

Department	Name of the faculty Qualification IMR number	Current Designation & Date of promotion	Nature of employment Regular/ permanent or contract / outsourced	Details of Service in the Last 5 years					Number of Lectures taken /year. Topics covered.
				Professor and Head, PMR, RIMS, Imphal	Professor and Head, PMR, RIMS, Imphal	Professor and Head, PMR, RIMS, Imphal	HOD i/c, Sports Medicine, RIMS, Imphal	HOD i/c, Sports Medicine, RIMS, Imphal	
Department of Sports Medicine, RIMS, Imphal	1. Akoijam Joy Singh M.D (P.M.R), DSM , DNB, PhD (M.U.) MMC No. : 006	Professor and HOD (i/c)	Utilized as Professor and HOD (i/c)	Professor and Head, PMR, RIMS, Imphal	Professor and Head, PMR, RIMS, Imphal	Professor and Head, PMR, RIMS, Imphal	HOD i/c, Sports Medicine, RIMS, Imphal	HOD i/c, Sports Medicine, RIMS, Imphal	32 lectures taken (Annexure i)
	2. Yumnam Nandabir Singh M.S(Ortho) MMC No. : 01306	Professor	CONTRACT	Professor, PMR, RIMS, Imphal	Professor, PMR, RIMS, Imphal	Professor, PMR, RIMS, Imphal	Professor, Sports Medicine, RIMS, Imphal	Professor, Sports Medicine, RIMS, Imphal	18 lectures taken (Annexure ii)
	3. Yumnam Ningthemba Singh M.D (P.M.R) MMC No. : 00330	Assistant Professor	CONTRACT	Senior Resident, PMR, RIMS, Imphal	Senior Resident, PMR, RIMS, Imphal	Senior Resident, PMR, RIMS, Imphal	Assistant Professor, Sports Medicine, RIMS, Imphal	Assistant Professor, Sports Medicine, RIMS, Imphal	22 lectures taken (Annexure iii)
	4. Pheiroijam Bhupes M.S(Ortho) TNiMC No. : 96168	Assistant Professor	CONTRACT	Senior Resident, Ortho, RIMS, Imphal	Senior Resident, Ortho, RIMS, Imphal	Senior Resident, Ortho, RIMS, Imphal	Assistant Professor, Sports Medicine, RIMS, Imphal	Assistant Professor, Sports Medicine, RIMS, Imphal	16 lectures (Annexure iv)

ANNEXURE-1

Sr. No.	Faculty Name	Publication in Vancouver referencing style	Pubmed Indexed Yes/No	Scopes
1.	Professor Ak. Joy Singh	Attached in Annexure i	No	
2.	Professor Y. Nandabir Singh	Attached in Annexure ii	No	
3.	Asst. Prof. Y. Ningthemba Singh	Attached in Annexure iii	No	
4.	Asst. Prof. Ph. Bhupes	Attached in Annexure iv	No	

Annexure i (Prof. Akoijam Joy Singh)

Name of the faculty member: **Prof. Akoijam Joy Singh**

Qualification: M.D. (Physical Medicine and Rehabilitation)

Current Designation : Professor and Head (i/c)

IMR Number- MMC- 006

Date of appointment: 11th September, 2019

Nature of Employment : Utilized as Professor and HOD (i/c)

Department : Sports Medicine, RIMS

Details of Service in the Last 5 years: Working as Professor and Head at Department of Physical Medicine and Rehabilitation and has been utilized as Professor and Head (i/c) in the Department of Sports Medicine.

Number of Lectures taken/year: 32

Topics Covered :

Sl. No.	Name of the Topic
1.	Meniscus Injury
2.	Doping in Sports
3.	Biomechanics of Knee
4.	Sports Rehabilitation
5.	Sports Nutrition
6.	Prevention of Sports Injury
7.	Tennis Elbow
8.	Ankle Sprain
9.	Back Pain in athlete
10.	Kinesiotapping
11.	Diagnostic Blocks in Sports
12.	Exercise Prescription
13.	Conditioning in Sports

Annexure i (Prof. Akoijam Joy Singh)

