

# **CURRICULUM VITAE**

**Dr. RAVINDRAN KUMERAN**

**FRCSEd (Gen. Surg), FRCS (Glasg), M.Sc. (Lon), MNAMS**

**Name** **RAVINDRAN KUMERAN**

**Date of Birth** *7<sup>th</sup> May 1969*

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Annanagar, Chennai, India - 600 040.  
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**Present Post** *Consultant Gastro Intestinal Surgeon  
Sub-Speciality- Bariatric Surgery  
Apollo FirstMed Hospitals – Chennai, India*

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*Railway Colony 1<sup>st</sup> Street, Off N.M. Road,  
Chennai 600 029.  
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**Primary Degree** **M.B.B.S.** – *Madras Medical College 1992  
Madras University, India*

**Post-graduate Qualifications** **FRCS (Gen. Surg)** *September 2004  
Intercollegiate Board in General Surgery, UK*

**Diplomate of National Board** – *General Surgery 2001  
National Board of Examinations, New Delhi*

**FRCS(Ed)** *February 1997  
Royal College of Surgeons of Edinburgh*

**FRCS (Glasg)** *February 1997  
Royal College of Physicians and Surgeons of Glasgow*

**Higher Degree** **MSc Surgical Sciences**, *September 1998  
University of London*

**Career Plans** *Establish a State of the Art Bariatric & Hernia Centre*

## AWARDS & HONOURS

**BEST DOCTOR AWARD** - Sept. 2012 - for exemplary contribution in the field of healthcare services - conferred by **Tamilnadu Dr. M.G.R. Medical University**, Chennai, India.

**HONORARY PROFESSORSHIP** – Nov 2016 – conferred by **Indian Medical Association Academy of Medical Specialities**, Hyderabad, India.

**FELLOWSHIP** – Feb. 2017 - conferred by **Indian Association of Gastro Intestinal Endosurgeons** - “FIAGES”.

## CAREER STATEMENT

*My chosen field of interest is Minimally Invasive Surgery with special interest in Herniology and Bariatric Surgery.*

*I consider myself as a compassionate and mature surgeon, who is able to deal positively with demanding medical situations in a clear and logical manner. I am confident working on my own initiative in a variety of care settings, fully understanding that teamwork is a very important component in delivering effective patient care. Last but not the least, I have built upon my administrative, audit and teaching experience which I am sure will help me make a full contribution to my training commitments.*

*Conversant with systems which embrace clinical governance including clinical audit, risk management, evidence-based practice, guidelines and protocols, development of clinical leadership skills, continuing education of clinical staff & managing clinical performance of colleagues, I have gained a great deal of managerial expertise and leadership skills through my varied experiences as a consultant.*

*An integral part of my goal is to create public awareness about the perils of Obesity. In this regard I have started **Obesity Foundation India (OFI)**, a non-profit organization ([obesityfoundationindia.com](http://obesityfoundationindia.com)) with the sole aim of creating awareness among the general public about obesity related issues. As part of this aim, obesity related lectures are delivered in various medical & public forums. I have also authored several obesity related articles in many popular English and Vernacular Newspapers and Magazines. Television media has enabled me reach the masses at large with various medical related facts and lifestyle health issues.*

*My ambition is to practice and teach the art of Bariatric & Hernia Surgery and establish a dedicated Bariatric & Hernia Center in Chennai. I hope to fulfill my dream in the next couple of years.*

## ADMINISTRATIVE EXPERIENCE

### **Obesity Foundation India (OFI) – Founder & Managing Trustee**

*This non-profit organization was founded in 2009 to create awareness about the perils of Obesity. OFI organized the first ever obesity awareness walkathon in December 2009 with over 11000 registered participants. The Second walkathon 'Shaping India' took place in 2011 with over 7000 registered participants. Free obesity camps, seminars and patient support group meetings are organized periodically from a community-centric view point.*

### **Elected Joint Secretary (2021-22) Tamil & EC Member (2016-18 & 2018-20) Tamil Nādu Chapter of Association of Surgeons of India**

*As the Joint Secretary and past EC member of this esteemed organisation I have gained invaluable administrative experience by traveling across the state of Tamilnadu, interacting with surgical colleagues and participating in various surgical forums.*

### **Elected Honorary Chairman (2014-16) & Treasurer (2012-14) of the Madras City Branch of the Association of Surgeons of India**

*During my four-year tenure several new endowments were instituted in addition to successfully organising State and National level conferences in Chennai with Live surgical workshops and International teleconferencing from USA, Spain, UK, Canada and Seoul.*

*Elected President (1990-91) & Assistant General Secretary, (1988-89) of the Madras Medical College Student Council. Also served as Director - MMC Co-operative Society (1990 – 92).*

