

**BEFORE THE
MEDICAL BOARD OF CALIFORNIA
DEPARTMENT OF CONSUMER AFFAIRS
STATE OF CALIFORNIA**

**In the Matter of the Accusation
Against:**

Paramjit Singh Panesar, M.D.

**Physician's and Surgeon's
Certificate No. A 114684**

Case No.: 800-2022-090984

Respondent.

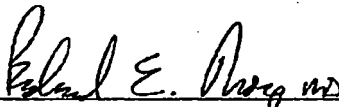
DECISION

The attached Stipulated Settlement and Disciplinary Order is hereby adopted as the Decision and Order of the Medical Board of California, Department of Consumer Affairs, State of California.

This Decision shall become effective at 5:00 p.m. on March 6, 2026.

IT IS SO ORDERED: February 6, 2026.

MEDICAL BOARD OF CALIFORNIA



**Richard E. Thorp, M.D., Chair
Panel B**

1 ROB BONTA
Attorney General of California
2 STEVE DIEHL
Supervising Deputy Attorney General
3 KALEV KASEORU
Deputy Attorney General
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8 **BEFORE THE**
9 **MEDICAL BOARD OF CALIFORNIA**
10 **DEPARTMENT OF CONSUMER AFFAIRS**
STATE OF CALIFORNIA

11 In the Matter of the Accusation Against:

12 **PARAMJIT SINGH PANESAR, M.D.**
13 **8191 Timberlake Way, Suite 200**
Sacramento, CA 95823-5419

14 **Physician's and Surgeon's Certificate**
15 **No. A 114684**

16 Respondent.

Case No. 800-2022-090984

OAH No. 2025050478

STIPULATED SETTLEMENT AND
DISCIPLINARY ORDER

17
18
19 IT IS HEREBY STIPULATED AND AGREED by and between the parties to the above-
20 entitled proceedings that the following matters are true:

21 **PARTIES**

22 1. Reji Varghese (Complainant) is the Executive Director of the Medical Board of
23 California (Board). He brought this action solely in his official capacity and is represented in this
24 matter by Rob Bonta, Attorney General of the State of California, by Kalev Kaseoru, Deputy
25 Attorney General.

26 2. Respondent Paramjit Singh Panesar, M.D. (Respondent) is represented in this
27 proceeding by attorney Raymond J. McMahon of Schafer McMahon, LLP, 5440 Trabuco Road,
28 Irvine, California, 92620.

3. On or about November 11, 2010, the Board issued Physician's and Surgeon's Certificate No. A 114684 to Paramjit Singh Panesar, M.D. (Respondent). The Physician's and Surgeon's Certificate was in full force and effect at all times relevant to the charges brought in Accusation No. 800-2022-090984, and will expire on August 31, 2026, unless renewed.

JURISDICTION

4. Accusation No. 800-2022-090984 was filed before the Board, and is currently pending against Respondent. The Accusation and all other statutorily required documents were properly served on Respondent on February 6, 2025. Respondent timely filed his Notice of Defense contesting the Accusation.

5. A copy of Accusation No. 800-2022-090984 is attached as exhibit A and incorporated herein by reference.

ADVISEMENT AND WAIVERS

6. Respondent has carefully read, fully discussed with counsel, and understands the charges and allegations in Accusation No. 800-2022-090984. Respondent has also carefully read, fully discussed with his counsel, and understands the effects of this Stipulated Settlement and Disciplinary Order.

7. Respondent is fully aware of his legal rights in this matter, including the right to a hearing on the charges and allegations in the Accusation; the right to confront and cross-examine the witnesses against him; the right to present evidence and to testify on his own behalf; the right to the issuance of subpoenas to compel the attendance of witnesses and the production of documents; the right to reconsideration and court review of an adverse decision; and all other rights accorded by the California Administrative Procedure Act and other applicable laws.

8. Respondent voluntarily, knowingly, and intelligently waives and gives up each and every right set forth above.

CULPABILITY

9. Respondent understands and agrees that the charges and allegations in Accusation No. 800-2022-090984, if proven at a hearing, constitute cause for imposing discipline upon his Physician's and Surgeon's Certificate.

10. For the purposes of resolving the Accusation without the expense and uncertainty of further proceedings, Respondent agrees that, at a hearing, Complainant could establish a prima facie case or factual basis for the charges in the Accusation, a true and correct copy of which is attached hereto as Exhibit A, and that Respondent hereby gives up his right to contest those charges.

11. Respondent agrees that his Physician's and Surgeon's Certificate is subject to discipline and agrees to be bound by the Board's probationary terms as set forth in the Disciplinary Order below.

12. ACKNOWLEDGMENT. Respondent acknowledges the Disciplinary Order below, requiring the disclosure of probation pursuant to Business and Professions Code section 2228.1, serves to protect the public interest.

RESERVATION

13. The admissions made by Respondent herein are only for the purposes of this proceeding, or any other proceedings in which the Medical Board of California or other professional licensing agency is involved, and shall not be admissible in any other criminal or civil proceeding.

CONTINGENCY

14. This stipulation shall be subject to approval by the Medical Board of California. Respondent understands and agrees that counsel for Complainant and the staff of the Medical Board of California may communicate directly with the Board regarding this stipulation and settlement, without notice to or participation by Respondent or his counsel. By signing the stipulation, Respondent understands and agrees that he may not withdraw his agreement or seek to rescind the stipulation prior to the time the Board considers and acts upon it. If the Board fails to adopt this stipulation as its Decision and Order, the Stipulated Settlement and Disciplinary Order shall be of no force or effect, except for this paragraph, it shall be inadmissible in any legal action between the parties, and the Board shall not be disqualified from further action by having considered this matter.