14.	Jumper's Knee
15.	Shoulder dislocation
16.	Cervical problems in Sports
17.	Bicipital Tendinitis
18.	Footwear in Sports
19.	Skin Problems in Sports
20.	Sports and women
21.	Golfer's Elbow
22.	PCL Injury
23.	Osgood's Disease
24.	Calcium and Vitamin D metabolism
25.	Return to Play/Game
26.	Age Determination in Sports
27.	Bar Body
28.	Acupuncture
29.	Runner's Knee
30.	Body Composition Analysis
31.	Basics Of Imaging in Sports
32.	ECG and EMG

Medical Educator Training/ Research Methodology and dates:

1. Participated 4th Training Programme on Teaching Aids & Medical Ethics for Teachers of health professional held on the 10th of March 2005 conducted by the Medical Education Unit, RIMS, Imphal
2. Participated in the Training Programme on "Teaching and Learning Process, Teaching methods & Problem Base Learning" for Teachers & Health Professionals held on 20th Oct, 2004 conducted by the Medical Education Unit, RIMS, Imphal .
3. Participated "Teachers Training Programme on Evaluation" conducted by the Medical Education Unit, RIMS, Imphal on the 20th June, 2003 at RIMS, Imphal.

Annexure i (Prof. Akoijam Joy Singh)

4. Participated in the Mini- workshop on the Topic “System Approach & Microteaching” for Teachers & Health professionals held on November, 2001 conducted by the Medical Education Unit, RIMS, Imphal .

Publications in the Last 5 years :

Sl. No.	Name of articles	Pubmed indexed Yes/No	Scopes
1	Ningthemba Y, Joy Singh A , Nilachandra Singh L, Joymati O. Effectiveness of Mirror Therapy in the motor recovery of upper extremity in the post stroke hemiplegic patients: A randomized controlled trial in a tertiary care hospital in Manipur, Northeast India .International Journal of Advances in Medicine 2019;6(5):1657-62.	No	
2	Ningthemba Y, Joy Singh A , Joymati O. Effectiveness of mirror therapy through functional activities and motor standards in the motor recovery in post stroke hemiplegic patients: a prospective randomized controlled trial in a tertiary care hospital in Northeast India. International Journal of Research in Medical Sciences 2019 May;7(5):1904-08.	No	
3	Ningthemba Y, Joy Singh Ak , Khanna T, Brogen Singh Ak. Prevalence of osteoporosis and osteopenia among females in Manipur, India: A community based cross sectional study. Annals of international medical and dental research 2018;4(5):1-4.	No	
4	Ningthemba Singh Y, Joy Singh Ak , Bimol N, Nandabir Singh Y, Brojendro Singh N. Effectiveness of Mirror Therapy in motor recovery of post stroke hemiplegic patients: A randomized controlled trial. International Journal Scientific Research 2016;5(11):28-30.	No	
5	Peya T, Ningthemba Singh Y, Bimol N, Tamphaleima Kh, Nandabir Singh Y, Joy Singh Ak . Effectiveness of Phenol block in the	No	

Annexure i (Prof. Akoijam Joy Singh)

	management of spasticity in hemiplegia: A non randomized controlled trial. J Evolution Med Dent Sci 2017;6(94):6905-08.		
6	Bimol N, Ningthemba Singh Y, Peya T, Nandabir Singh Y, Joy Singh Ak , Shantibala K. Wrist hand orthosis in the management of upper limb spasticity in hemiplegia: A randomised controlled trial study. J Evolution Med Dent Sci 2017;6(94):6877-80.	No	
7	Janet M, Joy A.K , Nilachandra L, Ningthemba Y, Margaret Ch, Chandrakant P, Sreejith C. Intra-Articular Ozone Therapy in Osteoarthritis of Knee in Reducing Pain and Improving Functions in a Tertiary Care Hospital in North-East India: A randomized controlled Study. International Journal of Scientific and Research Publications. 2019;9(9):248-51	No	
8	Joymati O, Joy Singh Ak , Ningthemba Y, Suresh Roy L, Khanna T. Body composition and prevalence of prevalence of overweight and obesity and its determinants among adolescents in Manipur, North-Eastern India: A cross-sectional study. International Journal Of Research in Medical Sciences 2019 Apr;7(4):1347-1353.	No	
9	Margaret Ch, Joy Singh Ak , Nilachandra Singh L, Ningthemba Y, Sreejith C. Comparison between prolozone therapy and extracorporeal shockwave therapy in management of pain and function in resistant cases of lateral epicondylitis: A randomized controlled trial. International Journal of Advances in Medicine 2020;7(8):1216-19.	No	
10	Pilania C, Nilachandra Singh L, Joy Singh Ak , Ningthemba Y. Comparison of the effectiveness between fluoroscopy guided transforaminal epidural and caudal epidural dexamethasone injection in the reduction of pain and disability in post	No	