*Co-Owner - Tuti Patriots: Being past of this TNPL cricket franchisee gained valuable experience in team management and won the tournament in 2016 (runner up – 2017).*

*Farming Experience: Organic Farming ("Iyarkai murai Vivasayam") of mangoes, coconuts and paddy since 2010.*

## MEMBERSHIPS

**2017**      *Life Member - Indian Assn. of Gastrointestinal Endo Surgeons (IAGES)*

**2010**      *Life Member - Asia Pacific Hernia Society (APHS) – Singapore*

**2007**      *International Member - The Society of American Gastrointestinal and Endoscopic Surgeons (SAGES) – USA*

**2007**      *Life Member of Obesity & Metabolic Surgery Society of India (OSSI)*

**2003**      *Founder Member – Assn. of Minimal Access Surgeons of India (AMASI)*

**2001**      *Life Member to the Association of Surgeons of India (ASI)*

## SIGNIFICANT PRESENTATIONS

**Debate & Live Surgical Demonstration** – Aug- 2018 – “Laparoscopic versus Open Inguinal Hernia Repair”- 42<sup>nd</sup> Annual Conference of Tamilnadu & Pondicherry chapter of Assn. of Surgeons of India – **Thekkady, India**

**Lecture** – June 2018 – “Motility Disorders – Surgery for Achalasia Cardia”- International Conference on Esophagus & Stomach – **ICES INDIA 2018 - Chennai, India.**

**Lecture & Live Surgical Demonstration** – Jan. 2018 – “Advances in Laparoscopic Hernia Repair” & Live TAPP Demonstration – Govt. Rajaji Hospital & Madurai Medical College, **Madurai, India.**

**Dr. N. Rangabashiyam Oration** – Aug. 2017 – Component Separation Techniques – New Paradigm in Hernia Surgery - 41<sup>st</sup> Annual Conference of Tamilnadu & Pondicherry chapter of Assn. of Surgeons of India – **Coimbatore, India.**

**Oral Presentation** – Nov. 2014 – “Proceed Mesh in Laparoscopic IPOM Repairs – A Single Centre Experience” – Intl. Congress of **Asia Pacific Hernia Society – Jaipur, India.**

**Live Surgical Demonstration** August 2014 – “Laparoscopic Bariatric Surgery” Live LRYGB demonstration - 38<sup>th</sup> Annual Conference of Tamilnadu & Pondicherry chapter of Assn. of Surgeons of India - **Chennai, India.**

**Poster Presentation** – April 2013 – Laparoscopic “Spleen First Approach” for Distal Splenic Vasculature & Distal Pancreatic Lesions - **SAGES 2013 - Baltimore, Maryland, USA.**

**Poster Presentation** March 2012 – Safety of Clip-less Hook Diathermy Division Against Standard Clipped Division of Cystic Artery in Laparoscopic Cholecystectomy **SAGES 2012-San Diego, CA, USA.**

**Live Surgical Demonstration** – “Laparoscopic Ventral hernia Repair” Live demonstration in **HERNIACON 2011, Chennai, India.**

**Poster Presentation** June 2011 – “Outcomes after Laparoscopic Ventral Hernia repair using Proceed Mesh” - **AWR Conference - Washington DC, USA.**

**Poster Presentation** Oct 2010 – “The Role of Minimal Access Surgery in Large Scrotal Hernias”- International Congress- **Asia Pacific Hernia Society, Seoul, South Korea.**

**Vedio Presentation** Dec 2009 – “Laparoscopic Common Bile Duct exploration” at the Annual Meeting of the Association of Surgeons of India (**ASICON 2009**), **Kovai, India.**

**Lecture Presentation** – “Technique and Choice of Prosthetic Material” at the **FIAGES 2008, Kovai, India.**

## **TEACHING EXPERIENCE**

*As an ATLS Instructor for the American College of Surgeons Advanced Trauma Life Support Course, I receive positive feedback on my teaching skills from other faculty members.*

*I take great pride in teaching my junior colleagues, post graduate students and Nursing staff. I have drawn inspiration from many of my teachers who have been my role models and have in-turn ended up being a role model to my post graduate students. Teaching has not only improved my interactive abilities over the years, it has also given me a profound sense of satisfaction with the belief that I have touched people's lives.*

*As senior faculty I have conducted many live animal lab workshops for Consultant Surgeons and Post Graduate Students from across the country, in the various aspects of Minimal Invasive Surgery at the Ethicon Institute - Chennai and Centre of Excellence for Minimal Access Surgery Training (CEMAST), Mumbai.*

