



Photo

Name: Sobika Rao
Designation: Assistant Professor
Department: Human Anatomy
Office contact: 011-23721472, Extn.:215
Email id: asstprof-ant@yogamdniy.nic.in

Academic Records (For Teaching only)

1. Qualification:	<ul style="list-style-type: none">▪ BPT, MPT (Pediatrics)▪ Life member of Indian Association of Physiotherapists (MIAP): L-40905
2. Area of Interest/Specialization:	<ul style="list-style-type: none">▪ Musculoskeletal Health, Asana Kinematics , Yoga and Biomechanics
3. Experience:	<ul style="list-style-type: none">▪ 2011-2012, Assistant Professor, Maharishi Markandeshwar University , Mullana, Ambala, Haryana.▪ October 2013 to March 2018, Charak Palika Hospital, New Delhi Municipal Council (NDMC) , New Delhi▪ March 29 2018 to 11.12.2019 , Central Government Job, Sports Injury Centre , Safdarjung Hospital, New Delhi▪ 12.12.2019 to till date, Morarji Desai National Institute of Yoga, Ministry of Ayush, Government of India.
4. Achievements:	
5. Honours & Awards:	<ul style="list-style-type: none">▪ 2011, 3rd position in Institute in BPT Examination(2004-2008)▪ 2011, 2nd merit position in University in BPT final year examination (2004-2008)▪ 2010, 3rd position in Poster Making Competition held at MMIPR, Mullana, Ambala. <p>2004, 3rd position in Annual examination, DAV PUBLIC SCHOOL.</p>
6. Publications & Books:	<p>Published Work:</p> <ul style="list-style-type: none">▪ Kumar C., MEHTA P., and RAO S. (2012). Effectiveness of Physiotherapy for the Handwriting Problem of School Going Children. Indian Journal of Physiotherapy & Occupational Therapy:6(3);117-121.▪ C.Kumar, S.Rao, Priyanka Thakur (July 2015). Effectiveness of core stability exercise program on abdominal and back strength in school going children. International Journal of Nursing.

	<ul style="list-style-type: none"> ▪ Effects of Short-term Intensive Yoga Program on Yoga Instructors or Therapist. Asian Pacific Journal of Health Sciences 2022; 9(4S): 216-219. DOI: 10.21276/ apjhs.2022. 9.4S.41. ▪ ▪ Approved Projects : ▪ DST SATYAM: ▪ Project technically and financially approved by DST for 01 year. ▪ Efficacy of yogic practices in pelvic floor muscle strength and quality of life in females with stress incontinence. Submitted to DST-SATYAM. Principal Investigator: Ms. Sobika Rao, Asstt Prof. (Human Anatomy), MDNIY ▪ scheduled to be held on and from 3rd January to 5th January 2024 at Lovely Professional University, Phagwara, Punjab, India. ▪ Topic :The Effect of a Structured Yoga Intervention on the symptoms of Stress Urinary Incontinence and Quality of life among females: A Pre- Post Test Study. <ul style="list-style-type: none"> ▪ Presenter : Student
7. Research	<p>Completed Projects:</p> <ul style="list-style-type: none"> ▪ Effect of Yogic practices in the management of Fibromyalgia- A Review ▪ A comparative study on the effects of Suryanamaskar on body composition and certain physiological parameters of Yoga professional and non Yoga professional of MDNIY: A quasi-experimental study ▪ Effect of Yogic Practices In The Management of Urinary Incontinence in Females: A Narrative Review
8. Conferences & Seminars:	<p>ABSTRACTS ACCPETED FOR CONFERENCE PROCEEDINGS :</p> <ul style="list-style-type: none"> ▪ Accepted and presented (Oral Presentation) at YANTRA – 2023, NIMHANS, Bengaluru, An International Conference from 23rd.Sept.2023 – 25th .Sept.2023

Topic: The efficacy of a Structured Yoga Module on Core Strength in Corporate Professionals: A Pre- Post Test Study.

