

CURRICULUM VITAE



Prof. SURAJ KUMAR (P.T.), SRF (ICMR)
M.P.T. (Sports medicine), M.I.A.P., M.D.C.P.,
Ph.D, Physiotherapy, King George Medical University, Lucknow.

Official Address:

Prof. Suraj Kumar
Professor,
Center for Physiotherapy and Rehabilitation Sciences
Jamia Millia University, Central University
Jamia Nagar, New Delhi - 110025

FATHERS NAME: - SHRI RAJ KUMAR SINHA
DATE OF BIRTH: - 09/07/1975

INTERNATIONAL & NATIONAL EXPOSURE

- Official Physiotherapist cum medical professional with INDIAN WOMEN HOCKEY TEAM for **15th ASIAN GAMES** held at DOHA, QUATAR between 1st December to 15th December, 2006.
- Physiotherapist for national Kho-Kho tournament held at Kanpur in October, 2005.
- Physiotherapist for national camps organized by sports authority of India, Lucknow.
- Received **Senior Research Fellowship** from Indian Council of Medical Research, New Delhi.
- **Empanelment of Expert for Inspection/Monitoring** of NGO working with the disabilities appointed by National Trust, Govt of India. reference letter No. 6 / 1 / Inspection / Monitoring /NAT/2007/4005 dated 2nd April, 2008
- **Empanelment of Expert for Inspection/Monitoring** of different courses running by Rehabilitation Council of India
- As an **external examiner (more than 10 University)** for BPT at Pacific College of Physiotherapy, Gorakhpur appointed by Gorakhpur University (11 May, 2008 i.e. Sunday), Agra University, Agra (October 2007), Sai College of Physiotherapy, Kanpur appointed by CSJM University, Kanpur (22 June, 2008 i.e. Sunday), PMCH, Patna appointed by Patna University. (27 December, 2007), Magdh University etc.
- Member of board of studies of Kanpur University, BR Ambedkar University, Gorakhpur for BPT and MPT, Meerut University, Meerut, TMU, Bareilly, UPUMS, Saifai.
- PhD Examiner for Different University

WORK EXPERIENCE

Previous Work

- Worked as physiotherapist in rotatory internship in L.N.J.P. Hospital, N. Delhi & Holy family Hospital, N. Delhi for six months.
 - Worked as a Physiotherapist to Indian Women Hockey team
- Responsibilities Include:
- Fitness testing
 - On/Off Field assessment for different Physical problems.
 - On Field treatment for different sports injuries.
 - Off Field treatment / Rehabilitation as a follow up and curative therapy.
 - Guidance of prevention of injuries.
 - Guidance on training methods.
- Physiotherapist for national camps organized at Sports Authority of India.
 - Worked as physiotherapist in Ram Lal Kundan Lal orthopedic hospital
 - Working as physiotherapist in ASRA, part time (dealing with poliomyelitis & cerebral palsy).
 - Worked as physiotherapist at Shubhodaya center for rehabilitation of victims of torture and violence (S.C.R.V.T.V.).
 - Worked as a team leader in U.N.D.P. project for support to children with disabilities.
 - Rehabilitation:- Total rehabilitation of physically & mentally handicapped individual. Taking best possible use of their abilities in exaction of their day-to-day activities, vocational counseling and guidance. Rehabilitation of paraplegics, hemiplegics and mentally retarded cerebral palsy patients.
 - Expert member for selection committee for Physiotherapist at SVNIRTAR
 - Member for formation of rules and regulation for Uttar Pradesh allied and healthcare profession act 2021.
 - Member for strengthening of paramedical courses at different medical colleges of Uttar Pradesh.

AWARDS

1. **"India Medico Award 2012"** During Golden jubilee conference by Indian Association of Physiothrapist 16th March to 18th March 2012 for outstanding performance of this profession.
2. **"Significant Contribution award"** during international conference on multidisciplinary healthcare, AIIMS, New Delhi -11-12 January, 2014.
3. **"Significant Contribution award"** during multidisciplinary healthcare Conference, AIIMS, New Delhi -2-8 November, 2016.
4. **"Excellence in Academic award"** during 1st international conference of Physiotherapy by Rajasthan Association of Physiotherapy on dated 28th - 29th January 2017 at Jaipur.
5. **"Significant Achievement Award"** during 55th Annual Conference of Indian Association of Physiotherapist on dated 3rd – 5th February, 2017 at RIMS, Ranchi.
6. **"Best Academician-Aryabhat of Physiotherapy"** during 2nd national conference of Physiotherapy on 3rd march, 2019 at Delhi Hatt Auditorium, New Delhi.
7. **Received travel grant award during** ICDM conference at Grand Hilton Hotel, Seoul, South Korea dated 10/10/2019 to 12/10/2019.
8. On the occasion of 3rd Global meet on science and technology for ensuring food and nutrition security on dated 1-3rd December, held at Ajmer, Rajasthan and received **OUTSTANDING ACHIEVEMENT IN AGRICULTURE AWARD 2019**.
9. **Fellowship Award** 2022 in the forthcoming 59th Annual Conference of I.A.P. during 7th to 8th May 2022 at Kolkata.
10. **Ideal Physio Award** in the Symposium Improve the Physiotherapy (clinical) skills for future and his services and contribution in Physiotherapy field on 9th October 2022 in Ayodhya, Uttar Pradesh.
11. Received **BEST RESEARCH APPRECIATION AWARD** in MG physiocon a National Physiotherapy Conference – 2022 held at Mahatma Gandhi University, Jaipur on dated 13-14 December 2022.

Full Time

| Post held | Name of Employer | Place | Period From To | Grade | Salary last drawn | Nature of duty | Special remarks, if any |
|--|---|---|----------------------------|-------|--------------------------------|---|-----------------------------------|
| Professor | VC, Jamia Millia University | New Delhi | 26-4-2023 to till continue | A | Level 14 | Teaching and Research | |
| Associate Professor (Physiotherapy) | Director, RIMS&R | SAFAI, ETAWAH | 21/05/2014 to 25-04-2023 | A | 15600/- to 39100/- GP – 7600/- | Teaching and administrative | Excellent |
| Lecturer (Physiotherapy) | Director, RIMS&R | SAFAI, ETAWAH | 11/01/2013 to 20/05/2014 | A | 15600/- to 39100/- GP – 5400/- | Teaching and administrative | Excellent |
| Lecturer (Physiotherapy) | Director, National Institute for Orthopaedically handicapped, Kolkata | NIOH, Kolkata (on deputation) | 25-01-2012 to 19/10/2012 | A | 15600/- to 39100/- GP – 5400/- | Teaching and clinical | On Deputation from IPH, New Delhi |
| Demonstrator (Physiotherapy) | Director, IPH, New Delhi | New Delhi | 11-08-2008 to 30-10-2012 | B | 9300/- to 37500/ | Teaching, Clinical work | Excellent |
| Lecturer cum program officer (Physiotherapy) | Director, National Institute for Orthopaedically handicapped, Kolkata | NERC-NIOH, Aizawl, Mizoram | 24-08-2006 to 02-02-2007 | A | 8000/- to 13500/- (Scale) | To establish Various programme for persons with disabilities. | Excellent |
| Lecturer (Physiotherapy) | V.C., CSJM University, Kanpur | Dept. of Physiotherapy, CSJM University, Kanpur | 01-07-2005 to 21-08-06 | A | 12000/- | Teaching, Clinical work Physiotherapy Department | Satisfactory |