15. This Stipulated Settlement and Disciplinary Order is intended by the parties herein to be an integrated writing representing the complete, final and exclusive embodiment of the agreement of the parties in this above entitled matter.

16. Respondent agrees that if he ever petitions for early termination or modification of probation, or if an accusation and/or petition to revoke probation is filed against him before the Board, all of the charges and allegations contained in Accusation No. 800-2022-090984 shall be deemed true, correct and fully admitted by respondent for purposes of any such proceeding or any other licensing proceeding involving Respondent in the State of California.

17. The parties understand and agree that Portable Document Format (PDF) and facsimile copies of this Stipulated Settlement and Disciplinary Order, including PDF and facsimile signatures thereto, shall have the same force and effect as the originals.

18. In consideration of the foregoing admissions and stipulations, the parties agree that the Board may, without further notice or opportunity to be heard by the Respondent, issue and enter the following Disciplinary Order:

DISCIPLINARY ORDER

IT IS HEREBY ORDERED that Physician's and Surgeon's Certificate No. A 114684 issued to Respondent PARAMJIT SINGH PANESAR, M.D. is revoked. However, the revocation is stayed and Respondent is placed on probation for five (5) years on the following terms and conditions:

1. PATIENT DISCLOSURE. Before a patient's first visit following the effective date of this order and while the respondent is on probation, the respondent must provide all patients, or patient's guardian or health care surrogate, with a separate disclosure that includes the respondent's probation status, the length of the probation, the probation end date, all practice restrictions placed on the respondent by the board, the board's telephone number, and an explanation of how the patient can find further information on the respondent's probation on the respondent's profile page on the board's website. Respondent shall obtain from the patient, or the patient's guardian or health care surrogate, a separate, signed copy of that disclosure. Respondent shall not be required to provide a disclosure if any of the following applies: (1) The patient is

1 unconscious or otherwise unable to comprehend the disclosure and sign the copy of the disclosure
2 and a guardian or health care surrogate is unavailable to comprehend the disclosure and sign the
3 copy; (2) The visit occurs in an emergency room or an urgent care facility or the visit is
4 unscheduled, including consultations in inpatient facilities; (3) Respondent is not known to the
5 patient until immediately prior to the start of the visit; (4) Respondent does not have a direct
6 treatment relationship with the patient.

7 2. EDUCATION COURSE. Within 60 calendar days of the effective date of this
8 Decision, and on an annual basis thereafter, Respondent shall submit to the Board or its designee
9 for its prior approval educational program(s) or course(s) which shall not be less than 40 hours
10 per year, for each year of probation. The educational program(s) or course(s) shall be aimed at
11 correcting any areas of deficient practice or knowledge and shall be Category I certified. The
12 educational program(s) or course(s) shall be at Respondent's expense and shall be in addition to
13 the Continuing Medical Education (CME) requirements for renewal of licensure. Following the
14 completion of each course, the Board or its designee may administer an examination to test
15 Respondent's knowledge of the course. Respondent shall provide proof of attendance for 65
16 hours of CME of which 40 hours were in satisfaction of this condition.

17 3. PROFESSIONALISM PROGRAM (ETHICS COURSE). Within 60 calendar days of
18 the effective date of this Decision, Respondent shall enroll in a professionalism program, that
19 meets the requirements of Title 16, California Code of Regulations (CCR) section 1358.1.
20 Respondent shall participate in and successfully complete that program. Respondent shall
21 provide any information and documents that the program may deem pertinent. Respondent shall
22 successfully complete the classroom component of the program not later than six (6) months after
23 Respondent's initial enrollment, and the longitudinal component of the program not later than the
24 time specified by the program, but no later than one (1) year after attending the classroom
25 component. The professionalism program shall be at Respondent's expense and shall be in
26 addition to the Continuing Medical Education (CME) requirements for renewal of licensure.

27 A professionalism program taken after the acts that gave rise to the charges in the
28 Accusation, but prior to the effective date of the Decision may, in the sole discretion of the Board

1 or its designee, be accepted towards the fulfillment of this condition if the program would have
2 been approved by the Board or its designee had the program been taken after the effective date of
3 this Decision.

4 Respondent shall submit a certification of successful completion to the Board or its
5 designee not later than 15 calendar days after successfully completing the program or not later
6 than 15 calendar days after the effective date of the Decision, whichever is later.

7 4. PROFESSIONAL BOUNDARIES PROGRAM. Within 60 calendar days from the
8 effective date of this Decision, Respondent shall enroll in a professional boundaries program
9 approved in advance by the Board or its designee. Respondent, at the program's discretion, shall
10 undergo and complete the program's assessment of Respondent's competency, mental health
11 and/or neuropsychological performance, and at minimum, a 24 hour program of interactive
12 education and training in the area of boundaries, which takes into account data obtained from the
13 assessment and from the Decision(s), Accusation(s) and any other information that the Board or
14 its designee deems relevant. The program shall evaluate Respondent at the end of the training
15 and the program shall provide any data from the assessment and training as well as the results of
16 the evaluation to the Board or its designee.

