
PARAMITA BISWAS

Personal Details

Contact Number 7003199824

Address

Duttapukur, Chandrapur tarapukur par west

Bengal, 743248

Email

biswasparamita75@gmail.com

Extracurricular activity

Dancing

Trekking

Rock climbing

PERSONAL PROFILE STATEMENT:

Empathetic, responsible, and dedicated physiotherapist with a passion for patient care. Skilled in effective communication, multitasking, and delivering top-notch medical services. Highly organized and compassionate

WORK EXPERIENCES:

Working as assistant professor under school of allied Health sciences, Swami Vivekananda University barasat since **1st august 2025-present**

EDUCATION:

- **Master of Physiotherapy (Orthopaedics)** - Guru Nanak Dev University (2023–2025). CGPA: 7.97

- **Bachelor of Physiotherapy (2017–2023)** - National Institute for Locomotor Disabilities (Divyangjan), Kolkata (66.5%)

- **Higher Secondary (65%)** - Kashimpur High School, WBCHSE (2015)

- **Secondary (73%)** - Nebadhai Balika Vidyalaya, WBBSE (2013)

INTERSHIPS: (26-07-2022 to 10-02-2023)

1. Institute for Locomotor Disabilities (Divyangjan),

Kolkata

2. BM Birla Heart Hospital, Kolkata

3. The leprosy Mission: Premanand Memorial Leprosy Hospital

4. Park Clinic, Kolkata

SKILLS AND STRENGTHS:

- Good communication skills
 - Teamwork and leadership
 - Empathy and care
 - Discipline and sincerity
 - Kind and caring nature.
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PUBLICATIONS:

- **Paramita Biswas PT, Sanhita Bose PT.** Blood Flow Restriction Training Versus Traditional Resistance Exercise in Early Rehabilitation After Knee Injury: A Randomized Controlled Trial. Int J Multidisciplinary Trends 2026;8(4S):18-24. DOI: [10.22271/multi.2026.v8.i4a.990](https://doi.org/10.22271/multi.2026.v8.i4a.990)
- **Sanhita Bose and Paramita Biswas.** Optimizing Functional Independence in Rheumatoid Arthritis: An Evidence-Based Physiotherapy Approach targeting pain, Fatigue and joint Protection. DOI: <https://www.doi.org/10.22272/multi.2026.v8.i4a.988>
- **Dr. Paramita Biswas PT, Dr. Sunayana Ghosh Dostider PT & Dr. Swarup Ghosh PT.** Effect of Dynamic Neuromuscular Stabilization Combined with Postural Re-Education in a Patient with Mechanical Low Back Pain: A Case Study Indian Journal of Physical Therapy. DOI: <https://ijopt.co.in/archives/2026/7/2/1335>
- **Dr. Sunayana Ghosh Dostider PT & Dr. Paramita Biswas PT.** Exercise Therapy in Polycystic Ovarian Syndrome (PCOS): A Narrative Review. Indian Journal of Physical Therapy. DOI- <https://ijopt.co.in/archives/2026/7/2/1347>
- **Dr. Swarup Ghosh PT, Dr. Sourav Mitra PT & Dr. Paramita Biswas PT.** Combined Effect of Mulligan's Medial Rotation MWM With Traction and Posterior Capsular Stretching on Pain, Function, And Rom in Bicompartmental Tibiofemoral Osteoarthritis Knee: A Case Report. Indian Journal of Physical Therapy. DOI- <https://ijopt.co.in/archives/2026/7/2/1337>
- **Dr. Saptarshi Mondal PT, Dr. Sunayana Ghosh Dostider PT, Dr. Sourav Mitra PT, Dr. Paramita Biswas PT, Dr. Sanhita Bose PT & Dr. Swarup Ghosh PT.** 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. DOI- [10.25258/ijddt.16.35s.65](https://doi.org/10.25258/ijddt.16.35s.65)
- **Paramita Biswas, Sourav Mitra, Samarth Gupta,** Effectiveness of Multisensory Cueing Strategies on Gait Performance in Individuals with Parkinson's Disease: A Narrative Review. International Journal of Innovative Science and Research Technology. DOI- <https://doi.org/10.38124/ijisrt/26jun1594>

