

Dr. Ishika Upadhayay is a dedicated **physiotherapy professional** with a specialization in **Sports Physiotherapy**. With over **3.5 years of combined academic and clinical experience**, she brings a well-rounded, practical, and research-driven perspective to physiotherapy education and patient care. She holds a **Master's degree in Sports Physiotherapy** and has contributed significantly to the field through the publication of **more than five research papers in peer-reviewed journals**. She is also a **patent holder in posture correction technology**, reflecting her innovative mindset and commitment to advancement in physiotherapeutic solutions.



Dr. Ishika is known for her **empathetic patient care, clear and effective communication**, and a deep passion for **continuous learning**. She combines **hands-on rehabilitation expertise** with academic insight to prepare students for real-world clinical challenges, especially in the area of **sports rehabilitation**. Her approach focuses on evidence-based practices, active student engagement, and fostering excellence in physiotherapy education and applied research.