17 Failure to complete the entire program not later than six (6) months after Respondent's
18 initial enrollment shall constitute a violation of probation unless the Board or its designee agrees
19 in writing to a later time for completion. Based on Respondent's performance in and evaluations
20 from the assessment, education, and training, the program shall advise the Board or its designee
21 of its recommendation(s) for additional education, training, psychotherapy and other measures
22 necessary to ensure that Respondent can practice medicine safely. Respondent shall comply with
23 program recommendations. At the completion of the program, Respondent shall submit to a final
24 evaluation. The program shall provide the results of the evaluation to the Board or its designee.
25 The professional boundaries program shall be at Respondent's expense and shall be in addition to
26 the Continuing Medical Education (CME) requirements for renewal of licensure.

27 The program has the authority to determine whether or not Respondent successfully
28 completed the program.

1 A professional boundaries course taken after the acts that gave rise to the charges in the
2 Accusation, but prior to the effective date of the Decision may, in the sole discretion of the Board
3 or its designee, be accepted towards the fulfillment of this condition if the course would have
4 been approved by the Board or its designee had the course been taken after the effective date of
5 this Decision.

6 If Respondent fails to complete the program within the designated time period, Respondent
7 shall cease the practice of medicine within three (3) calendar days after being notified by the
8 Board or its designee that Respondent failed to complete the program.

9 5. PSYCHIATRIC EVALUATION. Within 30 calendar days of the effective date of
10 this Decision, and on whatever periodic basis thereafter may be required by the Board or its
11 designee, Respondent shall undergo and complete a psychiatric evaluation (and psychological
12 testing, if deemed necessary) by a Board-appointed board certified psychiatrist, who shall
13 consider any information provided by the Board or designee and any other information the
14 psychiatrist deems relevant, and shall furnish a written evaluation report to the Board or its
15 designee. Psychiatric evaluations conducted prior to the effective date of the Decision shall not
16 be accepted towards the fulfillment of this requirement. Respondent shall pay the cost of all
17 psychiatric evaluations and psychological testing.

18 Respondent shall comply with all restrictions or conditions recommended by the evaluating
19 psychiatrist within 15 calendar days after being notified by the Board or its designee.

20 6. PSYCHOTHERAPY. Within 60 calendar days of the effective date of this
21 Decision, Respondent shall submit to the Board or its designee for prior approval the name and
22 qualifications of a California-licensed board certified psychiatrist or a licensed psychologist who
23 has a doctoral degree in psychology and at least five years of postgraduate experience in the
24 diagnosis and treatment of emotional and mental disorders. Upon approval, Respondent shall
25 undergo and continue psychotherapy treatment, including any modifications to the frequency of
26 psychotherapy, until the Board or its designee deems that no further psychotherapy is necessary.

27 The psychotherapist shall consider any information provided by the Board or its designee
28 and any other information the psychotherapist deems relevant and shall furnish a written

1 evaluation report to the Board or its designee. Respondent shall cooperate in providing the
2 psychotherapist with any information and documents that the psychotherapist may deem
3 pertinent.

4 Respondent shall have the treating psychotherapist submit quarterly status reports to the
5 Board or its designee. The Board or its designee may require Respondent to undergo psychiatric
6 evaluations by a Board-appointed board certified psychiatrist. If, prior to the completion of
7 probation, Respondent is found to be mentally unfit to resume the practice of medicine without
8 restrictions, the Board shall retain continuing jurisdiction over Respondent's license and the
9 period of probation shall be extended until the Board determines that Respondent is mentally fit
10 to resume the practice of medicine without restrictions.

11 Respondent shall pay the cost of all psychotherapy and psychiatric evaluations.

12 7. MONITORING - PRACTICE. Within 30 calendar days of the effective date of
13 this Decision, Respondent shall submit to the Board or its designee for prior approval as a
14 practice monitor, the name and qualifications of one or more licensed physicians and surgeons
15 whose licenses are valid and in good standing, and who are preferably American Board of
16 Medical Specialties (ABMS) certified. A monitor shall have no prior or current business or
17 personal relationship with Respondent, or other relationship that could reasonably be expected to
18 compromise the ability of the monitor to render fair and unbiased reports to the Board, including
19 but not limited to any form of bartering, shall be in Respondent's field of practice, and must agree
20 to serve as Respondent's monitor. Respondent shall pay all monitoring costs.

21 The Board or its designee shall provide the approved monitor with copies of the Decision(s)
22 and Accusation(s), and a proposed monitoring plan. Within 15 calendar days of receipt of the
23 Decision(s), Accusation(s), and proposed monitoring plan, the monitor shall submit a signed
24 statement that the monitor has read the Decision(s) and Accusation(s), fully understands the role
25 of a monitor, and agrees or disagrees with the proposed monitoring plan. If the monitor disagrees
26 with the proposed monitoring plan, the monitor shall submit a revised monitoring plan with the
27 signed statement for approval by the Board or its designee.

28 Within 60 calendar days of the effective date of this Decision, and continuing throughout

1 probation, Respondent's practice shall be monitored by the approved monitor. Respondent shall
2 make all records available for immediate inspection and copying on the premises by the monitor
3 at all times during business hours and shall retain the records for the entire term of probation.

4 If Respondent fails to obtain approval of a monitor within 60 calendar days of the effective
5 date of this Decision, Respondent shall receive a notification from the Board or its designee to
6 cease the practice of medicine within three (3) calendar days after being so notified. Respondent
7 shall cease the practice of medicine until a monitor is approved to provide monitoring
8 responsibility.