ACADEMIC RECORD:

| Examination | Name of School/college/University | Class Division | Aggregate marks obtained | Distinction in subject |
|--------------------------------------|---|-----------------|--------------------------|---|
| Matric / Higher Secondary | T.V.H.S. Govind PurNavada,/ B.S.E.B, Patna. | 1 st | 616/900 | Hindi, English, Science, Math, History, Geography |
| Pre- Professional (Intermediate) | SadanandMahavidyalaya, Biharsharif./ B.I.E.C, Patna. | 1 st | 629/900 | Physics Chemistry & Maths, Hindi, English, Biology |
| B.Sc.(Hons.) Physical Therapy. | The Institute for the Physically Handicapped. N. Delhi / DelhiUniversityDelhi. | 1 st | 1270/2100 | Biomechanics & Kinesiology, Anatomy, Physiology, Exercise therapy, Electrotherapy |
| Master in Physiotherapy (Sports) | RajivGandhiCollege, Bhopal./ BhopalUniversityBhopal. | Pass | 595/1000 | Biomechanics & Kinesiology, Anatomy, Physiology, Exercise Physiology, Physical modalities |
| B. Ed. SEDE(LICP) | M.P.BhojUniversity, Bhopal & Rehabilitation Council of India, N. Delhi. | Distinction | 1172/1500 | Locomotor impairment and spinal cord condition , Introduction to the disabilities. Teaching Methodology |
| Ph.D (Physiotherapy) Awarded in 2010 | From Dept. of Physical Medicine and Rehabilitation, King George Medical University, Lucknow Enrol. No. Ph.D.-06/16-DPMR., Session-2006. Topic – Assessment of dynamic muscular stabilization in non operative treatment of lumbar pain syndrome : A sing blind control study. | | | |

BOOK PUBLICATION

- 1.SURAJ KUMAR, Exercise Therapy 2009, (22/4735) Shree Publication, New Delhi
- 2.SURAJ KUMAR, Physiotherapy – an introduction 2009, (22/4735) Shree Publication, New Delhi
- 3.Multiple Choice Questions For Physiotherapist, Jaypee Brothers Medical Publishers Pvt. Ltd.
- 4.Physiotherapy in medical conditions, Jaypee Brothers Medical Publishers Pvt. Ltd.
- 5.Practical Physiology (in Hindi) By Suraj kumar and Reena Ranjana, University Publication
- 6.O;k;ke ,d vk;ke, izks0 ¼MkW0½ jkt dqekj ,oa MkW0 lwjtdqekj, Institutional/ University BOOK for patients, Published in January 2020.
- 7.Rehabilitation on medicine for physiotherapy, Innovative Publication, New Delhi, ISBN Number- 978-93091208-31-8, Year 2021

NATIONAL EDITORIAL ADVISORY BOARD MEMBER

- Indian Journal of Physiotherapy and Occupational Therapy, an international indexed peer reviewed journal
- Physiotherapy and Occupational Therapy Journal, an International Journal
- International journal of therapy and rehabilitation, UK
- Journal of Disability and Rehabilitation, International
- Appointed as Editorial Board Member for Journal of Modern Nursing and Research.
Review of more than 10 research papers for publication in different journals.

RESEARCH PAPER IN JOURNAL

1. **Kumar S**, Vendhan G.V., Awasthi S., Tiwari M., Sharma V.P. “Relationship between fear of falling, balance impairment and functional mobility in community dwelling elderly”, Indian Journal of Physical Medicine and Rehabilitation 2008; 19(2), 48-52.
2. **Kumar S**, Sharma V.P., Negi MPS., “Efficacy of dynamic muscular stabilization technique (DMST) over conventional technique in rehabilitation of chronic low back pain”. Journal of Sports conditioning and Research December 2009; 23 (9), 2651-2659.**PUBMED**
3. **Kumar S.**, Negi M.P.S., Sharma V.P., Shukla R. “The spinal column and abdominal pressure changes and their relationship with pain severity in patients with low back pain”, Nigeria Journal of medical Rehabilitation 2009 ;13(21): 1-6.
4. **Suraj Kumar**, Vijai P. Sharma, H K Tripathi, Mahendra P.S. Negi, G.VenuVendhan, “Efficacy of dynamic muscular stabilization techniques (DMST) over conventional techniques in patients with chronic low back pain”. Indian Journal of Physiotherapy and Occupational Therapy 2009; 3(2): 47-53.
5. **Suraj Kumar**, Prof. Vijai P. Sharma, Prof. Ravi Dev, M.P.S. Negi. “Diagnostic and prognostic by functional strength and ability in patients with low back pain”, Indian Journal of Physiotherapy and Occupational Therapy 2009; 3(4): 44-49.
6. **S. Kumar**, M.P.S. Negi, V. P. Sharma, R. Shukla, R. Devand U.K. Mishra “Efficacy of two multimodal treatments on physical strength of occupationally sub grouped male with low back pain”, Journal of Back and Musculoskeletal Rehabilitation 2009; 22(3): 179-188.**PUBMED**
7. **Suraj Kumar**, Vijai P. Sharma, Mahendra P.S. Negi, Rakesh Shukla and Ravi Dev “Comparative efficacy of two multimodal treatments in the management of occupationally sub-grouped male with lumbar pain syndrome: A single blind study”, International Journal of Physical Therapy 2009; I (II): 3-13.
8. **Suraj Kumar**, Vijai P. Sharma, Rakesh Shukla, Ravi Dev, Mahendra P.S. Negi. Assessment of Back and Abdominal pressure, Sexual frequency and Quality of life in Low Back Pain subject treated with Dynamic Muscular Stabilization Techniques, International journal of therapy and rehabilitation 2009; 16(11): 615-624.
9. **Suraj Kumar**, Vijai P. Sharma, Rakesh Shukla, Ravi Dev, Anoop Aggarwal. Efficacy of dynamic muscular stabilization techniques (DMST) in the management of lumbar disc disorders. Nijeria Journal of medical rehabilitation 2009; 14 (22): 14-19.
10. **Suraj Kumar**, Vijai P. Sharma, Rakesh Shukla, Ravi Dev, Usha Kant Mishra, Anoop Aggarwal. Role of physiotherapist in the management of on ground sport injuries – A case study of hockey. Indian journal of Physiotherapy and Occupational Therapy 2011; Vol.5, No.3: 32- 36.

