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

PUBLICATION DETAILS:

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.