



## Dr. Sunayana Ghosh Dostider (PT)

### DETAILS

ICHAPORE, 24PGS(N) WEST BENGAL, INDIA  
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### 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%
- **CBSE, HIGHER SECONDARY AND SECONDARY, KENDRIYAVIDYALAYA NO—2, ICHAPORE**

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

## PUBLICATION DETAILS

### Research Articles:

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>

### Book Chapters:

1. **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>
2. **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>
3. **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>
4. **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>
5. **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>

## CERTIFICATIONS

1. Attended in International Conference on Healthcare Researches and Development (ICHRD-2025)

2. Attended in International Conference on Healthcare Researches and Technology (ICHRT-2024)
3. Certified in “Chiropractic & Osteopathic Manipulation” in Feb 2024.
4. Participated in National workshop on “Quick fix in sports injuries on ground and Emerging trends in Knee Rehabilitation” in Dec 2023.
5. Participated in 7th SIPCON in March 2023.
6. Certified in “Kinesiotaping and Rigid Taping Technique” in Dec 2019.