



Dr. Sunayana Ghosh Dostider (PT)

DETAILS

ICHAPORE, 24PGS(N) WEST BENGAL, INDIA

Contact no.- 8240189378, Email- suna41053@gmail.com

PROFILE

Dedicated and skilled physiotherapy professional with a strong academic background, clinical expertise, and research orientation. Passionate about teaching, mentoring students, and advancing the field of physiotherapy through evidence-based practice and innovative research.

PROFESSIONAL DETAILS

- Working as an **Assistant Professor** at Department of Physiotherapy, **Swami Vivekananda University**, Barrackpore.

April 2024 - Till date.

- **Junior Physiotherapist** at **Apollo Multispeciality Hospital, Kolkata** (Worked at ICU and ITU setup of various departments like Orthopedics, Neurology, CTVS, Gastro and Oncology Unit for 10 months along with Physiotherapy OPD.)

May 2021— March 2022

EDUCATION

- **MASTER OF PHYSIOTHERAPY—ORTHOPEDICS**, NATIONAL INSTITUTE FOR LOCOMOTOR DISABILITIES (DIVANGJAN),

Bonhoogly, Kolkata

March 2022 — March 2024

Passed MPT-Orthopedics with 63.55% marks

- **BACHELOR OF PHYSIOTHERAPY**, NATIONAL INSTITUTE FOR LOCOMOTOR DISABILITIES (DIVYANGJAN), Bonhoogly, Kolkata

September 2015 — December 2020

Graduated with BPT along with 6 months compulsory Internship in the year 2020 with an aggregate percentage of 67.53%

- **HIGHER SECONDARY AND SECONDARY**, CBSE, KENDRIYA VIDYALAYA NO—2, ICHAPORE

Passed class 12 in the year 2015 with 76.6% and class 10 in the year 2013 with 87.4%

PATENT:04

1. A Patent on “MUSCLE HEALTH MONITORING WEARABLE DEVICE”, Patent no – 478764-001, Published on – 31/10/2025.
2. A Patent on “SMART SOCKS”. Patent No - 478942-001, Published on - 03/11/2025.
3. A Patent on “POSTURE CORRECTION SUGGESTING MIRROR”. Patent No - 478760-001, Published on - 31/10/2025.
4. A Patent on “NEURAL SIGNATION MONITORING WEARABLE DEVICE”. Patent No - 478763-001, Published on - 31/10/2025.

PUBLICATION DETAILS-

Scopus Indexed Research Articles: 02

1. Saptarshi Mondal, **Sunayana Ghosh Dostider**, Sourav Mitra, Simran Kaushik, Paramita Biswas, Sanhita Bose, Swarup Ghosh. Synergistic effects of robotic-assisted gait training and virtual reality on balance, posture, and functional recovery in stroke survivors: A systematic review. *International Journal of Drug Delivery Technology*. IJDDT 2026; 16(35s): 574-591. <https://doi.org/10.25258/ijddt.16.35s.65>
2. Sourav Mitra, Satyen Bhattacharyya, Priyanka Das, **Sunayana Ghosh Dostider**, Swarup Ghosh, Sourangshu Bhattacharyya, Saptarshi Mondal. Enhancing trunk control in post stroke survivors: A study on PNF and core stability exercises. *International Journal of Drug Delivery Technology*. IJDDT 2026; 16(47s): 848-856. <https://doi.org/10.25258/ijddt.16.47s.108>

Peer Reviewed Research Articles: 11

1. **Sunayana Ghosh Dostider**. Balance rehabilitation treatment in patients with parkinson's disease: A randomized controlled pilot study. *International Journal of Advance Academic Studies*. IJAAS 2025; 7(1): 103-105. <https://doi.org/10.33545/27068919.2025.v7.i1b.1339>.
2. **Sunayana Ghosh Dostider**. Pilates beyond fitness: Efficacy in chronic low back pain-A single-case perspective. *International Journal of Applied Research*. IJAR 2024; 10(12): 254-256. <https://dx.doi.org/10.22271/allresearch.2024.v10.i12d.12239>
3. **Sunayana Ghosh Dostider**. Pulses of progress: Russian current therapy in managing knee osteoarthritis. *International Journal of Biology Sciences*. IJBS 2025; 7(1): 10-12. <https://dx.Doi.org/10.33545/26649926.2025.v7.i1a.264>
4. **Sunayana Ghosh Dostider**, Sourov Saha. A pilot study on effectiveness of Kinesio taping on foot pain at its worst and at morning in plantar fasciitis patients. *International Journal of Multidisciplinary Trends*. IJMT 2024; 6(12): 41-43. <https://doi.org/10.22271/multi.2024.v6.i12a.534>
5. Sourav Mitra, **Sunayana Ghosh Dostider**. Role of Neuroplasticity based Physiotherapy Intervention in Stroke Rehabilitation: A Narrative Review. *International Journal of Multidisciplinary Trends* SP-2026; 8(4): 76-82. DOI: <https://www.doi.org/10.22271/multi.2026.v8.i4a.1000>
6. **Sunayana Ghosh Dostider**, Sourav Mitra. Impact of Posture Correction Programs on Work-Related Musculoskeletal Disorders: A Systematic Review. *International Journal of Multidisciplinary Trends* SP-2026; 8(4): 41-48. DOI: <https://www.doi.org/10.22271/multi.2026.v8.i4a.994>
7. **Sunayana Ghosh Dostider**, Swarup Ghosh, Sourav Mitra. Comparative Effectiveness of Cryotherapy and Contrast Bath in Sports Recovery: A Literature Review. *International Journal of Innovative Science and Research Technology*. IJSRT 2026; (ICVDRS-2026): 12-20.