## **RESEARCH EXPERIENCE**

### **Role of Nitric oxide - Ischaemic Preconditioning and Reperfusion injury in rat liver**

*My research project was based in the Imperial College School of Medicine-Hammersmith Hospital, London. This period has given me an insight into the principles of research and allowed me to gain an understanding of molecular biology and laboratory practice. I also developed my skills in the use of statistics and computing applied to surgical research.*

*Findings of this project were presented in the June 1999 "Hepatic & Splanchnic Circulation in Health & Disease" Conference-Inverness, Scotland. An abstract of this presentation is undertaken this study fulltime for one year with Dr Robert Mathie as my supervisor after obtaining the project licence and personal licence from the Home Office for the experimental animal model.*

*The time relationship of protection (if any), ischaemic preconditioning offers to hepatic reperfusion injury and whether any nitric Oxide (NO) released is cytoprotective or cytotoxic was investigated. Any alteration in liver function, NO metabolites or nitric oxide synthase was characterised using serum markers and biochemical measurements. The possible site of nitric oxide synthase expression was assessed using immunohistochemistry. Radiological assessment of reperfusion injury was studied using technetium labelled HIDA sintiscan.*

*Thesis was submitted to the University of London and I was awarded the Master of Science degree in Surgical Sciences published in the "Hepato-Gastroenterology" 1999; 46:1406-1490.*

## **COURSES AND CONFERENCES**

- July 2019 *Nestle Health Science “Scientific Mentor Board’ meeting – Dubai.*
- June 2017 *Faculty - ABBOTT ESOINDIA Annual GI Update - Chennai, India.*
- May 2017 *39<sup>th</sup> Annual International Congress of European Hernia Society - Vienna, Austria.*
- April 2016 *Faculty - Madras ASI & MMC Gastro Update - Chennai, India.*
- Sep. 2015 *Organising Chairman - 5<sup>th</sup> Annual Conference of the Indian Assn. of Traumatology & Critical care - Chennai, India.*
- April 2015 *1<sup>st</sup> World Conference of Abdominal Wall Hernia Surgery – Milan, Italy.*
- Nov. 2014 *12<sup>th</sup> International Congress of Asia Pacific Hernia Society - Jaipur, India.*
- Aug. 2014 *Organising Treasurer - 38<sup>th</sup> Annual Meeting of Tamilnadu & Pondicherry Chapter of ASI - Chennai, India.*
- April 2013 *SAGES 2013 Scientific Session & Postgraduate courses - Baltimore, Maryland, USA*
- Mar. 2012 *SAGES 2012 Scientific Session & Postgraduate courses - San Diego, USA*
- June 2011 *Abdominal Wall Reconstruction Course – Georgetown University Hospital, Washington DC, USA*
- June 2010 *American College of Surgeons “Advanced Trauma Life Support Instructor Course” – AIIMS, New Delhi*
- Oct 2010 *6<sup>th</sup> International Congress of the Asia Pacific Hernia Society, Seoul, South Korea.*
- Oct 2010 *“Laparoscopic Digestive Surgery Advanced Course” IRCAD-Strausbourg, France*
- Sep 2010 *Faculty “Obesity Surgery Update 2010” – PSG Institute of Medical Science & Research, Coimbatore, India*
- Aug 2010 *1<sup>st</sup> International Conference & Live Workshop on Ileal*

*Interposition for Type -2 Diabetes – “DIA-SURG 2010” –  
**Hyderabad, India***

- April 2010* Faculty “National Seminar on Advances in Medical Technology” - Apollo College of Nursing - **Chennai, India**
- Nov 2009* Asia Pacific Symposium on “Surgical Site infection in General Surgery” - **Singapore.**
- Oct 2009* Faculty “First Tamilnadu Surgical Gastroenterology Association (TNSGEA) Conference , **Chennai, India**
- Oct 2009* Annual Conference of the Indian Association of Surgical Gastroenterology (IASG), **Mumbai, India.**
- June 2009* Annual Meeting of the American Society for Metabolic & Bariatric Surgery (ASMBS), **Texas, USA**
- April 2009* National Conference of Obesity & Metabolic Surgery Society of India (OSSICON-2009), **Hyderabad, India**
- Aug 2008* Scientific contribution at the First Asian Consensus Meeting On Metabolic Surgery (ACMOMS), **Trivandrum, India**
- Aug 2008* Faculty “Indian Association Of Gastrointestinal Endo Surgeons Meet” – FIAGES 2008, **Trichy, India**
- June 2008* Annual Meeting of the American Society for Metabolic & Bariatric Surgery (ASMBS), **Washington DC, USA**
- Dec 2007* “Metabolic Surgery For Diabetes & Morbid Obesity 2007” - **Goa, India**
- April 2007* “SAGES 2007 Scientific Session & Postgraduate courses” – **Las Vegas, USA**
- March 2007* National Congress on Obesity Surgery (OSSICON 2007) – **Chennai, India**
- Oct 2006* “Asia Pacific Hernia Congress & Live Workshop 2006” – **New Delhi, India**
- March 2006* “Asia Pacific Obesity Conclave” Asia Pacific Bariatric Surgery Society – **New Delhi, India**
- Nov 2005* “International Live workshop on Advanced Laparoscopic Surgery” (LAPAROSURG 2005) – **Kovai, India**
- Dec 2004* “Conference of the Indian Chapter of the Royal College of Surgeons of Edinburgh” - **Hyderabad, India**





