

Dr (Lt Gen) Narendra Kotwal, AVSM, SM, VSM (Retd)

MBBS, MD, DNB, MNAMS, MPhil, DM, ndc, FRCP Edin

Director of Endocrinology, Paras Hospital, Panchkula

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Professional Summary

Highly accomplished and dedicated Endocrinologist with over 37 years of experience in academic, clinical, and administrative roles. Renowned for exceptional contributions to endocrinology, having published 97 research papers and contributed to key medical textbooks. Proven leader with a distinguished career in the Armed Forces Medical Services, culminating in the role of Director and Commandant of AFMC Pune. Recipient of prestigious awards including the Ati Vishisht Seva Medal, Sena Medal, and Vishisht Seva Medal.

Education

- **DM in Endocrinology**, PGIMER Chandigarh,
- **MPhil in Defence and Strategic Studies**, Madras University,
- **MD in Internal Medicine**, Armed Forces Medical College (AFMC), Pune,
- **DNB**, NBE
- **MBBS**, Government Medical College, Jammu
- **FRCP Edin**

Professional Experience

Director of Endocrinology, Paras Hospital, Panchkula

2024 – Present

- Leading the Endocrinology department, overseeing clinical practices, research, and training.
- Conducting national webinars for endocrinology residents across the country.

Director and Commandant, Armed Forces Medical College, Pune

2023 – 2024

- Managed a team of 3000 medical and paramedical staff.
- Enhanced academic and clinical standards, ensuring excellence in medical education and patient care.

Major General Medical, MB Area
2021-2023

- In charge of 11 Military hospitals, 10 Dental centres and 55 ECHS Polyclinics in six states

Senior Advisor (Medicine) & Endocrinologist and HOD , Army Hospital Research & Referral, New Delhi and **Commandant Armed Forces Clinic Delhi**
2012 – 2021

- Provided advanced medical care and strategic health planning.
- Supervised research activities and clinical practices in the Armed Forces.

Head of Department (Endocrinology), Various Command Hospitals and Army hospital RR Delhi
2001 – 2012

- Led endocrinology departments in multiple prestigious command hospitals.
- Mentored and trained upcoming endocrinologists and medical practitioners.

Department of Endocrinology (PGIMER CHD), 1998-2001

Military Hospitals and AFMC Pune , 1987-1998

Academic Contributions

- **Publications:** 97 research papers in peer-reviewed medical journals.
- **Textbooks:** Contributed chapters to major textbooks of Endocrinology.
- **Faculty Speaker:** Regular speaker at national endocrine conferences.
- **Examiner:** MD, DM, and DNB examiner for leading medical institutions.

Professional Memberships and Positions

- **President-Elect**, Endocrine Society of India
- **Vice President**, Endocrine Society of India
- **Secretary**, Indian Thyroid Society
- **Executive Member**, Indian Society of Bone Mineral and Research
- **Joint Secretary**, MP PCOS Society
- **Member**, RSSDI, IPAES, US Endocrine Society, and American Association of Endocrinologists
- **Executive Editor**, Advance Journal of Medicine
- **Editorial Board Member**, Indian Journal of Endocrinology and Metabolism

Honors and Awards

- **Ati Vishisht Seva Medal (2024)**
- **Sena Medal (2019)**

- **Vishisht Seva Medal** (2016)
- **Chief of Army Staff Commendation** (2007, 2012, 2014)
- **Vice Chief of Army Staff Commendation** (2008)
- **CISC Commendation** (2013)
- **General Officer Commanding-in-Chief Commendation** (2006)
- **National Capitol Foundation Award** (2019)

Special Assignments

- **Medical Team Member for Presidents of India:** Provided medical care for four Presidents.
- **Member, Specialist Committee,** Ayushman Bharat PM-JAY
- **Advisor, UPSC:** Empanelment of medical advisors
- **Member,** Standard Treatment Workflows by ICMR

Personal Interest

- **Blogging:** Regular contributor of articles to various media outlets.
- **Motivational Speaking:** Delivers lectures on health and motivation.
- **Sports Enthusiast and Cyclist:** Promotes a healthy lifestyle through personal example.