Presenter – Student

- Accepted for Poster Presentation at the 109th Indian Science Congress, 2024,
- Attended AYUSH Skill Conclave (HSSC Sub Council on AYUSH), 24th April 2023, New Delhi.
- Co-ordinated the 3 days virtual training for Master Trainers of Yoga under Ayushmaan Bharat, organized by Morarji Desai National Institute of Yoga, Ministry of Ayush, Government of India. August - 2020
- Attended and completed Webinar on Continence Rehab Practitioner conducted by WOW IIPRE, International Institute of Pelvic Floor Research, Rehab & Education on 28th.May.2020
- Attended 2 days Physio Virtual Summit, 2020 organized by Jaipur Physiotherapy Network on June 13th & 14th 2020.
- Colloquium on sports physiotherapy, “Unmasking the Lacunae” at Sports Injury Centre Safdarjung Hospital. 2018
- Participant in “**International workshop on Osteopathy and Chiropractic Adjustments in Spine**” organized by M.M Institute of Physiotherapy and Rehabilitation in collaboration with “Back into Balance International Osteopath School” THAILAND. 2013

Practical Training Program 16 hours (8credits).

- Participated in CME on “Biomechanics of Weight Bearing Joints with special reference to “KNEE” held at Govind Ballabh Pant Hospital New Delhi. 2012
- Attended “Evidence Based One Day Hands on Workshop on Lumbar Spine Assessment and Manual Therapy Techniques” at MM Institute of Physiotherapy & Rehabilitation, Mullana, 2012
a. 6Hours towards CPD.

	<ul style="list-style-type: none"> ▪ Workshop on Critical Care Assessment & Physiotherapy Management in ICU by I.T.S College of Physiotherapy, Delhi. 2012 Contact Hours 14 ▪ International workshop on “Balancing Evidence Based Medicine(EBM) with Clinical Reasoning – Proprioception/Neuromuscular Control” at MM Institute of Physiotherapy and Rehabilitation, MMU.2012 12 Hours towards CPD. ▪ Participant at ZEPHYR held at MMIPR, Mullana .2011 ▪ Completed 1 day workshop on “Evidence based practice & clinical implications on Elbow Dysfunction” at Lohia Mission Hospital, Sir hind City. 2010 Credit Hours 8 ▪ Attended CME on “Recent Trends in Cerebral Palsy Management , Emphasis on Neuro Developmental & Myofascial Release Technique” organized by T.D.T.R DAV Institute of Physiotherapy & Rehabilitation. 2009 ▪ Attended workshop on “PhysiotherapyManagementin ICU” organized by DAV Institute of Physiotherapy & Rehabilitation. 2009 ▪ Participated in “1st International Conference of Physiotherapy & Sports Sciences” organized by Punjabi University, Patiala in Collaboration EFHA. 2007 ▪ Participated in “XIXth ANNUAL CONFERENCE OF PHYSIOLOGY” Organized by The Physiological Society of India & Manav Rachna Educational Institutions at Faridabad,2007
9. International Visits:	

<p>10. Lectures Delivered</p>	<ul style="list-style-type: none"> ▪ Participated as a Resource person in the “Internal Faculty Development Program” organized by Morarji Desai National Institute of Yoga from 13-15 July 2021. ▪ Delivered an online lecture as the Faculty of the Month of MDNIY” on the topic “ Basics of Workplace Ergonomics on 29-10-2021. ▪ Delivered a lecture on Yoga @workplace for Yoga Conference titled “Unity in Diversity” organized by the Indian Embassay, the Croatian Yoga Federation and the Ministry of Ayush, Government of India Held on 18th February 2022, virtually. ▪ Delivered a lecture on “Alignment Principals in Yogasanas” in the three days seminar-cum-workshop on “Foundations of Yoga for Health & Wellbeing” organized by Career Point University, Hamirpur, H.P, in collaborartion with Morarji Desai National Institute of Yoga, Ministry of Ayush, Govt. of India, New Delhi from 2nd – 4th December, 2022.
<p>11. Member of Committee</p>	