

DR. PAROMITA NATH

Consultant - Paediatrics (Paediatric Rheumatology)

Qualification

MBBS (Kolkata) | DNB Paediatrics (Delhi) | Fellowship in Pediatric Rheumatology (Bangalore) | EULAR (European Alliance of Associations for Rheumatology) certified Fellowship in Pediatric Rheumatology

Overview

Dr. Paromita Nath is a highly skilled paediatrician with specialized expertise in Pediatric Rheumatology, bringing with her a wealth of clinical experience and advanced training in managing complex pediatric rheumatologic and autoimmune conditions. She completed her MBBS with honours in Pediatrics from the prestigious IPGMER & SSKM Hospital, Kolkata, laying a strong foundation in child health. She further pursued her postgraduate training in Pediatrics (DNB) at one of Delhi’s top-tier hospitals, refining her diagnostic and therapeutic skills. In 2021, Dr. Nath returned to Kolkata, where she served as a Registrar at Manipal Hospitals Saltlake for six months. She then took up a role as a Senior Resident at the Medical College & Hospital, Kolkata, for a year, where she continued to broaden her clinical exposure. Driven by a deep commitment to Pediatric Rheumatology, she undertook and successfully completed an 18-month Fellowship in Pediatric Rheumatology at Manipal Hospitals, Bangalore. During this fellowship, she acquired extensive hands-on experience in diagnosing and treating rare and intricate rheumatologic disorders in children, including

juvenile idiopathic arthritis, systemic lupus erythematosus, and vasculitis syndromes. Dr. Nath is widely regarded as the best Paediatric Rheumatologist in Mukundapur, Kolkata, known for her clinical acumen and empathetic patient care. Her approach blends state-of-the-art medical knowledge with a child-friendly, compassionate touch that puts both children and their families at ease. Beyond clinical excellence, Dr. Nath is a passionate academician and active researcher. She has contributed to leading medical journals, with her recent publication on pediatric systemic lupus erythematosus featured in the esteemed Mediterranean Journal of Rheumatology. She has presented her research at numerous national and international conferences, earning recognition for her insightful work on juvenile idiopathic arthritis, IgA vasculitis, and autoinflammatory diseases. In 2024, her oral presentation on predictors of IgA nephritis in pediatric IgA vasculitis at the 22nd National Conference of Pediatric Rheumatology was awarded Best Oral Paper, highlighting her dedication to advancing knowledge in her field. With clinical experience from premier institutions and a strong academic portfolio, Dr. Paromita Nath continues to make a meaningful impact in Pediatric Rheumatology, offering expert care to children with chronic and complex rheumatologic disorders.

Fellowship & Membership

- Fellowship in Pediatric Rheumatology
- Life member of IAP (Indian Academy of Pediatrics) - L/2023/N-1135
- Member of Pediatric Rheumatology Society 4. Member of Pediatric Rheumatology European Society (PRESM/1107)
- Member of Indian Society of Primary Immune Deficiency (ISPID)

Field of Expertise

- Childhood-onset arthritis and arthralgia
- Connective tissue disorders including systemic lupus erythematosus, juvenile dermatomyositis
- Vasculitis (Kawasaki disease, Takayasu arteritis, Polyarteritis nodosa)
- Immunology including primary immunodeficiency
- Autoinflammatory diseases - chronic nonbacterial osteomyelitis, Blau syndrome. Monogenic lupus
- Intra articular corticosteroid injection
- Nailfold capillaroscopy

Languages Spoken

- English
- Bengali
- Hindi
- Kannada

Awards & Achievements

- 2nd position - Oral paper (research) at 6th West Bengal Pediatric Rheumatology Society Conference 2023, Kolkata on “Relationship between Neutrophil Lymphocyte ratio and Platelet Lymphocyte Ratio with Degree of Activity in Pediatric Systemic Lupus Erythematosus
- 1st position - Oral paper (research) at 22nd National Conference of Pediatric Rheumatology (NCPR) 2024, Bhuvaneshwar on “Identifying Predictors of IgA Nephritis in Pediatric IgA Vasculitis: A Retrospective Analysis” Prof. Dr. Debashis Danda’s Best Oral Paper Award

Talks & Publications

- Neutrophil Lymphocyte ratio and Platelet Lymphocyte Ration predict the activity of Paediatric Systemic Lupus Erythematosus patients from India" in Mediterranean Journal of Rheumatology
- Poster at National Conference of Pediatric Rheumatology (NCPR) 2022, Bangalore, India on "Accurate assessment of angular abnormality of affected joints in children with Juvenile Idiopathic Arthritis"
- .Oral paper (research) at 6th West Bengal Pediatric Rheumatology Society Conference 2023, Kolkata on "Relationship between Neutrophil Lymphocyte ratio and Platelet Lymphocyte Ratio with Degree of Activity in Pediatric Systemic Lupus Erythematosus".
- Poster in 29th European Pediatric Rheumatology Congress PRES 2023, Rotterdam, Netherlands (virtual) on "Don't turn a blind eye to hearing loss: Atypical Cogan's Syndrome in Children".
- Poster at National Conference of Pediatric Rheumatology (NCPR) 2023, Dharamshala, India on "Takayasu arteritis in childhood: A 10-year retrospective experience from tertiary care centre in India.
- Poster at 7th National conference of Indian Society of Primary Immune Deficiency (ISPID) 2024, Lucknow on "NLRP1 associated autoinflammation with arthritis and dyskeratosis syndrome".
- Oral paper (research) at 22nd National Conference of Pediatric Rheumatology (NCPR) 2024, Bhuvaneshwar on "Identifying Predictors of IgA Nephritis in Pediatric IgA Vasculitis: A Retrospective Analysis" under Prof. Dr. Debashis Danda's Best Oral Paper.
- Oral paper (research) at 22nd National Conference of Pediatric

Rheumatology (NCPR) 2024, Bhuvaneshwar on “The Impact of Affordable and Quick Access to Whole Exome Sequencing in Monogenic Autoinflammatory Diseases: Insights from a Single Centre Cohort”.

- Poster at National Conference of Pediatric Rheumatology (NCPR) 2024, Bhuvaneshwar on “Clinical Distinctions Between Polyarteritis Nodosa and Deficiency of Adenosine Deaminase 2 (DADA2): A Retrospective Analysis”.
- Poster at National Conference of Pediatric Rheumatology (NCPR) 2024, Bhuvaneshwar on “Tracking the Clues: Predictors of Chronic Persistent Disease in Juvenile Dermatomyositis”.
- Poster at National Conference of Pediatric Rheumatology (NCPR) 2024, Bhuvaneshwar on Myositis- Specific Antibodies and Disease Course in Juvenile Dermatomyositis: Exploring the Impact of Antibody Subtypes of Antibody Subtypes on short term outcomes”.