

DR. GOURAV SANNYASI

Consultant - Physiatrist (Rehabilitation Medicine Consultant)

Qualification

MBBS | MD (Physical Medicine and Rehabilitation) (CMC Vellore) | Fellowship in Neurological Rehabilitation (NIMHANS, Bangalore)

Overview

Dr. Gourav Sannyasi is a dedicated Rehabilitation medicine consultant at Manipal Hospitals, Mukundapur, with over 6 years of clinical experience in Physical Medicine and Neuro-rehabilitation. Dr. Sannyasi trained across leading institutions in India. His work focuses on improving functional outcomes of people suffering from chronic neurological problems and Interventional Pain Management. Dr. Sannyasi began his work in the field of Rehabilitation Medicine as a junior resident (postgraduate registrar) at the Department of Physical Medicine and Rehabilitation, Christian Medical College, Vellore (CMC Vellore), and then continued as a junior consultant at the same institution. He acquired vast experience at CMC Vellore, operating the country’s largest dedicated rehabilitation hospital with 100 beds. Dr. Sannyasi was involved in comprehensive rehabilitation management including goal setting, medical and surgical management of various Neurological disorders like Stroke, Myelopathy (compressive, Non-compressive), Spinal cord injury, Traumatic brain injury, Peripheral Neuropathy (Guillain barre syndrome), Neuromuscular disorders, Neurodevelopmental disorders (cerebral palsy, meningomyelocele),

prosthetic prescription for amputees, offloading methods for ulcer management in Diabetics, Surgical management for pressure ulcers and soft tissue contractures, Urodynamics study and Cystoscopy in the evaluation of Neurogenic bladder, Use of NCV/ EMG in peripheral nerve injuries and carpal tunnel syndrome, radiosynoviorthesis in hemophilic arthropathy. He is the best Neurologist in Mukundapur, Kolkata. He did his postgraduate thesis on instrumental gait analysis of stroke patients with foot drop using functional electrical stimulation, published in a reputed peer-reviewed journal. After that, he pursued a post-doctoral fellowship in Neurological Rehabilitation from NIMHANS, Bangalore. Dr. Sannyasi gathered vast experience in the management of disorders of consciousness in traumatic brain injuries/hypoxic ischaemic encephalopathy, rehabilitation of Parkinson's, Multiple sclerosis, ALS, Dementia, and various complex neurological disorders, including chemodenervation with Botulinum toxin or Phenol for spasticity management, robotic exoskeleton-based gait training of stroke and people with spinal cord injury. Beyond Dr. Sannyasi’s clinical experience, he has contributed actively to academic research. He has published several papers in various indexed journals and authored two chapters. Moreover, his work has been presented at conferences like the 4th Asia Oceania Congress of Neuro Rehabilitation (2021). He received the Dr. Sanat Kumar Sarkar Memorial Award for best poster presentation at the Indian Association of Physical Medicine and Rehabilitation (IAPMR) Annual Conference in 2017. Committed to continuous learning, Dr. Sannyasi has enrolled in numerous courses to equip himself in the field of Neuro-Rehabilitation and Physical Medicine. Fluent in English, Hindi, and Bengali, Dr. Sannyasi's effective communication helps patients feel heard, understood, and actively involved in their treatment. His work reflects a commitment to evidence-based care, patient education, and innovative rehabilitation strategies for long-term functional recovery.

Fellowship & Membership

- Fellowship in Neurological Rehabilitation (NIMHANS, Bangalore)
- Fellowship in Interventional Pain Management (FIPM)
- Life Member of the Indian Association of Physical Medicine and Rehabilitation
- Member of the International Society of Physical and Rehabilitation Medicine

Field of Expertise

- Specialises in comprehensive rehabilitation for neurological conditions such as stroke, spinal cord injury, traumatic brain injury, and myelopathy, with a focus on restoring mobility and functional independence.
- Skilled in Chemodenervation using Botulinum toxin and Phenol for effective management of spasticity in conditions like cerebral palsy, stroke, and multiple sclerosis.
- Experienced in surgical management of pressure ulcers and soft tissue contractures using techniques like direct closure and rotation flaps to promote healing and improve mobility.
- Proficient in prescribing and training patients in the use of prosthetic limbs, orthoses, and mobility aids to enhance gait efficiency and quality of life for amputees.
- Well-versed in performing and interpreting advanced urodynamic studies and cystoscopy for the diagnosis and management of neurogenic bladder dysfunction.
- Trained in electrodiagnostic techniques, including nerve conduction studies (NCV) and electromyography (EMG) for evaluation of peripheral nerve injuries and brachial plexus lesions.
- Experienced in technology-assisted rehabilitation using robotics, functional electrical stimulation (FES), and gait

analysis for patients with stroke, cerebral palsy, and spinal injuries.
- Special interest in Radiosynoviorthesis (Yttrium-90) for managing chronic haemophilic arthropathy and preventing joint degeneration.

