



### **V K Khosla, President, NSI 2009**

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### **Family Background:**

Virender Kumar Khosla (VKK) was born in 1946 in the village of Shyam Chaurasi in Hoshiarpur district of Punjab. His father, G R Khosla, was unable to become a doctor due to a visual refractory error. After acquiring an MA, Khosla Sr. became a railway contractor. His mother, Shrimati Lajwanti, was an able homemaker. VKK's home town was in Apra in Jullundhar, where he often used to travel on a Tonga. VKK's father shifted to Vishakapatnam as he got a job there. VKK was the fifth of six siblings, both his brothers are engineers.



*Parents of VKK*

### **Schooling and medical education:**

VKK completed his schooling at St. Aloysius High School in Vishakapatnam in 1962 and Pre- University (PUC) from Loyola College in Vijayawada in 1964. During his school days, he was given "double promotion" twice and so jumped two classes. He came third in the PUC exams. Joining Andhra Medical College in 1964, he completed internship in 1970 and MS in General Surgery in 1974. During his MBBS career, he was awarded medals for academic excellence. He joined Bokaro General Hospital for a short period in 1974/75 as a casualty medical officer. Frustrated, he decided to pursue a career in Neurosurgery because of his interest in surgery and the tough challenges this discipline demanded.

### **Professional Career:**

VKK was selected for neurosurgical training, both at PGI, Chandigarh as well as AIIMS, New Delhi. As PGI result was declared earlier he joined PGI as a senior resident in 1975 and was subsequently appointed lecturer in 1977. He rose through the ranks and was Head of the Department from 1992-1994 and from 1995 till his retirement, in 2008. Currently, he is working as Director, Fortis Hospital, Mohali.

He was one of the first neurosurgeons in India to do a formal fellowship in Skull Base Surgery under Dr. Hakuba and was awarded the Diploma in Skull Base Surgery by Osaka City Medical University, Japan. The true practice of skull base surgery was started in the early 1990s with the interest shown by VKK. Continuing this trend, new surgical techniques of tackling the skull base lesions have been published from the institute, from time to time. The use of microscope and microanastomosis, and the recent addition of endoscope, have improved the overall results of skull base surgeries.

### **Contributions to Spinal surgery:**

VKK played a key role in establishing and promoting anterior cervical surgeries not only in PGI but also at the national level. This approach was mastered and taken by him to a level of real art. In those days, cervical plating systems were not available. VKK perfected the art of modelling the bone grafts perfectly to fit the superior and inferior vertebrae, and if required, would fix the graft to the adjacent vertebrae with thin steel wires. It was not technically easy to drill holes in the vertebral bodies with hand held drills, but he had mastered the technique. He is extraordinarily meticulous in tissue handling and is a master craftsman.

In the 1980s and early 1990s, transoral odontoidectomy was also initiated by him. In those days, the department did not have a drill to start with. Removal of the odontoid was achieved with the help of ronguers and the Kerrison's punch, and the tip was often delivered by holding it with a Kocher's forceps. To get himself oriented for this surgery, he requested Dr. IJ Dewan, Head of the Anatomy Department, to allow him to conduct cadaveric dissections, to which the latter readily agreed. To open the jaws of the cadavers was, however, a monumental task in itself. Finally, the

cadaveric jaw had to be disarticulated and removed before access to the posterior pharyngeal wall could be achieved.

### **Contributions to Aneurysm Surgery:**

Dr. VK Khosla was keen to improve the management of aneurysmal subarachnoid hemorrhage, and because of his efforts, the awareness of this disease and the need for an early referral increased in North West India. However, aneurysm surgery really took off in early 1990 after VKK's return from Japan. There was only one old OPMI microscope, and there were only hand held retractors. In the late 1980s, the diagnosis of aneurysmal subarachnoid haemorrhage was often missed and referral was delayed. Due to the awareness campaigns carried out by the department spearheaded by VKK, especially among the medical community, there was an exponential growth of early diagnosis and referral of these cases, and at present, more than 400 cases of ruptured aneurysms reach the emergency services, the majority within 24 hours of ictus.

