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Profile

Dr. Ishika (PT) stands as a dedicated and emerging professional in the field of Physiotherapy, with an academic specialization in Sports Physiotherapy and a growing portfolio of research, innovation, academic presentations, and scholarly contributions. Her professional profile reflects a strong commitment to physiotherapy education, rehabilitation, exercise-based interventions, musculoskeletal care, sports rehabilitation, and the exploration of emerging approaches to health and wellness. Through her academic journey and research involvement, she has demonstrated an interest in understanding physiotherapy from both clinical and multidisciplinary perspectives, with particular emphasis on exercise, rehabilitation, posture, behavioural wellbeing, neurological conditions, and the health needs of different population groups.

Dr. Ishika (PT) completed her **Bachelor of Physiotherapy (BPT)** from **Geetanjali University, Udaipur**, during the period from September 2016 to September 2023. She subsequently pursued her **Master of Physiotherapy (MPT) with specialization in Sports** from **Mahatma Jyoti Rao Phoolle University, Jaipur**, from October 2021 to July 2023. Her academic qualifications have provided her with a structured foundation in physiotherapy and an opportunity to develop specialized academic interests within the field of Sports Physiotherapy. The combination of undergraduate physiotherapy education and postgraduate specialization has supported her understanding of rehabilitation, therapeutic exercise, physical functioning, and the role of physiotherapy in promoting recovery and improving physical performance.

A significant component of Dr. Ishika's academic profile is her involvement in **research and scholarly projects** covering a diverse range of physiotherapy and health-related subjects. Her research portfolio demonstrates an interest in evaluating exercise interventions, rehabilitation strategies, behavioural approaches, geriatric exercise, psychological wellbeing, and innovative health technologies. This diversity reflects her willingness to explore physiotherapy beyond a single clinical domain and to understand the interaction between physical health, psychological wellbeing, behavioural factors, and rehabilitation outcomes. Her academic work provides evidence of an evolving research orientation and a commitment to engaging with contemporary questions relevant to physiotherapy and allied healthcare.

Among her research contributions is the project titled **"Efficacy of Static and Dynamic Exercise Intervention Protocol in Patients with Non-Specific Neck Pain,"** associated with RHIMRJ and dated April 2024. This work reflects an academic interest in musculoskeletal physiotherapy and the evaluation of structured exercise interventions for individuals experiencing non-specific neck pain. Exercise-based rehabilitation represents an important component of physiotherapy practice, and this project demonstrates Dr. Ishika's interest in examining different exercise approaches within the context of musculoskeletal conditions. Her involvement in

such research contributes to her understanding of the importance of systematic rehabilitation protocols and the evaluation of therapeutic interventions.

Her research exposure also extends into the field of **neurological rehabilitation and behavioural therapy** through the project titled “**Impact of Behaviour Therapy in Patient with Guillain-Barre Syndrome – A Scoping Review,**” associated with IJMAHS and dated November 2024. The project demonstrates an interdisciplinary perspective by considering behavioural therapy within the context of a neurological condition. Guillain-Barre Syndrome involves complex rehabilitation requirements, and the inclusion of behavioural considerations highlights the broader dimensions that may be relevant to patient care and recovery. Through this scholarly work, Dr. Ishika has explored a topic that connects neurological rehabilitation with behavioural and supportive therapeutic approaches.

Another area of her academic interest involves **geriatric health and exercise-based care**. Her portfolio includes a project titled “**Exercise Training Program for Geriatric Population,**” reflecting an interest in developing or examining exercise-oriented approaches for older adults. The inclusion of geriatric populations within her academic work demonstrates an appreciation of the importance of physical activity and exercise training across different stages of life. It also adds another dimension to her research profile by extending her interests beyond sports and musculoskeletal rehabilitation to the physical wellbeing and functional needs of the elderly population.