Languages Spoken

- English
- Bengali
- Hindi
- Tamil
- Kannada

Awards & Achievements

- Best Poster Award – Dr. Sanat Kumar Sarkar Memorial Award at the IAPMR Annual Conference, 2017

Talks & Publications

- Sannyasi G, Ojha R, Prakash NB, Isaac J, Maheswari V, Mahasampath G S, Tharion G. Gait Characteristics Following Stroke: A Prospective Crossover Study to Compare Ankle-Foot Orthosis with Functional Electrical Stimulation. Neurology India 2022;70:1830-5
- Sannyasi G, Khanna M, Gupta A, Prakash N. Ankylosing spondylitis masquerading as generalised spasticity in a patient with spinal cord injury in a neurological rehabilitation setting: A case report. J Neurosci Rural Pract. 2023 Apr-Jun;14(2):346-348.
- Gupta A, Prakash NB, Sannyasi G, Mohamad F, Honavar P,

Jotheeswaran S, Khanna M, Ramakrishnan S. Effect of overground gait training with 'Mobility Assisted Robotic System-MARS' on gait parameters in patients with stroke: a pre-post study. BMC Neurology. 2023 Aug 9;23(1):296.

- Ranga, Anurag; Sannyasi, Gourav; Khanna, Meeka; Gupta, Anupam; Prakash, Navin B. Clinical Presentation and Rehabilitation Outcome in a Case of Spastic Ataxic Syndrome Post-COVID-19 Infection. Indian Journal of Physical Medicine & Rehabilitation 32(2):p 91-92, May–Aug 2022.
- Gupta A, Prakash NB, Sannyasi G. Rehabilitation in Dementia. Indian Journal of Psychological Medicine. 2021;43(5_suppl):S37-S47. doi:10.1177/02537176211033316
- Ganguly J, Garg D, Chandarana M, Basu P, Pandita N, Mukherjee S, Singh N, Rawool A, Sannyasi G, Kumar P, Kumar H. Movement disorders in Megalencephalic Leukoencephalopathy with subcortical cysts - A case series. Parkinsonism Related Disorders. 2024 Nov;128:107152.
- E-poster at the 4th Asia Oceania Congress of Neuro Rehabilitation 2021(AOCNR 2021), held on 6th-8th August, 2021: “Gait characteristics following stroke: a prospective crossover study among users of ankle-foot orthosis and functional electrical stimulation.”
- Poster Presentation at mid-term CME of the Indian Association of Physical Medicine and Rehabilitation, 26-27th August 2017, at Bhubaneswar: “Acute necrotising encephalopathy in a young adult with H1N1 influenza infection: a clinical radiological diagnosis and functional recovery.”
- Poster Presentation at Annual Conference of the Indian Association of Physical Medicine and Rehabilitation, 20-22nd January 2017, at Kolkata: “Post Partum Paraplegia Following Spontaneous Spinal Epidural Haematoma - Probable HELLP Syndrome.”
- A chapter on “Rehabilitation in Dementia” by Anupam Gupta,

Navin B Prakash, Gourav Sannyasi- IAPMR Textbook of Physical Medicine and Rehabilitation– 1 January 2024.

- A chapter on “Anatomy and Biomechanics of the Diabetic Foot” by Bobeena Rachel Chandy, Gourav Sannyasi. In the book titled “Diabetic Foot – Comprehensive Guide for Clinicians” 1st Edition, October 2022 [Jaypee Brothers]- ISBN: 9789354655456
- Research (MD Dissertation)
- Comparison of Gait with Ankle Foot Orthosis (AFO) and Functional Electrical Stimulation (FES) in patients following Stroke
- Courses attended:
- “Very Basic Assessment and Support in Intensive Care” organised by Division of Critical Care, Christian Medical College, Vellore, Tamil Nadu on 30th and 31st August 2016
- Pre-conference workshop on “Uro Rehab- Urodynamic study, Cystoscopy and bladder USG” on 19th January 2017 at IPGMER & SSKM hospital, Kolkata
- A Hands-on Cadaveric Workshop on the “Baclofen Infusion pump insertion” organised by the Department of PMR & Anatomy, AIIMS, Bhubaneswar on 25th August 2017
- Workshop on Electrodiagnosis conducted by Prof. Jun Kimura on 13th September 2018 at CMC Vellore
- Pre-conference workshop on “Ultrasound-Guided Musculoskeletal & Nerve Intervention” on 17th January 2019 at IAPMRCON Mumbai.
- BMJ Global Health Case Reports Writing Workshop 2020 in Collaboration With Christian Medical College, Vellore, on 21st January 2020 at Vellore.
- Workshops Conducted as lead faculty
- Workshop on “COMA STIMULATION” on 15th Sept, 2023, at IAPMR National Midterm CME, AIIMS Jodhpur
- Workshop on ‘Multisensory Stimulation Programme and Tracheostomy Care’ on 29th January, 2025, at the IAPMR

National Conference, NIMHANS, Bengaluru.