- **Sourav Mitra, Saptarshi Mondal, Sunayana Ghosh Dostider, Paramita Biswas.** Functional mobility Out comes following Task-oriented Gait training in chronic Stroke Survivor: A Single case study. ISSN No: -2456-2165
International Journal of Innovative Science and Research Technology. DOI-
<https://doi.org/10.38124/ijisrt/26jun1589>
- **Dr. Samarth Gupta; Dr. Abhas Pratyush; Dr. Paramita Biswas.** Implementation of Inspiratory Muscle Training (IMT) with Threshold Loading During Early Post-CABG Rehabilitation: An Evidence-Based Case Report. ISSN No: -2456-2165
International Journal of Innovative Science and Research Technology. DOI-
<https://doi.org/10.38124/ijisrt/26jun1598>
- **Dr. Aveek Nandy; Dr. Paramita Biswas; Dr. Sourav Mitra.** The Integration of Scapular Dyskinesis Correction and Multimodal Management in a Patient with Chronic Rotator Cuff Related Shoulder Pain: A Case Study. ISSN No: -2456-2165
International Journal of Innovative Science and Research Technology. DOI-
<https://doi.org/10.38124/ijisrt/26jun1601>
- **Dr. Aveek Nandy (PT), Dr. Sourav Mitra (PT), Dr. Paramita Biswas (PT), Dr. Abhas Pratyush (PT), Dr. Saptarshi Mondal (PT), Dr. Samarth Gupta (PT).** Effect of Sleep Quality on Sports Injury Recovery Rate in Athletes: A Prospective Cohort Study. Pain, joints, spine (Scopus Index Q3). ISSN:2224-1507 E-ISSN:2307-113

PATENTS:

- A Patent on “NEURAL IGNATION MONITORING WEARABLE DEVICE” (Patent no – 478763-001) – published on January 08th, 2026

BOOK CHAPTERS:

- Comprehensive Physiotherapy Management of Cervicogenic Headache: Integration of Cranial Base Release, Neural Mobilization, and Sensorimotor Re-education. Global Dimensions of Multidisciplinary Research and Innovation 2025. (ISBN-978-81-995443-6-9)
- Effectiveness of Targeted Physiotherapy Protocols on Pain, Function, and Hand Dexterity in Patients with Trigger Finger. Contemporary Perspectives in Physiotherapy: Evidence-Based Rehabilitation Across Diverse Clinical Domains 2026 (ISBN-978-81-995321-9-9)
- Physiotherapy Management of Lumbar Retrolisthesis: A Multimodal Approach for Segmental Stability Restoration. Contemporary Perspectives in Physiotherapy:

Evidence-Based Rehabilitation Across Diverse Clinical Domains 2026 (ISBN-978-81-995321-9-9)

- Comprehensive Advanced Physiotherapy in Ankylosing Spondylitis: Advancing Mobility, Clinical Outcomes, and Quality of Life. Academic Synergy: A Multidisciplinary Research Outlook 2026 (ISBN-978-81-999601-7-6) 10.65647/msp/108/2026.
- Spasmodic Torticollis: Clinical Presentation and Rehabilitation Strategies within a Multidisciplinary Framework. (ISBN- 978-81-995321-9-9)

COPYRIGHTS:

- A Copyright Work on “PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR FOOT PAIN” (Diary no – LD-37105/2025-CO) – published on November 27th, 2025
- A copy right Work on "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR SHOULDER PAIN"(Dairy no-LD-37180/2025-CO)- published on December 12th, 2025
- A Copyright Work on “PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR ELBOW PAIN” (Diary no – LD-37108/2025-CO) – published on December 22nd, 2025
- A Copyright Work on “PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR NECK PAIN” (Diary no – LD-37104/2025-CO) – published on December 22nd, 2025.
- A Copyright Work on “ADVANCED PHYSIOTHERAPY PROTOCOL WITH BELL’S PALSY” (Diary no – LD-36986/2025-CO) – published on December.
- A Copyright Work on "PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR KNEE PAIN"(Dairy no- LD-37109/2025-CO) – published on January 23rd, 2026
- A copy right work on “MODIFIED CERVICOGENIC HEADACHE QUESTIONNAIRE (M-MCGHQ)” (LD- 9280/2026-CO) – Published on June 9th, 2026

CERTIFICATIONS:

- CDNT (certified Dry Needling Therapist) CPD, UK

- CITP (certified Integrated Taping Therapist) CPD, UK
- Manual therapy for lumbo-pelvic complex
- Certificate for participating in discussion 'IMPROVING RESPIRATORY&PHYSICAL ENDURANCE POST COVID-19.'
- Certificate for participating in discussion on 'RECENT TRENDS IN SPINAL CORD INJURY REHABILITATION.' s
- Certificate for participating in discussion on 'NEUROMOTOR SCREENING IN NEONATES

CONFERENCES:

- Indian association of physiotherapist (2022)

THESIS WORK:

Title: Effects of cranial base release on neck pain, quality of sleep, quality of life in patients with cervicogenic headache – an experimental study.

Description: Explored the therapeutic effects of cranial base release technique on patients suffering from cervicogenic headache, emphasizing improvements in sleep quality and overall quality of life.

Institution: Guru Nanak Dev University.

Year: 2023-2025.

DECLARATION

I hereby declare that all the details furnished above are completely true to the best of my knowledge.

