

CURRICULAM VITAE

Dr. KRITTIKA PAL (PT)

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PROFESSIONAL OUTLINE:

- Working as **Teaching Assistant** of **Physiotherapy Department** under the School of Allied Health Sciences, Swami Vivekananda University, Barrackpore since 2nd Jan, 2026 – till date.
- Worked as **Teaching Associate** at Nopany Institute of Healthcare Studies, Kolkata from 1st Jan 2025 to 30th October, 2025.
- Worked as Junior Physiotherapist at Anurupa IPMR, Kalighat, Kolkata from 5th April 2023 to 15th January 2024.

SKILL:

- Teaching related job, Question paper moderation, Examination related work & Student mentoring etc.
- Patient Management
- Learned various Manual Therapy & Neurological approaches etc.
- Able to perform basic computer work, Microsoft Office etc.

GRADUATION DETAILS:

- **COLLEGE:** National Institute for Locomotor Disabilities, Divyanjan (NILD)

DEGREE	UNIVERSITY	YEAR OF PASSING	RESULT (%)	ACHIEVEMENTS
BACHELOR OF PHYSIOTHERAPY (BPT)	THE WEST BENGAL UNIVERSITY OF HEALTH SCIENCES (WBUHS)	2017	69%	Distinction in Neurology and Neurosurgery in 3 rd Year and PT in Surgery in 4 th Year.

INTERNSHIP AND POSTINGS DETAILS:

INTERNSHIP DURING BPT	DURATION	POSTINGS DURING MPT	DURATION
National Institute for Locomotor Disabilities (DIVYANGJAN), Kolkata	18 weeks	Belle Vue Clinic	4 weeks
B.M. Birla Heart Research Centre	2 weeks	ESI Hospital, Sealdah	4 weeks
The Leprosy Mission Premananda Memorial Hospital	2 weeks	Chittaranjan National Cancer Institute	4 weeks
Park Clinic	2 weeks	Dr. B.C.Roy Post Graduate Institution of Paediatric Sciences, Phoolbagan	4 weeks
		Woodlands Multispeciality Hospital	4 weeks

POST- GRADUATION DETAILS:

COLLEGE: Nopany Institute for Healthcare Studies

DEGREE	UNIVERSITY	SPECIALIZATION	YEAR OF PASSING	RESULT (%)
MASTER OF PHYSIOTHERAPY (MPT)	THE WEST BENGAL UNIVERSITY OF HEALTH SCIENCES (WBUHS)	NEUROLOGY	2025	76.4%

ISSN & ISBN PUBLICATIONS:

1. **Pal K**, Pradhan A, Kaushik N. Effects of Brain Gym® Exercises on Cognitive Function in Patients with Parkinson's Disease: A Case Series. *Journal of Clinical & Diagnostic Research*. 2025 Jul 2;19.
2. **Pal K**, Pradhan A, Kaushik N. Abstract No: 368 Effects of Brain Gym Exercises on Cognitive Function in a Patient with Parkinson’s Disease: A Case Study. *Journal of Society of Indian Physiotherapists*. 2025 Jan 1;9(1):118-9.
3. **Pal K**, Tithi SJ. Effects of computer-based games on cognitive function in older adults: a narrative review. *Int J Multidiscip Trends*. 2026;8(4):30-35. doi:10.22271/multi.2026.v8.i4a.992
4. Tithi SJ, **Pal K**. Combined neuromodulation and physical therapy interventions to enhance neurorehabilitation in stroke: a narrative review. *Int J Multidiscip Trends*. 2026;8(4):36-40. doi:10.22271/multi.2026.v8.i4a.993
5. **Pal K**. Amplitude-based training in Parkinson’s disease: principles and clinical application. In: *Academic synergy: a multidisciplinary research outlook*. 2026; ISBN: 978-81-999601-7-6.
6. Bhattacharyya S, **Pal K**. Exercise-induced hypoalgesia-oriented rehabilitation in fibromyalgia: an expanded case report. *Int J Multidiscip Trends*. 2026.
7. **Pal K**. Physiotherapy interventions in depression: Bridging physical and mental health. In: *Research Synergy: Multidisciplinary Approaches to Innovation and Development (Science and Engineering)*. Kanyakumari, India: Multi Spectrum Publications; 2026. ISBN: 978-81-685355-1-0.

8. **Pal K.** Physiotherapeutic rehabilitation following ulnar nerve grafting in post-traumatic benediction (claw) hand: A case report. *Indian Journal of Physical Therapy*. 2026;7(2):347-353. doi:10.63299/ijopt.07021ab12.
9. **Pal K, Patro S.** Effect of structured physiotherapy intervention on pain and function in an adolescent with bilateral Osgood–Schlatter disease: A case study. *Int J Innov Sci Res Technol*. 2026;11(Special Issue: ICVDRS-2026):33-39. doi:10.38124/ijisrt/26jun1591.

PRESENTATIONS:

- Poster presented at the 7th SIPCON in 2024
- Paper presented at the International HEALTHCON 2025
- Paper presented at the 3rd SBV CONCLAVE 2025
- Poster presented at the 59th IAPCON in 2022

ADDITIONAL EDUCATIONAL QUALIFICATIONS:

- CPD(UK) Certified "Dry Needling" Workshop (28 hours)
- CPD(UK) Certified "Integrated Taping" Workshop (21 hours)
- Physiomax Organisation Certified "CMFRP Level I" Workshop (14 hours)
- Vestibular Rehabilitation by Mobility Physiotherapy & Rehabilitation (16 hours)
- Brain Gym® 26 movements (BG 104) (16 hours)
- CRE Hands-On Workshop on NDT/Bobath Approach (16 hours)
- Workshop on Electrotherapy Innovations: Advanced Clinical Applications, by SVU & Devizee Support Services – VISSCO Johari (8 hours)
- Workshop on Electrotherapy Innovations: Advanced Clinical Applications, by SVU & Matarani Surgical (8 hours)

AWARD:

- Received "Daulat Dastoor Travel Grant" for Poster Presentation at the 7th SIPCON in 2024.

Place: Barrackpore

Kritika Pal

Signature