

Dr.Saptarshi Mondal(PT)

Sports Physiotherapist, Assistant Professor(SVU, Kolkata), Chief Physiotherapist (Ray Of Hope)

Dedicated physiotherapist with a strong passion for research, and clinical excellence. Having a good communication skill and great passion for teaching.

Education

PhD Physiotherapy (Pursuing)

Galgotias University

2025

MPT

Master of Physiotherapy - SRMIST, CHENNAI

8.2 CGPA- First class with Distinction

2023-03

Bachelor Of Physiotherapy: BPT

NILD {WBUHS} - Kolkata, India

66.6%

2013-01 -

Higher Secondary

2015-01

Birati High School {WBCHSE} - Birati, Kolkata

73%

2007-01 -

Secondary

2013-01

Birati High School {WBBSE}

89%

Certifications

2025-04

BASIC LIFE SUPPORT

2025-03

MASTER COURSE IN SHOULDER AND KNEE

2025-02

Advanced on field sports physiotherapist

2024-02

Certified in Neurodynamic Solutions

2023-10

MASTER COURSE IN SPORTS MEDICINE

2022-06

ON GROUND SPORTS INJURY AND REHAB

2022-05

Manual Therapy- Knee, Shoulder, Spine



Contact

Address

Birati, KOLKATA, INDIA
700051

Phone

+91-7980015808

E-mail

saptarshi831@gmail.com

LinkedIn

<https://www.linkedin.com/in/saptarshi-mondal-05000>

Skills

- Problem Solving
- Analytics
- Leadership
- Team skills
- Writing
- Communication
- Interpersonal Skills

Interests

- On-field Sports
- Research
- Clinical Therapist

Certified In

- CDNT(Certified Dry Needling Therapist)CPD,UK
- CITP(Certified Integrated Taping Therapist)CPD,UK
- NDS(Neuro Dynamic Solutions)NDS,Australia

Work Experience

- Assistant Professor at Swami Vivekananda University
Since 01/08/25

SCOPUS PUBLICATIONS

- Synergistic Effects of Robotic-Assisted Gait Training and Virtual Reality on Balance, Posture, and Functional Recovery in Stroke Survivors: A Systematic Review
- Effect of Sleep Quality on Sports Injury Recovery Rate in Athletes: A Prospective Cohort Study
- Enhancing Trunk Control in Post Stroke Survivors: A Study on PNF and Core Stability Exercises
- Correlations Between Core Endurance and Sprint Acceleration in Recreational College Athletes: A Correlational Study

PATENTS

1. A Patent on “NEURAL SIGNATION MONITORING WEARABLE DEVICE” (Patent no – 478763-001) – published on January 08th, 2026
2. A Patent on “POSTURE CORRECTION SUGGESTING MIRROR” (Patent no – 478760-001) – published on January 13th, 2026
3. A Patent on “PATELLO-FEMORL JOINT STABILIZATION MODULAR DEVICE” (Patent no – 478766-001) – published on January 27th, 2026

- Planning
 - Organization
- Report preparation

Languages

- English
- Hindi
- Bengali
- Tamil

4. A Patent on "MUSCLE HEALTH MONITORING WEARABLE DEVICE" (Patent no – 478764-001) – published on February 17th, 2026
5. A Patent on "SMART RELAXER" (Patent no – 479070-001) – published on February 17th, 2026
6. A Patent on "SMART SOCKS" (Patent No- 478942-001) -Published on January 21st, 2026

