

# **Curriculum Vitae**

**Dr Ajay Alex Varughese**

**MBBS, MS (Orth)**

## PERSONAL DETAILS

Name Dr. Ajay Alex Varughese  
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Date of birth 11<sup>th</sup> October 1987

Place of birth Kerala, India

Nationality Indian

Marital status Married

Indian medical registration Punjab Medical Council No. PMC-41647

Dated 13.01.2012, valid upto 12.01.2022

## ACADEMIC QUALIFICATIONS

| Qualification     | Institution                                            | Year | Attempt |
|-------------------|--------------------------------------------------------|------|---------|
| MBBS              | Christian Medical College, Ludhiana,<br>Punjab, India. | 2010 | First   |
| M.S. Orthopaedics | Christian Medical College, Ludhiana,<br>Punjab, India. | 2017 | First   |

## PAPER PRESENTATIONS

1. Presented a paper titled 'Implication of gap at fracture site in radiological outcome and efficiency of dynamization in diaphyseal femur fractures' the 36<sup>th</sup> Annual Conference of North Zone Orthopaedic Association held at Dayanand Medical College, Ludhiana from 9<sup>th</sup>-12<sup>th</sup> Feb 2017.
2. Presented a poster titled 'Clinical profile of strabismus patients visiting a tertiary teaching hospital : A 2 year retrospective analysis' at 23<sup>rd</sup> annual conferanece of North Zone Ophthalmological Society held at Gurgaon, Haryana from 2<sup>nd</sup> to 4<sup>th</sup> October 2009.

## Research Project

1. "Clinical and functional outcome in diaphyseal femur fractures treated with intramedullary interlocking nailing" a thesis for the degree of MS Orthopaedics submitted to Baba Farid University of Health Sciences, Faridkot.
2. "Clinical profile of strabismus patients visiting a tertiary hospital: A 2 year retrospective analysis" conducted as principal investigator in the department of ophthalmology, CMC Ludhiana in 2008 as an ICMR STS project.

## COURSES AND CONFERENCES ATTENDED

1. Attended & completed the **AOTrauma Course- Basic Principles of Fracture Management** in September 2016 at New Delhi, India.
2. Attended & completed the **AOTrauma Course- Advanced Principles of Fracture Management** in October 2017 at New Delhi, India.
3. Attended 'Advanced trauma symposium- Nailing ' conducted by **AO** in November 2017 at Chandigarh, India

4. Attended Orthopaedic- Radiology- Pathology course on Bone Tumors organized by DMC hospital Ludhiana in association with Indian musculoskeletal oncology society held in October 2016 at Ludhiana India. .
5. Attended PGI Ortho Alumni meet organized by PGIMER, Chandigarh, held in September 2015 at Chandigarh, India.
6. Attended the 32<sup>nd</sup> Lobo Memorial Oration on surgical management of CV junction and cervical spine diseases organized by the Dr. L.H. Lobo memorial trust, Department of Neurosurgery, Christian Medical College, Ludhiana, held in October 2014 at Ludhiana, India.
7. Organised and attended the 33<sup>rd</sup> Lobo Memorial Oration on Cerebral Palsy organized by the Dr. L.H. Lobo memorial trust, Department of Orthopaedics, Christian Medical College, Ludhiana, held in October 2015 at Ludhiana, India.
8. Attended the workshop on 'Proximal Femoral Osteotomies' organized by the same , held in October 2015 at Ludhiana, India.
9. Attended the pre-conference trauma workshop organized by the North Zone Orthopaedic Association as a delegate, held in February 2017 at Ludhiana, India.
10. Attended the 36<sup>th</sup> annual conference of the North Zone Orthopaedic Association (NZOACON 2017) as a delegate and presented a paper, held in February 2017 at Ludhiana, India.
11. Regularly attends multiple meetings and CMEs of the Ludhiana Orthopaedic Association (LOA) held during 2014-till date.
12. Attended the golden jubilee hematology CME by Indian society of hematology and transfusion medicine at PGIMER Chandigarh in 2012
13. Participated in pediatric quiz for undergraduate by Indian Academy of Pediatrics in 2010

14. Attended the north zone ophthalmology conference “Northadamus” 2009 at Gurgaon in 2009 and presented a poster on Strabismus.

## **ACADEMIC ACHIEVEMENTS**

1. Awarded certificate of merit by Christian Medical College, Ludhiana for **Best all round graduate** at the Institutional Convocation 2011.
2. Awarded certificate of merit by Christian Medical College, Ludhiana for serving as General Secretary of the Students Council for 2009-2010.
3. Completed the FIFA Diploma in Football medicine online diploma course in September 2017.
4. Secured the second highest marks at University level in the MS (Orthopaedics) examination held in June 2017.
5. Quiz finalist of the post-graduate orthopaedic quiz organized by the North Zone Orthopaedic association during the 36<sup>th</sup> annual conference of the North Zone Orthopaedic Association (NZOACON 2017).

## **FORMER APPOINTMENTS**

1. House Doctor

Christian Medical College & Hospital

Ludhiana

Period of appointment : January 2012 to April 2013

2. Medical officer

Ashram hospital, Sihora

Period of appointment: May 2013 to February 2014

### 3. Post graduate Resident

Department of Orthopaedics

Christian Medical College & Hospital

Ludhiana

Period of appointment: April 2014 to March 2017

### 4. Senior Resident

Department of Orthopaedics

Christian Medical College & Hospital

Ludhiana

Period of appointment: August 2017 to till date

## CLINICAL AND PROCEDURAL SKILLS

1. **Orthopaedic Trauma** - Competent in dealing with all upper and lower limb trauma, including complex fractures.
2. **Arthroscopy** – Observed and assisted basic arthroscopy e.g. menisectomy. Observed and assisted complex arthroscopic procedures like ACL reconstruction.
3. **Joint Replacement** – Performed (under supervision) multiple steps of hip and knee replacement surgeries. Observed and assisted Hip and Knee joint replacement surgeries.
4. **Paediatric Orthopaedics** – Observed and assisted basic paediatric cases, e.g. soft tissue release procedures, supracondylar fractures, Ponseti serial casting. Observed and assisted paediatric trauma, paediatric deformities and other paediatric pathologies, e.g. CTEV, DDH, Cerebral Palsy.
5. **Oncology** – Observed and assisted orthopaedic tumor surgeries.
6. **Spine** – Observed and assisted Spine surgeries.