Founder Life Member	<ul style="list-style-type: none"> o Indian Association of Sports Scientists and Physical Educationists. o Association of Sports Scientists and Physical Educationists. o Indian Management Science Association. o Exercise Science Publication Society. o Exercise Fitness & Health Alliance, India
Life Member	Punjab Science Academy, Patiala.
Secretary	Indian Association of Sports Scientists and Physical Educationists (From 1999- till date).
Finance Secretary	Association of Sports Scientists and Physical Educationists, New Delhi (1996-2000).
Joint Secretary	Indian Association of Sports Scientists and Physical Educationists (1984-1999).

**MEMBERSHIP OF PROFESSIONAL/
ACADEMIC BODIES**



BIO DATA OF DR. S. K. VERMA

Executive Member	National Association of Physical Education And Sports Scientists (Upto 1996).
Chairman	<ul style="list-style-type: none">o ACD, Deptt. Of Sports Sciences, Punjabi University, Patiala. (From Feb. 1991 To Feb.1994) and (From 1999 To 2002 Date).o Board of Studies, Deptt. Of Sports Sciences, Punjabi University, Patiala. (From Feb. 1991 to Feb. 1994 and Oct. 1999 to 2002).o Board of Studies, Deptt. Of Physiotherapy & Sports Sciences, Punjabi University, Patiala. (From 2003-till date).o Sports Science Society (1990-1991).o Exercise Science Publication Society (1993-Till Date).
President	<ul style="list-style-type: none">o Exercise Fitness & Health Alliance (2005-2007)o North India Education and Cultural Society (1993-Till Date).o Board of Studies, Food and Nutrition, Punjabi University, Patiala (1997-1999).o Board of Studies, Deptt. Of Sports Sciences, Punjabi University, Patiala (1994-1999).
Member	<ul style="list-style-type: none">o Board of Studies, Deptt. Of Physiotherapy & Sports Sciences, Punjabi University, Patiala (2003-till date).o Academic Council, Punjabi University, Patiala (1991-1994, 1999-2002).o Courses Committee, Indira Gandhi Institute of Physical Education and Sports Sciences, Delhi University, Delhi (1992-94).o News Bulletin - An official release of IASSPE (1984-86).
Editor	<ul style="list-style-type: none">o Newsletter - An official release of EFHA (2005-till date)o Journal of Exercise Science & Physiotherapy, Indexed by medInd ICMR