

- Name: **Prof (Dr) VIRINDER SINGH GOGIA**
- Designation: Professor Jr Grade (Additional Professor) & Head
- Department: Physical Medicine & Rehabilitation
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- **Educational Qualification:**

| S. No. | Degree awarded      | Institution                                      | Year |
|--------|---------------------|--|------|
| 1.     | M.B.B.S.            | GSVM Medical College, Kanpur.                    | 1989 |
| 2.     | D.Orth.             | GSVM Medical College, Kanpur.                    | 1991 |
| 3.     | Dip.N.B. (P.M.R.)   | National Board of Examinations, New Delhi.       | 1998 |
| 4.     | M.N.A.M.S. (P.M.R.) | National Academy of Medical Sciences, New Delhi. | 1999 |

- **Experience:**

| S. No. | Position   | Department & Institution  | Years       |
|--------|--|---|-------------|
| 1.     | Professor Jr Grade (Additional Professor) & Head of Department | Physical Medicine & Rehabilitation, <b>Dr RML Institute of Medical Sciences</b> , Lucknow.                | Since 2018  |
| 2.     | Associate Professor & Head of Department                       |   | 2015 – 2018 |
| 3.     | Assistant Professor  | Physical & Rehabilitation Medicine, <b>PG Institute of Medical Education &amp; Research</b> , Chandigarh. | 2011 – 2014 |
| 4.     | Senior Consultant & Head of the Department                     | Physical Medicine & Rehabilitation, <b>St. Stephen's Hospital</b> , Delhi                                 | 2005 – 2011 |
| 5.     | Assistant Professor  | Orthopaedics and Rehabilitation, <b>SGRDIMSR</b> , Sri Amritsar   | 2002 – 2005 |
| 6.     | Research Scholar   | Physical Medicine & Rehabilitation, <b>AIIMS</b> , New Delhi  | 1995 – 2001 |

- **Achievements, Positions & Awards:**

- IAPMR Annual National Mid-Term CME 2014 as **Organizing Chairperson** and Faculty. Bhopal, September 2014.
- **Expert & Rapporteur**, National (Expert Group) Workshop for Development of Guidelines with regard to MoHFW on implementation of UN Convention on Rights of persons with Disabilities (UNCRPD); New Delhi. October 2011.
- **Chaired a scientific session** during 1<sup>st</sup> Regional Workshop on Diabetic Foot Care: SGPGIMS, Lucknow, 14 November 2005.
- **Assistant Editor** of the Indian Journal of Physical Medicine and Rehabilitation – **IJPMR** (Official publication of the Indian Association of Physical Medicine and Rehabilitation) from January 1995 (April 1996; Volume 7) to April 2001 (Volumes 10-11).
- **IAPMR Dr WG Rama Rao Travel Fellowship**, 2001.
- IAPMR (Indian Association of Physical Medicine & Rehabilitation) – **Dr Hanumantha Rao Educational Foundation Gold Medal – Best Paper Award** for Paper on Post-Polio Syndrome, Pune 1999.
- **Chaired numerous Scientific Sessions** and presented invited lectures/talks during IAPMR, ICoS, ISPO and Delhi State Chapter IAPMR, etc. State/National/International level academic activities, since 1992.
- **Served as elected (Joint Secretary)** and **co-opted Executive Committee Member** of IAPMR for 2 terms.

- **Additional Courses**

- **Musculoskeletal Ultrasound in PM&R** – Level 1: The Basics; Hands-on Workshop & Exam (16 hours). during ISPRM World Congress 2020, Orlando, Florida, USA; March 2020.
- **BLS** (for healthcare providers) & **ACLS**, American Heart Association Accredited courses, Lucknow, December 2017.
- **Advanced Robotic Rehabilitation Course on Lokomat Robotic Gait Trainer** by Hocoma, Switzerland; April 2017.
- **Dr Ganga Bai Memorial Pain Medicine & Musculoskeletal Ultrasound Cadaver Course – 2016**; conducted by IAPMR at Dept. of PMR, AIIMS, New Delhi; August, 2016.
- **WSTP-M:** Wheelchair Service Training Package-Managerial Level course, as per World Health Organization (WHO) guidelines, funded by USAID and accredited by ISWP (International Society of Wheelchair Professionals), conducted by Mobility India at Bengaluru, November, 2015.

