

CURRICULUM VITAE



PERSONAL DATA:

- **NAME:** AVEEK NANDY
- **DATE OF BIRTH:** 16th JANUARY 1998
- **GENDER:** MALE
- **AGE:** 28 Y
- **BLOOD GROUP:** O+
- **PRESENT ADDRESS:** 72, SAHAGANJ MAIN ROAD, NANDI BARI PO: SAHAGANJ DIST-HOOGHLY STATE-WEST BENGAL PIN- 712104
- **LANGUAGE SKILLS:** BENGALI, ENGLISH, HINDI
- **CONTACT NUMBER:** 9874705496
- **EMAIL:** aveeknandy3@gmail.com
- **FATHER'S NAME:** MR. SAURAV NANDY
- **MOTHER'S NAME:** MRS. SRABANI NANDY
- **MARITAL STATUS:** MARRIED
- **MOTHER TONGUE:** BENGALI
- **CAST:** GENERAL
- **RELIGION:** HINDU
- **NATIONALITY:** INDIAN

PERSONAL STRENGTHS:

DEDICATED, DISCIPLINED, DETERMINED, HARD WORKING AND SELF CONFIDENT

CAPABILITIES:

- TO COMMUNICATE WITH DIFFERENT TYPES OF PEOPLE.
- WORKAHOLIC AND AMBITIOUS.

 ACADEMIC DATA:

<u>NAME OF EXAMS/ DEGREE</u>	<u>NAME OF INSTITUTE</u>	<u>NAME OF BOARD</u>	<u>YEAR OF PASSING</u>	<u>PERCENTAGE</u>
SECONDARY	BANDEL ST. JOHN'S HIGH SCHOOL	W.B.B.S. E	2013	76.7%
HIGHER SECONDARY	BANDEL ST. JOHN'S HIGH SCHOOL	W.B.C.H.S. E	2015	73%
BACHELORS OF PHYSIOTHERAPY	BURDWAN INSTITUTE OF MEDICAL AND LIFE SCIENCES	WEST BENGAL UNIVERSITY OF HEALTH	2021 (2016-2021)	61%
MASTERS OF PHYSIOTHERAPY	JAIPUR PHYSIOTHERAPY COLLEGE	MAHARAJA VINAYAK GLOBAL UNIVERSITY	2025 (2023-2025)	67.7%

 INTERNSHIP:

WORKED AS AN INTERNEE AT BURDWAN MEDICAL COLLEGE AND
HOSPITAL AND BURDWAN INSTITUTE OF MEDICAL AND LIFE
SCIENCES.

DURATION: 24.10.21 TO 23.03.22 (6 MONTHS)

 CLINICAL SKILLS:

- ASSESSMENT, DIAGNOSIS AND TREATMENT
- SPORTS RELATED INJURY AND ITS MANAGERMENTS
- CARDIOPULMONARY REHABILITATION
- NEUROLOGICAL REHABILITATION
- POSTOPERATIVE REHABILITATION
- TRAUMA CARE
- EMERGENCY LIFE CARE
- OSTEOPATHIC CORRECTIONS

 CME ATTEND:

- BASICS OF DRY NEEDLING, FIT O FINE, INDIA.

- DRY NEEDLING SPINE MANEUVER, PHYSILIFE, INDIA.
- SPINAL CORD INJURY REHABILITATION (KOLKATA).
- LEVEL1 ADVANCE BIOMECHANICAL CORRECTIONS BY
OSTEOPATHY AND MANIPULATIVE THERAPY FOCUSED ON
PELVIS THORACOLUMBER SPINE



CLINICAL EXPERIENCE:

- TWO YEARS OF PRIVATE CLINICAL PRACTICE.
- SERVED AS AN INDIVIDUAL PRACTITIONER TO A NON-GOVERNMENTAL ORGANISATION - S N NAG MEMORIAL FOUNDATION FOR 6 MONTHS.
- WORKED AS AN TEAM PHYSIO AT HOOGHLY DISTRICT SPORTS ACADEMY (FOOTBALL) FOR FOUR MONTHS.
- ATTACHED WITH THE TEAM AROSE UNITED AS A SPORTS PHYSIO SINCE 2022.
- WORKED WITH APOLLO HOME CARE DIVISION FROM MARCH 25.



ACADEMIC EXPERIENCE:

- ASSISTANT PROFESSOR AT SWAMI VIVEKANANDA UNIVERSITY FROM JANUARY 2026 TO PRESENT.



PUBLICATIONS:

- **JOURNAL PUBLICATION (SCOPUS-INDEXED)**

1. **Dr. Aweek Nandy (PT)**, Dr. Sourav Mitra (PT), Dr. Paramita Biswas (PT), Dr. Abhas Pratyush (PT), Dr. Saptarshi Mondal (PT), & Dr. Samarth Gupta (PT). (2026). Effect of Sleep Quality on Sports Injury Recovery Rate in Athletes: A Prospective Cohort Study. *PAIN, JOINTS, SPINE*, 16(7S), 835–848.
<https://doi.org/10.1922/pjs.16.7S.2026.1079>

- **JOURNAL PUBLICATION (PEER REVIEW)**

1. **Aweek Nandy**, Abhas Pratyush. Integrated Rehabilitation and Neuromuscular Control Training for a Professional Sprinter Following Recurrent Grade II Biceps Femoris Strain: A Case Study. *Int J Multidiscip Trends* 2026;8(4S):25-29.
DOI: [10.22271/multi.2026.v8.i4a.991](https://doi.org/10.22271/multi.2026.v8.i4a.991)
2. Pratyush A, **Nandy A**, Roy K. FROM REACTIVE REHABILITATION TO PROACTIVE DEVELOPMENT: A CLINICAL REVIEW OF NEUROMUSCULAR RESISTANCE TRAINING IN YOUTH ATHLETES. *Indian Journal of Physical Therapy*. 2026 April - June; 7(2): 339 - 346. <https://doi.org/10.63299/ijopt.07021ab11>

3. **Dr. Aveek Nandy**; Dr. Paramita Biswas; Dr. Sourav Mitra. “The Integration of Scapular Dyskinesis Correction and Multimodal Management in a Patient with Chronic Rotator Cuff Related Shoulder Pain: A Case Study.” (ICVDRS- 2026), International Journal of Innovative Science and Research Technology (IJISRT), 73-76, <https://doi.org/10.38124/ijisrt/26jun1601>

- **BOOKCHAPTER PUBLICATION**

1. Dr. Aveek Nandy. REGENERATIVE REHABILITATION IN SPORTS MEDICINE, *Academic Synergy: A Multidisciplinary Research Outlook* ISBN NO: - 978-81-999601-7-6, DATE: - MARCH,2026

 CAREER OBJECTIVES:

TO CONTINUOUSLY ENHANCE MY KNOWLEDGE, SKILLS AND EXPERIENCE BY GETTING INVOLVED IN CHALLENGING WORK AND UTILIZE THEM FOR PERSONAL AND ORGANIZATIONAL GROWTH TO THE BEST OF MY ABILITY.

 DECLARATION:

I, AVEEK NANDY DECLARE THAT THE ABOVE-MENTIONED INFORMATION FURNISHED BY ME IS TRUE AND CORRECT TO THE BEST OF MY KNOWLEDGE AND BELIEF.

DATE:

PLACE: HOOGHLY, WEST BENGAL, INDIA

