

Dr. Devika Nagdev (PT)

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CAREER OBJECTIVE

Dedicated Physiotherapist specializing in sports physiotherapy, with a strong focus on injury rehabilitation, prevention, and performance enhancement. Skilled in developing personalized treatment plans for athletes, utilizing evidence-based techniques to promote recovery and enhance performance

Education

Post Graduation (MPT SPORTS)

Manav Rachna International Institute of Research and Studies, Faridabad (2024-2026)

Graduation (*Bachelors of physiotherapy*)

Manav Rachna International Institute of Research and Studies, Faridabad (2018-2022)

SGPA 7.35 and consistent scholar in all semesters

Senior Secondary (12th Std)

Summer Fields School , New Delhi

2018 | 83.8 %

Secondary (10th Std)

Summer Fields School , New Delhi

2016 | 86 %

TRAINING & CERTIFICATIONS

- Certified Manual Therapist (COMT)
- International certification in Kinesiology taping (CKTP)
- International certification in Dry Needling (CDNP)
- International certification in Cupping Therapy (CCTP)
- Workshop on Osteopathy

PROFESSIONAL EXPERIENCE

- Currently working as a sports physiotherapist in Gurgaon Youth League (Football)
- Worked as a sports physiotherapist at Grandprix Delhi Paralympics (2026)
- Worked as a Sports Physiotherapist for Ajmal FC club in Senior Division League (men)
- Physiotherapist at Delhi 2025 World Para Athletics Championships
- Worked as a sports physiotherapist for CITY FC club in Women Premier league (football)
- Worked as a sports physiotherapist for CITY FC in Senior Division League (men)
- Worked as a Sports Physiotherapist in Delhi Premier League (Football)
- Physiotherapist at Interclub tournament , MMA competition by Knockout Fight Club
- Volunteer Physiotherapist at Special Olympics

- Volunteer Physiotherapist at FISU'24(Shooting)
- Physiotherapist at Panchila park charitable Dispensary (May'23 - July'24)
- Physiotherapist at Satyam Healthcare clinic, Lajpat Nagar (October'21 - July'24)
- Physiotherapy Intern at Fortis Escorts Hospital, Okhla Road , New Delhi (September 2022-March -2023)

SKILLS

Technical: Dry needling, Manual Therapy, Orthopedic Rehabilitation, Taping, Cardiopulmonary Rehabilitation, Cupping Therapy , Assesment and Diagnosis **Soft Skills:** Communication, Critical Thinking, Team Collaboration, Attention to Detail

RESEARCH

Research on Comparison between shoulder flexibility and stability in different groups of gym goers -beginners , intermediate and advance level
(During BPT)

EXTRA CURRICULAR ACTIVITIES

- Awarded the best poster award for poster presentation at National conference on Advances , clinical diagnostics and Translational medicine , Jamia Milia Islamia (2026)
- Paper presentation entitled "Musculoskeletal Pain and related problems in Shooting Sport Athletes : A Systematic Review " at Samaveshan Conference (2026)
- Attended International Conference on Antidoping
- Attended Conference on Women Issues in Sports, at SAI Rohtak

LANGUAGES

English, Hindi

INTERESTS

Playing Badminton, Swimming