Annexure i (Prof. Akoijam Joy Singh)

	laminectomy syndrome: A randomized controlled trial. International Journal of Scientific Research 2019;8(11):34-6		
11	Bimol N , Joy AK , Tamphaleima Kh, Peya T, Ningthemba Y, Nandabir Y. Comparative study of effectiveness of ultrasound- guided suprascapular nerve block versus intra-articular steroid injection in the management of adhesive capsulitis: : A randomised controlled trial in a tertiary care hospital in northeast india. Annals of international medical and dental research 2018;4(2):8-12.	No	

Annexure ii (Prof. Y. Nandabir Singh)

Name of the faculty member: **Dr Yumnam Nandabir Singh**

Qualification: M.S. (Orthopaedic)

Current Designation : Professor

IMR Number- MMC-01306 dated 13th October,2015

Date of appointment: 11th September,2019

Nature of Employment : Contractual

Department : Sports Medicine, RIMS

Details of Service in the Last 5 years: Worked as Professor at Department of Physical Medicine and Rehabilitation till 11th September 2019 and has been working as Professor from 12th September, 2019 till date in the Department of Sports Medicine.

Number of Lectures taken/year: 18

Topics Covered :

Sl. No.	Name of the Topic
1.	Applied Anatomy of Knee Joint
2.	Skeletal Muscle and Exercise
3.	Applied Anatomy of Ankle Joint
4.	Women in Sports
5.	ACL Injury
6.	Oxygen debt in sports
7.	Jumpers's knee
8.	Hamstring Injury rehabilitation
9.	Prevention of Sports Injuries
10.	Medical problems in athletes
11.	Performance variables in sports
12.	Haematological concerns in athletes
13.	Allergic diseases in athletes

Annexure ii (Prof. Y. Nandabir Singh)

14.	Neurological problems in athletes (headache)
15.	Sudden Cardiac death in Sports
16.	Principles of Exercise prescription
17.	Team Physician
18.	Biomechanics of knee joint

Medical Educator Training/ Research Methodology and dates:

1. Participated in the Mini- workshop on the Topic “System Approach & Microteaching” for Teachers & Health professionals held on November, 2001 conducted by the Medical Education Unit, RIMS, Imphal .
2. Participated “Teachers Training Programme on Evaluation” conducted by the Medical Education Unit, RIMS, Imphal on the 20th June, 2003 at RIMS, Imphal.
3. Participated in the Training Programme on “Teaching and Learning Process, Teaching methods & Problem Base Learning” for Teachers & Health Professionals held on 20th Oct, 2004 conducted by the Medical Education Unit, RIMS, Imphal .
4. Participated 4th Training Programme on Teaching Aids & Medical Ethics for Teachers of health professional held on the 10th of March 2005 conducted by the Medical Education Unit, RIMS, Imphal .

Publications in the Last 5 years :

Sl. No.	Name of articles	Pubmed indexed Yes/No	Scopes
1.	<i>Ningthemba Singh Y, Joy Singh A , Bimol N , Nandabir Singh Y, Brojendro Singh N. Effectiveness of Mirror Therapy in motor recovery of post stroke hemiplegic patients: A randomized controlled trial. International Journal Scientific Research 2016;5(11):28-30.</i>	No	
2.	<i>Peya T, Ningthemba Singh Y, Bimol N, Tamphaleima Kh, Nandabir Singh Y, Joy Singh A. Effectiveness of Phenol block in the management of spasticity in hemiplegia: A non randomized controlled trial. J Evolution Med Dent Sci 2017;6(94):6905-08.</i>	No	

Annexure ii (Prof. Y. Nandabir Singh)

