

CURRICULUM VITAE

Dr. SOURAV MITRA (PT)

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PROFESSIONAL OUTLINE:

- Working as an **Assistant Professor & HOD of Physiotherapy Department** at the **Department of Physiotherapy** under the School of Allied Health Sciences, **Swami Vivekananda University**, Barrackpore, since **9th April, 2024** – till date.
- Worked as **Assistant Professor & Program Co-ordinator of Physiotherapy Program** at Department of Allied Health Sciences, **Brainware University, Barasat** since **1st December, 2021** – **10th April, 2024**.
- Worked as **Assistant Professor** at Department of Allied Health Sciences, **Brainware University, Barasat** since **11th August, 2020** – **30th November, 2021**.
- Worked as **Guest lecturer** in Physiotherapy department at **Central Institute of Medical Science & Technology, Kolkata** since **October 17, 2019** – **August 8, 2020**.

SKILLS:

- Proficient in **Teaching related job, NAAC job, Question Paper Moderation, Examination-Related work & Student Mentoring** etc.
- Proficient in-**Patient Assessment, Clinical Documentation, and Outcome-Based Evaluation**, with the ability to design and implement effective **Rehabilitative Treatment Plans** using appropriate therapeutic modalities.
- Trained in a wide range of **Advanced Physiotherapy Techniques**, including **Manual Therapy, Neurological Rehabilitation Approaches, & Post-Surgical**

Rehabilitation Expertise.

- Proficient in statistical analysis software, including **SPSS (Statistical Package for the Social Sciences)** for research and data interpretation.
- Competent in computer applications such as **Microsoft Word, Excel, and PowerPoint** for academic and clinical documentation.
- Launched one application, **Painmate**, at the **Google Play Store** (collaborated work).
- Demonstrates excellent **presence of mind** with strong **problem-solving and analytical abilities** in clinical research and academic environments.
- **Quick learner** with adaptability to new technologies, treatment techniques, and academic methodologies.

EDUCATION DETAILS:

- **PhD Details:**

- Pursuing **PhD (Physiotherapy)** at **Chandigarh University (CU), Punjab** from **August, 2026**

- **POST- GRADUATION DETAILS:**

- **COLLEGE:** BURDWAN INSTITUTE OF MEDICAL & LIFE SCIENCES (BIMLS)

DEGREE	UNIVERSITY	YEAR OF PASSING	EXAMINATIONS	RESULT (%)	ACHIEVEMENTS
MASTER OF PHYSIOTHERAPY (MPT) in NEUROLOGY	WEST BENGAL UNIVERSITY OF HEALTH SCIENCES (WBUHS)	2019	MPT Examination	73.03	Topper in College

- **GRADUATION DETAILS:**

- **COLLEGE:** BURDWAN INSTITUTE OF MEDICAL & LIFE SCIENCES (BIMLS)

DEGREE	UNIVERSITY	YEAR OF PASSING	EXAMINATIONS	RESULT (%)	ACHIEVEMENTS
BACHELOR OF PHYSIOTHERAPY (BPT)	WEST BENGAL UNIVERSITY OF HEALTH SCIENCES (WBUHS)	2020	1 st BPT Exam	73.76	-Distinction in Physiology & Electrotherapy-I - Topper in college
			2 nd BPT Exam	67.25	- Topper in college
			3 rd BPT Exam	72.30	-Distinction in Neurology & Neurosurgery - Topper in College
			Final BPT Exam	67.80	- 3 rd Topper in college

○ **INTERSHIP DETAILS:**

- **STARTED:** 26th December 2016
- **COMPLETED:** 25th June 2017
- **UNDER THE REHABILITATION CENTRE:** Burdwan Medical College & Hospital (BMC&H) & BIMLS.

PUBLICATION DETAILS:

I. PATENTS:

1. A Patent on “**A SONIC PHOTOBIOSTIMULATION THERAPEUTIC MACHINE DEVICE**”, Patent No. – 202331010273, Published on - Feb 24, 2023.
2. A Patent on “**PATELLO-FEMORAL JOINT STABILIZATION MODULAR DEVICE**”. Patent No. - 478766-001, Published on - 31/10/2025.
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.
5. A Patent on “**SMART RELAXER**”. Patent No - 479070-001, Published on - 04/11/2025.
6. A Patent on “**SMART ROCKS**”. Patent No - 478942-001, Published on - 03/11/2025.

II. MAGAZINE PUBLICATIONS:

1. **Sourav Mitra**, Satyen Bhattacharyya. Hand Glove Therapy in Stroke Rehabilitation. *Physiotimes* 2019; (1).
2. **Sourav Mitra**, Satyen Bhattacharyya. Role of Graded Motor Imagery in Neurological Rehabilitation. *Physiotimes* 2021 Issue 4; (4).

