



V.S. Mehta, President NSI 2007

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Introduction:

Born to Sri. T.S. Mehta and Smt. Fateh Kumari, Mehta's schooling was in different schools of Jaipur. Passed M.B.B.S in 1972 and M.S. (Gen Surgery) in 1977 from S.M.S. Medical College, Jaipur. During MS Gen. Surgery training period, I had an opportunity to work with Prof. M.G. Sarin, Head of Neurosurgery at S.M.S. Medical College. My dissertation was on acute subdural haematoma and later I worked with Dr. Pramod Behani, (Father of Prof. Sanjay Behari), Neurosurgeon at SDMH Hospital,



Happy Marriage Memories 1978



Holi with Family Members 1987



School Days

Jaipur. Both were great neurosurgeons of their times. This kindled an interest in neurosurgery resulting in my joining the neurosurgery department at AIIMS as Research Associate in an ICMR Project on head injury in 1978 under Prof. P.N. Tandon. Continued as senior resident in Neurosurgery for M.Ch Neurosurgery in 1979. Passed M.Ch Neurosurgery in May 1981. Married Prabha and have two children, Vaibhav and Abhinav Mehta.

Neurosurgery at AIIMS – a summary:

Six months before completing senior residency, was selected as adhoc faculty (Asst. Professor) in Aug 1981 at AIIMS and regularly selected/promoted to become Professor of Neurosurgery in 1992 at AIIMS and appointed as Head of the Dept. in 1994 after the voluntary retirement of Prof. Ravi Bhatia. Became Chief of the CN Centre after the retirement of Prof. M.C. Maheshwari in May 2001. I took voluntary retirement in 2006 and joined Paras Hospital in Gurugram, Haryana, as Director, Neurosciences and further elevated as Chairman, Neurosciences in 2016. Training in neurosurgery at AIIMS with Prof. P.N. Tandon and Prof. A.K. Banerjee was tough and required devotion and dedication.

Neurosurgery at AIIMS – the beginnings and progression:

During my third year senior residency. I was asked to start operating on a patient with a large parietal convexity meningioma who had suddenly deteriorated. Dr. Banerji came to the OT some time later to join, only to find that I had already removed the tumor and was completing the surgery. His appreciation instilled confidence in me. A few weeks later, a 10 year old child with a large 3rd ventricular tumour had to be operated by me as an emergency. Post op CT confirmed total removal. This child with ependymoma came for a follow up for the next twenty years. My confidence further increased.

Prof. P.N. Tandon pointed out that I should specialize in an area others were not specializing in. In 1982, I was asked to assist Prof. Majid at an operative workshop in a case of Pan Brachial Plexus Injury. As there was a large psudomeningocele, this was opened and closed. Following this I started looking for Brachial plexus injury cases. We did 2-3 cases in the first year, five cases in two years and 25 cases in 5 years. In 2006 we were doing about 80-100 cases of brachial plexus / year. A report on this got me the E-Merck Gold Medal at the NSI annual conference in 1985. Prof. A.K. Banerji initially popularized trans ethmoidal surgery for pituitary tumor with Prof. S.K. Kakkar. Head of ENT. After my return from Bristol, where I had spent a few weeks with Huw. B. Griffith in 1986, (on a Jack & Monika Travelling Fellowship), I started doing transnasal approach for pituitary tumors. This soon became popular in India.

Similarly, aneurysm surgery was a passion for many neurosurgeon but had significant mortality and morbidity. I also had a passion for aneurysm surgery. I was quite impressed seeing Prof. Vinko Dolenc approaching anterior circulation aneurysms by trans sylvian approach at a conference organized by Dr. A.N. Jha at P.D. Hinduja Hospital, Bombay. In addition I started advocating use of temporary clip as a routine rather than exception and I saw the results were better. I started operating on giant aneurysms regularly with excellent results.

During a WFNS course at Agra in late 1990s, Prof. A.K. Banerji asked me to speak on “Surgery for Brain Stem Gliomas”. I searched the literature available in the library and saw all old records of the Dept. I did not find any significant literature on surgery for Brain Stem Gliomas. Literature was about fractionated RT or unfractionated RT or aspiration of cystic lesions. Though the talk was on “Surgery for gliomas”, it was unconvincing, even for me. I decided to take this as a challenge and I started operating on brain stem gliomas. Initially all cases did well and this gave me lot of confidence in operating on these tumors. Now I have one of the largest series on surgery for Brain Stem Gliomas with excellent results. I gave my presidential oration in 2007 at Agra during the annual conference on “Surgery for Brain Stem Gliomas”.

