

Curriculum Vitae



Dr. Vitish Singla

MBBS (AIIMS New Delhi), MS (General Surgery, AIIMS New Delhi), MCh (Minimal Access Surgery, AIIMS New Delhi), Fellow (Bariatric and Metabolic Surgery, AIIMS, New Delhi)

Biographical Information

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Academic Qualifications (Professional):

Degree	Subject	University	Time	Marks
M.B.B. S Graduation	1 st , 2 nd and 3 rd professional	AIIMS, New Delhi	August 2010 - December 2014	71.3%
Internship	Compulsory Rotatory Internship	AIIMS, New Delhi	January 2015 - December 2015	Not applicable
MS Masters	General Surgery	AIIMS, New Delhi	1 st July 2016 – 30 th June 2019	68.5%
MCh Super-speciality	Minimal Access Surgery	AIIMS, New Delhi	15 th July 2019 – 14 th July 2022	75.1% Distinction
FMBS Fellowship	Bariatric and Metabolic Surgery	AIIMS, New Delhi	16 th July 2022- 15 th July 2024	Not applicable

Role as Editor and Reviewer

- **Section Editor** for the section on bariatric surgery in Journal of Minimal Access Surgery (JMAS)
[Pubmed indexed journal]
- Reviewer for Journal of Bariatric Surgery

Affiliation and Memberships:

- Life Member of IFSO: IN120
- Life Member of IAGES: 9686
- Life Member of OSSI (Obesity Surgery Society of India): LM 828
- Treasurer of FORMS (Foundation for Obesity Research and Metabolic Surgery), AIIMS, New Delhi
- Life Member of Association of Surgeons of India; ASI No FL 35588
- Delhi Medical Council Registration Number: DMC/R/13754

Work Experience

- Currently pursuing fellowship in Metabolic and Bariatric surgery under Department of Surgical Disciplines, AIIMS, New Delhi since 15th July 2022
- Organising Secretary for BARICON 2022 (3rd International conference on Bariatric and Metabolic Surgery held at New Delhi, India)
- 3 years in Minimal Access Surgery (Senior Resident MCH) from 15th July 2019 to 14th July 2022 under Department of Surgical Disciplines, AIIMS, New Delhi.
- Organising secretary for BARIME 2021 (Post graduate CME in Bariatric Surgery)
- 2017: AIIMS Critical Care Course

Details of the Work Experience in India

I finished my school education in 2010 and joined All India institute of Medical Sciences (AIIMS), New Delhi, a premier institute of South East Asia for medical schooling. The MBBS training involved 4 ½ years of professional course and one year of compulsory internship. The one-year internship included a mandatory 3-month village posting as well.

Medical and Surgical Intern (January 2015- December 2016)

- Analysed patients' medical histories, medication allergies, physical conditions and examination results to determine best procedure
- Thoroughly assessed patients to identify medical condition and level of surgical risk
- Communicated one-on-one with patients during consultative appointments to explain treatment plan and educate on upcoming procedures

MS Masters in General Surgery (July 2016- June 2019)

After finishing MBBS in 2015, I straightaway qualified for MS, General Surgery at All India Institute of Medical Sciences (AIIMS), New Delhi, through a highly competitive examination. AIIMS, New Delhi, hold international reputation in terms of research and patient care. It is the highest referral center in the country.

- Acquired skills in patient care pertaining to elective and emergency settings
- Assisted and performed surgeries including basic and advanced laparoscopic and vascular surgeries.

- Published various research articles in international journals
- Presented my work at various national and international conferences
- Involved in teaching of undergraduate students and interns
- Rotated (12 months) in various specialities as a part of training

Specialty Rotation	Duration
Trauma Surgery at Jai Prakash Narayan Apex Trauma Center, AIIMS, New Delhi (Level 1 Trauma center)	3 months
Paediatric Surgery	3 months
Neurosurgery and Neurotrauma	3 months
Emergency Department (Surgery)	3 months

MCh Minimal Access Surgery (Super speciality training) July 2019- July 2022

- Conducted multiple academic sessions for undergraduates and post graduates students
- Authored multiple research papers in peer reviewed national and international journals
- Authored three systematic reviews and meta-analysis
- Part of organising team for the BARICON 2019 (endorsed by IFSO) international conference
- Organised BARIME (a national CME on Bariatric and Metabolic surgery)
- Performed and assisted surgeries including laparoscopic upper gastrointestinal and bariatric surgery, laparoscopic hepatobiliary procedures, endoscopic thyroid surgery, laparoscopic hernioplasty, laparoscopic colorectal procedures, and vascular and renal transplant procedures.

