

Resume

H.NO.-B-II-320
Gandhi Nagar-I, Jalandhar City

Dr. Umesh Kumar Sapra

M.D. (Ay.) Phone No: 0181-2203854
Mobile: 09898205636

PERSONAL PROFILE

NAME	Dr. Umesh Kumar Sapra
FATHER NAME	Sh.I.D.Sapra (Supdt. P.W.D.&B.R.)
MOTHER NAME	Smt. Kamlesh Kumari (Govt. Teacher)
DATE OF BIRTH	11 th Oct., 1980
MARITAL STATUS	Single
HOBBIES	Reading ,Listening Music, Cricket,

ACADEMIC QUALIFICATION

EXAM.	YEAR OF PASSING	NAME OF BOARD/UNI.	% age OF MARKS Obtd
MATRIC	1996	P.S.E.B.	86%
SSC-II	1998	P.S.E.B.	71%
BAMS-Ist Prof	June,2000	Baba Farid university of Health Sciences, Faridkot	70.4%
BAMS-IIInd Prof.	Dec.2001	B.F.U.H.S.	74.1%
BAMS Final Prof	Dec.2003	B.F.U.H.S.	74.8%
Internship	July,2004	B.F.U.H.S.	Rotatory
M.D. (Ay.) Kayachikitsa Dept. and RN&VV Specialty	July,2007	Gujarat Ayurved University, Jamnagar	

ACAEDMIC EXCELLENCE:

AT UG LEVEL:

- Got First rank in BAMS First Prof. Examination in UG College and Third rank in University (BFHUS).
- Got Second rank in BAMS Second Prof. Examination in UG College.
- Got Third rank in BAMS Third Prof. Examination in UG College.

AT PG LEVEL:

- Got First rank in MD First year examination in Roga Nidana and Vikriti Vigyana specialty.

Have taken few Lecturers and practical classes of the foreigner students for Introductory as well as 3 and 6 months course of Ayurveda in University.

OTHER QUALIFICATIONS:

- Accupressure
- 10 Write Ups In various Ayurvedic Magazines and 2 in newspaper of India.
- 16 seminars attended including 4 international seminars and 6 workshops.
- 5 papers presented at various national and international seminars held at various Institutes of Ayurveda.

EXTRA- CURRICULAR ACTIVITIES:

- 2nd prize in Aptitude Test held at R.E.C. Jalandhar on National Science Week, 1999.
- 3rd prize in 400m athletic race in First Inter Medical College Athletic meet held at Guru Gobind Singh Medical College , Amritsar 2000.
- Holder of N.C.C. – A Certificate with A grade and got prize of Rs. 2500/- for the performance in Matric and N.C.C.
- Taken parts in various Drama and stage show held at U.G. and P.G. Level.
- Participated in sports at UG and PG level.
- Won a number of prizes in Athletics at Annual sports meet in Dayanand Ayurvedic College, Jalandhar city.
- Played at University level in sports like Athletics, Cricket and Volleyball with college team.
- Participated in National Pulse polio Immunization programme in 2001, 2002, and 2003 by The ROTARY INTERNATIONAL in Jalandhar city.
- Participated in programme for betterment of poor and needy people in society by LIONS CLUB in Jamnagar, 2006.
- Participated in Ayurveda Orthopedic Camp, Osteoporosis Awareness Programme on 17-1-2007 held by International Ayurveda Foundation in I.P.G.T& R.A., Jamnagar.
- Participated in various monthly camps as Ayurvedic doctor organized by Aasaram Babu committee, Jalandhar branch.
- Participated in various check up camps as Ayurvedic doctor organized by IPGT&RA, Gujarat Ayurved University, Jamnagar.
- Participated in Chickun gunia medical camp as Ayurvedic doctor organized by Health and Family welfare department, Gujarat State with cooperation of IPGT&RA, Gujarat Ayurved University, Jamnagar.
- Selected for Interactive Workshop on Ayurveda (Hepatological Disorders) as student participant from 30-31st January 2007 at New Delhi by Rashtriya Ayurved Vidyapeeth, New Delhi.
- Selected for Interactive Workshop on Ayurveda (Renal Disorders) as student participant from 15-16th March 2007 at Bhopal by Rashtriya Ayurved Vidyapeeth, New Delhi.

EXPERIENCE:

- Worked as Medical Officer in Sareen Hospital, Jalandhar for 1 year.
- Worked as Medical Officer in Sharanjit Hospital, Jalandhar for 3 months.
- Worked under the guidance of different Ayurvedists in their Clinics for 4 years.
- Worked under the guidance of Vaidya Madan Gopal Sharma (renowned Nadi Vaidya – Ex- Director, National Institute of Ayurveda, Jaipur) for 2 months.
- Worked under the guidance of Vaidya C.P.Shukla (renowned Charka Vaidya – Ex- Dean, IPGT&RA, Gujarat Ayurved University, Jamnagar) for 6 months.
- Worked as Junior Research Fellow and Medical Officer in I.P.G.T. & R.A., Jamanagar Hospital for 2 years.
- Worked as Senior research fellow and Medical Officer in I.P.G.T.& R.A.,Jamnagar Hospital for 1 year.
- Done M.D. thesis on Hyperlipidaemia with double blind control trial on 60 patients along with animal studies and analytical data of drug.