9 The monitor(s) shall submit a quarterly written report to the Board or its designee which
10 includes an evaluation of Respondent's performance, indicating whether Respondent's practices
11 are within the standards of practice of medicine, and whether Respondent is practicing medicine
12 safely, billing appropriately or both. It shall be the sole responsibility of Respondent to ensure
13 that the monitor submits the quarterly written reports to the Board or its designee within 10
14 calendar days after the end of the preceding quarter.

15 If the monitor resigns or is no longer available, Respondent shall, within 5 calendar days of
16 such resignation or unavailability, submit to the Board or its designee, for prior approval, the
17 name and qualifications of a replacement monitor who will be assuming that responsibility within
18 15 calendar days. If Respondent fails to obtain approval of a replacement monitor within 60
19 calendar days of the resignation or unavailability of the monitor, Respondent shall receive a
20 notification from the Board or its designee to cease the practice of medicine within three (3)
21 calendar days after being so notified. Respondent shall cease the practice of medicine until a
22 replacement monitor is approved and assumes monitoring responsibility.

23 In lieu of a monitor, Respondent may participate in a professional enhancement program
24 approved in advance by the Board or its designee that includes, at minimum, quarterly chart
25 review, semi-annual practice assessment, and semi-annual review of professional growth and
26 education. Respondent shall participate in the professional enhancement program at Respondent's
27 expense during the term of probation.

28 8. THIRD PARTY CHAPERONE. During probation, Respondent shall have a third

1 party chaperone present while consulting, examining or treating female patients. Respondent
2 shall, within 30 calendar days of the effective date of the Decision, submit to the Board or its
3 designee for prior approval name(s) of persons who will act as the third party chaperone.

4 If Respondent fails to obtain approval of a third party chaperone within 60 calendar days of
5 the effective date of this Decision, Respondent shall receive a notification from the Board or its
6 designee to cease the practice of medicine within three (3) calendar days after being so notified.
7 Respondent shall cease the practice of medicine until a chaperone is approved to provide
8 monitoring responsibility.

9 Each third party chaperone shall sign (in ink or electronically) and date each patient
10 medical record at the time the chaperone's services are provided. Each third party chaperone
11 shall read the Decision(s) and the Accusation(s), and fully understand the role of the third party
12 chaperone.

13 Respondent shall maintain a log of all patients seen for whom a third party chaperone is
14 required. The log shall contain the: 1) patient initials, address and telephone number; 2) medical
15 record number; and 3) date of service. Respondent shall keep this log in a separate file or ledger,
16 in chronological order, shall make the log available for immediate inspection and copying on the
17 premises at all times during business hours by the Board or its designee, and shall retain the log
18 for the entire term of probation.

19 Respondent is prohibited from terminating employment of a Board-approved third party
20 chaperone solely because that person provided information as required to the Board or its
21 designee.

22 If the third party chaperone resigns or is no longer available, Respondent shall, within five
23 (5) calendar days of such resignation or unavailability, submit to the Board or its designee, for
24 prior approval, the name of the person(s) who will act as the third party chaperone. If Respondent
25 fails to obtain approval of a replacement chaperone within 30 calendar days of the resignation or
26 unavailability of the chaperone, Respondent shall receive a notification from the Board or its
27 designee to cease the practice of medicine within three (3) calendar days after being so notified.
28 Respondent shall cease the practice of medicine until a replacement chaperone is approved and

1 assumes monitoring responsibility.

2 9. NOTIFICATION. Within seven (7) days of the effective date of this Decision, the
3 Respondent shall provide a true copy of this Decision and Accusation to the Chief of Staff or the
4 Chief Executive Officer at every hospital where privileges or membership are extended to
5 Respondent, at any other facility where Respondent engages in the practice of medicine,
6 including all physician and locum tenens registries or other similar agencies, and to the Chief
7 Executive Officer at every insurance carrier which extends malpractice insurance coverage to
8 Respondent. Respondent shall submit proof of compliance to the Board or its designee within 15
9 calendar days.

10 This condition shall apply to any change(s) in hospitals, other facilities or insurance carrier.

11 10. SUPERVISION OF PHYSICIAN ASSISTANTS AND ADVANCED PRACTICE
12 NURSES. During probation, Respondent is prohibited from supervising physician assistants and
13 advanced practice nurses.

14 11. OBEY ALL LAWS. Respondent shall obey all federal, state and local laws, all
15 rules governing the practice of medicine in California and remain in full compliance with any
16 court ordered criminal probation, payments, and other orders.

17 12. INVESTIGATION/ENFORCEMENT COST RECOVERY. Respondent is hereby
18 ordered to reimburse the Board its costs of investigation and enforcement, including, but not
19 limited to, expert review, amended accusations, legal reviews, investigation(s), and subpoena
20 enforcement, as applicable, in the amount of \$63,784.60 (sixty-three thousand seven hundred
21 eighty-four dollars and sixty cents). Costs shall be payable to the Medical Board of California.
22 Failure to pay such costs shall be considered a violation of probation.

23 Payment must be made in full within 30 calendar days of the effective date of the Order, or
24 by a payment plan approved by the Medical Board of California. Any and all requests for a
25 payment plan shall be submitted in writing by respondent to the Board. Failure to comply with
26 the payment plan shall be considered a violation of probation.

27 The filing of bankruptcy by respondent shall not relieve respondent of the responsibility to
28 repay investigation and enforcement costs, including expert review costs.

1 13. QUARTERLY DECLARATIONS. Respondent shall submit quarterly
2 declarations under penalty of perjury on forms provided by the Board, stating whether there has
3 been compliance with all the conditions of probation.