FMBS Bariatric and Metabolic Surgery (Fellowship) July 2022 - Ongoing

I am having a broad experience in bariatric and metabolic surgery. AIIMS, New Delhi being a tertiary care referral center receives not only primary surgical patients for surgery, but also patients requiring reoperative bariatric surgery for weight loss failure and complications from primary surgery. Apart from the hands on surgical training, I have become well versed with the preoperative optimisation and postoperative management of challenging cases.

- Part of weekly seminars on bariatric surgery, which are held in the department
- I was the organising secretary of BARICON 2022 (IFSO endorsed) which was attended by international and national faculty and included a live operative as well as a cadaveric workshop
- I have been part of various research projects pertaining to bariatric surgery
- Organized bariatric support group meetings for patients who have undergone Bariatric surgery.

Publications

1. **Singla, V.**, Gupta, A., Gupta, A. et al. Outcomes of Laparoscopic Sleeve Gastrectomy (LSG) vs One-Anastomosis Gastric Bypass (OAGB) in Patients with Super-Super Obesity (BMI $\geq$ 60 kg/m²). *OBES SURG* (2023). <https://doi.org/10.1007/s11695-023-06960-1>
2. Kumar A, Madhav JV, **Singla V**, Monga S, Aggarwal S. Concomitant Hiatal Hernia Repair With Sleeve Gastrectomy: Impact on Gastroesophageal Reflux? *Surg Laparosc Endosc Percutan Tech*. 2023 Oct 1;33(5):435-439. doi: 10.1097/SLE.0000000000001216. PMID: 37671614.
3. **Singla, Vitish¹**; Monga, Sukhda¹; Kumar, Arun¹; Ghosh, Tamoghna¹; Yadav, Bhanu¹; Gupta, Mehul¹; Kumar, Amardeep¹; Kashyap, Lokesh²; Ahuja, Vineet³; Aggarwal, Sandeep¹. Outcomes following reoperative bariatric surgery following laparoscopic sleeve gastrectomy at a tertiary care centre. *Journal of Minimal Access Surgery* (2023). doi:10.4103/jmas.jmas_125_23, October 18, 2023. | DOI: 10.4103/jmas.jmas_125_23
4. Singh B, Saikaustubh Y, **Singla V**, Kumar A, Ahuja V, Gupta Y, Kashyap L, Aggarwal S. One Anastomosis Gastric Bypass (OAGB) vs Roux en Y Gastric Bypass (RYGB) for Remission of T2DM in Patients with Morbid Obesity: a Randomized Controlled Trial. *Obes Surg*. 2023 Apr;33(4):1218-1227
5. **Singla, V.**, Kumar, A., Gupta, M. et al. Gastrointestinal Quality of Life in Morbidly Obese Patients Undergoing One Anastomosis Gastric Bypass (OAGB): Derivation of a “Mini GIQLI” Score. *OBES SURG* (2022)
6. Gupta M, **Singla V**, Kumar A, Chekuri R, Kaustubh YS, Aggarwal S. Banded Sleeve Gastrectomy vs Non-banded Sleeve Gastrectomy: a Systematic review and Meta-analysis. *Obes Surg*. 2022 Aug;32(8):2744-2752
7. **Singla V**, Aggarwal S, Aggarwal S, Gupta M, Singh D. Correlation of weight loss with residual gastric volume on computerized tomography in patients undergoing sleeve gastrectomy: A systematic review. *Clin Obes*. 2020 Oct;10(5):e12394. doi: 10.1111/cob.12394. Epub 2020 Aug 7. PMID: 32767720.

