

PROFESSIONAL CURRICULUM VITAE

1. PERSONAL DETAILS

Name SAURABH UPPAL
Address 724 JP NAGAR JALANDHAR CITY 144002
Tel No. 7087974567
E-mail DRSAURABHUPPAL@GMAIL.COM
Medical Registration Number 38036



2. PROFESSIONAL QUALIFICATIONS

- <> MBBS Government Medical College Chandigarh, 2002
- <> MD - Paediatrics Government Medical College Amritsar , 2010
Gold medal in Pediatrics with a record high score (BFUHS)
- <> MRCPCH *Royal College of Pediatrics & Child Health U.K*
- <> Fellowship in Pediatric & Adolescent Endocrinology - 2013
Manipal Advanced Children Centre, Manipal Hospital Bangalore
- <> European Society of Pediatric Endocrinology (ESPE) Fellowship in Pediatric Endocrinology
2018
Alder Hey Children's Hospital , University of Liverpool , U.K
- <> ICMR Training in Clinical Genetics, 2017
Sanjay Gandhi Post Graduate Institute Of Medical Sciences, Lucknow

CURRENT DESIGNATION AND AFFILIATION

CONSULTANT DIRECTOR ENDOKIDZ CLINICS , JALANDHAR, LUDHIANA, BATHINDA

2. PREVIOUS EXPERIENCE (Teaching & Clinical)

- Post Graduate Resident Pediatrics at Bebe Nanki Mother & Child centre Govt Medical College Amritsar
- Ex-Consultant Pediatrician with Punjab Government at Punjab Government Health Systems Corporation NRHM

- Ex-Senior Registrar In Pediatrics at Manipal Hospital
- Fellow in Pediatric Endocrinology at Manipal Advanced Children Centre
- Fellow in Pediatric Endocrinology at Alder Hey Children's Hospital Liverpool UK.
- Visiting Consultant Pediatric Endocrinologist at Deep Hospital, Ludhiana Punjab
- Visiting Consultant Pediatric Endocrinologist at Ankur Kids Superspeciality Hospital
- Visiting Consultant Pediatric Endocrinologist at Wadi Hospital, Bathinda
- Visiting Consultant Pediatric Endocrinologist at Goyal Hospital, Hoshiarpur

3. TOTAL YEARS OF EXPERIENCE

13 years

4. RESEARCH (Conducted clinical trials as investigator or co-investigator)- none

JOURNAL PUBLICATIONS

1. Mohan N, et al. *Consensus of Medical Nutrition Therapy in Pediatric Clinical Practice (2 to 18 Years Old) of South Asian Perspective*. Ann Med Health Sci Res. 2022;12:S1:6-21.
2. Oza C, Khadilkar A, Mondkar S, Amutha A, Uppal S, De H, Ghosh A, Khadilkar V, Mohan V. A Cross-Sectional Multicentre Study to Validate Insulin Sensitivity Index Cut-Offs for Detection of Metabolic Syndrome in Indian Adolescents with Type-1 Diabetes. Indian J Endocrinol Metab. 2023 Jul-Aug;27(4):301-306. doi: 10.4103/ijem.ijem_411_22. Epub 2023 Jun 30. PMID: 37867981; PMCID: PMC10586563.
3. Saurabh Uppal, Palwinder Singh, Karnail Singh, M.S. Pannu, Lham Drema, Neeraj Sehgal, N.S.Neki. (2017). Changing trends in the clinical and hematological profile of Plasmodium vivax mono infection. Int. J. Curr. Res. Med. Sci. 3(4): 63-72. DOI: <http://dx.doi.org/10.22192/ijcrms.2017.03.04.010>
4. Shaila Bhattacharyya, Saurabh Uppal. Kartheek Nalluri, R .Ranju Raj. *Acute suppurative thyroiditis in a child, an uncommon endocrine emergency*. Indian Journal Of Pediatrics 2015; 17:348-50.
5. Saurabh Uppal, James Blackburn, Mohammed Didi, Rajeev Shukla, James Hayden and Senthil Senniappan: *Hepatoblastoma and Wilms' tumour in an infant with Beckwith–Wiedemann syndrome and diazoxide resistant congenital hyperinsulinism* . Endocrinology Diabetes and metabolism 2019. <https://www.ncbi.nlm.nih.gov/pubmed/30817313>
6. Uppal S, Bhattacharyya S, Nalluri K, Raj RR .Evaluation of Postprandial To Fasting Insulin Ratio as a Biochemical Marker of Insulin Resistance in Obese Indian Children. Endocrinol Metab Int J 3(3): 00048. DOI: 10.15406/emij.2016.03.00048