Prof. A.K. Banerji popularized the use of microscope in neurosurgery in India, and also envisaged the importance of lab training for micro neurosurgery. He was the first to start the micro neurosurgery lab at AIIMS. I was the first to be trained by Prof. A.K. Banerji himself, in that lab and later I was in charge of that lab and many neurosurgeons took training in that lab including from neighboring countries. Now this lab is the most modernized lab being run by Prof. Ashish Suri. I was impressed by the annual micro neurosurgery workshop organized by Prof. B Ramamurthi / Ravi Ramamurthi for teaching younger neurosurgeons. I also started the micro neurosurgery conference annually combining with Neurosurgery annual oration in 1999. In the first year there were only 25 participants. In subsequent years it became the most popular CME in the country and there were more than 200 participants each year from all over the country and neighboring countries.

Prof. A.K. Banerji has sent the proposal for Gamma Knife before he retired in 1995, but it did not materialize. After I took over, I restarted the process

and we were able to install the first Gamma Knife in a Public hospital in 1997. Similarly funds for the first intra operative MRI in a Public Hospital was sanctioned before I took voluntary retirement. In both these projects I had significant help from Dr. S.P. Agarwal, Director General of Health Services and as member of Governing Body of the Institute, who was my good friend and my batch mate in M.Ch Neurosurgery. A new CN Tower was sanctioned for the VVIPs and some more private wards by the efforts of the Director, Chief of CN Centre Prof. Venugopal. However as Chief of Neurosurgery I wanted more operation theatres and with lot of debate and discussions I was able to get four state of art operation theatres on the 7th floor of the New CN Tower. I served the Neurological Society of India as executive member, treasurer, President elect, President and past president continuously for 10 years from year 1999 to 2009.

Association with NSI:

As an executive committee member, I wanted to find out the existing rules / regulations of the Society. Apparently the “Minutes” book was lost during the handing over from one secretary to another. It was decided to update the constitution and bye-laws. This was done under the Chairmanship of Prof.



As President of Neurological Society of India during inauguration of Annual Conference 2007

A.K. Banerji with me, K.Ganapathy, V.K. Khosla and Venkatraman as members of the committee. As an executive committee member, I realized that Secretary is over loaded with Society’s work whereas President elect has no work assigned to him. Therefore I proposed that President elect should be the Chairman of Scientific Committee for Annual NSI and should be the returning officer for the elections of the NSI which was accepted and implemented.

When I became treasurer, the financial status of the Society was not very good. I found that many members have not paid their dues. So I served

notices to all the members who had not paid their dues irrespective of their seniority. We also passed the rule that a percentage of the savings of the organizers of the annual conference should be given to NSI. I was able to increase the corpus of the Society from 44 Lakhs to little less than 1 Crore when I transferred this to the next treasurer Dr. Ravi Ramamurthi three years later. I wanted a mid term neuro conference dedicated to two or three sub-specialties by rotation. The first mid term neuro conference was organized by me in 2002. However it was discontinued subsequently. The President elect takes over as a President on the last day of the annual conference not getting an opportunity to tell the members his plans for the next one year, and what he expects from the members. Hence I proposed that the President elect should also be on the dais during the inauguration at the annual conference. During my Presidency I wanted to increase public awareness about neurological disorders by many ways including a public lecture during the annual conference. This was done at the Agra Conference but could not become a regular feature. To prevent loss of documents during changes, I wanted the Society to have a Permanent Office with a Permanent Secretariat. Mata Chanan Devi was persuaded to provide space. However the secretariat did not materialize.

Take Home Message:

Do things which others are not doing. Do it persistently with success and dedication. Let others know by publishing / talking.

Awards & Recognitions

E-Merck Gold Medal for best paper for year 1980 and 1985 at the annual conferences of Neurological Society of India, Jack and Monica Britton Traveling Fellowship to visit different Neurological Centers in United Kingdom in 1986, Senior Commonwealth Fellowship 1994, Visiting Consultant to Regional Neurosciences Centre Newcastle, U.K. in 1995, Indian



Receiving Emerck Gold Medal 1980



*Receiving Padmashri Award from
Dr APJ Abdul Kalam in 2005*

Medical Association South Delhi Branch Special Award for excellence in academics, Awarded for best recruiting STICH Centre in Asia June 2003, Presidential Oration 2003 – Delhi Neurological Association, Fellow of National Academy of Medical Sciences 2003, **PADMA SHRI** 2005, Nominated as Founder Member of World Academy of Neurological Surgeons in 2005, Dr. Satyapal Aggarwal Memorial Annual Indian Medical Association (IMA),