8. Arumugaswamy PR, **Singla V**, Aggarwal S. Medium-Term outcomes after Roux-en-Y-Gastric Bypass: Experience from a Tertiary Healthcare Center from India. *Journal of Bariatric Surgery*. 2022 May 1;1(1):16.
9. **Singla V**, Aggarwal S, Singh B, Tharun G, Katiyar V, Bhambri A. Outcomes in Super Obese Patients Undergoing One Anastomosis Gastric Bypass or Laparoscopic Sleeve Gastrectomy. *Obes Surg*. 2019 Apr;29(4):1242-1247.
10. **Singla V**, Gattu T, Aggarwal S, Bhambri A, Agarwal S. Evaluation of Epworth Sleepiness Scale to Predict Obstructive Sleep Apnea in Morbidly Obese Patients and Increasing Its Utility. *J Laparoendosc Adv Surg Tech A*. 2019 Mar;29(3):298-302
11. Arumalla K, **Singla V**, Aggarwal S, Garg H, Goel R, Katiyar V. Outcomes in morbidly obese adolescent patients undergoing laparoscopic sleeve gastrectomy in the Indian subcontinent: A retrospective review. *J Minim Access Surg*. 2019 Jan-Mar;15(1):31-36
12. **Singla V**, Aggarwal S, Garg H, Kashyap L, Shende DR, Agarwal S. Outcomes in Super Obese Patients Undergoing Laparoscopic Sleeve Gastrectomy. *J Laparoendosc Adv Surg Tech A*. 2018 Mar;28(3):256-262
13. **Singla V**, Bhattacharjee HK, Gupta E, Singh D, Mishra AK, Kumar D. Performance of three-dimensional and ultra-high-definition (4K) technology in laparoscopic surgery: A systematic review and meta-analysis. *J Min Access Surg Online first (AOP)*
14. Aggarwal S, Bhambri A, **Singla V**, Dash NR, Sharma A. Adenocarcinoma of oesophagus involving gastro-oesophageal junction following mini-gastric bypass/one anastomosis gastric bypass. *J Minim Access Surg*. 2019 Feb 18;16(2):175–8.
15. Khan WF, **Singla V**, Aggarwal S, Gupta Y. Outcome of bariatric surgery on hypothyroidism: experience from a tertiary care center in India. *Surg Obes Relat Dis*. 2020 Sep;16(9):1297-1301. doi: 10.1016/j.soard.2020.03.035. Epub 2020 Apr 19. PMID: 32409116.
16. Bhambri A, **Singla V**, Kaul A, Shalimar, Kashyap L, Aggarwal S. Surgical management of super-super obesity with grade III esophageal varices and liver cirrhosis: The ultimate

- challenge. Asian J Endosc Surg. 2020 Oct 22. doi: 10.1111/ases.12882. Epub ahead of print. PMID: 33094552.
17. Kaul A, **Singla V**, Baksi A, Aggarwal S, Bhambri A, Shalimar D, Yadav R. Safety and Efficacy of Bariatric Surgery in Advanced Liver Fibrosis. Obes Surg. 2020 Nov;30(11):4359-4365. doi: 10.1007/s11695-020-04827-3. Epub 2020 Jul 3. PMID: 33900587.
 18. **Singla, V.**, Gupta, E., Bhattacharjee, H. et al. Thoracoscopic enucleation of a large esophageal leiomyoma in the lower esophagus: challenges and solutions. Indian J Thorac Cardiovasc Surg (2021). <https://doi.org/10.1007/s12055-021-01196-z>
 19. **Singla, V.**, Chumber, S., Damle, N.A. et al. The Utility of Metabolic Imaging in Patients with Obscure Abdominal Pain: Is it Required?. Indian J Surg 82, 786–791 (2020). <https://doi.org/10.1007/s12262-020-02111-3>
 20. **Singla V**, Suhani S, Bhattacharjee HK, Goyal A, Parshad R. Solitary pelvic primary intraperitoneal hydatid managed with a minimal access approach: A case report. Asian J Endosc Surg. 2020 Oct 16. doi: 10.1111/ases.12867. Epub ahead of print. PMID: 33063435.
 21. Bhattacharjee HK, **Singla V**, Nariampalli Karthyarth M, Parshad R. Persistent scrotal swelling after laparoscopic inguinal hernia repair: "Omentaloma of the scrotum". Asian J Endosc Surg. 2021 Apr;14(2):279-281. doi: 10.1111/ases.12846. Epub 2020 Aug 9. PMID: 32776466.
 22. Arumugaswamy PR, **Singla V**, Singh P, Kumar R, Aggarwal S. Impact of bariatric surgery on urinary incontinence in morbidly obese individuals. Surg Endosc. 2021 Nov 5. doi: 10.1007/s00464-021-08818-y. Epub ahead of print. PMID: 34741207.
 23. Singh D, Arumalla K, Aggarwal S, **Singla V**, Ganie A, Malhotra N. Impact of Bariatric Surgery on Clinical, Biochemical, and Hormonal Parameters in Women with Polycystic Ovary Syndrome (PCOS). Obes Surg. 2020 Jun;30(6):2294-2300. doi: 10.1007/s11695-020-04487-3.
 24. Kaul A, Kumar A, Baksi A, **Singla V**, Aggarwal S, Gulati G, Narang R, Kashyap L. Impact of bariatric surgery on carotid intima-medial thickness and cardiovascular risk: results of a prospective study. Surg Endosc. 2020 Oct 13. doi: 10.1007/s00464-020-08088-0. Epub ahead of print. PMID: 33048234.

