

Dr. SOUMI DAS (PT)

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Objective

To get a chance to improve knowledge and skills as a physiotherapist and climb up the ladder of success along with taking my organization to heights of popularity and respect & seeking to leverage hands on experience to excel further in a physical therapy role.

Education

Course / Degree	School / University	Grade / Score	Year
SECONDARY	WBBSE	77.29%	2014
HIGHER SECONDARY	WBCHSE	82.40%	2016
BPT (4.6 Y)	BIMLS(WBUHS)	61%	2016-2022
MPT in NEUROLOGY (2 Y)	IPGME&R-SSKMH(WBUHS)	67%	2022-2024

Experience

INTERNSHIP

-
Underwent 6 months of rotational internship at BURDWAN MEDICAL COLLEGE & HOSPITAL at dept. of NEUROLOGY, ORTHOPAEDICS, SURGERY, PEDIATRICS, BURN UNIT, CARDIOLOGY, MEDICINE and Burdwan Institute of Medical and Life Sciences (PHYSIOTHERAPY Dept), Burdwan, West Bengal

WORKING EXPERIENCE

-
6 months of working experience at LIVGASTRO(Medical Clinic), KOLKATA

Assistant Professor

05/11/24 - 18/12/2025

East West Education Institute of Paramedical & Allied Health Sciences

Assistant Professor

02/01/2026 - Till date

Physiotherapy Department under School of Allied Health Sciences, Swami Vivekananda University, Barrackpore

Publications

Dr. Soumi Das (PT), Dr. Hriday Saha (PT). Effects Of The Proprioceptive Neuromuscular Facilitation Technique On Increasing Functional Activities In Patients After An Incomplete Spinal Cord Injury: A Case Report . Indian Journal Of Physical Therapy. 2026;7(2): 321-327
DOI: <https://doi.org/10.63299/ijopt 07021ab9>

Soumi Das, Saptarshi Mondal, Madhurima Saha. Effectiveness of Functional Training with Patient Education in the Management of Chronic Bell's Palsy: A Case Study. International Journal of Multidisciplinary Trends 2026;8(4): 63-69

DOI: <https://www.doi.org/10.22271/multi.2026.v8.i4a.998>

Dr. Soumi Das (PT), Dr. S. K. Samidul Islam (PT), Dr. Saptarshi Mondal (PT). Effectiveness of Endurance Exercise Training to Improve Economy of Movement in People with Parkinson Disease: A Case Report. International Journal of Innovative Science and Research Technology. 2026; 47-52

DOI: <https://doi.org/10.38124/ijisrt/26jun1595>

Madhurima Saha, **Soumi Das**. Low-Load, High-Impact: A Review of Blood Flow Restriction Training for Quadriceps Strengthening in Knee Osteoarthritis. International Journal of Multidisciplinary Trends 2026;8(4): 13-17

DOI: <https://www.doi.org/10.22271/multi.2026.v8.i4a.989>

Saptarshi Mondal, **Soumi Das**, Swarup Ghosh. Effect of Short-Term Neural Mobilization on Sensory Symptoms and Function in Acute Lumbar Radiculopathy: A Pilot Study. International Journal of Multidisciplinary Trends 2026;8(4): 49-56

DOI: <https://www.doi.org/10.22271/multi.2026.v8.i4a.996>

Dr. Saptarshi Mondal (PT), Dr. Sourav Mitra (PT), **Dr. Soumi Das (PT)**. Scoping Review of Foot Disorders and Proximal Joint Pain: Evidence on the Foot- Knee - Hip- Spine Kinetic Chain. International Journal of Innovative Science and Research Technology. 2026; 77-85

DOI: <https://doi.org/10.38124/ijisrt/26jul426>

Book Chapter

Dr. Soumi Das. From Neural Disruption to Functional Recovery: Advanced Physiotherapy in Bladder Rehabilitation. Multi Spectrum Publications 2026; ISBN: 978-81-999601-7-6

Dr. Soumi Das. Perceptual - Motor Dysfunction In Pediatric Neuro Developmental Disorders. Multi Spectrum Publications 2026; ISBN: 978-81-685355-1-0

Patent

Design Application Patent On Knee Flexion Deformity Correction Device Application
Number -471885-001
CBR Date- 31/08/2025

Projects

Attended WORKSHOP on "PILATES" (duration 16 hours) organized by ARFA, held in BURDWAN, WEST BENGAL

Attended the WORKSHOP on "CUPPING" (duration 7 hours) organized by JBCH HOSPITAL, held in KOLKATA, WEST BENGAL

Attended WORKSHOP on "THERAPEUTIC TAPING" (duration 14 hours) organized by FIT O FINE, held in KOLKATA, WEST BENGAL

Attended WORKSHOP on "DRY NEEDLING" (duration 14 hours) organized by PHYSILIFE, held in KOLKATA, WEST BENGAL

Attended WORKSHOP on "RESEARCH METHODOLOGY AND PROTOCOL WRITING" (duration 2 days) organized by IPGME&R SSKM HOSPITAL, held in KOLKATA, WEST BENGAL

Attended WORKSHOP on "CARDIO-PULMONARY REHABILITATION" (duration 2 days) organized by INSTITUTE OF NEUROSCIENCES KOLKATA, WEST BENGAL

Interests

Neurological & Pediatrics condition

Orthopedic condition

Manual Therapy & Rehabilitation

Cardio-Pulmonary Physiotherapy

Sports & Exercise Physiotherapy

Languages

English

Hindi

Bengali

Declaration

I hereby declare that the above mentioned information is correct up to my knowledge and I bear the mentioned particulars



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