III. JOURNAL PUBLICATIONS (PEER REVIEWED):

1. **Sourav Mitra**, MS Anwar, Satyen Bhattacharyya. Effectiveness of core stability exercises along with swiss ball for improvement of trunk control in stroke patients: A pilot study. *International Journal of Multidisciplinary Trends* 2024; 6(12): 52-54, DOI: <https://doi.org/10.22271/multi.2024.v6.i12a.537>.
2. **Sourav Mitra**, Satyen Bhattacharyya, Amartya Mallick, Priyanka Das. Synergistic healing: Efficacy of extracorporeal shock wave therapy and low-level laser therapy in managing plantar fasciitis heel pain: A pilot Study. *International Journal of Biology Sciences* 2025; 7(1): 17-19, DOI: <https://dx.doi.org/10.33545/26649926.2025.v7.i1a.266>.

3. Khairul Islam, **Sourav Mitra**, Tajmina Parbin, Gourab Jyoti Roy. Core and balance: Advancing rehabilitation for multiple sclerosis patients. *International Journal of Biology Sciences* 2025; 7(1): 06-09, DOI: <https://dx.doi.org/10.33545/26649926.2025.v7.i1a.263>.
4. **Sourav Mitra**, Satyen Bhattacharyya, Amartya Mallick, Priyanka Das. Pain relief in cervicogenic headache: A pilot study on manipulative therapy efficacy. *International Journal of Advanced Academic Studies* 2025; 7(1): 110-112, DOI: <https://doi.org/10.33545/27068919.2025.v7.i1b.1341>
5. **Sourav Mitra**, Md. Zulfaquar Khan, Abhiprata Naru. Pain unplugged: Evaluating cupping therapy in carpal tunnel syndrome – A single case study, *International Journal of Applied Research* 2024; 10(12): 262-264, DOI: <https://dx.doi.org/10.22271/allresearch.2024.v10.i12d.12241>
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. ISSN: 2709-9350. DOI: <https://www.doi.org/10.22271/multi.2026.v8.i4a.994>
7. **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. ISSN: 2709-9350. DOI: <https://www.doi.org/10.22271/multi.2026.v8.i4a.1000>
8. **Dr. Sourav Mitra (PT)**, Dr. Swarup Ghosh (PT). Effect of Inspiratory Muscle Training on Pulmonary Function in Post COVID-19 Patients: A pilot Study. *Indian Journal of Physical Therapy. Volume 7, Issue 2 April-June 2026 (Pg:282-287)*.
9. Dr. Swarup Ghosh (PT), **Dr. Sourav Mitra (PT)**, Dr. Paramita Biswas (PT), Mr. Prithwiraj Dutta. 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. Volume 7, Issue 2 April-June 2026 (Pg:273-281)*.
10. **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. Special Issue, ICVDRS-2026. ISSN No. - 2456-2165. DOI: <https://doi.org/10.38124/ijisrt/26jun1589>*.
11. Dr. Sunayana Ghosh Dostider, Dr. Swarup Ghosh, **Dr. Sourav Mitra**. Comparative Effectiveness of Cryotherapy and Contrast Bath in Sports Recovery: A Literature Review. *International Journal of Innovative Science and Research Technology. Special Issue, ICVDRS-2026. ISSN No. - 2456-2165. DOI: <https://doi.org/10.38124/ijisrt/26jun1588>*.

12. 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. Special Issue, ICVDRS-2026. ISSN No. - 2456-2165. DOI: <https://doi.org/10.38124/ijisrt/26jun1594>.*
13. 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. *International Journal of Innovative Science and Research Technology. Special Issue, ICVDRS-2026. ISSN No. - 2456-2165. DOI: <https://doi.org/10.38124/ijisrt/26jun1601>.*
14. Dr. Saptarshi Mondal, **Dr. Sourav Mitra**, Dr. Soumi Das. 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. Special Issue, ICVDRS-2026. ISSN No. - 2456-2165. DOI: <https://doi.org/10.38124/ijisrt/26jul426>.*