Dr. Ishika’s research interests further extend toward the relationship between **physical activity, psychological health, spiritual wellbeing, and behavioural outcomes**. One of her projects, titled “**To Evaluate The Impact Of Intermittent Fasting On Psychological Health, Spiritual Wellbeing and Aggression Among Healthy College Students: A Cross Sectional Study,**” dated June 2024, reflects an interest in emerging health and wellness practices and their potential relationship with psychological and behavioural dimensions. The study demonstrates her willingness to explore health-related questions from a broader multidisciplinary perspective rather than limiting her academic interests exclusively to conventional physiotherapy interventions. By considering psychological health, spiritual wellbeing, and aggression alongside a lifestyle-related intervention, this project represents a wider view of health and wellbeing.

Innovation and technology-assisted rehabilitation form another important dimension of Dr. Ishika’s professional profile. She is associated with **Patent DS-1168**, titled “**Dynamic Posture Monitoring and Correction System with Adaptive Feedback Mechanism,**” dated March 2023. This innovation reflects an application-oriented approach to physiotherapy, particularly in the area of posture monitoring, awareness, and corrective intervention. Postural assessment and correction are relevant to rehabilitation and physical functioning, and the concept of dynamic monitoring combined with adaptive feedback demonstrates an interest in applying technological approaches to support therapeutic objectives. Her association with this patent adds an innovative dimension to her academic profile and demonstrates an interest in connecting physiotherapy principles with technology-enabled solutions.

The development of technology-assisted rehabilitation solutions is particularly relevant to contemporary physiotherapy, where digital tools and monitoring systems are increasingly explored as supportive components of assessment, feedback, exercise management, and patient engagement. Within this context, Dr. Ishika’s involvement with the Dynamic Posture Monitoring and Correction System reflects an application-focused orientation toward identifying practical approaches to rehabilitation-related challenges. While her academic background provides the foundation in physiotherapy and sports rehabilitation, her innovation work indicates an additional interest in translating rehabilitation concepts into practical technological applications.

Dr. Ishika has also demonstrated **active participation in academic dissemination** through a paper presentation at the **Rajasthan Physio Summit 2026**. Participation in a professional academic summit provides an opportunity to communicate scholarly work, engage with contemporary discussions within physiotherapy, and interact with members of the professional community. Her participation reflects an interest in sharing academic knowledge and contributing to professional dialogue. It also represents an important step in the development of an academic and research-oriented professional profile.

Taken together, Dr. Ishika's academic and research portfolio demonstrates a multidimensional approach to physiotherapy. Her postgraduate specialization in **Sports Physiotherapy** provides a focused academic foundation, while her research activities extend across **musculoskeletal rehabilitation, neurological rehabilitation, behavioural therapy, geriatric exercise, psychological wellbeing, lifestyle-related health, and posture correction**. This combination illustrates an evolving professional identity that incorporates both specialized physiotherapy knowledge and broader interdisciplinary health perspectives.

Her academic journey also reflects a progression from formal physiotherapy education toward research, innovation, and professional academic participation. The combination of a BPT qualification, an MPT specialization in Sports, multiple research and scholarly projects, a patent related to posture monitoring and adaptive feedback, and participation in an academic physiotherapy summit provides a strong foundation for continued professional development. These experiences position Dr. Ishika (PT) as an emerging physiotherapy professional with an interest in evidence-informed rehabilitation, exercise-based approaches, sports physiotherapy, technological innovation, and multidisciplinary health research.

Overall, **Dr. Ishika (PT)** represents a promising emerging professional in the field of Physiotherapy whose profile combines academic preparation, sports specialization, research exposure, innovation, and scholarly communication. Her work demonstrates curiosity across multiple dimensions of rehabilitation and health, ranging from exercise interventions for musculoskeletal conditions and geriatric populations to behavioural considerations in neurological rehabilitation and broader questions surrounding psychological and spiritual wellbeing. Her involvement in the Dynamic Posture Monitoring and Correction System further reflects an interest in innovative rehabilitation technology, while her presentation at the Rajasthan Physio Summit demonstrates engagement with the wider physiotherapy community. With this combination of education, research exposure, innovation, and academic participation, she has established a meaningful foundation for continued growth in physiotherapy practice, research, rehabilitation, and sports-related healthcare.