

**Dr. Satish Kr. Gupta,**  
**M.D (Med.), FIAE, FCCP, FIMSA**

**Date of birth:** 15<sup>th</sup> January 1959.

**Present Assignment:** - Sr. Consultant Cardiology & Medicine, J. Watumull Global Hospital & Research Centre, Mount Abu & its branch at Abu Road since April 1995.

**Qualifications: -**

M.B.B.S. - Maulana Azad Medical College, Delhi University, New Delhi.  
M.D. (Internal Medicine), Lady Hardinge Medical College & Associated Hospitals, Delhi University, New Delhi.

FCCP (Cardiology) Fellowship Awarded by College of Chest Physicians.

Long term training program in Cardiology at Sir Ganga Ram Hospital & Escorts Heart Institute & Research Centre, New Del

FIAE, Fellowship awarded by Indian Academy of Echo-cardiography.

FIMSA, Fellowship awarded by International Medical Sciences Academy.



**Guide:** Post graduate thesis M.D., Ph.D, DNB etc.

**Member:** National Advisory Council, Indian College of -Cardiology, ILIB (Lipid India), Preventive Cardiology-Indian Heart Journal

**Faculty Member:** Academy for a Better World, Gyan Sarovar, Mt.Abu, Shantivan & Pandav Bhavan.

**Life member:** - Cardiological Society of India.

Indian College of Cardiology.

Indian Academy of Echocardiography.

International Medical Sciences Academy

Association Physicians of India.

Indian Medical Association.

Medical wing of Rajyoga Education and Research Foundation, Brahmakumaris World Spiritual University, Mount Abu.

**Honors & Awards:**

"Lifetime Achievement Award" for out-standing contribution in Cardiology in the World presented by Smt. Sheila Dixit, Hon'ble Chief Minister of Delhi on 22<sup>nd</sup> October 2010.

Presidium of All-Russia Social Movement "For Healthy Russia" Awarded a Social Badge of Honour "I. I. Mechnikov star for creating "A Model of Human Health for 21<sup>st</sup> century which integrates physical, mental & social aspects of Human being" on 1<sup>st</sup> May 2009 in Moscow, Russia.

Awarded by Her Excellency, President of India, Smt. Pratibha Patil for excellence in Cardiology on 22<sup>nd</sup> Sept. 2008 at Rastrapati Bhawan.

"Lifetime Achievement Award "for outstanding contribution in the field of Preventive Cardiology. Presented by His Excellency, President of India, Dr A. P. J. Abdul Kalam in 2006 at Rastrapati Bhawan.

"International Award for excelling in Medicine for the 21<sup>st</sup> Century" award by United Nations Organization (UNO) & IAERP for significant contribution to Medicine for the year 2005

"Distinguished Service Award" for outstanding contribution in the field of Preventive Cardiology & Cardiac Rehabilitation in WCCPC 2007.

"2000 Millenium Medal of Honour "from ABI, USA, in Holistic health care.

International award for Medical Excellence & Gold Medal from ISC, New Delhi, a forum of Research scholars & intellectuals.

Dr. Susila Thakker National Award for Scientific Research in Yoga.

Awarded by Association Physicians of India for contributing research articles to Journal of API.

"20<sup>th</sup> Century Award of Achievement & Medal of Honor " from IBC, Cambridge England in Mind - Body Medicine.

"Outstanding Scientist of the 20<sup>th</sup> Century Award" for evolving concept of "Soul - Mind - Body Medicine" for Health management in 21<sup>st</sup> century by IBC, Cambridge, England

International scientist of the year 2001 by IBC Cambridge, England for significant contribution to Preventive Cardiology & Cardiac Rehabilitation.

Outstanding Scientist of the 21<sup>st</sup> century 2003 by ABI, USA for research work involving role of Rajyoga and healthy lifestyle in preventing morbidity and mortality due to CAD.

**Nominated for -**

Nominated for Rastriya Ratan 2003, National Jewel (ISC, New Delhi).

**On going Research Project : Principal Investigator & Co-ordinator**

"Coronary Artery Disease Regression through "Healthy & Happy Heart Lifestyle Module" a Multidisciplinary research project, J. Watumull Global Hospital & Research Centre, Mount Abu.

Findings of this project (Abu Healthy Heart Trial) were presented at Asia Pacific Congress of Cardiology at Singapore in January 2004. It was highly appreciated by Cardiologists from various parts of the world and they were keen to adopt this program for their heart patients in their countries.

Findings of this project (Mount Abu Open Heart Trial) were presented at Diamond Annual Association of Physicians of India Conference at Mumbai in January 2005. This conference was attended by more than 10,000 physicians and cardiologists from all over India.

Published & presented 21 research papers in National & International Journals and Conferences.

Organized World Congress On Clinical & Preventive Cardiology-2006 at Mount Abu from September 22-24, 2006

Organized 2<sup>nd</sup> World Congress On Clinical & Preventive Cardiology-2007 & World Public Conference On 3D Health Care - 2007 at Mount Abu from September 28-30, 2007.

Organized 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> World Congress on Clinical Preventive & Geriatric Cardiology-2008, 2009, 2010 in Delhi.

Practising Rajyoga Meditation since 1986 and giving services at Global Hospital & Research Centre since April 1995.

Lecture Experience: Following topics in many seminars & conferences, held in various parts of India and abroad from time to time.

1. Science of healthy Mind & Body
2. 3-Dimensional Health Care.
3. 3-Dimensional Heart Care.
4. Model of Health for 21st Century: Soul-Mind-Body-Medicine
5. Healthy Lifestyle for Healthy & Happy Living
6. Science of yoga /meditation
7. Managing Coronary Heart Disease through "Healthy & Happy Heart Lifestyle Module"
8. The best medicine for heart: true & selfless love
9. Practical tips for stress management for busy people.
10. Comprehensive management of Hypertension, Diabetes & Heart Disease
11. How to meet deadlines without stress
12. Mind management, Time management, Work management, Fear management

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