



## DR. SONIA LAL GUPTA

MD, MBA, FACP

Sr. Neurologist (Stroke & Headache Specialist)

Joint Managing Director - Metro Group of Hospitals

Managing Director - Metro College of Health Sciences  
& Research

Dr Sonia Lal Gupta is a US-trained, highly qualified, Board Certified Neurologist specialized in Headache Medicine and Vascular Neurology. She is also a Visiting Professor at New York Medical College, USA. She is board certified by 4 American Boards including Neurology, Vascular Neurology, Neurosonology and Headache Medicine which is a rare thing to achieve. She also did her MBA in Healthcare Management from George Washington University.

After finishing her training and gaining working experience in US, she joined Metro Group of Hospitals as Director & Senior Neurologist. She also manages Metro College of Health Sciences & Research as Managing Director Since 2019, She has been playing an active role in transforming the hospital operations through strategic structural & functional changes.

She was awarded the "Neurologist of the Year" at the India Health and Wellness Summit by the Union Health Minister in December 2014 for her achievements and as an upcoming young achiever in the field of Neurology. She also received the Times Healthcare's "Young Achiever's Award" in 2017 by Dr. Lily Engineer from Johns Hopkins University. Recently, she was covered by Times of India as "40 Under 40 Leaders" and was included in LWLS 23 Rising Stars of the Year.

### EDUCATION

- Diplomate, American Board of Neurology (2011)
- Diplomate, United Council of Neurological Subspecialties - Headache Medicine (2012)
- Diplomate, American Society of Neuro Imaging - Transcranial Doppler (2014)
- Diplomate, American Board of Vascular Neurology (2014)


### AREA OF EXPERTISE

- Complicated Migraines
- Chronic Headaches
- Botox Treatment for Migraines
- Nerve Block for Headache
- Stroke
- Dementia
- Epilepsy
- Movement Disorders
- Nerve & Muscle Disorders

### AWARDS & ACHIEVEMENTS:

- Neurologist of the Year award by the India Health and Wellness Summit.
- Young Achiever's Award from Times Healthcare.
- Visionary Leader 2023 by Financial Express.
- Healthcare Changemaker Rising Star Award 2022 by eHealth.
- Covered under Times 40 Under 40 Exceptional Leaders by Times of India 2023.
- Neurologist of the year-National at ET Leadership Excellence Award 2025 by Economic Times.

**By Appointment only**

Call  **99978 99820**  
to book an appointment