

Sonam Topgyal MBBS, DCH, PG Diploma in Family  
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Dr. Sonam Topgyal is a Pediatrician and a Family Physician. He also is the Director of Tibetan TB Control Program at the Tibetan Delek Hospital, Dharamsala, India.

After graduating from high school, Dr. Topgyal was selected as one of the students to pursue medicine under department of education, central Tibetan administration's scholarship program.

Dr. Topgyal has received his medical degree from Maulana Azad Medical College, New Delhi, India and underwent residency training in Pediatrics at the Safdarjung Hospital, New Delhi. Subsequently, he completely dual diploma in Family Medicine from Apollo hospital, New Delhi in 2013 and from Christian Medical College, Vellore in 2019.

He has extensive experience in managing infectious and non-infectious diseases in the both pediatric and adult population.

Dr. Topgyal joined Delek Hospital in 2015 as a Senior Medical Officer. He was appointed as the Director of Tibetan TB Control Program at the Delek Hospital in 2016. During this time, as a Principal Sub-Investigator, he has successfully collaborated with the Johns Hopkins University Center for TB Research to implement a pilot *Zero TB Kids* project that aims to eliminate TB in Tibetan children in India. Dr. Topgyal works across disciplines to closely collaborate with national and international partners including the National TB Elimination Program (NTEP) of India, Central Tibetan Administration Department of Health, and the Johns Hopkins Center for TB Research.

As a part of his daily work schedule, Dr. Topgyal conducts out-patient clinic on weekdays. He also attends geriatrics clinic at OPH Jampaling and a weekly preventive health check-up at Delek. Besides, Dr. Topgyal does a 24 hour on call duty once a week apart from the usual weekdays duty.

Dr. Sonam Topgyal is a patient oriented medical practitioner with a special interest in child health and emergency medicine. He is committed to providing safe, high quality and compassionate care to his patients, building trusting relationships with complete confidentiality.

He has experience in variety of health care settings both private and public and brings with him over 15 years of clinical experience.

## **Dr. Sonam Topgyal's Biodata:**

### **EDUCATION:**

2001- 2007

MBBS Degree – Medical School, Maulana Azad Medical College, New Delhi

2009-2011

Post Graduate Diploma in Child Health –Safdarjung Hospital, New Delhi

2013–2014

Post-Graduation in Family Medicine, RCGP (UK) Apollo Hospital, New Delhi

2017–2019

PG Diploma Family Medicine Distance Education Program, CMC Vellore, India

### **Board Certification:**

Certified as a licensed Medical Doctor and Pediatrician by Delhi Medical Board and Medical Council of India.

### **WORK EXPERIENCE:**

**2012–2014**

**Pediatric Registrar at ESIC & ABG hospital in New Delhi.**

#### **Responsibilities:**

- Infant and Young Child Feeding Specialist
- Clinical outpatient and in-patient duties
- Emergency on-call duties
- Sick Newborn care Unit including attending to high risk deliveries.
- Supervision and teaching of medical students and residents

**2015–Present**

**Senior Medical Officer at the Delek Hospital, Dharamsala**

- Clinical outpatient and in-patient duties
- Emergency on-call duties
- Conducting weekly in-hospital Antenatal clinic
- Weekly Outreach Clinic for Geriatric patients at Old People's home
- Weekly preventative health clinic
- Supervision and teaching of medical students on electives and residents.

## **2016–Present**

### **Tibetan TB Program Director**

#### Responsibilities:

- Scale-up of tuberculosis prevention, diagnostic, treatment, and surveillance capacity.
- Development and revision of guidelines for programmatic management of tuberculosis.
- Collaboration and coordination of activities with India's Revised National TB Control Program and the Department of Health of the Central Tibetan Administration
- Clinical management of drug-susceptible and drug-resistant tuberculosis
- National and international collaborations.

#### **Conferences and Honors:**

- Infant and Young Child Feeding Specialist certified by BPNI
- Participated in Pediatric TB-HIV Conference organized by PENTA in January, 2016 as a Faculty and Delegate
- Quality improvement and Leadership Workshop at University of Wisconsin, USA, Aug 2016
- Participated in MDR TB Training Workshop at Bangkok in Nov 2016, Organized by The International Union for TB and Lung Disease.
- Attended 5 days National Emergency Medicine Board Review Course, India (NEMBRIC Feb, 2019)
- 3<sup>rd</sup> International CME on Childhood Allergies, Endorsed by Center for Global health, University of Colorado, Denver, USA at SGRH New Delhi ( March, 2019)
- Basic Life Support and Pediatric Advance Life Support and NRP Certified (AHA)
- Participated in National conference on “Family Medicine and Primary Care” in 2015 and 2019

#### **Memberships:**

- 1. Direct Member of World Organization of Family Doctors (WONCA)**
- 2. Life Member of Academy of Family Physicians of India**
- 3. Life member of Indian Academy of Pediatrics, Delhi Chapter.**
- 4. Member of Royal Australian college of General Practitioners.**
- 5. Member of Delek hospital, institutional ethics committee.**