

Dr. Vandana Tanwar

Sports Physiotherapist & Founder of Physiolution

Director, Physiolution (OPC) Pvt. Ltd.

Brand Name: Physiolution – A Revolution in Physical Therapy and Sports Injury Management

Profile

Dr. Vandana Tanwar is a highly accomplished Sports Physiotherapist with over 15 years of experience in **sports injury management, orthopaedics, neurology, and pediatric rehabilitation**. She has been associated with the **Sports Authority of India (SAI)** and has worked extensively with both national and international sports teams, including the **Indian Shooting Team** during their preparations for the **2012 London Olympics** and the **2016 Rio Olympics**.

Dr. Tanwar is the **Founder of Physiolution**, a premier physiotherapy and rehabilitation centre based in **Ghaziabad, Uttar Pradesh**. The centre offers advanced treatments in **sports rehabilitation, posture alignment, manual therapy, musculoskeletal disorders, and pre- and post-operative care**, catering to patients across age groups and activity levels.

Key Achievements

- **Team Physiotherapist** for the **Indian Shooting Team** during their preparations for the **2012 London Olympics** and the **2016 Rio Olympics**.
 - **Best Sports Physio of Delhi (2012)** – Awarded by Times Research Media.
 - **Appreciation Letters** from renowned athletes, including:
 - Sharath Kamal (Arjuna Awardee, Olympian – Table Tennis)
 - Sandeep Singh (Arjuna Awardee, Olympian – Hockey)
 - Ashish Kumar (Bronze Medalist – Gymnastics)
 - Ronjan Sodhi, RVS Rathore and Manavjeet Singh Sandhu (Olympians - Shooting)).
 - **Team Physiotherapist** for the **Indian Table Tennis Team** during the **2010 Commonwealth Games**, New Delhi.
 - **Workshops & Webinars**: Conducted numerous workshops on sports recovery, injury prevention, and fitness awareness for athletes and coaches.
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Professional Experience

Founder & Director

Physiolution (OPC) Pvt. Ltd., Ghaziabad, Uttar Pradesh

- Established and managed an advanced physiotherapy and rehabilitation centres.
- Specialized services include:
 - Sports injury rehabilitation
 - Posture alignment and manual therapy

- Musculoskeletal and orthopedic rehabilitation
- Pre- and post-operative care
- Pediatric and neurological rehabilitation.

Head of Physiotherapy Department at present:

- **Atlanta Hospital**, Vasundhara, Ghaziabad.
- **Shree Jagannath Charitable Cancer Hospital**, Duhai, Ghaziabad.
- **St. Joseph Hospital**, Marium Nagar, Ghaziabad.

Ex-Head of Physiotherapy Department

Kapoor Medical Center, Naraina Vihar, New Delhi

- Managed orthopedic, neurological, and ICU cases.
- Developed specialized rehabilitation programs for spine care, sports injuries, and obesity management.
- Conducted posture re-education and designed personalized exercise programs.

Team Physiotherapist

- **Indian Shooting Team:** During their preparations for the **2012 London Olympics** and the **2016 Rio Olympics**.
- **Indian Table Tennis Team:** Commonwealth Games 2010.
- **National Teams:** Gymnastics, Hockey, Lawn Tennis, Taekwondo, Athletics, and Kho Kho.

Commonwealth Games 2010 & Other National Camps:

- Team Physio for India Table Tennis Team (2009-2010)
- Physio for Asian Junior Table Tennis Championship (Jaipur, 2009)
- Physio for English Open Table Tennis (Sheffield, 2009)
- Physio for World Table Tennis Championship (Moscow, 2010)
- Physio for 71st Senior National & Interstate Table Tennis Championship held at Guwahati (Assam), 10-16th Feb, 2010, India.
- Contributions to Gymnastics, Hockey, Lawn Tennis, and Taekwondo Teams

Olympic Preparations (2012 & 2016)

- Indian Women Hockey Camp
- Hockey Champion Challenge, Ireland, Dublin
- National Basketball Camp, New Delhi.
- National Table Tennis Camp, Patiala.
- National Canoeing and Kyanki Team Camp, New Delhi.