11. **Suraj Kumar**, Vijai P. Sharma, Rakesh Shukla, Ravi Dev. Comparative efficacy of two multimodal treatments on male and female sub-groups with low back pain(part II).Journal of Back and Musculoskeletal Rehabilitation 2010; 23(1): 1-9.**PUBMED**
12. Anoop Aggarwal, Zutshi K, Munjal J,**Suraj Kumar**,V P SharmaComparative efficacy of Stabilization Training and Balance training in recreationally active Individuals International journal of therapy and rehabilitation, 2010; 17 (5): 244-253.
13. Aggarwal Anoop, Zutshi Kalpana, Munjal Jitender,**Kumar Suraj**. Effect of Core Stabilization Training on Dynamic balance in non-professional sports players.Indian journal of Physiotherapy and Occupational Therapy 2010; 4(4) 18-22.
14. Anoop Aggarwal,**Suraj Kumar**, Dharmendra Kumar, Effect of Core Stabilization Training on the lower trunk endurance performance, JMR 2011; 13 (4) 167-176.
15. **Suraj Kumar**, Vijai P. Sharma, Anoop Aggarwal, Rakesh Shukla, Ravi Dev Effect of dynamic muscular stabilization technique on low back pain of different durations, Journal of back and musculoskeletal rehabilitation2012; 25 (2): 73-79.
16. Vijai P. Sharma, **Suraj Kumar**. Effect of Knee Complex Mobilization on Pain and Active Range of Motion Arc in Osteoarthritic Knee Joint, JBJD 2010; 25: 41-44.
17. **Suraj Kumar**, Vijai P. Sharma, Anoop Aggarwal, Correlation and regression among pain, physical strength, functional ability, qualityof life and sexual frequency in low back pain JMR 2011; 13(4) 177-185.
18. Anoop Aggarwal, **Suraj Kumar**,Zutshi Kalpana, Munjal Jitender, V P Sharma. The Relation Between Core Stability Measures And Static Balance. Nigerian Journal of Medical Rehabilitation (NJMR) 2010; Vol. 15, No. 1 & 2, (Issue No. 23): 11-16.
19. Anoop Aggarwal, **Suraj Kumar**,Ruchika Madan, Ratnesh Kumar. Correlation among different tests of measuring low back core stability.Journal of Musculoskeletal Research, 2012; Vol. 14, No. 2 : 1-9
20. Anoop Aggarwal, **Suraj Kumar**, Dharmendra Kumar. Factors influencing the evaluation and management outcomes of coccygodynia- a literature review. Journal of back and musculoskeletal Rehabilitation 2013; Vol. 26. 105-115.
21. Anoop Aggarwal, **Suraj Kumar**, Ratnesh Kumar.Therapeutic management of the hallux rigidus- a systematic review. Rehabilitation Research and Practice, Volume 2012, Article ID 479046, 9 pages. doi:10.1155/2012/479046
22. Abhay Kumar, **Suraj Kumar**, Anoop Aggarwal, Ratnesh Kumar, and Pooja Ghosh Das. Effectiveness of Maitland Techniques in Idiopathic Shoulder Adhesive Capsulitis. International Scholarly Research Network (ISRN Rehabilitation) Volume 2012, Article ID 710235, 8 pagesdoi:10.5402/2012/710235.
23. Ansuman Das, Dr. AmeenEquebal, Dr. Suraj kumar. Incidence of Musculoskeletal pain and its impact on daily & functional activities among Indian spinal cord injury patients. Int J Physioth Res 2013;03:99-106.
24. Ratnesh Kumar, Ashish Kumar, **Suraj Kumar** Efficacy of proprioceptive training in reduction of disability due to osteoarthritis of knee- A randomized clinical trial. JODMSE, 2012Vol. 2, No. 2, 18-26.
25. Jai Prakash Painkra, **Suraj Kumar**, Shahnawaz Anwer,Ratnesh Kumar,M Nezamuddin, AmeenEquebal. The deep neck flexor muscle endurance in healthy individuals among Indian population: a cross-sectional study IJTR, May 2014, Vol 21, No 5 27-31
26. Tarun Kumar, **Suraj Kumar**, Md. Nezamuddin, V. P. Sharma. Efficacy of core muscle strengthening exercise in chronic low back pain patients, JBMR, December 2014, DOI - 10.3233/BMR-140572

27. Rahul Ranjan , P. K. Mitra, Ratnesh Kumar,**Suraj Kumar**, Pooja Ghosh Das.The effect of cryoflow (ir guided) as a component of comprehensive treatment in shoulder pain JODMSE,2013, vol. 1, No. 3, 1-13.
28. **Suraj Kumar**,Ashish Kumar, Ratnesh Kumar. Proprioceptive Training as an Adjunct in Osteoarthritis of Knee,Journal of Musculoskeletal Research.2013, Vol. 16, No. 1, 10 page.
29. Ashish Kumar, **Suraj Kumar**, Ratnesh Kumar (2012) Effectiveness of Pelvic Floor Muscle Exercise and Bladder Training In Stress Urinary Incontinence and Low Back Discomfort-A Case Study. J Yoga Phys Ther 2:123. doi:10.4172/2157-7595.1000123.
30. NishthaNakra, **Dr. Suraj Kumar**. Relationship in shoulder functions for different age groups in subjects with secondary shoulder impingement after PNF application. Indian journal of Research, 2013, vol. 2, issue. 7, 1-3.
31. NishthaNakra, Nishat Quddus, Sohrab. A. Khan, **Suraj Kumar**, Roshan Lal Meena. Efficacy of Proprioceptive Neuromuscular Facilitation on Shoulder Function in subjects with secondary shoulder impingement. International Journal of Therapy and Rehabilitation, September 2013, Vol 20, No 9, 450-458.
32. NishthaNakra, **Suraj Kumar**,Sohrab. A. Khan, VP Sharma, Sunil Kumar. Efficacy of Proprioceptive Neuromuscular Facilitation on Shoulder Function in subjects with secondary shoulder impingement in Males and Females. Global Journal of Orthopedic and Physical Therapy Practice. October 2014, Vol2, No 3, 22-29.
33. Shabana Khatun, **Dr Suraj Kumar**, Dr Alok Kumar. To assess the knowledge and attitude of ill effects of Tobacco usage among group D workers working in Chhatrapati Shivaji Subharti Hospital, Meerut Indian journal of Research, 2013, vol2; Issue 8 12-13.**UGC and MCI**
34. Alok Kumar, C.V. Singh, Seema Dayal, V.K. Gupta, **Suraj Kumar**, Archana Verma. Acute Severe Suicidal Poisoning by Celphos Powder - A Rare Case Report from Rural India. J Indian Acad Forensic Med. July-September 2013, Vol. 35, No. 3, 275-278.**UGC and MCI**
35. Ashish Kumar, **Suraj Kumar**, VP Sharma. Effect of fatigue on proprioception in knee osteoarthritis. Global Journal of Orthopedics and Physical Therapy Practice, March, 2014 Vol. 1, No. 1, 001-004.
36. Lajja K Rishi, **Suraj Kumar**, Sangeeta Lahiri, V.P. Sharma. Importance of iliopsoas and erector spinae muscles in predicting the functional competence of transfemoral amputees. Int J Physiother Res 2014, Vol 2(5):681-88.
37. **Suraj Kumar**, Ashish Kumar, V.P. Sharma. Comparison of multitasking weight bearing proprioceptive exercise in subject with knee osteoarthritis. International journal of wellness, 2014, vol.1 (1): 08-15.
38. Madhusudan Tiwari, **Dr Suraj Kumar**, Mamta Sherawat, Dr V.P. Sharma. Effect of vestibular rehabilitation in improving daily life functions in elderly. International Journal of Advanced Research 2015, Volume 3, Issue 5, 1350-1362
39. **Suraj Kumar**.Efficacy of two Multimodal Treatments on Physical Strength of Occupationally Sub Grouped Male with Low Back Pain. J Yoga Phys Ther 2016, Volume 6, Issue 2, 1000237
40. Rupali Biswas (Sen), Maitrayee Bhattacharya, Abhishek Biswas, **Suraj Kumar**. The Effect of Exercises on Quality of Life Improvements in Cancer Haematology Patients Following Chemotherapy. Indian Journal of Physiotherapy and Occupational Therapy, April-June 2017, Vol. 11, No. 2 120-124.