SEMINAR ATTENDED

Total	-	16
NATIONAL	-	
ATTENDED	-	6
PAPER PRESENTATION	-	2
INTERNATIONAL	-	
ATTENDED	-	4
PAPER PRESENTATION	-	3
WORKSHOP ATTENDED	-	6

SEMINAR ATTENDED

National Seminars attended:

1. National seminar on Rheumatoid Arthritis, 10th November 2002,Dayanand Ayurvedic College, Jalandhar City,
2. National seminar on Diabetes mellitus and Ayurveda,6-7th November 2004, Dayanand Ayurvedic College,Jalandhar City.

3. XXVII-Annual conference of association of Physicians of Gujarat, 24-25th December 2005, Jamnagar.
4. National seminar on Recent advances in Panchakarma, 18-20th March 2006, National Institute of Ayurveda, Jaipur.
5. National symposia on Ayurvedeeya Nidaana-51st Foundation day, 20-21st July, 2006, IPGT&RA, Gujarat Ayurved University, Jamnagar.
6. National conference on Mind, body and Medicine -19-23th April, 2007 at Abu Road, Rajasthan.

International Seminars attended :

1. 2nd International conference of ISAH and International seminar on chronic diseases and its management by Complementary and Alternative Medicine (CAM), 23-25th September 2005, Banaras Hindu University, Varanasi.
2. 2nd International Ayurveda congress, 11-13th November 2005, New Delhi.
2. 5th International seminar on Ayurveda (Ayurvedic Education, Research and Drug Standardization- A Global Perspective), 5-7th January 2006, IPGT&RA, Gujarat Ayurved University, Jamnagar.
3. International conference on Ayurveda- Where science meets consciousness, 18-22th January, 2006, Sterling resorts, Mahabalipuram.

Workshops attended:

1. National workshop on Dravyaguna on the eve of Integration of Golden Jubilee year celebrations (July 2005-July 2006), 20-21st July, 2005, IPGT&RA, Gujarat Ayurved University, Jamnagar.
2. Symposia and Workshop on Ksharsutra therapy and Anorectal disorders, 8th January 2006, Ahmedabad organized by Gujarat Pradesh Ayurved Mandal.
3. National workshop on Panchakarma-Keraleeya 2006, 16-18th February, VPSV Ayurved college, Kottakal.
4. Golden Jubilee year celebrations- Research Methodology workshop, 23-24th February 2006, IPGT&RA, Gujarat Ayurved University, Jamnagar.
5. National workshop on Scope and Emerging trends in Ayurvedic pharmacy- 8th foundation day celebrations 1st August 2006, IAPS, Gujarat Ayurved University, Jamnagar.
7. Interactive Workshop on Ayurveda (Hepatological Disorders) 30-31st January 2007, Rashtriya Ayurved Vidyapeeth, New Delhi.

Paper Presentations:

At National Seminars

1. Diabetes and its management at National seminar on Diabetes mellitus and Ayurveda, 6-7th November 2004, Dayanand Ayurvedic College, Jalandhar City.
2. Role of Virechana in the management of Tamaka Shwasa (Bronchial Asthma) – A Review. National Institute of Ayurveda, Jaipur.

At International Seminars

1. A study of Asthigata Vata w.s.r. to cervical spondylosis and the role of Snehana and nasya karma in its management at 2nd International conference of ISAH and International seminar on chronic diseases and its management by Complementary and Alternative Medicine (CAM),23-25th September 2005, Banaras Hindu University,Varanasi.
2. Etiopathogenesis and management of Diabetic Neuropathy at 2nd International Ayurveda congress,11-13th November 2005,New Delhi.
3. Role of Rasayana therapy in the management of Sheeta Pitta (Urticaria) at 5th International seminar on Ayurveda (Ayurvedic Education, Research and Drug Standardization- A Global Perspective),5-7th January 2006,IPGT&RA,Gujarat Ayurved University, Jamnagar.

Articles Publications

1. Swasthya chaaleesa-Aarogyadhama,Mujafarnagar
2. Ayurved ka Vikas evam mahatav- Disha,March 2000, Akhil Bharteeya Vidyaarathi Parishad, Branch Dayanand Ayurvedic College, Jalandhar City.
3. Pareekshaupayogi Parashanotari-Ayurved Mahasammelana Patrika,July 2001.
4. Pareekshaupayogi Parashanotari-Ayurved Mahasammelana Patrika,May 2002.
5. Vibhinna prakara ke krimio ke nidana mein mere Anubhav-Sudhanidhi, November 2002.
6. Paayoreeya ki chikitsa mein safal Anubhav- Sudhanidhi, May 2003.
7. Ayurvedic Utakarishat chikitsa pradhatti- Ayurved Mahasammelana Patrika,May 2005.
8. High cholesterol and Triglycerides-Newer Trends DAV's Ayurveda for Holistic Health-August 2005,Dayanand Ayurvedic College, Jalandhar City,

Languages known:

Language	To Read	To Write	To Speak
English	Excellent	Excellent	Excellent
Hindi	Excellent	Excellent	Excellent
Sanskrit	Excellent	Good	Good
Punjabi	Excellent	Excellent	Excellent
Gujarati	Good	Good	Good
Kannada	-	-	To some extent
Marathi	To some extent	-	-

Certificate:

I hereby certify that the information given is true to the best of my knowledge.

Date :

Place : Jamnagar

(Dr. Umesh Kumar Sapra)