

# Resume

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

**Dr. Umesh Kumar Sapra**

M.D. (Ay.) Phone No: 0181-2203854  
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## 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 <sup>th</sup> 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	

## ACADEMIC 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:**

- 2<sup>nd</sup> prize in Aptitude Test held at R.E.C. Jalandhar on National Science Week, 1999.
- 3<sup>rd</sup> 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 Asaram Bapu 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 30-31<sup>st</sup> January 2007 at New Delhi by Rashtriya Ayurved Vidyapeeth, New Delhi.
- Selected for Interactive Workshop on Ayurveda (Renal Disorders) as student participant from 15-16<sup>th</sup> 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
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NATIONAL	-	
ATTENDED	-	6
PAPER PRESENTATION	-	2

INTERNATIONAL	-	
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ATTENDED	-	4
PAPER PRESENTATION	-	3

WORKSHOP ATTENDED	-	6
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## **SEMINAR ATTENDED**

### **National Seminars attended:**

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

3. XXVII-Annual conference of association of Physicians of Gujarat, 24-25<sup>th</sup> December 2005, Jamnagar.
4. National seminar on Recent advances in Panchakarma,18-20<sup>th</sup> March 2006,National Institute of Ayurveda,Jaipur.
5. National symposia on Ayurveddeeya Nidaana-51<sup>st</sup> Foundation day,20-21<sup>st</sup> 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. 2<sup>nd</sup> International conference of ISAH and International seminar on chronic diseases and its management by Complementary and Alternative Medicine (CAM),23-25<sup>th</sup> September 2005,Banaras Hindu University,Varanasi.
2. 2<sup>nd</sup> International Ayurveda congress, 11-13<sup>th</sup> November 2005,New Delhi.
2. 5<sup>th</sup> International seminar on Ayurveda (Ayurvedic Education, Research and Drug Standardization- A Global Perspective), 5-7<sup>th</sup> January 2006,IPGT&RA, Gujarat Ayurved University, Jamnagar.
3. International conference on Ayurveda- Where science meets consciousness, 18-22<sup>th</sup> 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),20-21<sup>st</sup> July,2005, IPGT&RA, Gujarat Ayurved University, Jamnagar.
2. Symposia and Workshop on Ksharsutra therapy and Anorectal disorders, 8<sup>th</sup> January2006,Ahmedabad organized by Gujarat Prades Ayurved Mandal.
3. National workshop on Panchakarma-Keraleeya 2006,16-18<sup>th</sup> February, VPSV Ayurved college,Kottakal.
4. Golden Jubilee year celebrations- Research Methodology workshop,23-24<sup>th</sup> February 2006,IPGT&RA,Gujarat Ayurved University,Jamnagar.
5. National workshop on Scope and Emerging trends in Ayurvedic pharmacy- 8<sup>th</sup> foundation day celebrations 1<sup>st</sup> August 2006, IAPS,Gujarat Ayurved University,Jamnagar.
7. Interactive Workshop on Ayurveda(Hepatological Disorders) 30-31<sup>st</sup> 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,6-7<sup>th</sup> 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 2<sup>nd</sup> International conference of ISAH and International seminar on chronic diseases and its management by Complementary and Alternative Medicine (CAM),23-25<sup>th</sup> September 2005, Banaras Hindu University,Varanasi.
2. Etiopathogenesis and management of Diabetic Neuropathy at 2<sup>nd</sup> International Ayurveda congress,11-13<sup>th</sup> November 2005,New Delhi.
3. Role of Rasayana therapy in the management of Sheetapitta (Urticaria) at 5<sup>th</sup> International seminar on Ayurveda (Ayurvedic Education, Research and Drug Standardization- A Global Perspective),5-7<sup>th</sup> January 2006,IPGT&RA,Gujarat Ayurved University, Jamnagar.

### Articles Publications

1. Swasthya chaaleesa-Aarogyadhamma,Mujafarnagar
2. Ayurved ka Vikas evam mahatav- Disha,March 2000, Akhil Bharteeya Vidyaarthi Parishard, 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 )**