41. ZakiAnwer, **Suraj Kumar**. To Study the Effectiveness of Laser Therapy and G.DMaitland Mobilization in Adhesive Capsulitis Among 40-50 Years Age Group Male Patients, *International Journal of New Technology and Research (IJNTR)*, August 2017, Volume-3, Issue-8, Pages 39-45.
42. Sajjad Alam, **Suraj Kumar**. Comparative Study Between Ultrasound Therapy with Combination of Elastic Band and Conventional Therapy for Anterior Shoulder Instability, *International Journal of New Technology and Research (IJNTR)*, September 2017 , Volume-3, Issue-9, Pages 71-74.
43. Shahiduz Zafar, **Suraj Kumar**. Role of ultrasound with laser to Improve function in rotator cuff Injury for Age Group 40 -55 Years, *International Journal of New Technology and Research (IJNTR)*, September 2017, Volume-3, Issue-9, Pages 71-74.
44. Shahiduz Zafar, **Suraj Kumar**. Comparison of laser and ultrasound therapy for the management of shoulder rotator cuff muscles injury, *International Journal of Physiotherapy and Research*, 2017, Vol 5(5):2364-70.
45. ZakiAnwer, **Suraj Kumar**, to study the effectiveness of G.D Maitland mobilization versus laser therapy in adhesive capsulitis. *Int J Physiother Res* 2017, Vol 5(5):2371-78.
46. ZakiAnwer, **Suraj Kumar**, the Role of G D Maitland and Laser in Adhesive Capsulitis. *International Journal of New Technology and Research (IJNTR)*, 2017, Vol 3 (10):12-17.
47. Shahiduz Zafar, **Suraj Kumar**. Therapeutic Effects of Moist Hot Packs with Laser and Ultrasound in Rotator Cuff Injury, *International Journal of New Technology and Research (IJNTR)*, 2017, Vol 3 (10):45-53.
48. Shahiduz Zafar, **Suraj Kumar**. Application of Exercise with Low Level Laser Therapy and Ultrasound Therapy brings better result among Rotator Cuff Injury Subjects, *International Journal of Advance Research and Development*, 2017, vol 2(12): 55-64.
49. ZakiAnwer, **Suraj Kumar**. The Intervention Role of G D Maitland as Compared to Low Level Laser Therapy in Adhesive Capsulitis Male Patients, *International Journal of Advance Research and Development*, 2017, vol 2(12): 47-54.
50. **Suraj Kumar**, Ramakant Yadav, Aafreen. Efficacy of Erigo Tilt Table among Male and Female Stroke Patients– A Randomized Control Trial, *International Journal of Science and Research Methodology*, 2018, vol 9 (1): 235-246. **PUBMED shown in Website**
51. **Suraj Kumar**, Ramakant Yadav, Aafreen and Sandeep Yadav. Effect of robotic tilt table on rehabilitation outcome in right side versus left side hemiplegia, *International Journal of Yogic, Human Movement and Sports Sciences* 2018; 3(2): 237-241. **UGC**
52. Ramakant Yadav, **Suraj Kumar**, Aafreen, Sandeep Yadav. Effect of robotic erigo tilt table exercise on neurological parameters in hemiplegic patients:- A pilot study, *Journal of Indian Academy of Clinical Medicine*, 2018; 19 (1): 08-12.
53. Aafreen, Ramakant Yadav, **Suraj Kumar**, Sohrab A Khan and Sandeep Yadav. Chronic spinal cord injury: A life changer, a disease process rather than an event and its rehabilitation, *International Journal of Yogic, Human Movement and Sports Sciences* 2018; 3(2): 477-480. **UGC**
54. Ramakant Yadav, **Suraj Kumar**, Aafreen, Sandeep Yadav. Robotic tilt table exercises versus conventional exercises in rehabilitation of hemiplegic patients, *IJTR*, 2018; 9(25): 475-480. **BMJ**
55. Aafreen, Nushrat Hamdani, **Suraj Kumar**, Ramakant Yadav. Correlation between walking tests and psychological factors after brain gym exercise in diabetic individuals. *Indian journal of physiotherapy and occupational therapy* 2017; 11(4):57- 62.

56. **Suraj Kumar**, RamakantYadav, Aafreen "Effect of Robotic Tilt table versus conventional exercises on rehabilitation outcome in stroke patients: A follow up study" International Journal of Advance Research.2018; 6(11), 689-696.**UGC**
57. Pushpendra Kumar, Aafreen, Suraj Kumar, Mudit Kumar "Comparison between hypolipidemic effect of *lagenaria siceraria* and lovastatin in hypercholesterolemic rats" PARIPEX - INDIAN JOURNAL OF RESEARCH. Volume-8 | Issue-2 | February-2019 13-14.**UGC and MCI**
58. **Suraj Kumar**, Ramakant Yadav, Aafreen "Comparison between Erigo tilt-table exercise and conventional physiotherapy exercises in acute stroke patients: a randomized trial".Archives of Physiotherapy, Volume-10 | Number-3 | February-2020 2-09. **PUBMED**
59. Ramakant Yadav, **Suraj Kumar**, Aafreen Afrin "Efficacy of erigo tilt-table and conventional physiotherapy on rehabilitation outcome within haemorrhagic and ischemic stroke patients". Journal of Musculoskeletal Research.February 2020, <https://doi.org/10.1142/S0218957719500039>**PUBMED**
60. **Suraj kumar**, RamakantYadav, Raj Kumar, GowrishankarPotturi. Benefits of Robot-Assisted Rehabilitation in Stroke Patients: A Follow up Study. Archives of Physiotherapy and Rehabilitation 3 (2020): 018- 028. **PUBMED**
61. Raj Kumar,GowrishankarPotturi, **Suraj kumar***, Neha Dubey, Arushi Kumar "An alarming pandemic covid-19 in Asia -an observational study" International Journal of Multidisciplinary Research (IJMR), May 2020, Volume: 6 | Issue: 5 | 52-57. **PUBLONS**
62. Raj Kumar, GowrishankarPotturi, **Suraj kumar***,K.B.Ranjeet Singh Chaudhary "Exercises Prescribed during Lockdown Period as a Preventive Measure against COVID-19 - An Overview" International journal of science and research methodology, *Ijsrm.Human*, 2020; Vol. 15 (3): 16-26.
63. Raj Kumar, GowrishankarPotturi, **Suraj kumar***,"Arushi Kumar Transmission Pathway in India to COVID-19 during Lockdown Period - An Observational Study" International journal of science and research methodology, *Ijsrm.Human*, 2020; Vol. 15 (3): 49-62.
64. **Suraj kumar**, Arushi Kumar, Gowrishankar, Rajkumar, K.B.Ranjeet"TRENDS AND PREDICTION OF PANDEMIC COVID-19 SITUATION IN UTTAR PRADESH, INDIA" EPRA International Journal of Multidisciplinary Research (IJMR), June 2020, Volume: 6 ; Issue: 6, 19-24.
65. Raj KumarGowrishankarPotturi, **Suraj kumar***, Anjali Agarwal, Arushi Kumar. "COVID-19: FACTS AND FIGURES IN DEVELOPED COUNTRIES-AN OVERVIEW" PARIPEX - INDIAN JOURNAL OF RESEARCH, May 2020, Volume-9; Issue-5; 1-3.
66. Rajkumar, Arushi Kumar, GowrishankarPotturi, **Suraj kumar***, Ramakant Rawat. "RajnirwanQuath: Scientific Ingredients and Enhancement of Immunity to Combat Covid – 19" International Journal of Medical Science and Current Research, 2020; Volume3, Issue 3, Page No: 388-393.
67. **Suraj kumar***, RajKumar, GowrishankarPotturi, K.B.Ranjeet Singh Chaudhary, Arushi Kumar."Coronavirus disease 2019 (COVID-19): The role of chest physiotherapy in the fight against COVID-19 pandemic" International Journal of Medical Science and Current Research (IJMSCR), 2020; Volume3, Issue 3, Page No: 584-590.
68. **Suraj kumar**, GowrishankarPotturi, Rajkumar, Neha Dubey, Anjali Agarwal, Arushi Kumar. A Clinical Review on Low Dose Short Wave Diathermy Therapy as a Physical Antibiotic on Covid-19 Pneumonia, Arch PhysiotherRehabil 2020; 3 (3): 062-067.
69. Raj Kumar, Arushi Kumar, **Suraj kumar**, GowrishankarPotturi, Ramakant Rawat.Raj NirwanBati: Scientific Ingredients and Effect on COVID-19 Patient's Recovery International journal of science and research methodology, *Ijsrm. Human*, July 2020 Vol.:16, Issue:1: 64-74.

