

CURRICULUM VITAE

NAME : Dr. Nikhil Gupta
Designation: : Assistant Professor, Department of
General Medicine, Dr.RMLIMS
PHONE : 9935568572
E-MAIL : nike2in1977@gmail.com

QUALIFICATION

Examination	Name of Institution	Year of passing
M.B.B.S.	G.S.V.M. Medical College Kanpur	2001
M.D (Internal Medicine)	B.P.Koirala Institute of Health Sciences, Dharan,	2006
Diploma in Allergy and Asthma	CMC Vellore	April 2009
Distance Fellowship in Diabetes Management	CMC Vellore	July 2013

Achievements & Awards:

1. **Honors in Biochemistry** during M.B.B.S in G.S.V.M. Medical College, Kanpur in 1999.
2. Training of **Advanced Life Support Provider Course in April 2016.**
3. **Ist prize in E-poster presentation(open category)** entitled Estimation of reference values for liver function tests in apparently healthy population of lucknow in ACP India Chapter, Medicine 2018 held at Lucknow on 31st Aug-2nd Sept 2018
4. **Awarded Membership National Academy of Medical Sciences(MNAMS)** in October 2018.

Publications:

PAPER PUBLISHED:

International Journals

1. **Gupta N**, Karki P, Sharma S, Shrestha N, Acharya P. Effect of haemodynamic and metabolic predictors on echocardiographic left ventricular mass in non-diabetic hypertensive patients. Kathmandu University Medical Journal 2010;8:173-8. **(IF .30) (Citations 3)**
2. Prasad R, **Gupta N**, Singh A, Gupta P. Diagnosis of idiopathic pulmonary fibrosis: Current issues: Intractable Rare Dis Res. 2015; 4:65-9 (**citations-9**)
3. Prasad R, Singh A, **Gupta N**, Hosmane Giridhar B. Epidemiology of adverse drug reaction with second line drugs among patients treated for multi drug resistant tuberculosis: European journal of biomedical and pharmaceutical sciences 2015; 2: 553-61.
4. Prasad R, **Gupta N**, Singh A, Gupta P. Multidrug resistant and extensively drug-resistant tuberculosis (M/XDR-TB): management in special situations. International Journal of Medical Science and Public Health 2015;4:1626-33. **(citation 1)**
5. Prasad R, **Gupta N**, Balasubramaniam V, Singh A. Drug and Multi drug Resistant tuberculosis: A comprehensive review on management. World Journal of Pharmacy and pharmaceutical sciences 2015;4:1835-65.
6. Prasad R, **Gupta N**, Balasubramanian V, Singh A. Multidrug Resistant Tuberculosis Treatment in India. Drug Discoveries & Therapeutics 2015; 9:156-64.
7. Prasad R, Singh A, **Gupta N**, Tarke C. Role of Bioenhancer in TB. International journal of Health Sciences and Research 2016;6:307-13.
8. Jalees Fatma, **Nikhil Gupta**, Ritu Karoli, Vaibhav Shukla, Zeba Siddiqui, Nitin Gupta. Ventilatory functions in diabetes mellitus – an assessment made by spirometry and six minute walk test. International Journal of Contemporary Medical Research 2016;3:3549-555.
9. **Gupta N**, Shukla V, Shukla P. Clinical pattern of superficial mycosis in rural type 2 diabetes mellitus patients. Int J Res Med Sci 2018;6:2295-8.
10. **Gupta N**, Karoli R, Fatima J, Singh PS, Srivastava AP, Agarwal GG. Estimation of reference intervals for liver function tests in apparently healthy population of Lucknow. Int. J. Med. Health Res. 2018;4:13-7.
11. Mishra C, **Gupta N**, Shakya S. Effect of alternate nostril breathing (Anuloma Viloma Pranayama) on blood pressure, pulse rate and body mass index (BMI) in hypertensive subjects. Int. J. Med. Health Res 2019;5:37-9.

