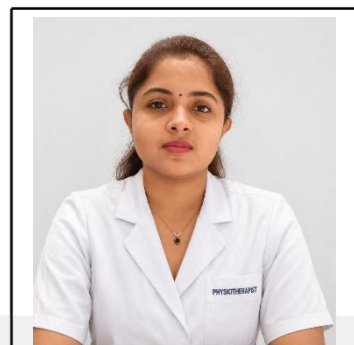


SHELINA JAHAN TITHI, Physiotherapist

PRESENT ADDRESS:

Vill- Tola, P.O - Baidyapur, P.S- Kalna,
Dist- Purba Bardhaman
West Bengal
Pin- 713122



PERSONAL INFORMATION

DATE OF BIRTH	13/11/1997	GENDER	Female
CONTACT NO.	+91-9382364697	EMAIL ID	shelinavoice1997@gmail.com
NATIONALITY	INDIAN	MARITAL STATUS	Unmarried

Overview

Seeking a position as a teaching faculty member where I would have enough opportunities to utilise my knowledge and skills to the best of my abilities.

KEY COMPETENCIES

- *Good communication skills*
- *Curriculum development and lesson planning*
- *Adaptability and technology integration*

EDUCATION

DEGREE	SCHOOL / INSTITUTION	UNIVERSITY	YEAR OF PASS-OUT	PERCENTAGE
Masters in physiotherapy	Nopany Institute of Health Care Studies, Kolkata	West Bengal University of Health Sciences (WBUHS)	2025	81.8%
Bachelor in Physiotherapy	National Institute for Locomotor Disabilities (Divyangjan), Kolkata	West Bengal University of Health Sciences (WBUHS)	2023	70.8%
Higher Secondary	Guti Uday Chand Vidya Mandir	WBCHSE	2015	82.4%
Secondary	Samanta Nagar Asha Malina Balika Vidyalaya	WBBSE	2013	91.4%

INTERNSHIP

NAME OF THE HOSPITAL/ORGANIZATION	DESIGNATION	DURATION
NATIONAL INSTITUTE FOR LOCOMOTOR DISABILITY (Divyangjan), KOLKATA	PT INTERN	4 months 15 days
PARK CLINIC HOSPITAL, KOLKATA	PT INTERN	15 days
B M BIRLA HOSPITAL, KOLKATA	PT INTERN	15 days
LEPROSY MISSION, KOLKATA	PT INTERN	15 days

Total Duration: 6 Months

JOB PROFILE:

Continuously seeking to improve teaching practices and manage time, materials, and maintain a positive and productive learning environment.

- **Clinical Experiences during MPT** – Woodlands Hospital, B C Roy Hospital, Chittaranjan National Cancer Hospital, ESI Hospital, SealDAH, Bellevue Hospital

Professional Enhancement

1. I worked as **Teaching associate** at **Nopany Institute of Healthcare Studies, Kolkata**
2. I have attended the International Physiotherapy Conferences, **SIPCON-2024, and SIPCON-2025**
3. Gathered experience in workshops regarding the **Integrated soft tissue release technique using myofascial release (MFR) & muscle energy technique (MET)**.
4. I attended a workshop on **Neurodevelopmental Therapy (NDT)**, organised by NILD, Kolkata.
5. I attended a Hands-on Vestibular Rehabilitation Workshop on **Vestibular training in assessment & treatment strategies**.
6. I participated in **Sports Injury Rehabilitation**, organised by the Institute of Neurosciences, Kolkata.
7. I **presented my research paper** at International Conferences like **SIPCON-2025 AND HealthCon-2025** in the PG category.
8. I participated voluntarily and commendably in **free physiotherapy camps** organised by the Nopany Institute of Healthcare Studies, Kolkata.
9. I attended Workshops Electrotherapy innovations and advanced clinical applications, organised by JOHARI® medtech, at Swami Vivekananda University.
10. I attended Workshops Electrotherapy innovations and advanced clinical applications, organised by Matarani Surgical, at Swami Vivekananda University.

PUBLICATION

1. Shelina Jahan Tithi, Krittika Pal. Multidisciplinary Trends and Physical Therapy interventions to enhance neuromodulation in stroke: A narrative review. IJMT SP- 2026; 8(4): 36-40
2. Krittika Pal, Shelina Jahan Tithi. Effects of Computer-Based Games on Cognitive Function in Older Adults: A Narrative Review. IJMT SP- 2026; 8(4): 30-35
3. Shilpasree Saha, Shelina Jahan Tithi, Anwesh Pradhan. Efficacy of surface EMG guided biofeedback exercises in pain, ROM and functional limitation in patients with lumbar radiculopathy: quasi-experimental design. The Bioscan- 2026; 21(3): 185-190
4. Dr Shelina Jahan Tithi (PT). Effectiveness of mirror therapy on pain, functional disability, and neurological symptoms in patients with lumbar radiculopathy: a case series. IJOPT-2026;7(2): 299-305

5. Dr Shelina Jahan Tithi (PT). Effects of Virtual Reality–Assisted Physiotherapy on Motor Function and Balance in a Child with Spastic Cerebral Palsy: A Case Study. IJISRT-2026;11(6): 27-32

BOOK CHAPTER

1. Shelina Jahan Tithi. Motor Rehabilitation in Cerebral Palsy: Contemporary Perspectives. *Academic synergy: A multidisciplinary Research Outlook*, ISBN: 978-81-999601-7-6; 2026
2. Shelina Jahan Tithi. Neuroinflammation and Its Impact on Functional Recovery. *Research Synergy: Multidisciplinary Approaches to Innovation and Development (Science and Engineering)* ISBN: 978-81-685355-1-0; 2026

EXTRACURRICULAR ACTIVITIES

I have actively participated in college programs like sports, Saraswati Puja, College Fests, etc.

I have also organised many programs like World PT Day, World Disability Day, and coordinated cultural programmes.

Received certificates in the Poster competition and, Quiz Competition in college.

DECLARATION

I hereby confirm and certify that the particulars furnished above by me are correct and complete to the best of my knowledge and belief.

