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Dr. Tarushi Tanwar is an Assistant Professor in the Department of Physiotherapy at the Regional Institute of Paramedical and Nursing Sciences (RIPANS), Aizawl. Prior to joining RIPANS, she served as an Assistant Professor at Kasturba Medical College, Mangalore, Manipal Academy of Higher Education (MAHE), where she was actively involved in teaching, clinical practice, and research.

She completed her PhD from Jamia Millia Islamia (a Central University), New Delhi, with research focusing on the relationship between sleep quality and physical health among young adults. Her research interests include sleep health, musculoskeletal rehabilitation, exercise-based interventions, stress management, postural control, cortisol regulation, mindfulness-based approaches, and evidence-based non-pharmacological strategies for improving health and functional outcomes.

Dr. Tanwar is a Gold Medalist in both the Bachelor of Physiotherapy (BPT) and Master of Physiotherapy (MPT) programs. She has qualified the UGC-NET examination and is a recipient of the UGC Junior Research Fellowship (JRF) and Senior Research Fellowship (SRF). She has also been honoured with the Best Young Researcher Award in Physiotherapy by the IAREA.

She has authored more than 35 peer-reviewed research publications in reputed national and international journals, including Q1-indexed journals, and has presented her work at several national and international conferences, including those organized by AIIMS New Delhi (INCPT), the Asian Sleep Research Society, and the European Sleep Research Society.

Dr. Tanwar is committed to excellence in teaching, clinical practice, and research, with a particular emphasis on translating scientific evidence into practical, patient-centered rehabilitation and lifestyle interventions that promote long-term health and well-being.