*RCS, England*

**SUMMARY OF PAST APPOINTMENTS**

- 03.10.01 – 01.10.02**      *Specialist Registrar in General Surgery  
North Staffordshire Hospital, STOKE on TRENT, UK*
- 04.10.00 – 02.10.01**      *Specialist Registrar in General Surgery  
Warwick Hospital, WARWICK, UK*
- 01.10 99 - 03.10.00**      *Specialist Registrar in General Surgery  
North Staffordshire Hospital, STOKE on TRENT, UK*
- 01.10.98 - 30.9.99**      *Specialist Registrar in General Surgery  
Princess Royal Hospital, TELFORD, UK*
- 16.10.97 - 30.9.98**      *MSc (Surgical Sciences) Post-graduate Course  
Imperial College School of Medicine  
Hammersmith Hospital, LONDON, UK*
- 07.02.96 - 15.10.97**      *Senior House Officer, General Surgery  
North Devon District Hospital, BARNSTAPLE, UK*
- 02.02.95 - 04.08.95**      *Senior House Officer, General Surgery  
Grimsby District General Hospital, GRIMSBY, UK*
- 03.08.94 - 01.02.95**      *Senior House Officer, Orthopaedics  
Grimsby District General Hospital, GRIMSBY, UK*
- 01.02.94 - 02.08.94**      *Senior House officer, Accident and Emergency  
Royal Preston Hospital, PRESTON, UK*
- 01.03.93 – 31.08.93**      *Special Trainee, Urology  
Stanley Hospital, MADRAS, INDIA*

01.03.92 – 28.02.93

Senior House Officer, General Surgery & Casualty  
Govt. General Hospital, MADRAS, INDIA

## HIGHER SURGICAL TRAINING (UK)

### SPECIALIST REGISTRAR – WEST MIDLANDS TRAINING PROGRAMME

*Fixed Term Training Appointment - Oct.1998 to Sept. 2002*

#### **Princess Royal Hospital – Telford (98-99)**

*My first year training was in general surgery with special emphasis in upper GI, breast and general paediatric surgery. Entrusted with an excellent level of responsibility I considerably enhanced my overall surgical experience. I gained a breadth of experience in both multidisciplinary clinical and operative management of breast diseases. I assisted and performed various upper GI operations including oesophagectomy, gastrectomy, antireflux surgery and laparoscopic cholecystectomy.*

#### **North Staffordshire Hospital – Stoke on Trent (99-00)**

*My second year of training in this very large and busy surgical department was primarily, surgical endocrinology and colorectal surgery. Being directly responsible to the consultants, on-call commitments in this regional trauma centre for neurosurgery and cardio-thoracic surgery gave me a deep insight into the complexity of emergency cases including experience in major trauma. I have assisted and performed under supervision major colorectal operations and over 50 thyroid and parathyroid procedures. I also developed both upper and lower GI endoscopy skills performing more than 95 endoscopic procedures in this appointment.*

#### **Warwick Hospital – Warwick (00-01)**

*My third year of training was primarily in GI surgery in this busy unit. Good exposure in the management of complicated colorectal patients was the highlight of this post. My surgical exposure included performing under supervision more than 10 oesophageal resections and numerous colorectal procedures including anterior resection and restorative proctocolectomy. This post enabled me to become a competent endoscopist having performed more than 200 diagnostic and therapeutic procedures, of which over 100 were complete colonoscopic examinations.*

#### **North Staffordshire Hospital – Stoke on Trent (01-02)**

*I returned back to this hospital in the academic unit, for more upper GI training to compliment my experience in Warwick and Telford. Considerable exposure to complex upper GI pathology such as severe complicated pancreatitis has improved my overall clinical management experience. I was actively involved in the decision-making process both in outpatient clinics and multi-disciplinary meetings. I have gained operative experience in the resection of stomach, pancreas and oesophagus. Exposure to minimally invasive surgery including anti-reflux procedure, CBD exploration and Hellers cardiomyotomy has made me an enthusiastic Laparoscopist. I have also gained diagnostic and therapeutic ERCP skills in this post.*