### **Academic Contributions:**

VKK can be credited with providing the impetus and laying the foundation for the development of subspecialties in the department. It is because of his efforts that, at present, all consultants, apart from performing routine neurosurgical work, have made a name for themselves, both nationally and internationally, in their chosen sub-specialties, within neurosurgery. He has published more than 120 papers in reputed international and national journals and has contributed 18 chapters to books. Some of his research areas are aneurysmal subarachnoid hemorrhage, vasospasm, traumatic brain and spine injury, pediatric head injury, cranio-vertebral junction anomalies etc. He also published a book "Brain Protection".

He was on the editorial board of Neurology India, Indian Journal of Pain, and Indian Journal of Neurotrauma. He has probably served the neurological society for a period longer than most of his peers. He was honorary treasurer for two consecutive terms from 1998 till 2003 and was honorary secretary from 2003 to 2005. He was elected President for 2008-2009. He also worked as honorary treasurer of The Indian Skull Base Surgery Society from 1996 to 1998.

He has delivered many orations including the Presidential Oration NSI Lucknow 2009, Vyageswarudu Oration at Medical College,

Vishakapatnam, Sh.Shurgveer Singh Oration, R.N.T. Medical College, Udaipur, the first Srinivas Endowment Oration at Tirupati Medical College, and the first Satyawati Endowment Oration, Andhra Medical College. An oration “ Prof V K Khosla Oration” has been started in his name at Jabalpur Medical College. He has been a visiting faculty/fellow at various international and national centers namely, Department of Neurosurgery, Osaka City Medical College, Japan; Nagoya University, Fugita Health University; AIIMS New Delhi; Nizam Institute of Medical Specialities, Hyderabad; RNT Medical College, Udaipur; Dayanand Medical College, Ludhiana; Christian Medical College, Ludhiana; Shurveer Singh Visiting Scientist at R.N.T. Medical College; International College of Surgeons - Honorary Fellowship for contributions in Neurosurgery. He was an examiner for MCh and DNB examinations at almost all major neurosurgical centers in the country. Scores of neurosurgeons trained by him are spread all over the country heading various prestigious departments. He was also the recipient of best paper / poster awards at various national and international conferences. He was awarded the Sugita fellowship in Nagoya and also spent two years, on deputation from PGI, in Bahrain (2005-2006).

### **Contributions to upgrading Department:**

An able administrator, he streamlined the present purchase policy in the department that facilitated the procedure for acquiring state of the art micro neurosurgical equipments of international standards. He was the driving force responsible for the start of neuro intervention in PGIMER and was instrumental in creating a separate 6 bedded neurosurgical intensive care unit (ICU) in 2001. He had the foresight to acquire the first Perfexion model of Gamma Knife in this part of Asia. The Advanced Trauma Centre in PGIMER was conceptualized by him, and he made great efforts to make it see the light of day. The ground work for the proposed Advanced Neurosciences Centre was also initiated by him. He always encouraged his junior faculty to subspecialize in their area of interest. VKK took great interest in teaching and training of residents and would spend hours taking bedside rounds during his non OT days. His Sunday ward rounds were a great learning experience for students. The present day system of daily morning meeting for all residents and consultants, where all the cases of

the previous 24 hours are discussed, was initiated by him. He superannuated in 2008.

### **Family:**

He is married to Dr Manjula an ophthalmologist who studied in RNTT medical college Udaipur. She retired as Head of the Department, General Hospital, Sector 16, Chandigarh and is at present engaged in social service.



*With Wife Manjula – Gen Next !*

The Khoslas have two sons – the elder, Siddharth, a B.Tech in Computer Science obtained a MBA from Stanford and is currently a partner in ERNST and Young, USA. Married to Rituthey have a son and a daughter. The younger son, Siddhanth also a B.Tech and MBA (FMS-Delhi) is a regional manager with Proctor & Gamble, Mumbai. He is married to Dimsy and they have a daughter. His interests and hobbies include listening to good music, poetry, watching sports and also video photography.

He is very regular in jogging and is also fond of cycling. In family functions and with close friends, he is the soul of any party with his songs, witticisms and a thorough jest for life. ■