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Dr Mathew Varghese is a graduate and a post-graduate in orthopaedic surgery from Maulana Azad Medical College, University of Delhi. He is currently the Head of the Department of Orthopaedics, St Stephen's Hospital, New Delhi, and served as Director of the hospital 1999-2006. He was instrumental in changing the profile of the hospital to a super-specialty tertiary care centre even while maintaining a large community outreach programme.

He is as an expert on injury control, epidemiology of injuries, pre-hospital care and emergency care of trauma patients. He has specialized in trauma care with particular emphasis on reconstructive surgery for trauma and deformities in adult and paediatric patients. He is the co-author of the book 'When someone is hurt' a first aid guide which has been translated into five languages, and 'Prehospital Trauma Care Systems' published by the WHO. He is also an associate faculty at the Transportation Research and Injury Prevention Programme, A WHO collaborating centre at the Indian Institute of Technology, Delhi.

He received the Award of Honour for Reconstructive Surgery in Polio Patients in 1996, the National Award for Excellence in Medicine by the T. P. Jhunjunwala Foundation for the year 2004-2005, and the Distinguished Alumnus Award – 2007, Maulana Azad Medical College, New Delhi.