3.	Bimol N, <i>Ningthemba Sing Y</i> , Peya T, Nandabir Singh Y , Joy Singh A, Shantibala K. Wrist hand orthosis in the management of upper limb spasticity in hemiplegia: A randomised controlled trial study. <i>J Evolution Med Dent Sci</i> 2017;6(94):6877-80.	No	
4.	Bimol N , Joy AK, Tamphaleima Kh, Peya T, <i>Ningthemba Y</i> , Nandabir Y . Comparative study of effectiveness of ultrasound- guided suprascapular nerve block versus intra-articular steroid injection in the management of adhesive capsulitis: : A randomised controlled trial in a tertiary care hospital in northeast india. <i>Annals of international medical and dental research</i> 2018;4(2):8-12.	No	
5.	Tamphaleima Kh, Bimol N, Subhaschandra, <i>Ningthemba Singh Y</i> , Peya T, Nandabir Singh Y . Functional outcome of ischemic stroke in relation to site of lesion: A prospective cohort study. <i>Journal of Medical Society</i> 2018:32(1);57-60.	No	
6.	Khuraijam T, Bimol, Nandabir Singh Y , <i>Ningthemba Sing Y</i> , Peya T, Shantibala K. Correlation between computed tomography scan findings and functional outcome in patients with ischemic stroke. <i>J Evolution Med Dent Sci</i> 2017;6(15):1179-1182.	No	
7.	Mallik Ak, Bimol N, Jongkey A, Brojendro Singh N, Purnimala Chanu K, Nandabir Singh Y. Study to Compare the effectiveness of 25 % Dextrose prolotherapy and Ozone therapy in primary osteoarthritis of knee in terms of pain and the improvement of knee function. A randomised controlled trial study. <i>International Journal of Scientific Research</i> 2017;6(2):19-21	No	
8.	Mallik Ak, Purnimala Chanu K, Mandal I, Nandabir Singh Y , Rakesh. Study to Compare the effectiveness of 25 % Dextrose prolotherapy and Ozone therapy in primary osteoarthritis of knee in terms of pain and the improvement of knee function. A randomised controlled trial study. <i>International Journal of Scientific Research</i> 2018;7(2):74-75	No	

Annexure iii (Asst. Prof. Y. Ningthemba Singh)

Name of the faculty member: **Dr Yumnam Ningthemba Singh**

Qualification: M.D. (Physical Medicine and Rehabilitation)

Current Designation : Assistant Professor

IMR Number- MMC-00330 dated 02/12/2016

Date of appointment: 11th September, 2019

Nature of Employment : Contractual

Department : Sports Medicine, RIMS

Details of Service in the Last 5 years: Worked as Senior Resident till 11th September 2019 at Department of Physical Medicine and Rehabilitation and has been working as Assistant Professor from 12th September, 2019 till date in the Department of Sports Medicine.

Number of Lectures taken/year: 22

Topics Covered :

Sl. No.	Name of the Topic
1.	Pain Physiology 1
2.	Pain Physiology 2 (Pain Gate theory)
3.	Autonomic Nervous System
4.	Basics of Radiofrequency Ablation
5.	Principles of Rehabilitation
6.	Lactate Threshold
7.	Heat Stroke
8.	Effects of Altitude in Sports Performance
9.	Planter Fascitis
10.	Concussion in Sports
11.	MRI Rotator Cuff Injuries
12.	Exercise induced Asthma
13.	ACL Injury

Annexure iii (Asst. Prof. Y. Ningthemba Singh)

14.	Sports Nutrition
15.	Physiological Effects of Exercise
16.	Stress Fracture
17.	Glenoid Labrum Injuries
18.	Writing a Prescription for Exercise
19.	Doping in Sports
20.	Medical Supplies and Equipments
21.	Overtraining Syndrome
22.	Taping in Sports

Medical Educator Training/ Research Methodology and dates:

Completed the Online " Basic Course in Biomedical Research" organized by ICMR, National Institute of Epidemiology, Chennai held during March-June, 2021 (Cycle No. 4)

Publications in the Last 5 years :