ISSN & ISBN PUBLICATIONS

- **Manual Meets Digital: The Integrated Evolution of Physiotherapy Practice**
- **Return-to-Throw Management in Overhead Athletes**
- **Multidimensional Approach to Overtraining Syndrome in Athletes**
- **Anterior Cruciate Ligament (ACL) Injury: Diagnosis, Evidence-Based Management and Rehabilitation**
- **Scoping Review of Foot Disorders and Proximal Joint Pain: Evidence on the Foot–Knee–Hip–Spine Kinetic Chain**
- **Effectiveness of Endurance Exercise Training to Improve Economy of Movement in People with Parkinson Disease: A Case Report**
- **Functional Mobility Outcomes Following Task-Oriented Gait Training in a Chronic Stroke Survivor: A Single-Case Study**
- **Comparative Effectiveness of Proprioceptive Training Versus Conventional Exercise on Functional Outcomes After Lateral Ankle Sprain: A Systematic Review**
- **Efficacy of Manual Therapy and Exercise Interventions in Sacroiliac Joint Dysfunction: A Literature Review**
- **Effect of Short-Term Neural Mobilization on Sensory Symptoms and Function in Acute Lumbar Radiculopathy: A Pilot Study**
- **Scoping Review of Foot Disorders and Proximal Joint Pain: Evidence on the Foot–Knee–Hip–Spine Kinetic Chain**
- **Effectiveness of Functional Training with Patient Education in the Management of Chronic Bell's Palsy: A Case Study**

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1. A Copyright Work on "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR FOOT PAIN" (Diary no – LD-37105/2025-CO) – published on November 27th, 2025
2. A Copyright Work on "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR ELBOW PAIN" (Diary no – LD-37108/2025-CO) – published on December 22nd, 2025
3. A Copyright Work on "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR NECK PAIN" (Diary no – LD-37104/2025-CO) – published on December 22nd, 2025
4. A Copyright Work on "ADVANCED PHYSIOTHERAPY PROTOCOL FOR PATIENT WITH BELL'S PALSY" (Diary no – LD-36986/2025-CO) – published on December 22nd, 2025
5. A Copyright Work on "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR SHOULDER PAIN" (Diary no – LD-37180/2025-CO) – published on December 30th, 2025
6. A Copyright Work on "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR KNEE PAIN" (Diary no – LD-37109/2025-CO) – published on January 23rd, 2026

HOSPITAL INTERNSHIPS

- National Institute for Locomotor Disabilities
- Park Clinic, Kolkata
- BM Birla, Kolkata
- The Leprosy Mission : Premananda Hospital, Kolkata

On-Field Experience

SOUTHZONE BEACH VOLLEYBALL INTER UNIVERSITY

SRMIST(Student), Chennai, KOVALAM Beach

ALL INDIA INTER UNIVERSITY SWIMMING COMPETITION

SRMIST, Chennai

Sports Physiotherapist in MADRAS SUPER CUP

SRMIST(Student), Chennai, FC MADRAS

SOUTH ZONE INTER UNIVERSITY KABADDI COMPETITION

SRMIST(Student), Chennai

SOUTH ZONE INTERUNIVERSITY BADMINTON

SRMIST(Student), Chennai

Sports Physiotherapist in MADRAS ELITE CUP

SRMIST(Student), Chennai

70th STATE SENIOR BALL BANMINTON TOURNAMENT

SRM UNIVERSITY

THESIS WORK

- Impact of quality of sleep and depression on endurance performance among football players- An Observational Cross section study.
- The Impact of combined Therapies : Robot assisted gait training and VR on balance and gait abilities for stroke survivors.
- CORRELATION BETWEEN CORE-ENDURANCE AND SPRINT ACCLERATION IN RECREATIONAL COLLEGE ATHLETES- A CORRELATIONAL STUDY

Extra-Curricular Activities

Learned Singing and Painting in childhood.

CONFERENCES

- INDIAN ASSOCIATION OF PHYSIOTHERAPIST (2022)- National Conference

- INDIAN FEDERATION OF
NEUROREHABILITATION(2024)- National
Conference
- SRM International HAND CONCLAVE

Personal Information

- Date of Birth: 10/19/97
- Gender: Male
- Nationality: Indian
- Marital Status: Unmarried

Declaration

I hereby declare that the information provided above is true and correct to the best of my knowledge and belief. I take full responsibility for the accuracy of the particulars mentioned in this curriculum vitae.

Yours faithfully

Dr. Saptarshi Mondal (PT)

Date: 29/07/26