

## **About Dr Sameer Arbat**

## Pioneer of Interventional Pulmonology



Dr Sameer Arbat, young Interventional Pulmonologist from Nagpur is the pioneer of Interventional Pulmonology in Central India. He is the first doctor to have Central India's only EBUS and Cryotherapy setup. He has received innumerable awards and has many national and international publications to his name. He has performed more than 1000 Interventional Pulmonology procedures including Cryotherapy, EBUS, Endobronchial Debulking, Radial EBUS, Stenting, Foreign Body Removals and Thoracoscopy. He is an established clinician, researcher and teacher in the field of Pulmonology & Interventional Pulmonology with multiple publications and presentations on international platforms. Dr Sameer has extensive academic training and professional experience from JNMC Wardha, KEM Hospital & Tata Memorial Cancer Centre Mumbai & Ospedali Riuniti, Ancona Italy. He is an avid researcher with more than 20 international publications to his name. Dr Sameer is credited for being one of the first doctors in the world to develop and master the novel techniques of Double-Hitch Stitch, Radial-EBUS + Cryobiopsy and CP-EBUS + Trans Bronchial Lymph Node Cryobiopsy.

## International Author, Researcher & Teacher



Dr. Sameer at a very young age has multiple publications and presentations on international platforms. He has more than 20 publications in indexed journals which are cited by experts from many other disciplines of medicine. He has more than 50 presentations all across the globe including France, Spain, United Kingdom, Italy, USA, China and Thailand. His research has garnered him multiple awards and has been covered by international media houses across USA, Europe and South- East Asia. He is an author for various chapters in pulmonology and is keen on publishing textbooks and manuals on Interventional Pulmonology. He is the youngest International Teaching Faculty at WABIP Program and has had students from India, Sri Lanka, Mexico to train under him. As a teacher, Dr. Sameer's area of expertise is Cryosurgery in which he has excelled in developing newer techniques.

## Young Achiever with Multiple Accolades





- Awarded Fellowship of American College of Chest Physicians – FCCP New Orleans USA - 2019
- Pioneer of Interventional Pulmonology in Central India
- Youngest International Faculty - 2019
- Youngest International Faculty - 2020
- Youngest International Faculty - 2021
- National Award for Best Paper - 2015
- National Award for Best Paper - 2016
- National Award for Best Paper - 2018
- National Award for Best Paper - 2020
- Young International Researcher Award Paris - 2018
- Young Achiever Award for Outstanding Contribution in Health - 2018
- Vidarbha Ratna Award - 2019
- Award for Outstanding Contribution to Respiratory Medicine on an International Platform - 2020
- Young Asian Entrepreneur Award by CNBC Asia One - 2020
- Top 3 Pulmonologists by 3BestRated - 2021
- Outstanding Global Contribution to COVID-19: COVID Warrior by Global Healthcare Awards 2021
- Best Pulmonologist Times of India – 2021
- Top 3 Pulmonologists by 3BestRated - 2022

## Inventor & Innovator



Dr Sameer is credited with 3 inventions for COVID-19 which include the “Arbat Safety Box”, “Doctor Safety Assistant” and “COVI-SAT Covid-19 Safety Van”. All 3 inventions have received critical acclaim from international medical bodies for their utility during the pandemic. His research publications on these inventions are widely cited by budding pulmonologists and medical scholars. Sameer is also involved in developing AI programs and 3D Printing for pulmonology.

## Champion for Air Pollution



Dr Sameer is a champion for Air Pollution in South East Asia with multiple talks and publications at national and international platforms. As part of welfare service, he is the founder of the Breathe-Life Foundation which is associated with various organisations like Centre for Sustained Development, Clean Air Asia, Columbia University and works in health awareness, regularly conducting health camps and education programs pertaining to asthma, air pollution, COVID-19 Awareness, sleep disorders, anti-tobacco campaigns and blood donation camps. He was instrumental in installing the "Giant Lungs" in Nagpur city which was visited by 1000+ school students from India and Germany