<https://doi.org/10.38124/ijisrt/26jun1588>.

8. Sourav Mitra, Saptarshi Mondal, **Sunayana Ghosh Dostider**, Paramita Biswas. Functional Mobility Outcomes Following Task-Oriented Gait Training in a Chronic Stroke Survivor: A Single-Case Study. *International Journal of Innovative Science and Research Technology*. IJISRT 2026; (ICVDRS–2026): 21-26. <https://doi.org/10.38124/ijisrt/26jun1589>.
9. Swarup Ghosh, **Sunayana Ghosh Dostider**, Sourangshu Bhattacharyya, Chayan Rajbanshi. Efficacy of Postero-Superior Fibular Glide in the Management of Acute Ankle Sprain: A Case Report. *International Journal of Innovative Science and Research Technology*. IJISRT 2026; (ICVDRS–2026): 68-72. <https://doi.org/10.38124/ijisrt/26jun1599>.
10. **Sunayana Ghosh Dostider**, Paramita Biswas. Exercise Therapy in Polycystic Ovarian Syndrome (PCOS): A Narrative Review. *International Journal of Orthopaedics and Physiotherapy Techniques*. IJOPT 2026; 7(2): 354-360. <https://doi.org/10.63299/ijopt.07021ab13>.
11. Paramita Biswas, **Sunayana Ghosh Dostider**, Swarup Ghosh. Effect of Dynamic Neuromuscular Stabilization Combined with Postural Re-education in a Patient with Mechanical Low Back Pain: A Case Study. *International Journal of Orthopaedics and Physiotherapy Techniques*. IJOPT 2026; 7(2): 256-263. <https://doi.org/10.63299/ijopt.07021ab1>.

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1. A copyright on "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR SHOULDER PAIN", Diary No - LD-20250179736. Published on - 14/09/2025.
2. A copyright on titled "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR NECK PAIN", Diary No LD-20250178932. Published on - 13/09/2025.
3. A copyright on "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR KNEE PAIN", Diary No - LD-20260180810. Published on - 14/09/2025.
4. A copyright on titled "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR FOOT PAIN", Diary No - LD-20250177560. Published on - 13/09/2025.
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6. A copyright on "ADVANCED PHYSIOTHERAPY PROTOCOL FOR PATIENT WITH BELL'S PALSY", Diary No - LD-20250178927. Published on - 12/09/2025.
7. A copyright on "MODIFIED CERVICOGENIC HEADACHE QUESTIONNAIRE (M-MCGHQ)", Diary No - LD-20260189450. Published on - 01/03/2026.

Book Chapters: 16

1. **Dr. Sunayana Ghosh Dostider (PT)**, Dr. Raima Halder (PT). The Modern Posture Problem: Breaking Down Upper Cross and Lower Cross Syndrome. *Contemporary Perspectives in Physiotherapy: Evidence-Based Rehabilitation Across Diverse Clinical Domains*. Vol. 1, pp: 18-28, 2026. ISBN: 978-81-995321-9-9.
2. **Dr. Sunayana Ghosh Dostider (PT)**, Dr. Nurjan Islam (PT). Brittle but Brave: Understanding and Managing Osteogenesis Imperfecta. *Contemporary Perspectives in Physiotherapy: Evidence-Based Rehabilitation Across Diverse*

Clinical Domains. Vol. 1, pp: 91-97, 2026. ISBN: 978-81-995321-9-9.