4 Respondent shall submit quarterly declarations not later than 10 calendar days after the end
5 of the preceding quarter.

6 14. GENERAL PROBATION REQUIREMENTS.

7 Compliance with Probation Unit

8 Respondent shall comply with the Board's probation unit.

9 Address Changes

10 Respondent shall, at all times, keep the Board informed of Respondent's business and
11 residence addresses, email address (if available), and telephone number. Changes of such
12 addresses shall be immediately communicated in writing to the Board or its designee. Under no
13 circumstances shall a post office box serve as an address of record, except as allowed by Business
14 and Professions Code section 2021, subdivision (b).

15 Place of Practice

16 Respondent shall not engage in the practice of medicine in Respondent's or patient's place
17 of residence, unless the patient resides in a skilled nursing facility or other similar licensed
18 facility, with the exception that he may treat hospice patients in their homes as long as the
19 medical records are maintained in an office where they are accessible to the probation monitor.

20 License Renewal

21 Respondent shall maintain a current and renewed California physician's and surgeon's
22 license.

23 Travel or Residence Outside California

24 Respondent shall immediately inform the Board or its designee, in writing, of travel to any
25 areas outside the jurisdiction of California which lasts, or is contemplated to last, more than thirty
26 (30) calendar days. In the event Respondent should leave the State of California to reside or to
27 practice Respondent shall notify the Board or its designee in writing 30 calendar days prior to the
28 dates of departure and return.

1 15. INTERVIEW WITH THE BOARD OR ITS DESIGNEE. Respondent shall be
2 available in person upon request for interviews either at Respondent's place of business or at the
3 probation unit office, with or without prior notice throughout the term of probation.

4 16. NON-PRACTICE WHILE ON PROBATION. Respondent shall notify the Board
5 or its designee in writing within 15 calendar days of any periods of non-practice lasting more than
6 30 calendar days and within 15 calendar days of Respondent's return to practice. Non-practice is
7 defined as any period of time Respondent is not practicing medicine as defined in Business and
8 Professions Code sections 2051 and 2052 for at least 40 hours in a calendar month in direct
9 patient care, clinical activity or teaching, or other activity as approved by the Board. If
10 Respondent resides in California and is considered to be in non-practice, Respondent shall
11 comply with all terms and conditions of probation. All time spent in an intensive training
12 program which has been approved by the Board or its designee shall not be considered non-
13 practice and does not relieve Respondent from complying with all the terms and conditions of
14 probation. Practicing medicine in another state of the United States or Federal jurisdiction while
15 on probation with the medical licensing authority of that state or jurisdiction shall not be
16 considered non-practice. A Board-ordered suspension of practice shall not be considered as a
17 period of non-practice.

18 In the event Respondent's period of non-practice while on probation exceeds 18 calendar
19 months, Respondent shall successfully complete the Federation of State Medical Boards's Special
20 Purpose Examination, or, at the Board's discretion, a clinical competence assessment program
21 that meets the criteria of Condition 18 of the current version of the Board's "Manual of Model
22 Disciplinary Orders and Disciplinary Guidelines" prior to resuming the practice of medicine.

23 Respondent's period of non-practice while on probation shall not exceed two (2) years.

24 Periods of non-practice will not apply to the reduction of the probationary term.

25 Periods of non-practice for a Respondent residing outside of California will relieve
26 Respondent of the responsibility to comply with the probationary terms and conditions with the
27 exception of this condition and the following terms and conditions of probation: Obey All Laws;
28 General Probation Requirements; Quarterly Declarations; Abstain from the Use of Alcohol and/or

1 Controlled Substances; and Biological Fluid Testing.

2 17. COMPLETION OF PROBATION. Respondent shall comply with all financial
3 obligations (e.g., restitution, probation costs) not later than 120 calendar days prior to the
4 completion of probation. This term does not include cost recovery, which is due within 30
5 calendar days of the effective date of the Order, or by a payment plan approved by the Medical
6 Board and timely satisfied. Upon successful completion of probation, Respondent's certificate
7 shall be fully restored.

8 18. VIOLATION OF PROBATION. Failure to fully comply with any term or
9 condition of probation is a violation of probation. If Respondent violates probation in any
10 respect, the Board, after giving Respondent notice and the opportunity to be heard, may revoke
11 probation and carry out the disciplinary order that was stayed. If an Accusation, or Petition to
12 Revoke Probation, or an Interim Suspension Order is filed against Respondent during probation,
13 the Board shall have continuing jurisdiction until the matter is final, and the period of probation
14 shall be extended until the matter is final.

15 19. LICENSE SURRENDER. Following the effective date of this Decision, if
16 Respondent ceases practicing due to retirement or health reasons or is otherwise unable to satisfy
17 the terms and conditions of probation, Respondent may request to surrender his or her license.
18 The Board reserves the right to evaluate Respondent's request and to exercise its discretion in
19 determining whether or not to grant the request, or to take any other action deemed appropriate
20 and reasonable under the circumstances. Upon formal acceptance of the surrender, Respondent
21 shall within 15 calendar days deliver Respondent's wallet and wall certificate to the Board or its
22 designee and Respondent shall no longer practice medicine. Respondent will no longer be subject
23 to the terms and conditions of probation. If Respondent re-applies for a medical license, the
24 application shall be treated as a petition for reinstatement of a revoked certificate.