Oration on “Brain Tumors Past, Present and Future”, Elected as a guest member of “The Japan Neurosurgical Society in 2006”, Keynote address in 6th Annual Meeting of Association of Neurosurgeons of China in 2006 at Beijing, Nominated as International Member of the Brazilian Academy of Neurosurgery in 2007, A.D. Sehgal Oration annual conference of Delhi, Neurological Association, A.D. Sehgal Oration at Neurotrauma Conference 2009 at Jaipur on “Brachial Plexus Injury”, Presidential oration annual conference of Indian Society of Cerebrovascular Surgery, S.P. Srivastava Memorial oration at its U.P. Conference 2010, Swasthya Bharat Samman by L.I.C. Zee News at Gurugram, Dave – Newton oration on at K.G.M.C., Lucknow, Teachers of Teachers award at Neurosciences AIIMS in



*Group photograph with King of Nepal on the occasion of 1st South
Asian Neurosurgical Conference at Kathmandu 1999*

Recognition of years of loyal and dedicated services towards advancement of Neurosciences AIIMS, Indian Society of Peripheral Nerve Surgery awarded certificate of Appreciation in Recognition of outstanding contribution to the field of Brachial plexus and peripheral Nerve Surgery at



With King of Nepal during 1st South Asian Neurological Conference at Kathmandu 1999

5th annual Meeting of ISPNS, Received Guest of Honour award at Seven Decade Celebration of S.M.S. Medical College, Jaipur, 2016, Awarded “Lifetime Achievement Award” by Medgate Today Magazine, and by ASSOCHAM Meditravel, Awarded as “Legend in Neurology & neurosurgery in NCR Delhi in 2017” by Times Health Care Achievers for Delhi NCR, Winner of medical value Travel Specialist Hospital in Neurosciences on 2017 by FICCI.

Publications / Guest Lectures / Research:

Published more than 180 papers/chapters in various International and National Scientific Journals/Books. Delivered more than 195 guest lectures at various International and National Forums. Involved in many International Multicentric Studies, Research in head injuries, Intra cerebral haematomas, Brachial plexus injuries, Genetic studies in Gliomas, Functional Neuro imaging etc.

Member of various prestigious National Institutes:

Member of Academic Committee of Institute of Human Behavior & Allied Science, New Delhi 1998, Chairman Advisory Committee for Neurosurgery for National Board of Examination, New Delhi 2002, Chairman Human Ethics Committee of National Brain Research Center, Manesar 2002. Member of Executive Council of IHBAS, New Delhi 2003. Member of Governing Body of NBRC, Manesar 2003. Founder Trustee of Neurosciences Trust. Trustee of World Federation of Neurosurgical Societies (INDIA) Trust.

Associated with various National & International Scientific Journals:

Editor of Progress in Clinical Neurosciences 1999-2002. Founder Editor of Journal of Neurology, Neurosurgery and Psychiatry (Ind. Ed) 2001. Associate Editor of Acta Neurochirurgica 2003. On Editorial Board of many important national journals.

Other Academic Activities:

Member, Selection Committee for various faculty posts of Neurosurgery in various Institutes/UPSC. Given several talks on AIR / Doordarshan. Published Public Health related articles in news magazines/newspapers. External Examiner for various Universities for Neurosurgery examinations. Organized various National & International conferences / workshops / symposiums / seminars in Department.

Posts held in Professional Societies / Associations:

President, Delhi Neurological Association 2002-2004. Executive Member of Neurosurgical Association of SAARC 2000-2002. President Cerebrovascular Society of India, 2008-2009. Member on the Constitution & By laws committee for the WFNS 2017. Member, Neurosurgical Association of SAARC. Life Member - Skull Base Society of India, Asian Congress of Neurological Surgeons, Indian Society of Cerebro Vascular Surgery.

Membership of the Technical Expert Groups and other Executive Posts:

Chairman of Advisory Committee for Neurosurgery of National Board of Examination Neurosurgery 2002. Chairman Human Ethics Committee of National Brain Research Centre 2002. Member of Academic Committee of the Institute of Human Behaviour and Allied Sciences from 1998-2001, 2002-2005. Member, Expert Group of Xth Five Year Plan on non-Communicable diseases 2000 –2001. Member, UGC Committee to evaluate National Brain Research Centre for accreditation as a Deemed University 2002. Member of the Scientific Advisory Committee of National Brain Research Centre. Member, Governing Body of National Brain Research Centre 2003-2005. Special Invitee to Governing Body AIIMS 2003. Member of Executive Council of Institute of Human

Behavior and Allied Sciences from 2003-2005. Member – Project Review Committee in the field of Neurology, Mental, Orthopedic ICMR 2000,2003. Permanent Member, Global Advisory Committee, S.M.S. Medical College, Jaipur, 2006. On Board of Directors, PARAS Hospitals Gurugram. On Board of Directors, Institute of Neurosciences, Kolkata. ■