- **HxMDP:** Hospital Executive Management Development Programme, jointly conducted by Dept. of Hospital Administration, AIIMS, New Delhi & WHO, Hyderabad, September 2014.
- **ACLS:** Advanced Cardiac Life Support Workshop, Escorts Heart Inst & Res. Center, Delhi, September 2005.
- **A to Z of Computers:** 9 weeks Certificate course; Zee Education and APTECH Computer Education, on MS-DOS, MS-Windows, MS-Word, MS-Power Point, MS-Excel, 1995.
- **MEDLARS:** 1-week Certificate course in Fundamentals of MEDLARS Searching, National Informatics Centre, Planning Commission, Govt. of India, 1992.
- **Research**
  - Derived Formulae for Energy Gains on Complete Oxidation of Saturated Fatty Acids in 2nd year MBBS (1984).
  - Research on Health Related Quality of Life Assessment Scales, AIIMS, 1995-2000.
  - **Thesis guided**
    - i. **PhD** (2 as co-guide; 1 as Doctoral Committee Member - PGIMER, Chandigarh)
    - ii. **MS Ortho** (1 as co-guide - PGIMER, Chandigarh)
    - iii. **MD PMR** (2 as co-guide – KGMU, Lucknow; 1 is ongoing)
- **Projects/Thesis**
  - Epidemiology of Backache in School Children vis-à-vis Weight of School Bag & other Lifestyle Factors in a Chandigarh Public School – a Pilot Project, 2012, PGIMER, Chandigarh.
  - Prevalence of Adolescent Obesity in School Children in relation to Lifestyle Factors in a Chandigarh Public School - a Pilot Project, 2012, PGIMER, Chandigarh.
  - How Disabled Friendly is Chandigarh City – An Evaluation Study. (Inter-Departmental with Community Medicine Dept, PGIMER, Chandigarh).
  - Prevention & Treatment of Bed Sores in the Community. (Inter-Departmental with Community Medicine Dept, PGIMER, Chandigarh).
  - A comparative study to evaluate three modalities for relief from frozen shoulder: conservative rehabilitation alone or in combination with suprascapular nerve block or intra-articular steroid injection. (MS Ortho Thesis as co-guide; candidate: Dr Aakash Parashar, 2013; PGIMER, Chandigarh).
  - Validation of tools to measure impact of a regime of conservative therapy on quality of life in adult knee osteoarthritis patients – a hospital based randomized controlled trial. (PhD Thesis as doctoral committee member; candidate: Ms Meenakshi Sharma, 2013; PGIMER, Chandigarh).

- Development, validation and utilization of two intervention packages to enhance the degree of adherence to nutritional and other lifestyle regimes prescribed for weight reduction to female obese patients with selected diseases: A randomized controlled trial. (Inter-Departmental with Community Medicine Dept, 2013, PGIMER, Chandigarh).
- Correlates of impact of two intervention packages on occurrence and severity of low backache among women employees of various educational institutes of Chandigarh: a randomized controlled trial. (PhD Thesis as co-guide; candidate: Ms Neha Chanana, 2014; PGIMER, Chandigarh).
- Role of Prolotherapy in Plantar Fasciitis: A randomised controlled trial (MD PMR Thesis as Co-guide; candidate: Dr Satyasheel Singh Asthana, 2016; KGMU, Lucknow).
- A cross-sectional epidemiological study of ultrasound evaluation of plantar fascia thickness in asymptomatic Indian adults. (Ongoing project in the Dept. of PMR, DrRMLIMS, Lucknow)
- Evaluation of Risk of Fall in Knee Osteoarthritis: A Cross-Sectional Study (MD PMR Thesis as Co-guide; candidate: Dr Juhika Kaur, 2019-22; KGMU, Lucknow) (Ongoing project)
- **Selected Publications (Chapters in Books):**
  - **Gogia VS:** Communication Issues with person with CP, Parents/ Caregivers and Rehabilitation Team Members. In: Khan Feroz, editor. [IAPMR Guidelines to manage a child/adult with cerebral palsy 2017](#). IAPMR. 2017. P 25 – 7.
  - **Gogia Virinder Singh,** Kumar Deepak, Chetri Seema, Kaur Prabhjyot: Rehabilitation Management of a Patient on Ventilator. In: Kaur Sukhpal, editor. Clinical Neurosciences & Critical Care Nursing. 1st ed. New Delhi, Jaypee Brothers. 2014.p 271 – 84.
  - **Gogia VS:** Orthotic Management of Post Polio Syndrome. In: Aggarwal AK, editor. Essentials of Prosthetics and Orthotics with MCQs and Disability Assessment Guidelines. 1st ed. New Delhi, Jaypee Brothers. 2013. p 173 – 8.
  - **Gogia VS:** Empower PMR: Reach out all medical colleges – Loud thinking. Souvenir & Book of Abstracts IAPMR 31st Annual Conference; February 7 – 9, 2002; RIMS, Imphal, India.
  - Co-authored Guidelines for Establishing a 30 Bedded Department of Physical Medicine and Rehabilitation (PMR)/Rehabilitation Medicine, under the aegies of the Indian Association of Physical Medicine and Rehabilitation. Souvenir IAPMR International and 28th Annual Conference; January 6-8, 2000; AIIMS, New Delhi, India.
- **Selected Publications (Journal Articles):**
  - **Virinder S. Gogia** (presenter), Anil K. Gupta, Satyasheel Asthana. Association of Plantar Fasciopathy With Plantar Fascia thickness: An Observational Study [Abstract]. American J Phys Med Rehab. 99(3 Suppl):March 2020; P a149.
  - Gupta AK, Asthana SS, **Gogia VS** (corresponding author). Association of Plantar Fasciopathy with Plantar Fascia Thickness: An Observational Study. Indian J Phy Med Rehab