25 20. PROBATION MONITORING COSTS. Respondent shall pay the costs associated
26 with probation monitoring each and every year of probation, as designated by the Board, which
27 may be adjusted on an annual basis. Such costs shall be payable to the Medical Board of
28 California and delivered to the Board or its designee no later than January 31 of each calendar

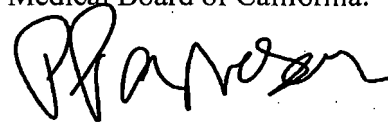
1 year.

2 21. FUTURE ADMISSIONS CLAUSE. If Respondent should ever apply or reapply
3 for a new license or certification, or petition for reinstatement of a license, by any other health
4 care licensing action agency in the State of California, all of the charges and allegations contained
5 in Accusation No. 800-2022-090984 shall be deemed to be true, correct, and admitted by
6 Respondent for the purpose of any Statement of Issues or any other proceeding seeking to deny or
7 restrict license.

8 ACCEPTANCE

9 I have carefully read the above Stipulated Settlement and Disciplinary Order and have fully
10 discussed it with my attorney, Raymond J. McMahon, Esq. I understand the stipulation and the
11 effect it will have on my Physician's and Surgeon's Certificate. I enter into this Stipulated
12 Settlement and Disciplinary Order voluntarily, knowingly, and intelligently, and agree to be
13 bound by the Decision and Order of the Medical Board of California.

14
15 DATED: 10/17/2025



16 PARAMJIT SINGH PANESAR, M.D.
17 *Respondent*

18 I have read and fully discussed with Respondent Paramjit Singh Panesar, M.D. the terms
19 and conditions and other matters contained in the above Stipulated Settlement and Disciplinary
20 Order. I approve its form and content.

21 DATED: October 29, 2025



22 Raymond J. McMahon, Esq.
23 *Attorney for Respondent*

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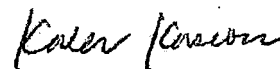
ENDORSEMENT

The foregoing Stipulated Settlement and Disciplinary Order is hereby respectfully submitted for consideration by the Medical Board of California.

DATED: October 29, 2025

Respectfully submitted,

ROB BONTA
Attorney General of California
STEVE DIEHL
Supervising Deputy Attorney General



KALEV KASEORU
Deputy Attorney General
Attorneys for Complainant

FR2024305541

Exhibit A

Accusation No. 800-2022-090984

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9 **BEFORE THE**
MEDICAL BOARD OF CALIFORNIA
10 **DEPARTMENT OF CONSUMER AFFAIRS**
STATE OF CALIFORNIA

11 In the Matter of the Accusation Against:

Case No. 800-2022-090984

12 **PARAMJIT SINGH PANESAR, M.D.**
13 **8191 Timberlake Way, Suite 200**
Sacramento, CA 95823-5419

A C C U S A T I O N

14 **Physician's and Surgeon's Certificate**
15 **No. A 114684,**

16 **Respondent.**

17
18 **PARTIES**

19 1. Reji Varghese (Complainant) brings this Accusation solely in his official capacity as
20 the Executive Director of the Medical Board of California, Department of Consumer Affairs
21 (Board).

22 2. On or about November 11, 2010, the Medical Board issued Physician's and Surgeon's
23 Certificate Number A 114684 to Paramjit Singh Panesar, M.D. (Respondent). The Physician's
24 and Surgeon's Certificate was in full force and effect at all times relevant to the charges brought
25 herein and will expire on August 31, 2026, unless renewed.

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3. This Accusation is brought before the Board, under the authority of the following laws. All section references are to the Business and Professions Code (Code) unless otherwise indicated.

4. Section 2227 of the Code provides that a licensee who is found guilty under the Medical Practice Act may have his or her license revoked, suspended for a period not to exceed one year, placed on probation and required to pay the costs of probation monitoring, or such other action taken in relation to discipline as the Board deems proper.

5. Section 2234 of the Code states, in pertinent part:

The board shall take action against any licensee who is charged with unprofessional conduct. In addition to other provisions of this article, unprofessional conduct includes, but is not limited to, the following:

(a) Violating or attempting to violate, directly or indirectly, assisting in or abetting the violation of, or conspiring to violate any provision of this chapter.

(b) Gross negligence.

(c) **Repeated negligent acts.** To be repeated, there must be two or more negligent acts or omissions. An initial negligent act or omission followed by a separate and distinct departure from the applicable standard of care shall constitute repeated negligent acts.

(1) An initial negligent diagnosis followed by an act or omission medically appropriate for that negligent diagnosis of the patient shall constitute a single negligent act.

(2) When the standard of care requires a change in the diagnosis, act, or omission that constitutes the negligent act described in paragraph (1), including, but not limited to, a reevaluation of the diagnosis or a change in treatment, and the licensee's conduct departs from the applicable standard of care, each departure constitutes a separate and distinct breach of the standard of care.

(d) ...

(e) The commission of any act involving dishonesty or corruption, which is substantially related to the qualifications, functions, or duties of a physician and surgeon.

(f) Any action or conduct that would have warranted the denial of a certificate.

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1 (h) Any action of the licensee, or other person acting on behalf of the licensee,
2 intended to cause their patient or their patient's authorized representative to rescind consent
3 to release the patient's medical records to the board or the Department of Consumer
4 Affairs, Health Quality Investigation Unit.

5 (i) Dissuading, intimidating or tampering with a patient, witness, or any person in an
6 attempt to prevent them from reporting or testifying about a licensee.