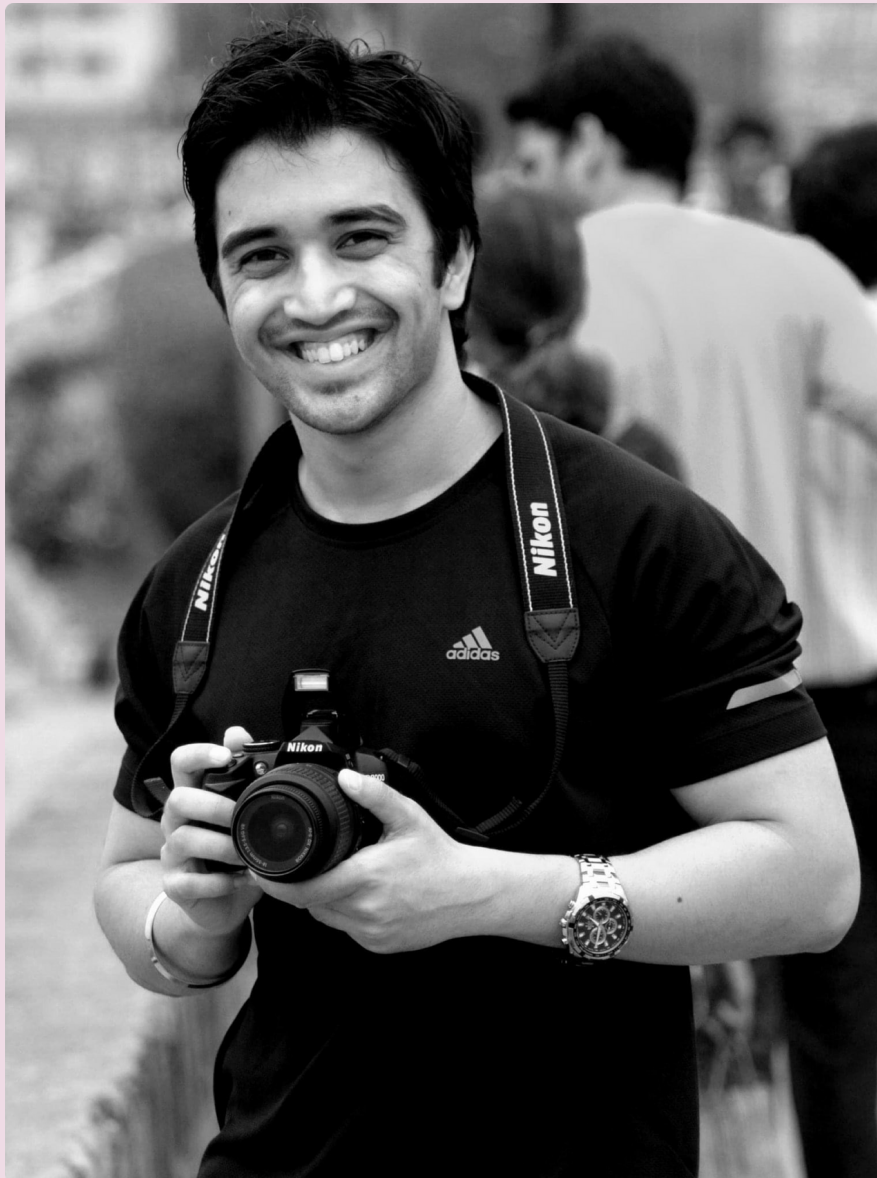
## Advocating Health Awareness



Dr Sameer has keen interest in creating public awareness about health and preventive measures to avoid diseases. He has been actively involved in radio talks since 2015 covering topics related to airway diseases, smoking cessation, viral diseases and so on. He has given 100 + news interviews for News Channels including prime time debates with stalwarts like Dr Arvind Kumar and Yog Guru Baba Ramdev. Dr Sameer believes in dissemination of information to the masses and has innumerable newspaper articles to his name. As a technology lover, he also spreads health awareness through social media handles like Twitter, LinkedIn, Instagram and Facebook. He has multiple podcasts and YouTube Videos.



## Pioneer of Interventional Pulmonology



Dr Sameer has certified training in commercial arts, photography, contemporary dance and much more. He is a gifted photographer and cinematographer and has a short movie submission to Pepsi London Film Festival 2012 from India to his credit. As a director of photography, his project on KTM Superbike has been featured in Singapore Automobile Magazine. As a graphic designer, Dr Sameer de-stresses himself with graphic designing and website development which he puts to use for social and business projects. He has performed theatre and international dance forms on stage until recently till he got completely immersed in his clinical practice and research.

## Multi-Faceted Personality



Always a teacher's pet during his school days, Dr Sameer spent most of his formative years learning swimming, in-line skating, classical Indian dance, computer designing, theatre and much more. A curator and connoisseur, Dr Sameer has an eye for finer elements of literature, graphic designing, arts, architecture, interior designing, automobile designing, music and pop-culture. He takes pride in his globally recognised collection of books, die-cast car collection, personalised limited-edition memorabilia, art pieces from different countries, music library covering more than 10 languages and genre. His most prized possession is his latest project cum home "Casa Felice" which is a neo-modern apartment and has been covered by multiple international magazines and television channels.



## Explorer and Food Aficionado - 35+ Countries and Counting



He is fond of learning new cultures and languages and has explored more than 35 countries across the continents. His interest in geology led him to visit the glaciers of Alaska, the great migration of Masaimara Kenya as well as the northern lights in Nordic region near the north pole. Dr Sameer and his wife Tulika have a penchant for fine food and are one of the few in the world to have visited all the highly recommended food and dessert parlours across the globe.

## Family First



Dr Sameer believes that his family is the source for his energy and loves spending most of his free time with his wife Tulika and son Noam. He often addresses himself as “Noam’s father & Interventional Pulmonologist”. Dr Sameer dedicates all his success and accomplishments to his wife Tulika who has been his pillar of strength through thick and thin. He aspires to be the ideal husband and father and is often seen sharing most of his spotlight with Tulika and Noam. Dr Sameer when not occupied with clinics or research, loves cleaning and re-arranging his house and helping his wife with feeding and changing diapers of baby Noam.



## Youth Icon for Upcoming Generations



With his ever-impressive list of achievements, his calm and composed personality and down to earth demeanour, Dr Sameer is an idol for the younger generation who wish to excel in their speciality but also continue developing their skills in other disciplines of life.

# Membership

- Founding Member - Indian Association of Sleep Apnea.
- European Respiratory Society (ERS)
- American College of Chest Physicians (ACCP)
- Indian Association of Bronchology (IAB)
- World Association of Bronchology & Interventional Pulmonology (WABIP)
- Indian Chest Society (ICS)
- Vidarbha Chest Association (VCA) – Executive Body Member
- Indian Medical Association (IMA)
- Academy of Medical Sciences (AMS)
- Indian Society of Critical Care Medicine (ISCCM)
- Vidarbha Hospital Association (VHA)