

## CURRICULAM VITAE

**Dr. SOURAV MITRA (PT)**

**Mobile No - +91 8967487167**

**E-mail id – souravm@svu.ac.in**



### **PROFESSIONAL OUTLINE:**

- Working as **Assistant Professor & In-Charge of Physiotherapy Department** under School of Allied Health Sciences, Swami Vivekananda University, Barrackpore since 13<sup>th</sup> April, 2024 – till date.
- Worked as **Assistant Professor & Program Co-ordinator of Physiotherapy Program** at Department of Allied Health Sciences, Brainware University, Barasat since 1<sup>st</sup> December, 2021 – 10<sup>th</sup> April, 2024.
- Worked as **Assistant Professor** at Department of Allied Health Sciences, Brainware University, Barasat since 11<sup>th</sup> August, 2020 – 30<sup>th</sup> November, 2021.
- Worked as **Guest lecturer** in Physiotherapy department at Central Institute of Medical Science & Technology, Kolkata since October 17, 2019 – August 8, 2020.

### **SKILL:**

- Teaching related job, NAAC job, Question paper moderation, Examination related work & Student mentoring etc.
- Launched one application **Painmate** at Google play store (collaborated work).
- Patient Management
- Learned various Manual Therapy & Neurological approaches etc.
- Able to perform basic computer work, Microsoft Office etc.

### **GRADUATION DETAILS:**

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

DEGREE	UNIVERSITY	YEAR OF PASSING	EXAMINATIONS	RESULT (%)	ACHIEVEMENTS
<b>BACHELOR OF PHYSIOTHERAPY (BPT)</b>	THE WEST BENGAL UNIVERSITY OF HEALTH SCIENCES (WBUHS)	2017	1 <sup>st</sup> BPT Exam	<b>73.76</b>	- <b>Distinction</b> in Physiology & Electrotherapy-I - <b>Topper in college</b>
			2 <sup>nd</sup> BPT Exam	<b>67.25</b>	- <b>Topper in college</b>
			3 <sup>rd</sup> BPT Exam	<b>72.30</b>	- <b>Distinction</b> in Neurology & Neurosurgery - <b>Topper in College</b>
			Final BPT Exam	<b>67.80</b>	- <b>3<sup>rd</sup> Topper in college</b>

## INTERNSHIP DETAILS:

- **STARTED** : 26<sup>th</sup> December, 2016
- **COMPLETED** : 25<sup>th</sup> June, 2017
- **UNDER THE DEPT. OF:** Physical therapy & rehabilitation dept / Orthopaedics / General surgery including Burn unit / Paediatrics / Cardiology including ICU/ General Medicine / Neurology
- **UNDER THE HOSPITAL OF:** Burdwan Medical College & Hospital (BMC&H) & BIMLS

## POST- GRADUATION DETAILS:

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

DEGREE	UNIVERSITY	YEAR OF PASSING	EXAMINATIONS	RESULT (%)	ACHIEVEMENTS
MASTER OF PHYSIOTHERAPY (M P T) in NEUROLOGY	THE WEST BENGAL UNIVERSITY OF HEALTH SCIENCES (WBUHS)	2019	M P T Exam	73.03	Topper in college

## PhD DETAILS:

- Pursuing in **PhD (Physiotherapy) at Maharishi Markandeshwar (Deemed to be university) Mullana-Ambala** from 20<sup>th</sup> August, 2024.

## PATENT:

- A Patent on “**A Sonic Photobiostimulation Therapeutic Machine Device**” (Patent no – **202331010273**) – Feb 24, 2023

## PUBLICATION:

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).
3. **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>

4. **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>
5. 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>
6. **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>
7. **Sourav Mitra**, Md. Zulfaquar Khan, Abhiprta 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>

#### **BOOK CHAPTER:**

1. **Sourav Mitra**, Md. Zulfaquar Khan and Abhiprta 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 Patient – 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>

#### **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 8<sup>th</sup>-10<sup>th</sup> Dec,2023, held at Brainware University.

#### **ADDITIONAL EDUCATIONAL QUALIFICATION:**

- Certified in “**Neuromuscular Disorders**” from Royal College of General Practitioners, London, 2020.

- Certified in “**Orthopaedic Physiotherapy Course (OPC)**” from Clinical Skill Developmental Service (CSDS), Queensland health, 2020.
- Certified In “**Cupping Therapy**” from Disha Holistic Education, 2019.
- Certified in “**Basic Idea of Allopathy Medicine (BIAM)**” from National Council for Vocational Training (NCVT), 2016.
- Certified in “**Manual Therapy in A Clinical Reasoning Perspective**” from Federation of Indian Manual Therapists (FIMT), 2014.
- Certified in “**Basic Concept of Spinal Mobilization**” from Indian Association of Physiotherapist (IAP), 2014.

#### **AWARD:**

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

#### **COMMUNITY SERVICES:**

- Attended in free consultation medical camp on **Spine – Know how to care it** at St. Xavier’s College campus, Burdwan on 9<sup>th</sup> February, 2019 organised by Xavier’s College Alumni Association of Burdwan.

Place: Barrackpore

*Souparna Mitra*

Signature