National Journals

1. Singh R, Singh RK, Tripathi AK, **Gupta N**, Kumar A, Singh AK, Mahdi AA, Prasad R, Singh RK. Circadian periodicity of plasma lipid peroxidases and antioxidant enzymes in pulmonary tuberculosis. Indian journal of clinical biochemistry. 2004; 19:14-20 (**citations 13**)
2. Prasad R , Vineet Mahajan, Sanjay Verma, **Nikhil Gupta**. Arterial Blood Gas Basics and Interpretation. Pulmon 2007;9:82-87 (**citations 10**)
3. Prasad R , Vineet Mahajan, Sanjay Verma, **Nikhil Gupta**. Diffusion Study. Pulmon 2008;10:8-11
4. Prasad R , Sanjay Verma, Rajni Singh, Giridhar Hosmane, **Nikhil Gupta**. Case Report: Allergic broncho pulmonary aspergillosis presenting as left hilar mass. Calicut Medical Journal 2008;6:e6
5. Somani S K, Srivastava A P, Ahmad M , Khanna D , **Gupta N** . Hepatitis E Virus Infection Leads To Severe Hemolysis In Glucose-6-Phosphate Dehydrogenase Deficiency Patients. WebmedCentral GASTROENTEROLOGY 2011;2:WMC001537 (**citations 1**)
6. Prasad R, Gupta P, **Gupta N**. Drug Induced Pulmonary Diseases. World Clin Pulm Crit Care Med. 2013;2(2):255-68
7. Prasad R, **Gupta N**, Singh M. Multidrug resistant tuberculosis: trends and control: The Indian Journal Of Chest Diseases & Allied Sciences . 2014; 56 :237-46.(**IF .5 citations 24**)
8. **Gupta N**, Fatima J, Karoli R, Shukla V, Lal N Mishra A. Rosai dorfman disease with haemolytic anaemia in an elderly patient: a rare presentation. Unique Journal of Medical and Dental Sciences. 2015; 03: 47-9.
9. Prasad R, **Gupta N**. Control of Multi Drug Resistant Tuberculosis : Principles and Practices. Era's journal of Medical research 2015 :2;62-4.
10. Kumar D, **Gupta N**, Fatima J, Mishra AK, Khan AA . A comparative study of non-alcoholic fatty liver disease in rural and urban population with type 2 diabetes mellitus. J. Evolution Med. Dent Sci. 2016;5:2905-08 .
- 11 Prasad R, **Gupta N**, Banka A. Rapid diagnosis and shorter regimen for multidrug-resistant tuberculosis: A priority to improve treatment outcome. Lung India 2017;34:1-2.(**citations 2**)
- 12 Karoli R, **Gupta N**, Fatima J, Siddiqi Z. Study of epicardial fat thickness as a marker of visceral adiposity in patients with hypothyroidism. Thyroid Res Pract 2017;14:12- 7.
- 13 **Gupta N**, Ahmed M, Fatima J, Karoli R, Ahmed A. Osmotic Demyelination syndrome in Normonatremic Patient with Chronic Kidney Disease. Journal of Association of Physicians of India 2017;65:98-9.(**IF- .37**)
14. Prasad R, **Gupta N**, Banka A. Prevention of Drug Resistant Tuberculosis. Journal of Internal Medicine of India 2017;11:36-40.

15. Prasad R, **Gupta N**, Banka A. 2025 too short time to eliminate tuberculosis from India. Lung India 2017;34:409-10
16. Prasad R, Singh A, Balasubramanian V, **Gupta N**. Extensively drug resistant tuberculosis in India: Current evidence on diagnosis and treatment. Indian J Med Res 2017;145:271-93
17. Prasad R, **Gupta N**, Banka A. Shorter & cheaper regimen to treat multidrug-resistant tuberculosis: A new hope Indian J Med Res 2017; 146:301-3.
18. Prasad R, **Gupta N**, Banka A. Multidrug resistant tuberculosis/rifampicin-resistant tuberculosis: Principles of management. Lung India 2018;35:78-81.
19. Prasad R, **Gupta N**, Banka A. Diagnosis and Treatment of Multi Drug Resistant and Rifampicin Resistant Tuberculosis. Journal of Internal Medicine of India 2018;12:46-51.
20. Prasad R, Singh A, **Gupta N**. Role of bronchoscopy in diagnosis of smear negative pulmonary tuberculosis. Thoracic endoscopy 2018;3:5-8.
21. **Gupta N**, Karoli R, Singh PS, Shrivastava A. The relationship between neutrophil/lymphocyte ratio, albuminuria and renal dysfunction in diabetic nephropathy. Journal Indian Academy of Clinical Medicine 2018;19:265-68.
22. Fatima J, **Gupta Nikhil**, Karoli Ritu, Chandra Ashok, Jagirdaar Shruti, Arora Raghav, Pandey Neha. Association of Sonographically Assessed Visceral and Subcutaneous Abdominal Fat with Insulin Resistance in Prediabetes. JAPI 2019;67:68-70

