

Gourab Jyoti Roy



Contact Details:

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Career Objectives: Intend to be a part of an organization where my skills will be appreciated & enhanced not just as a **Physiotherapist** in medical field but also where I can showcase my talent in other aspects like Administration, Managerial & Academic sectors. Looking for an environment which will give me constant learning & career growth.

Education:

Course	Institution	Board/ University	Year	Percentage
Master of Physiotherapy (MPT) Specialization Cardiopulmonary	Integral Institute of Allied Health Sciences & Research. (IIAHS&R) Department of Physiotherapy.	Integral University (Lucknow)	1 st Semester 2021	80%
			2 nd Semester 2021	83%
			3 rd Semester 2022	76%
			4 th Semester 2022	70.8%
			Total in MPT	77.45%
Bachelor of Physiotherapy (BPT)	Peerless College of Physiotherapy (Kolkata)	The West Bengal University of Health Sciences (WBUHS)	1 st Year 2016	60.11%
			2 nd Year 2017	61%
			3 rd Year 2018	70.3%
			4 th Year 2020	65.1%
			Total in BPT	64.46%
Higher Secondary (12 th Science)	Jenkins School (Cooch Behar)	West Bengal Council of Higher Secondary Education (WBCHE)	2014	55%
Secondary (10 th)	Jenkins School (Cooch Behar)	West Bengal Board of Secondary Education (WBBSE)	2012	77.14%

Working Experience:

Assistant Professor

Swami Vivekananda University, Kolkata. (August 2024-Current)

Usha Martin University, Ranchi. (August 2022- July 2024)

Trainee Physiotherapist

Integral Institute of Medical Sciences & Research and Hospital, Lucknow. (December 2020- January 2022)

Indus Heart & Medical Center, Lucknow. (February 2022- May 2022)

Intern

Peerless Hospital & B K Roy Research Center, Kolkata. (June 2020- December 2020)

Professional Membership:

Registered Member of THE JHARKHAND STATE COUNCIL FOR PHYSIOTHERAPY (JSCPT) under JSCPT act 2020. Reg. No. 88/JSCPT/2023

Professional Experience:

- Academic practice and trainings undertaken from Peerless Hospital (Kolkata), Integral Institute of Medical Sciences & Research and Hospital (Lucknow) and worked in OPD, ICCU, ITU, HDU, CTVS ITU.
- Observation, checking, treating, taking the follow ups various of medical conditions of patients.
- Actively participate on workshops and seminars. (Taping, Dry Needling, on field management of Sports injuries, Sport events and Marathon runs etc.)
- Carrying out various responsibilities of the University and departmental programs.

PUBLICATION DETAILS:

Research Interest: Cardio and Respiratory Rehabilitation, Manual Therapy, Prehabilitation for athletes, Advance evidence-based physiotherapy treatments, Sports Physiotherapy.

Research Articles:

1. Dr. Pratyush Ghosh (PT) , Dr. Raunaque Ara (PT) , Dr. Dipak Sharma (PT) , **Dr. Gourab Jyoti Roy(PT)**. Instant effects of neck met stretching and sustained natural apophyseal glides on pain, craniovertebral angle, and neck range of motion in intense smartphone users; A Pre Posttest Quasi-Experimental Study, *Cuestiones De Fisioterapia*. Vol. 54 No. 2 (2025): Year 2025, Volume 54, Issue 2. 1576-1593. <https://doi.org/10.48047/CU/54/02/1576-1593>.
2. **Gourab Jyoti Roy**, Ammar Faisal Khan, Fatima Saeed and Urusia Parveen. Proprioceptive training's impact on postural stability in diabetic neuropathy individuals. *International Journal of Advance Academic Studies*. IJAAS 2025; 7(1): 170-175. E-ISSN: 2706-8927.
3. Khairul Islam, **Gourab Jyoti Roy** and Tajmina Parbin. A case study on the role of interrupted galvanic stimulation in neuromuscular disorders: Focus on brachial amyotrophy. *International Journal of Advance of academic Studies*. IJAAS 2025; 7(1): 106-109. E-ISSN: 2706-8927
4. **Gourab Jyoti Roy**, Fatima Saeed and Khairul Islam. BMI and physical fitness relationship among students. *International Journal of Applied Research*. IJAR 2024; 10(12): 245-249. P-ISSN: 2394-7500 [Impact Factor (RJIF): 8.4]
5. **Gourab Jyoti Roy**, Urusia Parveen and Fatima Saeed. Effects of task-oriented learning on the functional mobility and balance of kids with cerebral palsy. *International Journal of Biology Sciences*. IJBS 2025; 7(1): 20-27. E-ISSN: 2664-9934.
6. **Gourab Jyoti Roy** and Saher Ansari. The efficiency of cardiac rehabilitation on cardio-pulmonary health in elderly populations. *International Journal of Multidisciplinary Trends*. IJMT 2024; 6(12): 38-40. E-ISSN: 2709-9369.
7. A Singh, **GJ Roy**, R Thapa, T Dumi. Respiratory Physiotherapy in Allergic Bronchopulmonary Aspergillosis: A Case Study On Efficacy And Outcomes. *Latin American Journal of Pharmacy: A Life Science Journal* 2023; 42 (10), 471-476.

8. A Singh, **GJ Roy**, R Thapa, T Dumi. Unlocking Healing Potentials: Soft Tissue Manipulation As Mechanotherapy. *Latin American Journal of Pharmacy: A Life Science Journal* 2023; 42 (10), 454-459.

Book Chapter :

1. **Gourab Jyoti Roy**, Fatima Saeed and Urusia Parveen. "Effectiveness of Stretching and Weight Bearing Exercises in the Management of Spastic Paraplegia in Patient with HSP". *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 118-131, 2024. ISBN: 978-93-6135-742-8.
2. **Gourab Jyoti Roy** and Saher Ansari. "Improvements in Cardiopulmonary Fitness on Cardiac Rehabilitation Patients". *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 169-178, 2024. ISBN: 978-93-6135-742-8.
3. **Gourab Jyoti Roy** and Heena Das. "Relationship between BMI and Physical Fitness among College Going Students". *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 180-191, 2024. ISBN: 978-93-6135-742-8.
4. **Gourab Jyoti Roy**, Fatima Saeed and Urusia Parveen. "Impact of Task Oriented Training in Cerebral Palsy on Functional Mobility and Balance in Child". *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 151-167, 2024. ISBN: 978-93-6135-742-8.
5. **Gourab Jyoti Roy**, Urusia Parveen and Fatima Saeed. " Effects of Proprioceptive Training on Postural Stability Iin Subjects with Diabetic Neuropathy". *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 135-149, 2024. ISBN: 978-93-6135-742-8.

Conference Paper :

1. **Gourab Jyoti Roy** and Heena Das. "Relationship between BMI and Physical Fitness among College Going Students". *Emerging Interventions in Physical Therapy and Rehabilitation*. Vol. 1, pp: 180-191, 2024. ISBN: 978-93-6135-742-8. International Conference on Healthcare Researches and Technologies (ICHRT) on 25th -26th Sept, 2024. held at Swami Vivekananda University.

Additional Skills:

- Diploma in Information Technology Application.
- Diploma in junior division Drawing.
- Certificate Course on Research Methodology.
- Certificate Course on Hospital Infection Prevention and Control.
- Certificate Course on Faculty Development Program (FDP).
- Active participant of Sports, and was a regular football team player of school.

Personal Details:

Date of Birth	29 th March, 1997
Gender	Male
Nationality	Indian

Languages known

Bengali, Hindi, English, Assamese

Permanent Address

Debi Bari, Near Debi Mandir, Debibari Road, S/O-
Girinath Roy. Cooch Behar, West Bengal, India
P.O. & Dist. – Cooch Behar. Pin code – 736101.

Hobbies: Playing Football, Movies, Traveling, Photography & Photo-editing.

Declaration:

I hereby declare that the above furnished information is true to my knowledge.



(Gourab Jyoti Roy)