IV. JOURNAL PUBLICATIONS (SCOPUS INDEXED):

1. Dr. Urusia Parveen (PT), Dr. Gourab Jyoti Roy (PT), **Dr. Sourav Mitra (PT)**, Dr. Saher Ansari (PT), Pratyush Ghosh (PT), Saikat Sinha. A Multimodal Framework combining 6- minute walk test, virtual reality and Artificial intelligence for Functional Assessment and rehabilitation in Pediatric ALS. *Technische Sicherheit 2025; Vol 25, Issue 5. ISSN No – 1434-9728/2191-0073.*
2. Tanigaiselvane, **Sourav Mitra**, Manika Saxena, Dr. Ankita Bhatt, Manish Shrivastava, Dr. Ankur Thakur, Dr. Shruti Singhal. Effectiveness of Surged Faradic Stimulation Combined with Static Cock-Up Splinting in Reducing Wrist Flexor Spasticity Among Chronic Stroke Patients. *International Journal of Environmental Sciences 2025; Vol. 11 No. 20s, (2025). ISSN: 2229-7359.*
3. 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 2026; Vol 16. Issue 35s,2026. ISSN: 0975-4415.*
4. **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 2026; Vol 16(47s): 848-856.DOI: 10.25258/ijddt.16.47s.108.*
5. Swarup Ghosh, **Sourav Mitra**, Prithwiraj Dutta. Combined Effect of Gross Arm Pull Technique and Suboccipital Inhibition on Pain, Range of Motion and Disability in Patients with Cervical Spondylosis with Radiculopathy: A Case Series. *Journal of Clinical and Diagnostic Research, 2026. Jun, Vol-20 (Supp. 1): 01-40.*

6. 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*. 2026;16(7s): 835-848. DOI: 10.1922/pjs.16.7s.2026.1079.

V. BOOK CHAPTER (PEER REVIEWED):

1. **Sourav Mitra**, Md. Zulfaquar Khan and Abhipranta Naru. Effects of Cupping Therapy for the Improvement of Pain in Carpal Tunnel Syndrome Patient - A Case Study. *Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 01-09. DOI: <https://doi.org/10.22271/ed.book.3024>.
2. **Sourav Mitra**, A Case Study on Vestibular Maneuvre Combined with Home Exercises for Vestibular Disorder Patient. *Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 13-18. DOI: <https://doi.org/10.22271/ed.book.3024>.
3. **Sourav Mitra**, Effects of Core-stability Exercises in Treating a Patient with Postoperative Lumbar Disc Herniation: A Case Study. *Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 21-28. DOI: <https://doi.org/10.22271/ed.book.3024>.
4. **Sourav Mitra**, Efficacy of Extracorporeal Shock Wave Therapy (ESWT) Along with Low Level Laser Therapy (LLLT) for the Improvement of Heel Pain in Plantar Fasciitis Patients- A Case Study. *Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 31-38. DOI: <https://doi.org/10.22271/ed.book.3024>
5. **Sourav Mitra**, Efficacy of Manipulative Therapy for Improving Pain in Cervicogenic Headache Patient - A Case Study. *Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 41-48. DOI: <https://doi.org/10.22271/ed.book.3024>
6. **Sourav Mitra**, Dr. Khairul Islam (PT). Efficacy of Semont maneuver along with Epley's maneuver for the improvement of quality of life in BPPV Patient: A single case study. *Global Dimensions of Multidisciplinary Research and Innovation*. ISBN:978-81-995443-6-9
7. **Sourav Mitra**, Gourab Jyoti Roy, Satyen Bhattacharyya. Exploring the effect of Depression, Anxiety and Stress on Sleep patterns and Cognitive emotional regulation in Undergraduate students. *The Power of Multidisciplinary Perspectives in Academic Research*. ISBN:978-81-993959-2-3.
8. Swarup Ghosh, **Sourav Mitra**, Prithwiraj Dutta. Effectiveness of Gross Arm Pull Technique in conjunction with Cranial Base Release on Pain, Range of Motion and Disability in patients with Cervical Spondylotic Radiculopathy: A Case Series. *OSTEO MANUAL SUMMIT 2025*, ISBN: 978-93- 343-9851-9
9. **Mitra S**. The Role of Graded Motor Imagery for Improvement of Motor Function in the Hemiparetic Arm. *Contemporary Perspectives in Physiotherapy: Evidence-Based Rehabilitation Across Diverse Clinical Domains*. 2026. ISBN: 978-81-995321-9-9.