7. Uppal S, Nageshwari Kalluri et al. Effect of Rajyoga Meditation on Cold pressor Stress Response in First year medical students. Indian Journal Of Physiology & Pharmacology 2002(4)

TEXTBOOK CHAPTERS

1. Dietary Management of Childhood Diabetes.
in. IAP Textbook of Pediatric Endocrinology , JAYPEE Publications 2019
2. Ambulatory management of childhood diabetes
in. Practical Pediatric Endocrinology , JAYPEE Publications 2020
2. Diabetic Ketoacidosis and its Management.
In: Manipal Manual of Pediatric Emergency Medicine

PARTICIPATION AS ADVISOR IN ADVISORY BOARDS FOR DIFFERENT COMPANIES-

Medtronic Diabetes

Abbott Diabetes Care

Signutra Nutraceuticals

Novo-Nordisk Biopharma (Growth Hormone)

Pfizer Pharma(Growth Hormone Division)

Pfizer Pharma (Rare Disease Division)

Sun Pharmaceuticals(Selecta Division)

AWARDS

Harish Gupta award 2002 for best undergraduate research in Basic sciences for the paper “Effect of Rajyoga Meditation on Cold pressor Stress Response in First year medical students” By Indian Association of Physiology and Pharmacology , Lucknow.

SPEAKER/CHAIRPERSON IN CONFERENCES-

State & Zonal

1. “Type 1 Diabetes- How do I manage”
North Zone PEDICON , Oct 7 2018. Amritsar
2. “Insulin Dosing for Real Meals”
Annual Conference of Adolescent Chapter IAP Punjab .2019

National conferences

1. PEDICON 2017 Nagpur (Indian Academy of Pediatrics national Conference)
Panel Discussion on Childhood Diabetes
2. ISPAE 2018 Coimbatore
(Indian Society Of Pediatric & Adolescent Endocrinology National Conference)
Carbohydrate Counting in Childhood Diabetes
3. Multiple Virtual talks in national level events during pandemic

International Conferences

2nd International Paediatric Endocrine & Diabetes Symposium
2020

Addressed:late surgery in Disorders of sexual differentiation
Workshop on Continuous Subcutaneous Insulin Therapy(SS)
Co-Conducted with Dr Francine Kauffman(ex-director FDA)
International Society of Pediatric & Adolescent Diabetes 2018

(International Society of Pediatric & Adolescent Diabetes Annual Conference)
Addressed: Handling food Boluses in children on CSII

DEVELOPED GUIDELINES/CONSENSUS STATEMENTS-

Consensus of Medical Nutrition Therapy in Pediatric Clinical Practice (2 to 18 Years Old) of South Asian Perspective

Neelam Mohan Anuradha Khadilkar, Vaman Khadilkar, Surender Kumar Yachha, Harendra De Silva, Prashanth Bachina, Dhanasekhar Kesavelu, Parag S Dekate, Rajendra P Shetty, Kamaldeep Arora, Prashant Patil, Anil Raj Ojha, Md Istiaque Hos-sain, Sangita Shakya, Pushpa Kumara KPC, Nawshad Uddin ASM, Syeda Afria Anwar, Banik SK, Shrish Bhatnagar, Lalit Verma, Saurabh Uppal, Heshan Jayaweera

HELD ANY IMPORTANT POSITION IN NATIONAL /STATE/REGIONAL ORGANISATIONS-

EXECUTIVE BODY member

Indian Society for Pediatric and Adolescent Endocrinology ISPAE 2017-2019