Sl. No.	Name of articles	Pubmed indexed Yes/No	Scopes
1	Ningthemba Y , Joy Singh A , Nilachandra Singh L, Joymati O. Effectiveness of Mirror Therapy in the motor recovery of upper extremity in the post stroke hemiplegic patients: A randomized controlled trial in a tertiary care hospital in Manipur, Northeast India .International Journal of Advances in Medicine 2019;6(5):1657-62.	No	
2	Ningthemba Y , Joy Singh A, Joymati O. Effectiveness of mirror therapy through functional activities and motor standards in the motor recovery in post stroke hemiplegic patients: a prospective randomized controlled trial in a tertiary care hospital in Northeast India. International Journal of Research in Medical Sciences 2019 May;7(5):1904-08.	No	
3	Ningthemba Y , Joy Singh Ak, Khanna T, Brogen Singh Ak. Prevalence	No	

Annexure iii (Asst. Prof. Y. Ningthemba Singh)

	of osteoporosis and osteopenia among females in Manipur, India: A community based cross sectional study. Annals of international medical and dental research 2018;4(5):1-4.		
4	Ningthemba Singh Y , Joy Singh Ak, Bimol N, Nandabir Singh Y, Brojendro Singh N. Effectiveness of Mirror Therapy in motor recovery of post stroke hemiplegic patients: A randomized controlled trial. International Journal Scientific Research 2016;5(11):28-30.	No	
5	Joymati O, Ningthemba Singh Y , Sanayaima Devi H. Prevalence of fast food intake among adolescent school students in Imphal West, Manipur. International Journal Scientific Research 2016;5(11):49-51.	No	
6	Peya T, Ningthemba Singh Y , Bimol N, Tamphaleima Kh, Nandabir Singh Y, Joy Singh Ak. Effectiveness of Phenol block in the management of spasticity in hemiplegia: A non randomized controlled trial. J Evolution Med Dent Sci 2017;6(94):6905-08.	No	
7	Bimol N, Ningthemba Singh Y , Peya T, Nandabir Singh Y, Joy Singh Ak, Shantibala K. Wrist hand orthosis in the management of upper limb spasticity in hemiplegia: A randomised controlled trial study. J Evolution Med Dent Sci 2017;6(94):6877-80.	No	
8	Bimol N, Ningthemba Singh Y , Peya T, Tamphaleima Kh, Shantibala K. Percutaneous Release of Trigger Fingers. National Journal of Medical Sciences 2016:1(5):1-4.	No	
9	Janet M, Joy A.K, Nilachandra L, Ningthemba Y , Margaret Ch, Chandrakant P, Sreejith C. Intra-Articular Ozone Therapy in Osteoarthritis of Knee in Reducing Pain and Improving Functions in a Tertiary Care Hospital in North-East India: A randomized controlled Study. International Journal of Scientific and Research Publications. 2019;9(9):248-51	No	

Annexure iii (Asst. Prof. Y. Ningthemba Singh)

10	Joymati O, Joy Singh Ak, Ningthemba Y , Suresh Roy L, Khanna T. Body composition and prevalence of prevalence of overweight and obesity and its determinants among adolescents in Manipur, North-Eastern India: A cross- sectional study. International Journal Of Research in Medical Sciences 2019 Apr;7(4):1347-1353.	No	
11	Joymati O, Brogen Singh Ak, Ningthemba Singh Y . Prevalence of tattooing and knowledge about health risk associated with it among adolescent school students in Manipur, North-eastern India: A cross-sectional study. International Journal of community Medicine and Public Health 2019;6(2):774-79.	No	
12	Joymati O, Shantibala K, Ningthemba Singh Y . Women's knowledge and attitude towards caesarean section in Imphal west district, Manipur. JCHM 2016;3(4):194-198.	No	
13	Margaret Ch, Joy Singh Ak, Nilachandra Singh L, Ningthemba Y , Sreejith C. Comparision between prolozone therapy and extracorporeal shockwave therapy in management of pain and function in resistant cases of lateral epicondylitis: A randomized controlled trial. International Journal of Advances in Medicine 2020;7(8):1216-19.	No	
14	Pilania C, Nilachandra Singh L, Joy Singh Ak, Ningthemba Y . Comparision of the effectiveness between fluoroscopy guided transforaminal epidural and caudal epidural dexamethasone injection in the reduction of pain and disability in post laminectomy syndrome: A randomized controlled trial. International Journal of Scientific Research 2019;8(11):34-6	No	
15	Bimol N , Joy AK, Tamphaleima Kh, Peya T, Ningthemba Y , Nandabir Y. Comparative study of effectiveness of ultrasound- guided suprascapular nerve block versus intra-articular steroid injection in the management of adhesive capsulitis: : A randomised controlled	No	