70. Ramakant Yadav, **Suraj Kumar**, Gowri Shankar Potturi, Raj Kumar. Comparison between Erigo robotic tilt table exercises and Traditional exercises in rehabilitation of stroke patients: A follow up study, British Journal of Medical & Health Sciences (BJMHS), August – 2020; Vol. 2 Issue 8, 371-379.
71. **Suraj k**, Gowrishankar P, Sangh M, Ajay K, Pramod K, Shailendra P. Correlation of dyspnea with age and spo2 levels in covid-19 and effectiveness of neurophysiological facilitation in the management of dyspnea. EJPT. Sept 2020; 4:25-31.
72. Shailendra Pal Singh, **Suraj Kumar**, GowrishankarPotturi and Raj Kumar. Critical Respiratory Dysfunction and Role of Chest Physiotherapy in Sars Cov-2 Pandemic:a Case Series, Advances in Clinical and Medical Research, 2020, 1(3)-08.
73. **Suraj Kumar**, RamakantYadav, Aafreen, The effectiveness of a robotic tilt table on the muscle strength and quality of life in individuals following stroke: a randomised control trial, IJTR, December 2020; vol 27, No 12, 1-9.<https://doi.org/10.12968/ijtr.2019.0014>. BMJ.
74. Raj kumar , **Suraj kumar**, Arushi kumar, Role of herbs on diabetes for a healthy person—a literature review, Progressive Agriculture, 2020, 20 (1) & (2) : 1-5.
75. Rraj kumar, **Suraj kumar**, Role of herbs in non-com municable Diseases—asystematic review, Progressive Agriculture, 2020, 20 (1) & (2) : 71-79.
76. **Suraj Kumar**, GowrishankarPotturi, Rajkumar, Shailendra Pal Singh &Arushi Kumar (2021); Role of Chest Physiotherapy inSARS Cov-2 Pneumonit is in Improving Oxygenat ion and Avoiding Vent ilat ion: A Case Report . *IAR J Med Sci*, 2021, 2(2); 104-110.
77. **Suraj Kumar**, RamakantYadav, GowrishankarPotturi, Pushpendra Kumar. Effect of Robotic tilt table in rehabilitation of acute hemiplegic patients of various age groups- A Randomized Clinical trial. Pensee Journal, 2021, VOLUME 51, ISSUE 4: 1876-1885.
78. Krishna Reddy Vajrala, GowrishankarPottury, **Suraj Kumar**. Physiotherapy outcome on sexual dysfunction among ischemic and hemorrhagic survivors. International journal of medical and allied health sciences 2021, VOLUME 1, ISSUE 1: 25-29.
79. Pushpendra Kumar, Rajkumar, Shailendra Pal Singh, **Suraj kumar**, GowrishankarPotturi. Role of Raj NirwanQuath (RQR) as a prophylactic measure among Covid-19 Health Workers. Scientific research journal of medical case reports. 2021. 1: 1, 22-26.
80. **Suraj kumar**, VaibhavKanti, Ramakant Yadav, GowrishankarPotturi, Annapurna. Long term efficacy of Kinesio Taping among nulliparous women with Dysmenorrhea- A randomized control trial. Scientific research journal of medical case reports. 2021. 1: 1, 27-31.
81. **Suraj kumar**, GowrishankarPotturi, Raj Kumar, Shailendra Pal Singh, Arushi Kumar. role of physiotherapy on covid hospital acquired anxiety and depression in covid-19 patients. EJPT. Sept 2021; 7:7-13.
82. Sunil Kumar, **Suraj Kumar**, Ramakant Yadav, GowrishankarPotturi, Prerna. Comparison of psychological dimensions in rural population with various joint degenerative arthritis. Journal of Musculoskeletal Research, Vol. 24, No. 4 (2021) 2250001 (6 pages) <https://doi.org/10.1142/S0218957722500014>.
83. Anjali Agarwal, **Suraj Kumar**, GowrishankarPotturi, 2022. Effectiveness of endonasal cranial balloon release technique in relieving symptoms of migraine and improving the quality of work in a sedentary worker-a single case study. J. Med. P’ceutical Allied Sci. V 11 - I 2, Pages - 4539 - 4541 doi: 10.55522/jmpas.V11I2.2224.

84. Kumar, S., **Kumar, S.**, Yadav, R., Potturi, G., & ., P. (2022). Comparison of Psychological Dimensions in Rural Population with Various Joint Degenerative Arthritis. *Journal of Disability Studies*, 8(1) : 1-3.
85. Vaibhav Kanti, **Suraj kumar**, Gowrishankar Potturi, Pushpendra Kumar, Archana Yadav, 2022. Correlation of third-trimester thyroid profile with postpartum depression in rural population. *J. Med. P'ceutical Allied Sci.* V 11 - I 2, Pages - 4574 - 4578 doi: 10.55522/jmpas.V11I2.2223
86. Kanti V, **Kumar S**, Potturi G, Vandana, Annapurna. Effect of kinesiotaping over medications on primary dysmenorrhea among nulligravida women-a randomized clinical control trial. *TMR Non-Drug Ther.* 2022;5(2):8. doi:10.53388/TMRND20220507008.
87. Raj Kumar, Ramakant Yadav, Hanuman Prasad Prajapati, **Suraj Kumar**, Gowri Shankar Potturi, Rahul Sharma. Effect of Transcranial direct current stimulation (tDCS) on altered conscious patients after traumatic brain injury & cerebrovascular accident: A randomized clinical control trial. *Neurology Asia* 2022; 27(2) : 457 – 463.
88. Raj Kumar, **Suraj Kumar**, Hanuman Prasad Prajapati, Gowri Shankar Potturi, Rahul Sharma. Effect of Transcranial direct current stimulation on motor recovery in altered conscious patients after traumatic brain injury & cerebrovascular accident: A randomized clinical control trial. *Indian Journal of Neurotrauma* 2023; DOI: 10.1055/s-0043-1761937.

