



## **DR. ARUMIT PALIT**

Consultant - Cardiothoracic and Vascular Surgery

### **Qualification**

MBBS | DrNB – Cardiothoracic and Vascular Surgery

### **Overview**

Dr. Arumit Palit is a highly skilled and dedicated Cardiothoracic and Vascular Surgeon at Manipal Hospital, Delhi. He brings strong clinical expertise and a patient-focused approach to managing complex cardiac conditions. His areas of specialisation include coronary artery bypass grafting (CABG), valve repair and replacement, aortic procedures, and minimally invasive cardiac surgery (MICS). Having completed his DrNB in Cardiothoracic and Vascular Surgery after an intensive six-year training program, Dr. Palit has developed exceptional technical proficiency and in-depth knowledge of advanced cardiac and thoracic procedures. His meticulous surgical technique and commitment to precision have earned him recognition for consistently delivering safe and effective outcomes. Dr. Palit possesses extensive experience in performing a wide range of adult cardiac surgeries. He has a special interest in Minimally Invasive Cardiac Surgery, performing numerous procedures that enable smaller incisions, faster recovery, and improved patient comfort. His surgical expertise includes conduit harvesting (mammary, radial, and vein), cannulation, intra-aortic balloon pump (IABP) insertion, ICD implantation, and chest closure. In

In addition to his operative work, Dr. Palit has contributed to clinical research focusing on sternal wound complications and surgical outcomes in diabetic patients, highlighting his dedication to continuous learning and evidence-based practice. At Manipal Hospital Delhi, Dr. Arumit Palit is known for his compassionate care, attention to detail, and pursuit of excellence in cardiac surgery. His blend of advanced skills, research-driven insights, and patient-centric philosophy ensures that every individual receives world-class cardiac treatment with utmost safety and precision.

### **Field of Expertise**

- Over 6 years of structured DrNB training in Cardiothoracic and Vascular Surgery (CTVS) at Fortis Escorts Heart Institute, New Delhi.
- Comprehensive exposure to adult cardiac, heart transplant, and minimal access (MICS) surgeries.
- Skilled in performing major adult cardiac surgeries in a high-volume tertiary care setup.
- Experience in Minimally Invasive Cardiac Surgery (MICS-Key Hole Surgery).
- Performs a broad spectrum of procedures, including coronary artery bypass grafting (CABG), VSR, Valve Replacements-MVR, AVR, DVR, TV Repair, aortic surgeries - Bentall, Hemi-Arch, Pericardectomy and ASD.
- Expertise in minimal access (MICS) – CABG, MVR, AVR, ASD.
- Performed the first Venoseal Device Closure of Varicose vein in Bihar & Jharkhand State.
- Experience in lung transplant program – part of the first lung transplant at Apollo Hospital, Kolkata.
- Published research on Sternal Wound Complications in Bilateral Internal Mammary Harvesting for Diabetics vs Non-Diabetics, under Dr. Z.S. Meharwal.

- Focused on advancing minimally invasive cardiac surgery techniques and comprehensive patient care.

### **Languages Spoken**

- Hindi
- English
- Bengali
- Kannada

### **Awards & Achievements**

- Most Promising Doctor Award at Fortis Escorts Heart Institute, New Delhi.
- Award for paper presentation at the Indian Association of Cardiovascular-Thoracic Surgeons (IACTS) Annual Conference, Coimbatore (2023).
- Life Member, IACTS.
- Life Member, Society of Minimally Invasive Cardiovascular and Thoracic Surgeons of India (SMICTSI).
- Joint Secretary, 8th Annual SMICTSI Conference, Kolkata (2025).
- Rotation in Northwestern Feinberg School of Medicine, Chicago, USA (2013).