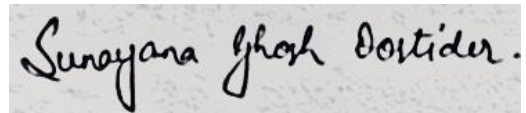
3. **Dr. Sunayana Ghosh Dostider (PT)**, Ms. Anisha Yasmin, Mr. Gulam Shams Tabrej Azad. Cervical Myelopathy: Mechanisms, Clinical Assessment, and Multimodal Management Including Surgical Perspectives. *Research Synergy: Multidisciplinary Approaches to Innovation and Development* . Vol. 1, pp: 29-37, 2026. ISBN: 978-81-685355-4-1. DOI: 10.65647/msp/115/2026
4. **Sunayana Ghosh Dostider**. A Case Study on Effectiveness of Rigid Taping on Foot Pain in Plantar Fasciitis patient. *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 193-200, 2024. ISBN: 978-93-6135-742-8. <https://doi.org/10.22271/ed.book.3024>
5. **Sunayana Ghosh Dostider**. Balance Rehabilitation Treatment in A patient with Parkinson's Disease: A Case Study. *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 201-210, 2024. ISBN: 978-93-6135-742-8. <https://doi.org/10.22271/ed.book.3024>
6. **Sunayana Ghosh Dostider**. Effectiveness of Russian Current in Knee Osteoarthritis: A Case Study. *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 211-219, 2024. ISBN: 978-93-6135-742-8. <https://doi.org/10.22271/ed.book.3024>
7. **Sunayana Ghosh Dostider**. Physiotherapy Management in a Case of Muscular Dystrophy: A Case Study. *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 221-230, 2024. ISBN: 978-93-6135-742-8. <https://doi.org/10.22271/ed.book.3024>
8. **Sunayana Ghosh Dostider**. Efficacy of Pilates Exercises on Pain and Function in Chronic Low Back Pain Patient: A Case Study. *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 231-238, 2024. ISBN: 978-93-6135-742-8. <https://doi.org/10.22271/ed.book.3024>
9. **Sunayana Ghosh Dostider**. Neuromuscular Training in Post-Anterior Cruciate Ligament Reconstruction Rehabilitation. *Clinical and Research Insights in Allied Health Sciences*. Chyren Publications. Vol.1. pp: 30-35. 2025
10. **Sunayana Ghosh Dostider**. The Effectiveness Of Hydrotherapy In Orthopedic Rehabilitation. *Frontiers in Allied Health Research*. Vol.1. pp: 39-45. 2025. ISBN: 978-93-7143-229-0
11. **Sunayana Ghosh Dostider**. Post-Surgical Rehabilitation Strategies for Rotator Cuff Repair: A Systematic Review. *Research Horizons in Allied and Health Sciences*. Vol.1. pp: 59-66. 2025. ISBN: 978-93-5834-433-2. E-ISBN: 978-93-5834-498-1. <https://doi.org/10.62778/int.book.636>
12. **Sunayana Ghosh Dostider**. Effectiveness of Exercise Therapy in Managing Knee Osteoarthritis: A Systematic Review. *Foundations of Health Science Research: A Multidisciplinary Academic Collection*. Vol.1. pp: 59-66. 2025. ISBN: 978-93-7150-128-6. E-ISBN: 978-93-7150-833-9. <https://doi.org/10.22271/ed.book.3413>
13. **Sunayana Ghosh Dostider**. Multimodal Rehabilitation Strategies for Total Knee Arthroplasty: A Systematic Review. *Applied Research in Clinical Allied Sciences: A Fusion of Disciplines*. Vol.1. pp: 51-63. 2025. ISBN: 978-1-80433-890-2
14. **Sunayana Ghosh Dostider**. Rehabilitation Protocols for Achilles Tendon Rupture: Conservative Vs. Surgical Approaches. *Innovations in Allied Health: A Triad of Rehabilitation, Vision and Diagnostics*. Vol.1. pp: 43-56. 2025. ISBN: 978-93-6665-726-4
15. Dr. Sanhita Bose (PT), **Dr. Sunayana Ghosh Dostider (PT)**. Transitioning Physiotherapy Goals in Advanced Duchenne Muscular Dystrophy: A Case Study Perspective. *Innovations in Allied Health: A Triad of Rehabilitation, Vision and Diagnostics*. Vol.1. pp: 67-79. 2025. ISBN: 978-93-6665-726-4
16. **Dr. Sunayana Ghosh Dostider (PT)**. Elastic Strength Training: Redefining

Performance through Plyometrics. *Global Dimensions of Multidisciplinary Research and Innovation*. Vol.1. pp: 135-142. 2026. ISBN: 978-81-995443-6-9

CERTIFICATIONS

1. Certification in **Faculty Development Programme 2026** (NPTEL-AICTE, Govt. of India) for the course- **Sports Injuries of Knee Rehabilitation** (score- 93%)
2. Certification in **Faculty Development Programme 2025** (NPTEL-AICTE, Govt. of India) for the course- **Essentials of Sports Injury Prevention & Rehabilitation** (score- 95%)
3. Certification in **Faculty Development Programme 2025** (NPTEL-AICTE, Govt. of India) for the course- **Anti-Doping Awareness in Sports** (score- 88%)
4. Attended in International Conference on Healthcare Researches and Development (ICHRD-2025)
5. Attended in International Conference on Healthcare Researches and Technology (ICHRT-2024)
6. Certified in “**Chiropractic & Osteopathic Manipulation**” in Feb 2024.
7. Participated in National workshop on “**Quick fix in sports injuries on ground and Emerging trends in Knee Rehabilitation**” in Dec 2023.
8. Participated in 7th SIPCON in March 2023.
9. Certified in “**Kinesiotaping and Rigid Taping Technique**” in Dec 2019.

I hereby declare that all the information noted above is accurate to the best of my beliefs and I take full responsibility for the correctness of the information.



Sunayana Ghosh Dostider.

