



DR. CHARU GOEL SACHDEVA

Chairman and Consultant - Internal Medicine

Qualification

MBBS | MD (Medicine) (Gold Medal)

Overview

Dr. Charu Goel Sachdeva is a highly accomplished and experienced physician specialising in Internal Medicine, with an extensive clinical career spanning over 25 Years of experience. She holds an MBBS degree and an MD in Medicine, earning distinction throughout her academic journey, including a Gold Medal in MD Medicine and honours in Physiology during her undergraduate training. Her strong academic foundation was built at prestigious institutions such as St. John's Medical College, Bangalore, and Maharani Laxmibai Medical College, Jhansi. Dr. Sachdeva began her clinical career with rigorous training that included an internship and junior residency at leading hospitals, followed by her postgraduate residency in Internal Medicine. During this time, she gained comprehensive exposure to various specialities, including cardiology, nephrology, neurology, endocrinology, and emergency medicine. She also contributed to medical education by teaching undergraduate students and conducting research, culminating in a thesis on the clinico-laboratory profile of female partners in infertility. She further advanced her expertise through senior residency and clinical roles where she developed significant

proficiency in managing critical cases, including HIV, rheumatological disorders, oncology-related conditions, and complex cardio-respiratory and neurological cases. She has also built a strong specialisation in diabetes management. Over the years, Dr. Sachdeva has held key positions, including Consultant, Senior Consultant, and Head of Department of Medicine at several leading hospitals and currently serves as the Head of Internal Medicine at Manipal Hospital, Dwarka, New Delhi. Her contributions extend beyond clinical practice into research and public health awareness. She has published articles in reputed medical journals and has been featured in prominent media outlets like The Times of India, Hindustan Times, and India Today, where she shares insights on topics such as infectious diseases, nutrition, stress management, and public health concerns. Dr. Sachdeva is widely respected for her clinical acumen, leadership, and commitment to patient-centred care. She continues to inspire trust among patients and peers through her dedication and compassionate medical practice.

Field of Expertise

- Lifestyle Disease Management
- Diabetes & Endocrine Disorders
- Hypertension & Cardiac Risk Prevention
- Infectious Disease Management
- Critical Care Stabilisation
- Preventive Internal Medicine
- Multispecialty Adult Medical Care
- Joint Disease Management

Languages Spoken

- English

- Hindi
- French

Awards & Achievements

- Dr. P.S. Gupta Meritorious Award for Best Senior Resident (2003)
- Gold Medal – MD Medicine
- Certificate of Honors in Physiology (MBBS Part I)
- Presidential Fitness Award by Ronald Reagan
- Team Awards in Table Tennis and Badminton at St. John's Medical College

Talks & Publications

- The Times of India – Swine Flu
- Hindustan Times – Stress Management
- India Today – Nutrition Awareness
- Aaj Tak – Pollution Health Effects
- Radio Dwarka – Dengue Awareness
- COVID 4th Wave Expert Discussion
- Review Article: Water & Electrolyte Imbalance
- Journal of Internal Medicine, Volume 2, June 1999
- Case Study: Angioimmunoblastic Lymphadenopathy
- Journal of Indian Rheumatological Association