7 6. Section 2228.1 of the Code states, in pertinent part:

8 (a) On and after July 1, 2019, except as otherwise provided in subdivision (c),
9 the board shall require a licensee to provide a separate disclosure that includes the
10 licensee's probation status, the length of the probation, the probation end date, all
11 practice restrictions placed on the licensee by the board, the board's telephone
12 number, and an explanation of how the patient can find further information on the
13 licensee's probation on the licensee's profile page on the board's online license
14 information Internet Web site, to a patient or the patient's guardian or health care
15 surrogate before the patient's first visit following the probationary order while the
16 licensee is on probation pursuant to a probationary order made on and after July 1,
17 2019, in any of the following circumstances:

18 (1) A final adjudication by the board following an administrative hearing or
19 admitted findings or prima facie showing in a stipulated settlement establishing any
20 of the following:

21 (A) The commission of any act of sexual abuse, misconduct, or relations with a
22 patient or client as defined in Section 726 or 729.

23 (B) Drug or alcohol abuse directly resulting in harm to patients or the extent
24 that such use impairs the ability of the licensee to practice safely.

25 (C) Criminal conviction directly involving harm to patient health.

26 (D) Inappropriate prescribing resulting in harm to patients and a probationary
27 period of five years or more.

28 (2) An accusation or statement of issues alleged that the licensee committed any
of the acts described in subparagraphs (A) to (D), inclusive, of paragraph (1), and a
stipulated settlement based upon a nolo contendere or other similar compromise that
does not include any prima facie showing or admission of guilt or fact but does
include an express acknowledgment that the disclosure requirements of this section
would serve to protect the public interest.

(b) A licensee required to provide a disclosure pursuant to subdivision (a) shall
obtain from the patient, or the patient's guardian or health care surrogate, a separate,
signed copy of that disclosure.

(c) A licensee shall not be required to provide a disclosure pursuant to
subdivision (a) if any of the following applies:

(1) The patient is unconscious or otherwise unable to comprehend the
disclosure and sign the copy of the disclosure pursuant to subdivision (b) and a
guardian or health care surrogate is unavailable to comprehend the disclosure and
sign the copy.

1 (2) The visit occurs in an emergency room or an urgent care facility or the visit
2 is unscheduled, including consultations in inpatient facilities.

3 (3) The licensee who will be treating the patient during the visit is not known to
4 the patient until immediately prior to the start of the visit.

5 (4) The licensee does not have a direct treatment relationship with the patient.

6 (d) On and after July 1, 2019, the board shall provide the following
7 information, with respect to licensees on probation and licensees practicing under
8 probationary licenses, in plain view on the licensee's profile page on the board's
9 online license information Internet Web site.

10 (1) For probation imposed pursuant to a stipulated settlement, the causes
11 alleged in the operative accusation along with a designation identifying those causes
12 by which the licensee has expressly admitted guilt and a statement that acceptance of
13 the settlement is not an admission of guilt.

14 (2) For probation imposed by an adjudicated decision of the board, the causes
15 for probation stated in the final probationary order.

16 (3) For a licensee granted a probationary license, the causes by which the
17 probationary license was imposed.

18 (4) The length of the probation and end date.

19 (5) All practice restrictions placed on the license by the board.

20 (e) Section 2314 shall not apply to this section.

21 7. Section 726 of the Code states, in pertinent part:

22 (a) The commission of any act of sexual abuse, misconduct, or relations with a
23 patient, client, or customer constitutes unprofessional conduct and grounds for
24 disciplinary action for any person licensed under this or under any initiative act
25 referred to in this division.

26 (b) This section shall not apply to consensual sexual contact between a licensee
27 and his or her spouse or person in an equivalent domestic relationship when that
28 licensee provides medical treatment, to his or her spouse or person in an equivalent
domestic relationship.

8. Unprofessional conduct under Business and Professions Code section 2234 is conduct
which breaches the rules or ethical conduct of the medical profession, or conduct which is
unbecoming to a member in good standing of the medical profession, and which demonstrates an
unfitness to practice medicine. (*Shea v. Board of Medical Examiners* (1978) 81 Cal.App.3d 564,
575.)

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1 **COST RECOVERY**

2 9. Section 125.3 of the Code provides, in pertinent part, that the Board may request the
3 administrative law judge to direct a licensee found to have committed a violation or violations of
4 the licensing act to pay a sum not to exceed the reasonable costs of the investigation and
5 enforcement of the case, with failure of the licensee to comply subjecting the license to not being
6 renewed or reinstated. If a case settles, recovery of investigation and enforcement costs may be
7 included in a stipulated settlement.

8 **FACTUAL ALLEGATIONS**

9 10. Patient A¹ was a female patient in her early fifties when she was treated by
10 Respondent during 2020 through some time in 2022.

11 11. On or about August 17, 2022, the Board received a complaint filed by Patient A's
12 husband alleging that Respondent was engaging, or had engaged, in sexual misconduct with
13 Patient A.

14 12. During the course of the Board investigation Patient A's husband provided the Board
15 with copies of sexually explicit images, text messages, emails, and videos that Patient A had
16 transmitted to Respondent. Some of these communications reference sexual acts between
17 Respondent and Patient A. Patient A's husband also provided messages that Respondent had sent
18 in response to Patient A. Respondent's replies to Patient A did not contain sexually explicit
19 content, but were reactions or approvals to Patient A's sexually explicit messages.

20 13. Patient A's husband also provided the investigator with copies of responses from
21 Respondent to Patient A which Respondent sent after receiving some of the sexually explicit
22 communications.