- 2018;29(3):63-65 [<https://www.ijopmr.com/doi/IJOPMR/pdf/10.5005/jp-journals-10066-0027>].
- **Gogia VS**, Kumar D. Prevalence of back and shoulder pain vis-à-vis weight of school Bag and other lifestyle factors - an epidemiological study. International Journal of Scientific Research 2018;7(7):61-4. [[https://www.worldwidejournals.com/international-journal-of-scientific-research-\(IJSR\)/recent\\_issues\\_pdf/2018/July/July\\_2018\\_1530348695\\_\\_109.pdf](https://www.worldwidejournals.com/international-journal-of-scientific-research-(IJSR)/recent_issues_pdf/2018/July/July_2018_1530348695__109.pdf)].
  - Kumar D, **Gogia VS** (corresponding author). Prevalence of Overweight and Obesity among Adolescents in an Urban North Indian School: A Cross-sectional Study. Indian J Phy Med Rehab 2018;29(2):47-52. [<https://www.ijopmr.com/doi/pdf/10.5005/jp-journals-10066-0025>].
  - **Gogia Virinder S**, Singh U. Post Polio Syndrome: Report of 3 Cases and Brief Review of Literature. IJPMR. 2014; 25 (1): 22-6. [<http://ijpmr.com/IJPMR1403/ppsgog.pdf>]
  - Kumar Deepak, **Gogia Virinder Singh**. A case report of hirayama disease. IJPMR. 2013; 24 (2): 51-5. [<http://ijpmr.com/ijpmr1306/hiraydeepak.pdf>]
  - **Gogia VS**, Kumar Deepak. Epidemiological Study of Prevalence of Backache in School Children vis-a-vis Weight of School Bag and Other Life Style Factors. (Abstract) IJPMR. 2011; 22:105. [<http://www.ijpmr.com/ijpmr1103/conf12papers.pdf>]
  - Singh U, **Gogia VS**, Handa G. Occult problem in paraplegia - a case report. IJPMR. 2002; 13:19-23. [<http://www.ijpmr.com/ijpmr02/200205.pdf>]
  - Singh U, Handa G, **Gogia VS**. Challenges in the conservative management of intervertebral disc prolapse. IJPMR. 1999-2000; 10-11:29-32. [<http://www.ijpmr.com/ijpmr99/199906.htm>]
  - Singh U, **Gogia VS**. Rehabilitation of patients with spina bifida. Indian J Pediatr 1997 Nov-Dec; 64(6 Suppl): 77-82. [<http://www.ncbi.nlm.nih.gov/pubmed/11129885>]
  - Singh U, **Gogia VS**. Appraisal of equipment, used in physical medicine and rehabilitation. J Acad Hosp Adm 1997 Jul; 9(2): 27-30. [<http://www.ncbi.nlm.nih.gov/pubmed/10538174>]
  - **Selected Presentations:**
    - **Vision for a PMR Department in a Teaching Hospital**, invited CME Lecture during IAPMR National Mid Term CME 2015, Srinagar, September 2015.
    - **Update on modalities and criteria for diagnosis of osteoporosis – IOF**, invited CME Lecture, during IPARM, Delhi PMRCON 2014, Delhi, March 2014.
    - **Life Style Management in Obesity**, invited CME Lecture, during IAPMR, Annual National Conference, Chennai, January 2014.
    - **PMR Approach to Chronic Pain**, invited CME Lecture, during ISSP, Chandigarh CME on Pain Management, Chandigarh, October 2013.