10. **Mitra S.** Influence of Mind–Body Interventions on Neuroplasticity and Motor Learning in Neurorehabilitation. *Contemporary Perspectives in Physiotherapy: Evidence-Based Rehabilitation Across Diverse Clinical Domains*. 2026. ISBN: 978-81-995321-9-9.
11. **Mitra S.** Shoulder–Hand Syndrome: From Underlying Mechanisms to Targeted Rehabilitation Approaches. *Research Synergy: Multidisciplinary Approaches to Innovation and Development*. 2026. ISBN: 978-81-685355-4-1. DOI: 10.65647/msp/115/2026.
12. **Sourav Mitra**, Effects of Core-stability Exercises in Treating a Patient with Postoperative Lumbar Disc Herniation: A Case Study. *Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 21-28. DOI: <https://doi.org/10.22271/ed.book.3024>.
13. **Sourav Mitra**, Efficacy of Extracorporeal Shock Wave Therapy (ESWT) Along with Low Level Laser Therapy (LLLT) for the Improvement of Heel Pain in Plantar Fasciitis Patients- A Case Study. *Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 31-38. DOI: <https://doi.org/10.22271/ed.book.3024>.
14. **Sourav Mitra**, Efficacy of Manipulative Therapy for Improving Pain in Cervicogenic Headache Patient - A Case Study. *Emerging Interventions in Physical Therapy and Rehabilitation* 2024. Ed (1): 41-48. DOI: <https://doi.org/10.22271/ed.book.3024>.
15. **Sourav Mitra**, Dr. Khairul Islam (PT). Efficacy of Semont maneuver along with Epley’s maneuver for the improvement of quality of life in BPPV Patient: A single case study. *Global Dimensions of Multidisciplinary Research and Innovation*. ISBN:978-81-995443-6-9.
16. **Sourav Mitra**, Gourab Jyoti Roy, Satyen Bhattacharyya. Exploring the effect of Depression, Anxiety and Stress on Sleep patterns and Cognitive emotional regulation in Undergraduate students. *The Power of Multidisciplinary Perspectives in Academic Research*. ISBN:978-81-993959-2-3.
17. Swarup Ghosh, **Sourav Mitra**, Prithwiraj Dutta. Effectiveness of Gross Arm Pull Technique in conjunction with Cranial Base Release on Pain, Range of Motion and Disability in patients with Cervical Spondylotic Radiculopathy: A Case Series. *OSTEO MANUAL SUMMIT 2025*, ISBN: 978-93- 343-9851-9.
18. **Mitra S.** The Role of Graded Motor Imagery for Improvement of Motor Function in the Hemiparetic Arm. *Contemporary Perspectives in Physiotherapy: Evidence-Based Rehabilitation Across Diverse Clinical Domains*. 2026. ISBN: 978-81-995321-9-9.
19. **Mitra S.** Influence of Mind–Body Interventions on Neuroplasticity and Motor Learning in Neurorehabilitation. *Contemporary Perspectives in Physiotherapy: Evidence-Based Rehabilitation Across Diverse Clinical Domains*. 2026. ISBN: 978-81-995321-9-9.

20. **Mitra S.** Shoulder–Hand Syndrome: From Underlying Mechanisms to Targeted Rehabilitation Approaches. *Research Synergy: Multidisciplinary Approaches to Innovation and Development*. 2026. ISBN: 978-81-685355-4-1. DOI: 10.65647/msp/115/2026.

VI. CONFERENCE PAPER:

1. **Sourav Mitra.** Kundan Das Ukil. Effectiveness of Trunk Proprioceptive Neuromuscular Facilitation Techniques for Improvement of Trunk Stability in Stroke Patients. Vol 1, pp: 146-154, 2023. ISBN: 978-93-92330-67-4. *International Conference on Translational research for Sustainable Development on Public Health Care, BrainHealthcon2023* on 8th-10th Dec,2023, held at Brainware University.

VII. COPYRIGHTS:

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 **"PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR FOOT PAIN"**, Diary No LD-20250177560. Published on - 13/09/2025.
5. A Copyright on **"PHYSIOTHERAPEUTIC HOME-BASED EXERCISE PROTOCOL FOR ELBOW PAIN"**, Diary No LD-20250178928. Published on - 14/09/2025.

ADDITIONAL EDUCATIONAL QUALIFICATIONS & CERTIFICATIONS:

1. Certified in **"Neuromuscular Disorders"** from Royal College of General Practitioners, London, 2020.
2. Certified in **"Orthopaedic Physiotherapy Course (OPC)"** from Clinical Skill Developmental Service (CSDS), Queensland health, 2020.
3. Certified In **"Cupping Therapy"** from Disha Holistic Education, 2019.
4. Certified In **"Basic Idea of Allopathy Medicine (BIAM)"** from National Council for Vocational Training (NCVT), 2016.
5. Certified In **"Manual Therapy in A Clinical Reasoning Perspective)"** from Federation of Indian Manual Therapists (FIMT), 2014.

6. Certified In “**Basic Concept of Spinal Mobilization**” from Indian Association of Physiotherapist (IAP), 2014.
7. Certified In “**Research Methodology**” from NPTEL (Swayam) by Indian Institute of Technology, Madras, 2025.

AWARDS:

“**Purusotham Panigrahi Scholarship Award**” in honor of Outstanding Performance & Dedication (PICON, February 2015).

COMMUNITY SERVICES:

Attended a free consultation medical camp on **Spine – Know how to care it** at St. Xavier’s College campus, Burdwan on **9th February 2019**, organized by Xavier’s College Alumni Association of Burdwan.

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. Sourav Mitra (PT)

Date: 28/07/2026

Place: Barrackpore

Sourav Mitra
Signature