

PROFESSOR NIHAL THOMAS



His area of interest is diabetes in rural areas, the basic science of low birth weight as a cause for diabetes, diabetes educational techniques and possesses state of the art facilities for hyperinsulinemic euglycaemic clamp studies, indirect calorimetry and NMR spectroscopy and has published significantly in this field and also in the area of general endocrinology. He has initiated a World Diabetes Foundation project to train and equip 130 hospitals in rural India which has resulted in a sustainable training programme for doctors and educators. He has initiated the endocrine genetic laboratory and the institutional videoconferencing unit at CMC, Vellore.

He is a co-principle investigator on the 42 year old Vellore birth cohort.

He has more than 110 indexed publications including several areas of endocrinology and diabetes and two books; He is a reviewer in more than 20 international journals and of the editorial board of the journal: "Clinical Endocrinology".

He has received grants to support research and outreach programmes from international and national agencies up to 220 million rupees (US\$4.0million), and is the recipient of the Yedanapalli research award for the year 2009, the INCLLEN young investigator of the year award 2004.

He has given several orations and talks, including one to the US Congress. He is guide for Phd under the MGR medical university, Phd co-guide in Karolinska, Sweden, inspector for the national board and examiner for the higher specialty examinations endocrinology. He is a grant reviewer for the Indian Council of Medical Research and the Department of Science and Technology, and on the Board of studies for research for the Dr MGR Medical University.

He has run more than 30 multinational and in house designed clinical trials in Diabetes Mellitus. He was the organizing secretary of the Endocrine society meeting of India in Vellore in 2010 and was a member of the Executive committee of the Endocrine Society of India. He has active research networks with several overseas universities which include Oxford, Copenhagen, Albert Einstein (New York), Monash and Karolinska Universities.