

Dr. (Hon. Brigadier) G S SAINANI

BIO DATA SYNOPSIS

Emeritus Professor of Medicine for Life, Grant Medical College, Mumbai, Hon. Consultant, Jaslok Hospital and Armed Forces; Hon. Physician, Governor of Maharashtra Director, All India Heart Foundation N. Delhi Ex- Director Professor, Ex-Dean Faculty of Medicine; Ex-Asst. Director, Central Council for Research in Indian Medicine and Homeopathy; Ex-Hon. Hon Physician, President of India Ex-Dean, Indian College of Physicians.

Brilliant academic career, winner of merit scholarships, distinctions awards and prizes; At young age of 32 years appointed as Professor and Head, Dept. Of Medicine; Visiting Professor of Cardiology (1 1/2 yrs) Chicago medical school and mt. sinai Hospital, chicago Recipient of 15 awards (1) Dr. B C Roy, as an Eminent medical teacher (76) (2) Maharashtra state Govt award as meritorious teacher (77), (3) Civic Award as Distinguished citizen (15 Aug. 78), (4) Civic Honour Award as an outstanding teacher (5.9.78), (5) Hon. Lt. Col., Rank conferred in 1979, by President of India for honorary services to Armed Forces. (6) Priyadarshani Award for Distinguished Services as a physician. (7) Association of Physicians Gifted Teacher Award (92), (8) Distinguished Services Award by (IMA) Academy (93). (9) Dr. BC Roy National Oration Award conferred by president of india (93) (10) Padmashri; for achievements in field of medicine (2000), (11) Sindhu Ratna; conferred by sindhu samaj Delhi for achievements in field of medicine and services rendered to sindhu Community (2000), (12) Bharat Mata; conferred by 24 International Astrological Conference held at Calcutta (2001) (13) **Millennium Achiever:** for outstanding services, contributions and Achievements in the field of medicine Presented by International Institute of success swareness (2000-2001), (14) **Life Time Achievement Award** conferred by International Multifaculty Medical Conferences held at World Trade Centre (2001), (15) **Hon. Brigaidier Rank Conferred by President of India for honorary services to Armed forces (2001). Recipient of 20 Orations; Apte, Bhalerao, Uma Rani Banerjee, Berry Jirge, Mehta, Chakravarty, Menda, Chalpati Rao, Sengupta, SL Bhatia, Netaji, Achanta lakshmipati, HN Khatri Menda salaskar , JC Banerjee, IMA Ranbaxy, Baliram Dube, Dr. Kirloskar, Dr. AD Joseph. Awarded Ph.D (77) on basis of original research (garlic, onion and heart disease) the work quoted in international journals including scientific American. Awarded D.Sc (98) on basis of 30 Years research work (First medical man to get D.Sc (By Research) in History of Pune University)**

Published 500 scientific paper **Author** - Primer of Cardiac Diagnosis (English and German Editions in USA). **Editor 2** Books "Medical Therapeutics" Update in Medicine", **Editor-in-Chief API** Text Book of Medicine (5 and 6 editions) and **Editor-in-chief** a book on Hypertension and a book of Diabetes Mellitus. Contributed to 12 books-Medicine/Cardiology **Emeritus Editor** - Jr. Assoc. Phy. of india, IJCP, IJCM Medinews **Executive Editor** IJCP, **Ex-Editor-** Jr. of Applied Med and Lipid India and Ex-Editor Ind. Jr. of Medical Ultrasound Ex-Assoc. Editor, Ind, Heart Jr. Member Edit Board-Several National Medical Journals **Represented India as only invitee by WHO to participate in International Congress of editors of medical journals at Copenhagen (85)**

President Aspirin South Asia Foundation (98-2001), Past President (13 Associations) Assoc. of Physicians of India, Diabetic Assoc. Of india academy of Med. Sciences (Nag), The Soc. for research in diabetes mellitus in india, Indian soc. of Electro cardiology, Hypertension Soc. of India, International College of Nutrition, Cardiology Soc. of India, Nation Soc. for Prevention of Heart Disease and Rehab, Indian Fed. Of Ultrasound in Medicine and Biology, Indian Soc for Clinical Pharmacology and Therapeutics Ex-Chairman World Congress of Clinical Nutrition (88); Ex-President International congress on "directions in cardiovascular advances (89) Ex-Member International Society of Hypertension, International congress Cardiomyopathies Member Credential committee- API, National Academy medical Sciences Council; Ex-Member Institute and Academic Body, AIIMSc, New Delhi, Ex-Member Academic committee Armed Forces Medical College Pune; Ex-Member ICMR, Expert Group Expert-Union and Maharashtra Public Service Commissions; Inspector Medical Council of India and Pune University: Recipient of Research Grants From ICMR, CSIR, CCRIMH: Member Expert committee MCI, Silver Jubilee Res. Award (93); Chairman/Member, Various research, Scientific , academic bodies at National and University Level.