- **Nutritional status of adolescent children in a Chandigarh School with reference to prevalence of obesity: A pilot study, Gogia VS**, Kumar Deepak, during IAPMR, Annual National Conference 2013, Bengaluru, February 2013 and also in IPARM, Delhi PMRCon 2013, Delhi, March 2013.
- **Management of Obesity in School Children**, invited CME Lecture during GEMSCON 2012 (GSVM Medical College Alumni Association), Kanpur, December, 2012.
- **Epidemiological Study of Prevalence of Backache in School Children vis-a-vis Weight of School Bag and Other Life Style Factors, Gogia VS**, Kumar Deepak, during IAPMR, Annual National Conference, Thiruvananthapuram, Jan 2012 and also in IAPMR Delhi Chapter Annual Conference, Delhi, March 2012.
- **UNCRPD: Status, Limitations & Recommendations for implementation of Articles 25 & 26 in North India, Gogia VS**, Kumar Deepak, National (Expert Group) Workshop for Development of Guidelines with regard to MoHFW on implementation of UN Convention on Rights of persons with Disabilities (UNCRPD); New Delhi. October 2011.
- **Effects of a Custom Made Cervical Pillow (Night Cervical Support) for the Patient With Neck Pain.** (Verma Pravin – presenting author, Verma Ravi, Varghese Mathew, Gogia VS) during 13th *World Congress of the International Society for Prosthetics and Orthotics (ISPO): Leipzig, Germany, May 10 –15, 2010.*
- **Rehabilitation Management of Diabetic Foot**, invited CME Lecture during 2nd Annual Conference & CME, Delhi Chapter, IAPMR, Indraprastha Association of Rehabilitation Medicine: Delhi, April 12 – 13, 2008.
- **Ortho – prosthetic rehabilitation of a patient with three-limb amputation with non-union fracture both bone in one leg: a case report.** (Verma Pravin – presenting author, Gogia VS, Varghese Mathew) during 12<sup>th</sup> *World Congress of the International Society for Prosthetics and Orthotics (ISPO): Vancouver, Canada, July 29 – August3, 2007.*
- **Paralytic Poliomyelitis – Clinical Features & Diagnosis**, Lecture delivered as Invited Faculty during Symposium of the IAPMR Delhi Chapter, Safdarjang Hospital, New Delhi, 2001.
- **Post-Polio Syndrome – A Case Report of 3 Cases, (Gogia VS, Singh U).** 1999 Annual National Conference of the IAPMR, Pune, India.
- **Formulae for Calculation of Net Energy Gains on Complete Oxidation of Saturated Fatty Acids**, at the National Symposium on Hyperlipidemias, organized by the Department of Medicine, AIIMS, New Delhi at the AIIMS, New Delhi, March 21, 1997.
- **Appraisal of Equipment used in Physical Medicine and Rehabilitation**, (Singh U, Gogia VS) at National Symposium on Hospital Equipment, Appliances & Technology (HEAT 97), organized by the Department of Hospital Administration, AIIMS, New Delhi at the AIIMS, New Delhi, February 17 19, 1997.

- **Appraisal of Quality of Life Assessment Profiles** (Poster) (Second author: Dr. U Singh, Addl. Professor, Dept. of Physical Medicine & Rehabilitation, AIIMS, New Delhi), 1996 Annual National Conference of the IAPMR, Secunderabad, India.
- **Appraisal of Disability**. 1992 Annual National Conference of the IAPMR, Chidambaram, India.

Lucknow, 02 November 2020

Prof (Dr) Virinder Singh Gogia