Chapters in standard textbooks/Volume of Proceedings of Major National and International Conferences of recognized professional Societies / Associations:

1. Chandra A, **Gupta N**. End of life management for terminal diseases: Involvement of family. Clinical Medicine Update. 2014; Vol. XVII (Ch. 58):474-479
2. Prasad R, **Gupta N**, Gupta P. Fiberoptic Bronchoscopy In Pulmonary Disorders. Pulmonary Clinics Of India. 2014; June Vol. 1 No. 1:56-73
3. **Gupta N**, Prasad R. Pulmonary manifestations of chronic kidney disease. Pulmonary Clinics Of India. 2015; June Vol. 2 No. 1:203-8
4. Karmakar S, **Gupta N**, Prasad R. Stress And Asthma. Proceedings of 11th National Seminar on Management of Mental Health Through Yoga & Naturopathy at Lucknow on Nov 30, 2015, 40-2
5. Prasad R, **Gupta N**, Ahmed F. Multi Drug Resistant Tuberculosis management : Principles and Practices CME Update Indian Medical Association at Raebareli on 12th March, 2016, 73-76.
6. Prasad R, Gupta N, Ahmed F. Diagnosis and Management of Multi Drug Resistant TB. Proceedings of API West Bengal June 2016.
7. Prasad R, Gupta N. Allergy-Clinical Issues. Souvenir and Abstract Book, 19th International Conference Integrated Medicine for Perfect Health, Nov. 2016, 2-6

8. Prasad R, **Gupta N**. Allergy-Clinical Issues.Souvenir and Abstract Book ,19th International Conference Integrated Medicine for Perfect Health, Nov. 2016,2-6
9. Prasad R, **Gupta N**.Treatment of tuberculosis in special situations.Textbook of pulmonary and critical care medicine 2017;Vol.1:568-73
10. Prasad R, **Gupta N**. Clinical Evaluation of Respiratory Allergy. Souvenir and Abstract Book.51st ICAAICON 2017;69-75
11. Prasad R,Naorem R, **Gupta N**. Diagnosis and Treatment of Multi Drug Resistant tuberculosis.Pulmonary Clinics of India 2018;Vol. 4:104-16.

Co-Author in books

1. Clinical Tuberculosis Diagnosis and Treatment:2015 by Dr. Rajendra Prasad. Jaypee Brothers Medical Publishers
2. Manual of tuberculosis 2015 by Dr. Rajendra Prasad. Jaypee Brothers Medical Publishers
3. MDR & XDR Tuberculosis 2015 by Dr. Rajendra Prasad. Jaypee Brothers Medical Publishers

Presentations in conferences/Guest Lectures:

S.No.	Topic	Conference/Workshop/ CME	Place	Date
1.	Haemodynamic and Metabolic Predictors of left ventricular mass in Non-Diabetic patients with essential Hypertension	VIIIth National Conference of society of Internal Medicine of Nepal SIMON-2006	Dharan, Nepal	10 th –11 th Nov 2006
2.	Epidemiology of Allergic Diseases	Allergy,Asthma and Immunotherapy Update	ELMC&H, Lucknow	16 th Oct 2015
3.	Integrated diabetes Management	12 th National Conference of UP Naturopathy and Yoga teachers and physician association	Lucknow	30 th Nov. 2016
4.	Estimation of reference values for liver function tests in apparently healthy population of lucknow	ISMSSCON 2017	SGPGI,Lucknow	2 nd -4 th Nov. 2017
5.	Hypertension and Yoga	13th National Seminar of UP Naturopathy and Yoga teachers and physician association	Lucknow	30 th Nov. 2017
6.	How to approach a case of diabetes mellitus	RSSDI UPCON 2018	Lucknow	10 th -11 th Feb 2018
7.	Epidemiology of Allergic Diseases	ICAAICON 2017	Lucknow	15 th march 2018

CHAIRPERSON OF SCIENTIFIC SESSIONS IN VARIOUS CONFERENCES/SEMINARS/WORKSHOPS

S.No.	Conferences/Seminars/Workshops	Place	Date
1.	RSSDI UPCON 2018	Lucknow	10 th -11 th Feb 2018
2.	ICAAICON 2017	KGMU ,Lucknow	16 th -18 th March 2018
3.	Tuberculosis Update	Dr. RMLIMS,	24 th March 2018