Visiting Professor of (8 Foreign) Institutes/Universities and several Indian Universities.

coordinator From India for Global Research on Geriatrics; Convenor -DNB in medicine, N. Delhi-81-83; **Overseas Advisor** for Royal College of Physicians, London (Since 95)

Examiner for MBBS, MD at 18 Ind. Universities; M.Sc and Ph.D. Bombay, Pune, Calcutta Universities; PG Guide for DNB, FCPS and MD at Bombay, Pune, Nagpur and Marathwada Universities, for M.Sc., Ph.D. at Bombay, Pune Universities.

Invited Guest Speaker/Chairman- National/International Conferences on over 350 occasions.

Participated as a Physician in Several Community health projects and diagnostic camps in various rural and slum areas.

BIO-DATA

DR. (MRS.) PUSHPA G. SAINANI

MBBS (Bom)., D.C.D. (Poona), FICA (USA)

I. Birth Date 21 Feb. 1940

II. Qualifications:

Degree	Year	Name of University/Institution
MBBS	1964	Bombay
DCD (Diploma Chest Diseases)	1978	Poona
FICA (Fellow, International College of Angiology)	1990	International College of Angiology (New York, USA)

III. Academic and Hospital Appointments

Position Held	Institution	Place	Duration
1. Rotating Internship 1964 to Nov. 1965	J.J. Hospital	Bombay	Nov.
2. Research asstt. In to Nov. 30, 1966	Presbyterian St.	Chicago,	July 1, 1966
Clinical Endocrinology	Luke's Hospital	USA	
3. Resident in Clinical Path. Dec.1, 1966 to Dec. 31, 1967	Cook-Country Hospital	Chicago, USA	
4. Registrar in Clinical 1968 to July 31, 1968	Kingston & Long	Kingston,	Feb. 1,
Pathology	Gove Group of Hospital	Thames, Lond.	
5. Senior House Officer in 1968 to Sept. 30, 1968	Middle Sex Hospital	London	Aug.
Clinical Pathology			
6. Senior House Officer in Oct. 7, 1968 to Dec. 16, 1968	St. Stephen's Hospital	Chelere, London	

Clinical Pathology

**7. Resident House Officer in Government Medical Nagpur
Aug. 1, 1969 to Jan. 13, 1971**

Obstetrics & Gynecology College and Hospital

**8. Medical Officer I/C Employment State Nagpur Jan.
14, 1971 to July, 11, 1972**

Dispensary Insurance Scheme Dispensary

**9. Medical Officer I/C of Specialist Diagnostic Bombay
July 12, 1972 to July 25, 1973**

Diagnostic Centre Centre E.S.I.S.

**10. Medical Officer, Worked E.S.I.S. Aundh Hospital Poona
July 26, 1973 to June 12, 1979**

in T.B. Ward & General Medicine

**11. Senior Medical Officer E.S.I.S. Hospital Worli, Bombay
June 13, 1979 to Feb 28, 1998**

(Retired)

I Worked in all above positions as full time

Publications

- 1. Effect of dietary garlic and onion on serum lipid profile in Jain community G.S. Sainani, D.B. Desai, N H Gorhe, S.M. Natu, D V pise, P G Sainani, Ind-J Med. Res, May 1979.**
- 2. Onion, Garlic and experimental atherosclerosis- G S Sainani, DB Desai, M N Natu, K M katrodia V P, P G Sainani Heart May 1979**
- 3. Clinical trial with onion in patients with hypertension- G S Sainani, D B Desai, P G Sainani The Indian Practitioner -June 1979**
- 4. Garlic, Onion in alimentary hyperlipidemia, G S Sainani, D B Desai, PG Sainani- Journal of the Assn. Physician of India, July 1979**

V. Participated Actively as a medical officer in Eye and Medical Camps.

VI. Hobbies- Music,

VII. Sports- Badminton