25. Bhambri A, **Singla V**, Aggarwal S, Kaul A, Gupta M, Chaudhary R. Correlation between pre-operative endoscopic findings with reflux symptom score for gastro-oesophageal reflux disease in bariatric patients. J Minim Access Surg. 2020 Sep 12. doi: 10.4103/jmas.JMAS_167_19. Epub ahead of print. PMID: 32964884.
26. Gupta M, Aggarwal S, Bhambri A, **Singla V**, Chaudhary R. Impact of bariatric surgery on type 2 diabetes in morbidly obese patients and its correlation with pre-operative prediction scores. J Minim Access Surg. 2020 Sep 19. doi: 10.4103/jmas.JMAS_19_20. Epub ahead of print. PMID: 32964893.
27. Bhattacharjee HK, Agarwal H, **Singla V**, Chaliyadan S, Mishra AK, Suhani S, Joshi M, Parshad R. Learning Pattern of Two-Dimensional, Three-Dimensional, and Ultra-High-Definition Endovision System on Standardized Phantom Tasks: An Ex Vivo Randomized Study. J Laparoendosc Adv Surg Tech A. 2021 Oct 22. doi: 10.1089/lap.2021.0530.
28. Singh D, Baksi A, Ramana P, **Singla V**, Aggarwal S. Five-Year Outcomes of Sleeve Gastrectomy in Patients with Class I Obesity and Type 2 Diabetes Mellitus. Obesity Surgery. 2022 Jan;32(1):96-102.
29. Singh D, Jain S, Joshi G, Singh G, **Singla V**. Assessing the Safety of Day Care Thyroidectomy in Indian Population: A Prospective Study. World J Endoc Surg 2020; 12(1):14-17
30. Goel R, Rathore Y, Chumber S, **Singla V**, Baig M. Pilot study to assess the role of minimal access surgery in the management of superficial surgical infections. Sri Lanka Journal of Surgery. 2021 Nov 30;39(3)

Chapters

1. Impact of Bariatric Surgery on PCOD - Current and Emerging concepts of Polycystic Ovary Syndrome – Manual from M.P.-PCOS society 1st Edition (Vitish Singla, Sandeep Aggarwal) – Under publication process
2. Sandeep Aggarwal, **Vitish Singla**, Devender Singh, Amit Bhambri, Prasanna Ramana (2020). Gastro-Intestinal Complications in Bariatric Surgery. 10.1007/978-981-33-4702-1_7.
3. Sandeep Aggarwal, **Vitish Singla** (2020). Current Status of One Anastomosis Gastric Bypass.
4. Chapter: What is new in General Surgery. Suhani, **Vitish Singla**. Surgery update 2019 (Proceedings of the 37th National Continuing Medical Education Programme in Surgery).
5. Chapter: Thoracic Incisions. **Vitish Singla**, Ajit Singh Oberoi. Thoracic Proceedings, 2019. Symposium on thoracic surgery, Contemporary practices in surgery.
6. Sandeep Aggarwal, Mehul Gupta, **Vitish Singla** et al. Technique of Sleeve Gastrectomy. Obesity, Bariatric and Metabolic Surgery: A Comprehensive Guide, 2nd Edition, 2021-22.