		Lucknow	
4.	National CME on ILD	Lucknow	19 th May 2018
5.	ACP India Chapter, Medicine 2018	Lucknow	31 st Aug-2 nd Sep 2018
6.	4 th International Conference on Sleep Disorders (ISCD)	Lucknow	12 th -14 th Oct 2018
7.	APICON 2019	Kochi	7 th -10 th Feb 2019

ORGANISATIONAL ABILITY FOR PROFESSIONAL CONFERENCES, SYMPOSIA, MEETINGS

1. As Member organizing committee **Allergy, Asthma and Immunotherapy Update** in ELMC&H, Lucknow on 16th Oct. 2015.
2. As Member organizing committee **Spirometry technician training workshop** at ELMC&H, Lucknow on 15th-16th March 2016.
3. As Member organizing committee **Spirometry technician training workshop** on 27th-28th April 2017 at ELMC&H, Lucknow.
4. As Member organizing committee **RSSDI UPCON 2018** at Lucknow on 10th – 11th February 2018.
5. As Member organizing committee **Tuberculosis Update** on 24th March 2018 at Dr. RMLIMS, Lucknow
6. As Joint Organising Secretary in **National CME on ILD** held at Lucknow on 19th May 2018.

Research Experience

1. Worked as a Project Assistant ‘A’ under the project entitled “**Human Risk Assessment Studies in Asbestos based Industries in India**” in Industrial Toxicology Research Center, Lucknow from 5th Feb 2003 to 6th April 2003.

2. Intramural project

Title of project	Year	Duration	Remarks
Establishment of Reference values for Liver Function Tests in Apparently Healthy Population in Lucknow	2016	1 year	Completed

3. Research work supervised for MD/MS

1. As a Co- guide in Thesis entitled “**A Comparative Study Of Profile Of Newly Diagnosed Type 2 Diabetes Mellitus From Urban And Rural Areas**” in 2012.
2. As a Co-guide in Thesis entitled “**Plasma Cystatin C As A Marker In Acute Kidney Injury**” in 2012.
3. As a Co-guide in Thesis entitled “**A Comparative Study Of Variables In Urban & Rural Population Of Type 2 Diabetes Mellitus Patients With & Without Non Alcoholic Fatty Liver Disease**” in 2013.

4. As a Co-guide in Thesis entitled “ **To Study The Association Sono-Radiographically Assessed Visceral And Subcutaneous Abdominal Fat With Insulin Resistance In Patients With Prediabetes** “ in 2014.
5. As a Co-Guide in Thesis entitled “**Prevalence Of Dyslipidemia In Diabetes And It’s Correlation With Abdominal Obesity**” in 2015
6. As a Co-Guide in Thesis entitled”**A Study Of Quantitative Sensory Testing In Type 2 Diabetes Mellitus Patients For Diabetic Sensory Polyneuropathy**” in 2016
7. As a Co-Guide in Thesis entitled “**A Study Of Skin Sensitivity For Common Allergens Including Food Allergens In Patients Of Nasobronchial Allergy**” 2016
8. As a Co-Guide in Thesis entitled “**A Study Of Prevalence Of Obstructive Sleep Apnea In Apparently Healthy Adult Population And Patients Of Chronic Obstructive Pulmonary Disease**” in 2016
9. As a Co-Guide in Thesis entitled “**Comparative Study Of Gold Classification According To Gold 2011 And Gold 2007 For Chronic Obstructive Pulmonary Disease To Determine Patient Outcome**” in 2016

Professional Experience

1. Worked as **Registrar (post MD Medicine) in department of Critical Care Medicine, Apollo, Chennai.** from 14th Feb 2007 to 23rd Sep 2007.
2. Worked as **Senior resident in department of Medicine, Maulana Azad Medical College, New Delhi** from 26th Sep 2007 to 31st Jan 2008.
3. Worked as **Senior resident in department of Medicine. Era’s Lucknow Medical College, Lucknow** from 1st Feb 2008 to 31st .Jan 2009.
4. Worked as **Senior Resident in department of Nephrology in Sahara Hospital (a multidisciplinary superspeciality hospital) ,Lucknow** from 2nd Feb 2009 to 22nd April 2012.
5. Worked as **Assistant Professor in department of Medicine in Era’s Lucknow Medical College, Lucknow** from 23rd April 2012 till 19th July 2017.
6. Presently working as **Assistant Professor Department of General Medicine, Dr. Ram Manohar Lohia Institute of Medical Sciences,Lucknow** from 20th July 2017 till date