

Dr. PUJA DAS, PT

+91 7005421981 | dasspuja1234@gmail.com | KOLKATA

PROFESSIONAL SUMMARY

MPT postgraduate in Musculoskeletal & Sports Rehabilitation with hands-on clinical experience in patient assessment, exercise therapy, and sports injury management. Skilled in evidence-based rehabilitation, electrotherapy, and interdisciplinary care. Committed to improving patient mobility, reducing pain, and restoring functional independence.



EDUCATION

BPT | Assam Down Town University | 2019–2023 |

MPT – Musculoskeletal & Sports Rehab | Sikkim Manipal College of Physiotherapy, Sikkim Manipal University | Aug 2024–July 2026.

CLINICAL EXPERIENCE

Physiotherapy Intern | Medica Super Specialty Hospital | Aug 2023– Feb 2024

- 6-month rotation in ortho, neuro & post-op rehab.
- Assisted in mobility training, exercise therapy & patient recovery planning.

PG Clinical Training | Sikkim Manipal College of Physiotherapy | Aug 2024–July 2026

- Assessed & rehabilitated patients with musculoskeletal/sports injuries.
- Conducted supervised exercise therapy & pain management using electrotherapy.
- Maintained clinical documentation & participated in case discussions.

CERTIFICATIONS

- Kinesio Taping – Ergo Work Healthcare, MSME Govt. of India
- Dry Needling – Ergo Work Healthcare, MSME Govt. of India

SPORTS PHYSIO EXPERIENCE

Volunteer with Sikkim Badminton Association, Khelo Playground League & Sikkim Amateur. Taekwondo Association for Badminton, Football & Taekwondo events.

WORKSHOPS & RESEARCH

Attended workshops on Research Ethics, Biostatistics & Manuscript Preparation.

Participated in E-Poster & National Research Events at SMU.

Master Thesis: “Association of Sargent Jump Test and Crossover Hop Test for Distance in Badminton Players of Gangtok, East Sikkim: A Cross-Sectional” – Completed

CORE SKILLS

Musculoskeletal Rehab | Sports Injury Management | Exercise Therapy | Electrotherapy | Pain Management | Patient Counselling | Clinical Documentation | Team Coordination

LANGUAGES

English | Hindi | Bangla

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PERSONAL DETAILS

Father's name- Ashutosh Das

Mother's name- Rupa Das

Date of Birth- 30|04|2000

Marital Status- Single

Nationality- India