- National Gymnastic Camp, New Delhi.
- National Table Tennis Team NIS, Patiala.
- National Athletics Team, NIS, Patiala.
- National Shotgun Team, New Delhi.
- Attended ASIAN SHOTGUN Championship at DOHA, 2012.
- Asian SHOTGUN Championship, JAN, 2012, DOHA.
- ISSF SHOTGUN WORLD CUP, MAR 2012, TUCSON, USA.
- ISSF SHOTGUN WORLD CUP, APR 2012, GBR, LONDON.
- ISSF SHOTGUN WORLD CUP, MAY 2012, ITALY.
- National RIFLE/PISTOL Camp, JUNE 2012, PUNE.
- PRE OLYMPIC TRAINING, SHOOTING TEAM, JULY, 2012, HANNOVER, GERMANY.
- Asian Shotgun Championship, Nov-Dec, 2012, PATIALA.
- National Senior Shotgun Camp, Jan, 2013, Patiala.
- National Senior Rifle & Pistol Camp, July (1-12)2014, DELHI.
- National Junior Rifle & Pistol Camp, July (16-30) 2014, DELHI.
- National Senior Rifle & Pistol Camp, AUGUST, 2014, DELHI.
- National Junior Rifle & Pistol Camp, April, 2015, DELHI.
- National Senior Rifle & Pistol Camp, 21 June-6 July, 2015, KERALA.
- National Senior Rifle & Pistol Camp, 20-29, July, 2015, DELHI.
- National Junior Rifle & Pistol Camp, August, 2015, DELHI.
- National Senior Rifle & Pistol Camp, 22 Aug-5 Sep, 2015, DELHI.
- 8TH Asian AIR GUN CHAMPIONSHIP, 11th Sep-1st Oct, 2015, Delhi
- 13th ASIAN SHOOTING CHAMPIONSHIP CAMP, 20th – 30th, OCT, 2015, DELHI.
- 13th ASIAN SHOOTING CHAMPIONSHIP, 1ST-12TH NOV, 2015, KUWAIT.
- National Shooting Camp, 16-24th Jan, 2016, DELHI.
- ASIA SHOOTING OLYMPIC QUALIFYING COMPETITION, 25thJan-3rd Feb, 2016, DELHI.
- ISSF World Cup Shooting Team, Thailand, 2016.
- ISSF World Cup Shooting Team, Rio, Brazil, 2016.
- ISSF World Cup Shooting Team, Germany, 2016
- ISSF World Cup Shooting Team, Baku, Europe, 2016.
- Olympic preparation, 2016.
- National Basketball, Canoeing, and Gymnastics Camps

Recent Assignments (2019-2025)

- Physio for National Camp National Kho-Kho Camp, Aug-Sep 2019, Delhi.
- Physio for South Asian Games with India Kho Kho Team, Nepal, 2019.
- Physio for National Kho Kho Camp preparing for Asians, Jan, 2020, Delhi.
- PROVIDED physio backup during EDPL, Cricket League held at Delhi, 2023 by Gautam Ghamahir.
- Badminton Tournaments – Delhi State & Masters Selection (2024-2025)
- Cancer Awareness & Rehabilitation Lecture (2025)
- Women's World Cup Kho-Kho Team Physio, January, 2025)
- Workshops & Recovery Programs for Coaches (2024)

- Conducted Physiotherapy and Psychological Training/workshop for Shooters in Thimpu, Bhutan (Invited by Bhutan Shooting Federation and approved by Bhutan Olympic Committee) w.e.f. 10.04.2025 to 15.04.2025.
 - Physiotherapist for Badminton Asia Para Badminton Championship, 2025 held w.e.f. 17th June, 2025 to 22nd June, 2025 at Nakhon Ratchasima, Thailand.
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Association with Bharat Heera Kendra

Dr. Vandana Tanwar has joined hands with Bharat Heera Kendra (BHK)—a visionary initiative dedicated to rural transformation through integrated development in the fields of Healthcare, Education, Entertainment & Retail Activities including sports, skill development, and entrepreneurship. Conceptualized as a multi-dimensional national mission, Bharat Heera Kendra aims to create empowered and self-reliant communities in villages and tier-2/tier-3 cities by offering accessible, affordable, and quality services through well-structured local centers.

Under this strategic collaboration, Dr. Tanwar will serve as the Chief Physiotherapy Advisor and Implementation Partner for establishing and operating state-of-the-art physiotherapy and rehabilitation units at Bharat Ayushman Kendra under Bharat Heera Kendra. These centers will provide evidence-based, community-focused physiotherapy services for orthopedic conditions, sports injuries, neurological rehabilitation, and geriatric care, with a special emphasis on preventive health, mobility improvement, and post-surgical recovery.

This partnership is aimed at decentralizing quality physiotherapy care and ensuring that rural and semi-urban populations have access to world-class rehabilitation services without the need to travel to metropolitan cities. It reflects Dr. Tanwar's unwavering commitment to national service, equitable healthcare delivery, and grassroots empowerment.

