



स्नातकोत्तर चिकित्सा शिक्षा एवं
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Prof. (Dr.) Vivek Lal

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No. DPGL-3/23/821

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To

The Selection Committee
Sun Pharma Science Foundation Research Awards 2023

I am writing to convey my strong support for Dr. Rimesh Pal's nomination for the Sun Pharma Science Foundation Research Awards 2023. Dr. Pal is an Assistant Professor in the Department of Endocrinology at PGIMER, Chandigarh. Dr. Pal is a highly motivated academician and a keen clinical researcher. He takes special interests in the fields of bone and mineral metabolism, sarcopenia, osteoporosis, type 2 diabetes mellitus and endocrine aspects of COVID-19.

His epidemiological work on sarcopenia and bone and mineral metabolism is pioneering; Dr. Pal and his team had conducted a door-to-door community survey in Chandigarh (Chandigarh Urban Bone Epidemiological Study (CUBES)) and had recruited more than 900 ostensibly healthy adults. The database was used to generate normative data on metabolic bone profile, bone mineral density and bone remodeling markers from India. Besides, for the first time in India, the database was used to generate indigenous cut-offs to define low muscle strength/muscle mass and determine the prevalence of sarcopenia (Sarco-CUBES) and sarcopenic obesity (SO-CUBES) in

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Indian adults. It is noteworthy that using Caucasian cut-offs to define sarcopenia in Indians would lead to overestimation of this clinical entity as Indians have lower muscle mass/strength compared to Caucasians. The aforementioned data will pave the way for further research in the field of sarcopenia, which is lagging in the country.

Furthermore, Dr. Pal's work on primary hyperparathyroidism is noticeable and unique. In addition, Dr. Pal and his team have devised intralesional zoledronic acid as a novel means for treating fibrous dysplasia. Lastly, Dr. Pal had been an integral part of the Indian Society for Bone and Mineral Research (ISBMR) task force that had developed the guidelines for the diagnosis and management of osteoporosis in Indian adults. Amongst others, he is an Associate Fellow of the National Academy of Medical Sciences (NAMS) and has extramural research grants in his name.

Dr. Pal, in his hitherto short academic career, has catapulted to soaring heights in having more than 120 indexed publications in his name with an h-index of 27. His academic achievements were recognized by the Endocrine Society (USA) when he was endowed with the C. Wayne Bardin International Travel Award in 2022, the only Indian till date to have received this award. Considering all these, I nominate Dr. Rimesh Pal for the Sun Pharma Science Foundation Research Awards 2023 without any reservations.


(Prof Vivek Lal)