Annexure iii (Asst. Prof. Y. Ningthemba Singh)

	trial in a tertiary care hospital in northeast india. Annals of international medical and dental research 2018;4(2):8-12.		
16	Tamphaleima Kh, Bimol N, Subhaschandra, Ningthemba Singh Y , Peya T, Nandabir Singh Y. Functional outcome of ischemic stroke in relation to site of lesion: A prospective cohort study. Journal of Medical Society 2018;32(1);57-60.	No	
17	Khuraijam T, Bimol, Nandabir Singh Y, Ningthemba Singh Y , Peya T, Shantibala K. Correlation between computed tomography scan findings and functional outcome in patients with ischemic stroke. J Evolution Med Dent Sci 2017;6(15):1179-1182.	No	
18	Brojen Singh T, Bhaumik DP, Ranjana Devi M , Ningthemba Singh Y , Prithviraj K. Prevalence of peripheral neuropathy in diabetics and its relation with other complications of diabetics: A hospital based study. Indian Medical Gazette 2017;8:215-22.	No	

Annexure iv (Asst. Prof. Pheiroijam Bhupes)

Name of the faculty member: **Dr Pheiroijam Bhupes**

Qualification: M.S. (Orthopaedic)

Current Designation : Assistant Professor

IMR Number- TNMC-96168 dated 30-03-2012

Date of appointment: 11th September, 2019

Nature of Employment : Contractual

Department : Sports Medicine, RIMS

Details of Service in the Last 5 years: Worked as Senior Resident at Department of Orthopaedics till 11th September 2019 and has been working as Assistant Professor from 12th September, 2019 till date in the Department of Sports Medicine.

Number of Lectures taken/year: 16

Topics Covered :

Sl. No.	Name of the Topic
1.	Principles and basis of arthroscopy
2.	Principles of Fracture Management
3.	Principles of POP casting
4.	Thrower's shoulder
5.	Shoulder dislocation
6.	Tennis Elbow
7.	Cardiovascular changes in athletes
8.	Ankle Sprain
9.	Sociology of Sports
10.	Gastrointestinal problems
11.	Genitourinary problems in athletes
12.	Achilles Tendinopathy
13.	Caedic Stress Test

Annexure iv (Asst. Prof. Pheiroijam Bhupes)

14.	Meniscus Injury
15.	Medial Collateral Ligament injury of Knee
16.	Shoulder Impingement syndrome

Medical Educator Training/ Research Methodology and dates: -

Publications in the Last 5 years :

Sl. No.	Name of articles	Pubmed indexed Yes/No	Scopes
1.	Bhupesh Ph , Kumar Sharma N, Surendran G, Chanderpaul G, Herojeet T, Tetseo M, Chyne WP, Deb S. Management of distal tibia metaphyseal fracture by expert tibial nail using suprapatellar approach. A Cohort study. International Journal Orthopaedics Sciences 2020;6(4): 402-406	No	
2.	Punithavasanthan B , Bhupes Ph , Mahendra singh A , Nongthon singh S , Prashant PS , Rai P , Debbarma RK , Gulrez S . Treatment of Comminuted Fracture of Inferior Pole of Patella Using Partial Patellectomy And Patellar Tendon Repair Using Transosseous Sutures. IOSR Journal of Dental and Medical Sciences. 2017; 16(6): 34-37	No	
3.	Langshong R ,Punithavasanthan B , Bhupes Ph ,Nongthon Singh S , Debbarma RK ,Prashanth PS , Rai P , Gulrez S , Soring D , Sunep T. Fixation of Subtrochantric Fractures Using Distal Femoral Locking Compression Plate of Contralateral Side. IOSR Journal of Dental and Medical Sciences. 2017; 16(7): 39-45	No	