Awards

1. **Association of Surgeons (ASI) of India Presidents' Gold Medal 2019**
2. **25th IFSO World Congress, 2021: First prize as Best poster of the congress for “OAGB vs RYGB for type 2 Diabetes Mellitus in obese subjects: A Randomised Controlled Trial”**
3. **Second Position in Competitive Paper Session at Surgicon 2021, New Delhi** for
“Gastrointestinal quality of life in morbidly obese patients undergoing One Anastomosis Gastric Bypass (OAGB): Derivation of a “Mini GIQLI” score”
4. **Second Position at Surgicon 2021, New Delhi, Poster Session**
5. January 2019 – Presented “Outcomes in morbidly obese adolescent patients undergoing laparoscopic sleeve gastrectomy in the Indian subcontinent: A retrospective review” **in the best 10 Indian papers on Bariatric surgery** at OSSICON Kolkata, 2019

6. **1st prize at ASICON 2018, Chennai, India** in poster presentation “Role of metabolic imaging in patients with undiagnosed abdominal pain.”
7. **1st prize at Surgicon 2018, New Delhi, India** in **paper** presentation “Outcomes in Super Obese Patients Undergoing One Anastomosis Gastric Bypass or Laparoscopic Sleeve Gastrectomy”
8. 2014- Secured distinction in subject of Surgery in 3rd Professional examination
9. 2012-secured distinction in subject of Pathology in 2nd Professional examination
10. 2011- Secured distinction in subject of Anatomy and in 1st professional examination, AIIMS, New Delhi.
11. 2009- **Certificate of merit NSEC 2009 Homibhaba Center** for science education in Chemistry.
12. 2008 – Received gold medal in Computer at state level in national computer Olympiad.

Invited Lectures

1. Choice of procedure in MAFLD – OSSICON 2024
2. Mortality Benefit after Bariatric Surgery at AIIMS BARICON 2022
3. Safety and efficacy of bariatric surgery in advanced liver fibrosis at OSSICON 2022 (under 5 best publications from India)
4. Gastric Remnant Dilatation after RYGB: AIIMS BARICON 201
5. Clinical Combined Round (CCR): “Well doctor there is no problem”: Thoracoscopic enucleation of a large esophageal leiomyoma in the lower esophagus: challenges and solutions at AIIMS, New Delhi
6. Invited for a lecture on “STUCK” in Bariatric surgery in OSSICON 2023 to be held from 1st – 4th March, 2023 at Mumbai, India

Presentations at Conferences

1. IFSO 2023 Naples - Outcomes of Laparoscopic Sleeve Gastrectomy (LSG) vs One-Anastomosis Gastric Bypass (OAGB) in Patients with Super-Super Obesity (BMI $\geq$ 60 kg/m²)
2. LIBSS, London, November 2022: Outcomes following reoperative bariatric surgery at a tertiary care center. **Oral presentation**
3. LIBSS, London, November 2022: simultaneous occlusion of afferent and efferent limbs following slippage of minimiser ring following OAGB. **Poster Presentation**
4. OSSICON 2022, Bangalore, India: Gastrointestinal quality of life in morbidly obese patients undergoing One Anastomosis Gastric Bypass (OAGB): Derivation of a “mini GIQLI” score. **Oral presentation**
5. November 2021: BARIME a CME on Bariatric and Metabolic surgery (Organising secretary): Mechanisms of weight loss following bariatric surgery. **Oral presentation**
6. January 2020 : OSSICON 2020, New Delhi, India
7. November 2019 –BARICON New Delhi 2019, India: Gastric Remnant dilatation following RYGB. **Oral presentation**
8. IFSO Madrid, 2019, Spain: “Evaluation of Impact of Bariatric Surgery on Clinical, Biochemical and hormonal parameters in Women with Polycystic Ovary Syndrome (PCOS)”. **Oral presentation**
9. January 2019; OSSICON; Kolkata, India: Outcomes in Super Obese Patients Undergoing LSG or OAGB. **Oral presentation**
10. December 2018: ASICON 2018, Chennai, India
11. January 2018 – Presented “Evaluation of Epworth Sleepiness Scale to Predict Obstructive Sleep Apnea in Morbidly Obese Patients and Increasing Its Utility” at OSSICON Chennai 2018, India. **Oral presentation**
12. September 2017 - Presented “Outcomes in Super Obese Patients Undergoing Laparoscopic Sleeve Gastrectomy” at IFSO London 2017, UK. **Poster Presentation**

13. May 2017 – Presented “Mid to long term outcomes of Laparoscopic Sleeve Gastrectomy in Indian population: 3-7-year results - A retrospective cohort study” at IFSO EC Naples, 2017,Italy. **Oral presentation**

I declare that the above given information is correct and I have no conflicts of interests or financial ties to declare.