RESEARCH PROJECT (Principal Investigator)

1. **Title of the Project:** Efficacy of early activation by tilt table Erigo in hemiplegic patients on clinical and Quality of life, Dr Suraj Kumar (PI), Associate Professor and Head, Dept. of Physiotherapy, UPUMS, Saifai, Etawah
Implementing Institution and other collaborating Institutions: Uttar Pradesh University of Medical Sciences, Saifai, Etawah, UP
Date of commencement: 22nd May 2017, **Date of completion:** 21st May 2019, **Duration:** 2 years, **Funding Agency :-** ICMR
2. **Topic-** Efficacy of Kinesio taping among Nulligravida women with Dysmenorrhea.
Implementing Institution : Uttar Pradesh University of Medical Sciences, Saifai, Etawah, UP, **Funding Agency :-** UPUMS, **Date of commencement:** January 2020

(CO- INVESTIGATOR)

3. **Topic-** Effects of Aerobic training in women During 3rd trimester on postpartum depression. **Implementing Institution :** Uttar Pradesh University of Medical Sciences, Saifai, Etawah, UP, **Funding Agency :-** UPUMS, **Date of commencement:** January 2020.
4. **Topic -** Efficacy of Robotic Training in Spinal Cord Injury patient, **Implementing Institution :** Uttar Pradesh University of Medical Sciences, Saifai, Etawah, UP, **Funding Agency :-** UPUMS, **Date of commencement:** January 2020
5. **Topic:** Assessment of pain intensity in degenerative joint diseases among male and females in rural India, **Implementing Institution :** Uttar Pradesh University of Medical Sciences, Saifai, Etawah, UP, **Funding Agency :-** UPUMS, **Date of commencement:** January 2020
6. **Topic :** Effect of cerebral transcranial direct current stimulation (TDCS) in altered conscious patients after traumatic brain injury and cerebrovascular accident. **Implementing Institution :** Uttar Pradesh University of Medical Sciences, Saifai, Etawah, UP, **Funding Agency :-** UPUMS, **Date of commencement:** January 2020

Commentaries

1. **Suraj Kumar.** The use of a specialized exercise program for the improvement of the physical activity of a War Veteran suffering from long-term effects of eosinophilic meningitis. International journal of therapy and rehabilitation 2010, 17(3); 97.
2. **Suraj Kumar.** Commentary on Efficacy of two multimodal treatments on physical strength of occupationally sub grouped male with low back pain, Physiotherapy Research and Reports. 26th July 2018, 1(2): 1-1

Book Review

1. **Suraj Kumar** Massage for therapist – a guide to soft tissue therapy. Margaret Hollis-edited by Elisabeth Jones, 3rd edition, WILEY – BLACKWELL; 2010.

Short papers in Journal proceedings

1. **Suraj K, Sudhir K.** “ Effect of knee complex mobilization on pain and active range of motion arc in osteoarthritis knee joint” Physical therapy in sport Elsevier 2006; 7 (4): 176.

As A Guide for PG and and PhD Students

1. Lajja Rishi, Importance of iliopsoas and erector spinae muscles in predicting the functional competence of transfemoral amputees. National Institute for the Orthopedically Handicapped (NIOH) Kolkata, The west bengal University of Health Sciences, 2011-13. (PG)
2. Ashish Kumar, Efficacy of Proprioceptive Training as an adjunct in Physiotherapy Management of Knee Osteoarthritis. National Institute for the Orthopedically Handicapped (NIOH) Kolkata, The west bengal University of Health Sciences, 2010-12. (PG)
3. Jai Prakash Painkra, The deep neck flexor muscle endurance in healthy individuals among Indian population: a cross-sectional study. National Institute for the Orthopedically Handicapped (NIOH) Kolkata, The west bengal University of Health Sciences, 2010-12. (PG)
4. Ansuman Das, Musculoskeletal pain and its impact on daily activities among spinal cord injury patients. National Institute for the Orthopedically Handicapped (NIOH) Kolkata, The west bengal University of Health Sciences, 2010-12. (PG)
5. Tejashwi Kumar Verma, Effectiveness of mulligan bent leg raise technique and muscle energy technique in improving hamstring flexibility. National Institute for the Orthopedically Handicapped (NIOH) Kolkata, The west bengal University of Health Sciences, 2011-13. (PG)
6. Tarun Kumar, Efficacy of core muscle strengthening exercise in chronic low back pain patients. National Institute for the Orthopedically Handicapped (NIOH) Kolkata, The west bengal University of Health Sciences, 2011-13. (PG)
7. Tanbir Ahmed, Effect of deep cervical flexor muscles training using pressure biofeedback on pain and disability in bike riders with neck pain. Jamia Hamdard, New Delhi, 2010. (PG)
8. Himashu Saluja, Role of different extrinsic muscle stimulation on asymptomatic flexible flatfoot and first metatarsophalangeal joint. Jamia Hamdard, New Delhi, 2010. (PG)
9. Saijad Alam, effectiveness of ultrasound therapy in combination with elastic band exercise for anterior shoulder instability, (2013) Monad University, NH 24, Pilakhwa (UP). PhD
10. S. Zafar, Effectiveness of Ultrasound with Laser in Rotator cuff injury - A double blind controlled study, (2013) Monad University, NH 24, Pilakhwa (UP). PhD
11. Zaki Anwer, Efficacy of G.D Maitland's Mobilization technique in Adhesive capsulitis A randomized controlled study, (2013) Monad University, NH 24, Pilakhwa (UP). PhD

Young scientist Oral and poster Presentations

1. Presented a paper titled “**Diagnosis and prognosis by physical strength and functional ability in patients with LBP**” in SPORTS MEDCON 2009, an international congress on sports medicine organised by the indian federation of sports medicine on november 6-8, 2009.

2. Poster presentation at showcase of CSMMU, Lucknow held on 3rd August 2009 “Theme :- MECHANICS OF STABILIZATION IN LOW BACK PAIN”
3. Paper presented in POTCON -07, Physiological and Biomechanical aspect of low back (Lumbar spine) injuries in weight lifting exercise.
4. Published a paper on Patella & Knee Complexity under the supervision of Dr.Ram Prabhu (P.T) at 5th annual meet-1999, organized by IAP, Delhi branch. (2nd Prize)
5. Poster presentations on Osgood Schlattor Disease in 6th annual physiotherapy meet at hotel samrat, New Delhi on 6th February 2000. (2nd Prize)
6. Poster presentations on Maquet Osteotomy in 5th annual physiotherapy meet at IMA Hall, New Delhi on 10th January 1999. (2nd Prize)