Education & Certifications

- Master of Physiotherapy (Sports Medicine) – Chaudhary Charan Singh University
 - Bachelor of Physiotherapy (B.P.T) – Janardan Rai Vidhyapeeth Deemed University, Udaipur
 - Fellowship in Sports Injury – Medvarsity, Apollo Group of Hospitals, New Delhi
 - Certified in Kinesio taping skill essential in Sports Injury Management.,
 - Certified for DRY NEEDLING THERAPY, Vimhans Hospital, Delhi.
 - Certified Neurodynamics by Michael Shaklock, Australia.
 - Life Member:
 - All India Association of Physiotherapists (A.I.A.P)
 - India Podiatry Association (Coordinator, Delhi-NCR)
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Key Skills

- Sports injury management and rehabilitation

- Functional movement screening and gait analysis
- Kinesiotaping and dry needling therapy
- Performance training and recovery methods
- Diabetic foot care and podiatry rehabilitation

Conferences & Seminars

- Presented at national and international conferences on sports medicine, spine care, and diabetic foot rehabilitation.
- Guest speaker at schools and institutions for health and wellness awareness programs.
- All India Association of Physiotherapy Conference
- Sports MedCon - Sports Medicine Conference, Delhi
- Spinal Care & Stroke Rehabilitation Conferences
- Podiatry & Diabetic Foot Care Training (RCI & ISPO-India)
- Webinar on coach development organize by LJSM University, Gujarat.
- Wellness Workshops (Punjab National Bank, Delhi, GD Goenka School, Khaitan Public School, Ghaziabad and Ryan School.

Webinar & Lecture Links – Dr. Vandana Tanwar

S. No.	Topic & Organiser	YouTube Link
1	Sports Science Webinar – Organised by Sports Authority of India	Watch
2	Sports Injuries & Prevention – Organised by Sports Authority of India, NSEC Kolkata	Watch
3	Ways to Prevent Sports Injuries in Table Tennis – Athlete Coaching & Education Program, SAI NSEC Kolkata	Watch
4	Sports Injuries and Prevention in Table Tennis – E-Pathshala, Khelo India, Table Tennis Federation of India & SAI	Watch
5	Injuries & Prevention in Gymnastics – Organised by Gymnastics Federation of India under SAI	Watch
6	Webinar for Bihar State Sports Authority	Watch
7	Webinar for Kho-Kho – Organised by Delhi Kho-Kho Association & Kho-Kho Federation of India under SAI	Watch
8	Injuries & Prevention in Table Tennis – Organised by Gujarat State Table Tennis Association	Watch
9	Injuries in Cricket and Their Prevention – Dr. Vandana Tanwar	Watch

Podcast Appearances – Dr. Vandana Tanwar

S. No.	Title	Platform	Link
1	Sports Physiotherapy in India: Insights from a Top Physiotherapist	Sportswalla	Watch
2	Injury to Victory: Sports Physiotherapy Insights	NoctaView	Watch
3	From Injury to Recovery / “फिजियोथेरेपी से पाएँ नई ज़िंदगी”	Glam Guide TV	Watch

Notable Assignments

- **2010 Commonwealth Games:** Physiotherapist for Indian Table Tennis Team.
- **Olympic Preparations:** Physiotherapist for Indian Shooting, Hockey, and Gymnastics teams for 2012 and 2016 Olympics.
- **Asian Shooting Championships:** Physiotherapist for Indian Shooting Team at Doha (2012) and Kuwait (2015).
- **Kho Kho National & International Camps:** Team Physiotherapist for Asian Championships and World Cup.

Personal Skills

- Optimistic, hardworking, and determined.
- Strong leadership and team management abilities.
- Proficient in computer skills and acupressure therapy.

Awards & Recognitions

- Featured in **Lifestyle Magazine (2024)** for excellence in sports rehabilitation
- **Best Sports Physio of Delhi (2012)** – Times Research Media.
- **2nd Prize** – Inter-Collegiate Poster Presentation Competition, University of Delhi (2003).
- **Medal for Innovation** – State Science Exhibition (1999) for the model “Modified Carburettor.”

Extra-Curricular Activities

- Chief Guest at youth marathons and sports events.
 - Active participation in community health awareness programs.
 - Guest speaker at schools and universities for wellness workshops.
 - Chief Guest at GD GOENKA SCHOOL for youth marathon, Ghaziabad, U.P.
 - Guest in Junior Badminton Championship, U.P
 - Guest in Net Ball Game, Ghaziabad organized by HRIT University, U.P.
 - Honoured by Khelo India Dil Se, Badminton Tournament held at Prometheus School, Noida, 2024.
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