CONFERENCES/CMES/WORKSHOPS/SYMPOSIUM

1. As an speaker in Ayodhya Physio Symposium on 9th October 2022 titled role of Physiotherapy in Thalasemia.
2. As a Organizer and resource person on the workshop titled Early intervention and identification for persons with disabilities organized by CRC Lucknow and UPUMS, Saifai on 7/9/2022.
3. As a Organizer and resource person on the workshop titled Physiotherapy perspective on Women’s Health organized by UPUMS, Saifai on 08/09/2022. On the occasion of World Physiotherapy day.
4. As organizing secretary , organized workshop on Physiotherapy in post extubated patients on 9/9/2022 at UPUMS, Saifai.
5. Attended faculty development program on recent trends in medical education and healthcare research on dated 15th to 22 July 2022 at UPUMS saifai.
6. Resource person for Networking and resource mobilization for person with Thalasemia on dated 26th May 2022 at CRC, Sikkim, Ministry of social Justice and Empowerment, Govt of India.
7. Talk on osteoporosis – a problem in adults at DOORDARSHAN, Lucknow live on Telelivision held on dated 25th May 2022.
8. As keynote Speaker in national Physiocon 2022 Titled “Emerging Physiotherapy Trends In Modern Era” at NIMS College of Physiotherapy and Occupational Therapy, NIMS University, Jaipur, Rajsthan.
9. Attended IAP National conference 2022 held at Kolkata on 7th-8th May 2022 and received fellowship award for outstanding work for the profession.
10. As Scientific Judge on 15th -16th April 2022 organized by Banarsidas Chandiwalla Institute of Physiotherapy on Topic Physiotherapeutic approach to Patients with Traumatic Brain Injury thorough online mode.
11. As Speaker in the 1st International conference of Physical therapy on dated 1st May 2022 at Agra on topic Identification of early Pediatric Disorder organized by Physio Concept Academy
12. As a Resource Person at CRC, Lucknow, Ministry of Social Justice and Empowerment, Govt of India on topic Movement dysfunction and general treatment principle on dated 17th – 18th February 2022.
13. Certificate to appreciation is awarded to Dr Suraj Kumar for his remarkable contribution in the field of Physiotherapy on 5th December 2021 at Apollomedics Hospital, Lucknow.
14. Delivered Lecturer on Recent trends in Spinal cord injury Rehabilitation organized by CRCSikkim under NIVH, Ministry of Social Justice and empowerment, Govt of India on dated 11th June 2021.
15. Delivered Lecturer on Physiotherapy in post covid 19 Management organized by Indian Science congress Association, Punjab University on dated 21st June 2021.
16. Delivered lecture on Special Session in the National Seminar on Mental Health (NSMH-03) on 22-23 March 2021 at Manovikas, New Delhi.

17. Invited as a Resource Person in the National Seminar on Mental Health (NSMH-03): Good Health and Psychological Well Being in 2021 with the COVID Pandemic, during 12 to 13 March 2021.
18. As a speaker and live demonstration through Mashavara Studio on ZOOM on dated 30th May 2020 from 3PM to 5PM Organized by Manovikas Family on Topic **PHYSICAL ACTIVITY**.
19. As a Guest Speaker for INCPOLT – 2020 Rama University, Kanpr on dated 7th March 2020.
20. Worked as Organizing Secretary for PHYSIOCON 2020 – Anational conference held at KGMU Lucknow on dated 18th -19th January 2020.
21. Invited talk on the occasion of 3rd Global meet on science and technology for ensuring food and nutrition security on dated 1-3rd December, held at Ajmer, Rajasthan and received outstanding achievement in agriculture Award 2019. Topic was "**Musculoskeletal disorder and Occupational health problems in farmers**".
22. Invited Talk on titled "**Robotic assisted wellness for stroke patients**" on 10th November, 2019 in WELLNESSCON - 2019 held at CSJM University, Kanpur. India.
23. Presented Paper in ICDM conference at Grand Hilton Hotel, Seoul, South Korea dated 10/10/2019 to 12/10/2019 titled "**Correlation among Walking Tests and Psychological Factors after Brain Gym Exercise in patients with Diabetes**".
24. Participated in a workshop on "Extracorporeal Shock wave therapy Multidisciplinary application and Scientific review" on dated 17th JUNE 2019 at Fortis Hospital GURGAON.
25. As a scientific JUDGE in 19th annual conference of All India Association of Physiotherapist held at Kanpur on dated 10th February 2019.
26. As a chairman of scientific session in PHYSIOCON Chandigarh held at PGIMER, Chandigarh on dated 15-16th December 2018.
27. Organized Workshop on rehabilitation of person with disabilities on 4th December 2018, at UPUMS, Saifai, Etawah, UP.
28. As a Key note speaker for CME on clinical skill update on physiotherapy technique on dated 27th October 2018 at SGPGI, Lucknow on topic "**Role of Physiotherapy in Gynecology and obstetrics**".
29. Attended "PHYSIO MELA" mega physiotherapy camp on 27th July 2018 held at Etawah, UP organized by Rehabilitation and Physiotherapy Practitioner Association.
30. Invited Talk on titled "**Robotic assisted training – A tool for neuro rehabilitation**" on 25th March, 2018 in IAP-CON Professional 2018 held at Constitution club of India, New Delhi. India.
31. Participated and as a Delegate in "**IAP-CON Professional 2018**" held at Constitution club of India, New Delhi. India on dated 24th and 25th March 2018.
32. Invited Talk on titled "Role of Exercise in cancer" on 6th October, 2017 in FAC-CON 2017 held at CSJM University, Kanpur, UP. India.
33. Participated and as an organizer for **Health / Physiotherapy camp** organized by Universal Humanitarian Service Foundation at jaswant Nagar on dated 4th and 5th March 2017.
34. Invited Speaker and chairperson in 55th annual conference of IAPCON-2017 at RIMS, Ranchi and delivered lecture on topic "**Assessment of Sports Injury**".
35. Chaired scientific session in the 1st International conference of Physiotherapy (RPAICON -2017) at MGUMST, Jaipur on dated 28th and 29th January- 2017.
36. Delivered lecturer as a key note speaker titled "**Physiotherapy in OBS. And GYNAE**" in the 1st International conference of Physiotherapy (RPAICON -2017) at MGUMST, Jaipur on dated 28th and 29th January- 2017.
37. Attended and chairing the Scientific session in MCH AIIMS, New Delhi 2016 titled "**Child and Women wellbeing and rehabilitation**" dated 4th to 6th November 2016
38. As a Organizing Secretary for "**Chest Physiotherapy & ICU management**" workshop on dated 18th & 19th April 2015 at UPUMS, Saifai.
39. As a Organizing Secretary for Workshop on "**Research Methodology**" workshop on dated 8th & 9th May 2015 at UPUMS, Saifai.

40. As a **Organizing Secretary** PHYSIOCON 2016 –A National Conference on Physiotherapy at UPUMS, Saifai, Etawah on 10th&11th September 2016
41. As a Invited Speaker and chairperson in Wellnesscon-2014, National conference on Wellness conference at CSJMU, Kanpur 14& 15 November 2014.
42. As a Organizing Secretary PHYSIOCON 2015 –A National Conference on Physiotherapy at KGMU, Lucknow on 11th&12th September 2015.
43. Invited speaker for LAP GHC 2015 titled **“Post operative Physiotherapy”** at CSJM University, Kanpur organized by Kanpur Obstetrics and Gynaecology Society (KOGS).
44. As a Organising Secretary and Speaker in workshop on Physiotherapy in Obsteritics and Gynecology held on 8th and 9th August 2014 at UPRIMSNR, Saifai, Etawah, UP.
45. Organising secretary and Speaker on World Physiotherapy day on 8th September 2014 at Paramedical Vigyan Mahavidyalaya, UPRIMSNR, Saifai, Etawah, UP.
46. Paper presented during international conference on multidisciplinary healthcare, AIIMS, New Delhi -11-12 January, 2014 on topic “Efficacy of Lumbar Spine Mobilization in augmenting core muscle strength in CLBP Patients”
47. Chaired the scientific session in the ICMHAIIMS – 2014 at Jawahar lal Nehru auditorium, AIIMS, New Delhi, India.
48. Conducted a seminar on Spinal cord injury rehabilitation at Farrukhabad organized by Farrukhabad association of Physiotherapist on dated 7th January 2014.
49. As an Organizing Secretary and participated for Workshop on **“Research Methodology and biostatistics”** workshop on dated 14th&15th July 2012 at National Institute for the Physically Handicapped, Kolkata.
50. As an Organizing Secretary and participated for Workshop on **“Spinal Mobilization”** workshop on dated 20th& 21st July 2012 at National Institute for the Physically Handicapped, Kolkata.
51. Paper presented in 50th Jubilee conference of IAP on 16th to 18th March 2012 topic “Effect of dynamic Muscular stabilization technique on low back pain of different duration” along with judgment of Poster and scientific sessions.
52. As a faculty member at “International conference and Workshops of Physical Therapy, AIIMS 2011”.
53. Organized workshop at PtDDUIPH, on Research methodology dated 8th April 2011.
54. Deliver Lecturer on “LIFE STYLE DISORDER – PROPHYLITIC EFFECT OF PHYSIOTHERAPEUTIC SYSTEM OF MEDICINE” on dated 4th April 2011, at MAMC, New Delhi organized by IAP.
55. Attended 4th National Rehabilitation Science Congress on dated 25th February and 26th February 2011.
56. Savita Rawat, Sakshi Sachdeva, Suraj Kumar. Therapeutically advisable heel height for female individual Poster presented in IAP conference - 2010 held at Mangalore dated 21-24th of January.
57. Preeti Mangla, Anju, Suraj Kumar. **Are you aware that your car seat and car steering can harm you?** Poster presented in IAP conference - 2010 held at Manglore dated 21-24th of January.
58. Attended SPORTS MEDCON 2009, an international congress on sports medicine organized by the Indian federation of sports medicine on November 6-8, 2009.
59. Attended pre congress courses on ADVANCED TEAM PHYSIOTHERAPIST COURSE dated November 5-6, 2009 venue – scope convention centre, cgo complex, behind j n stadium, lodhi road, New Delhi.
60. Suraj Kumar, Mita Singhal. Publication in Employment News, 10-16th January 2009 “Physiotherapy and Occupational therapy an evolving profession”.

61. Suraj Kumar, V P Gupta. Publication in Employment News, January 2006 “Scope of Physiotherapy”.
62. Participated showcase of CSMMU, Lucknow held on 3rd August 2009 “Theme :- MECHANICS OF STABILIZATION IN LOW BACK PAIN”
63. Accepted for poster presentation titled “EFFICACY OF TWO MULTIMODAL TREATMENTS ON PHYSICAL STRENGTH OF OCCUPATIONALLY SUBGROUPED MALE WITH LOW BACK PAIN” in ASSICON 2009 held at Chennai on dated 23 January 2009.
64. Poster presentation in First International Conference in India by IAP, WCPT AWP-IAP Congress 2009, Mumbai “Theme:- MECHANICS OF STABILIZATION IN LOW BACK PAIN” on dated 21 to 23 January 2009.
65. Attended National Workshop on Prevention of Lead poisoning organized by Department of Biochemistry, CSMMU, Lucknow, on dated 29 March 2008.
66. Attended IAPCON-BIHAR – 2009 1st Annual Conference of Indian Association of Physiotherapists Bihar State Branch on dated 7 to 8 March 2009 at BCPOT, Patna, Bihar.
67. Participated in the 96th Indian Science Congress held at NEHU, Shillong from January 3 to 7, 2009.
68. Attended 26th Annual National conference of ISMSCON – 2008 on dated 7-9 November, 2008 held at Nainital.
69. Organized workshop as a coordinator on myofascial release approach and soft tissue mobilization at Lucknow on dated 17 to 18 Nov 2007, Resource person Dr. Mary Ann Shurig, USA.
70. As a Vice Chairman POTCON – 07, organized by SCMT and POSA, UP on dated 10 to 11 December 2007.
71. Attended conference of the Indian association of leprologists on dated 19th – 21st November, 2007 paper on level of lipid peroxidation in lepromatous leprosy.
72. Paper for oral presentation in 30th Annual scientific meeting of Singapore Orthopaedic association, 14-17 November 2007. Effect of combined Isotonic Exercises protocol on unilateral symptomatic osteoarthritis knee.
73. Paper presented in the 45th annual conference of Indian Association of Physiotherapist on dated 2 to 4 February, 2007 held at Kolkata “Effect of knee complex mobilization on pain and active range of motion arc in osteoarthritis knee joint”.
74. Paper presented in POTCON -07, Physiological and Biomechanical aspect of low back (Lumbar spine) injuries in weight lifting exercise.
75. Paper presented in POTCON – 07, An introduction to Physiotherapy – a general perspective with some case studies. Received 2nd prize.
76. CME Organized at CSJM University, Kanpur on Sports Physiotherapy & First Contact injury management on 29 – 30 April 2006
77. As a staff member in ability India exhibition 14-20 September 1998
78. Training on Intensive respiratory care & Pulmonary Rehabilitation.
79. Participation in lecture series – 2002, IMA central Delhi & Medicine department of M.A.M.College.
80. Recent medical advances in management of neurodevelopmental disabilities in children with cerebral palsy, autism, developmental delay and multiple disability organized by Udaan on 9th February, 2006
81. CME attended on Autism at Indian Institute of health education and research, Patna on 17 – 19 Feb, 2002.

82. Talks on Physiotherapy, Poliomyelitis through All India Radio, Lucknow.
83. As an Organizing Secretary of ACADIMA – 2003 & 2004 at Baba Hospital, Lucknow.
84. As a Chairman Scientific Committee for POTCON – 2003, POTCON – 2004, & POTCON – 2005 Organized by POSA, UP.
85. CME Organized at KGMU, Lucknow on Manual therapy and Mobilization on 29th June, 2003.
86. CME Organized at CSJM University, Kanpur on Sports Physiotherapy & First Contact injury management on 29 – 30 April 2006
87. Organized various camps as a camp coordinator organized by Baba hospital & Institute of Physiotherapy.
88. Published a paper on Patella & Knee Complexity under the supervision of Dr.Ram Prabhu (P.T) at 5th annual meet-1999, organized by IAP, Delhi branch. (2nd Prize)
89. Poster presentations on frozen shoulder in 4th annual physiotherapy meet at hotel Kanishka, New Delhi on 4th January 1998.
90. Poster presentations on Osgood Schlattor Disease in 6th annual physiotherapy meet at hotel samrat, New Delhi on 6th February 2000. (2nd Prize)
91. Poster presentations on Maquet Osteotomy in 5th annual physiotherapy meet at IMA Hall, New Delhi on 10th January 1999. (2nd Prize)
92. Occupational Hazards with Computer Operator under Supervision of Dr.T.Ghai,H.O.D, physiotherapist Department , C.N,L.P. Hospital.
93. Attend Symposia on Laser Therapy organized by Delhi Physiotherapist & Research Center at Russian Science & Culture Center, New Delhi on dated 27/08/2000
94. Project work for 3 cerebral palsy child at community based rehabilitation.
95. Management of occupational hazard in POTCON- 2004
96. Fitness for older people in POTCON- 2003
97. Paper presentation on physiotherapy in CBR at Indian Spinal Injury Center, N. Delhi on 20 – 25 November, 2002.

OTHER RELEVANT INFORMATION:-

- Member of Indian Association of Physiotherapy, (Reg. No-6375).
- Member of Delhi Council of Physiotherapy, (Reg. No-P-0032).
- Member of Rehabilitation council of India (CRR, No. – A06347)
- Life member of Indian science congress (L-14290).

(SURAJ KUMAR)