23 14. On or about June 5, 2023, the Board Investigator sent a letter to Patient A stating that
24 Respondent was being investigated and asking for a signed authorized release for Patient A's
25 medical records held by Respondent.

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28 ¹ Patient names have been redacted to protect patient privacy. They are known to
Respondent and will be provided in discovery.

1 15. On or about June 8, 2023, Patient A sent the Investigator a signed authorization for
2 the release of her patient records from Respondent.

3 16. In about June 2023, Patient A communicated with Respondent regarding the Board's
4 investigation, and inquired if Respondent would like her to write a letter stating that she ceased
5 being his patient in December of 2022. She also communicated to Respondent about meeting with
6 the Board investigator. Respondent requested that she write the letter.

7 17. On or about June 8, 2023, Patient A sent a letter to Respondent, dated June 8, 2023,
8 for Respondent's review, which stated that she had ceased being his patient on December 1, 2022.

9 18. On or about June 15, 2023, Patient A communicated to the Investigator that she was
10 revoking her prior authorization to release her medical records held by Respondent.

11 19. On or about March 21, 2024, Respondent was interviewed by the Board, and he
12 admitted to having treated Patient A, and stated that the only relationship he had with Patient A
13 was that of doctor/patient.

14 20. During the March 21, 2024 interview, Respondent refused to answer all questions
15 about any of the sexually explicit messages, images, communications, and videos sent to him by
16 Patient A, but did acknowledge that the phone number displayed in some of the communications
17 was his personal cell phone.

18 21. During the March 21, 2024 interview, when shown text messages between himself
19 and Patient A in which he requests Patient A to compose a letter to the Board regarding the June
20 8, 2023 letter, Respondent refused to answer all questions about communicating with Patient A
21 about the Board investigation.

22 22. On or about July 26, 2024, Patient A was interviewed by the Board and she admitted
23 to being Respondent's patient, and sending the sexually explicit messages to Respondent, but
24 denied any sexual relationship with Respondent.

25 23. During the interview, Patient A admitted to composing the letter but denied that
26 Respondent asked her to write it.

27 24. During the interview, Patient A admitted that she was communicating with
28 Respondent about the letter for the purposes of the investigation.

1 25. During the interview, Patient A admitted that she composed the letter to try to protect
2 herself from "this type of inquiry."

3 **FIRST CAUSE FOR DISCIPLINE**

4 **(Sexual Misconduct)**

5 26. Respondent Paramjit Singh Panesar's Physician's and Surgeon's License No. A
6 114684 is subject to disciplinary action under section 726 of the Code, in that Respondent
7 committed sexual misconduct in his care and treatment of Patient A as more particularly alleged
8 in paragraphs 10 through 25 above, and those paragraphs are incorporated by reference as if fully
9 set forth herein.

10 **SECOND CAUSE FOR DISCIPLINE**

11 **(Gross Negligence)**

12 27. Respondent Paramjit Singh Panesar's Physician's and Surgeon's License No. A
13 114684 is subject to disciplinary action under section 2234, subdivision (b), of the Code, in that
14 Respondent committed gross negligence in his care and treatment of Patient A as more
15 particularly alleged in paragraphs 10 through 25 above, and those paragraphs are incorporated by
16 reference as if fully set forth herein.

17 **THIRD CAUSE FOR DISCIPLINE**

18 **(Dishonest or Corrupt Act)**

19 28. Respondent Paramjit Singh Panesar's Physician's and Surgeon's License No. A
20 114684 is subject to disciplinary action under section 2234, subdivision (e), of the Code, in that
21 Respondent committed dishonesty in his care and treatment of Patient A as more particularly
22 alleged in paragraphs 10 through 25 above, and those paragraphs are incorporated by reference as
23 if fully set forth herein.

24 **FOURTH CAUSE FOR DISCIPLINE**

25 **(Unprofessional Conduct – Action Causing Patient to Rescind Consent)**

26 29. Respondent Paramjit Singh Panesar's Physician's and Surgeon's License No. A
27 114684 is subject to disciplinary action under section 2234, subdivision (h), of the Code, in that
28 Respondent persuaded Patient A to rescind her release of her medical records as more particularly

1 alleged in paragraphs 10 through 25 above, and those paragraphs are incorporated by reference as
2 if fully set forth herein.

3 **FIFTH CAUSE FOR DISCIPLINE**

4 **(Unprofessional Conduct – Dissuading or Tampering with a Patient)**

5 30. Respondent Paramjit Singh Panesar's Physician's and Surgeon's License No. A
6 114684 is subject to disciplinary action under section 2234, subdivision (i), of the Code, in that
7 Respondent dissuaded Patient A from participating in the Board's investigation and prosecution
8 as more particularly alleged in paragraphs 10 through 25 above, and those paragraphs are
9 incorporated by reference as if fully set forth herein.

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1 PRAYER

2 WHEREFORE, Complainant requests that a hearing be held on the matters herein alleged,
3 and that following the hearing, the Medical Board of California issue a decision:

4 1. Revoking or suspending Physician's and Surgeon's Certificate Number A 114684,
5 issued to Respondent Paramjit Singh Panesar, M.D.;

6 2. Revoking, suspending or denying approval of Respondent Paramjit Singh Panesar,
7 M.D.'s authority to supervise physician assistants and advanced practice nurses;

8 3. Ordering Respondent Paramjit Singh Panesar, M.D., to pay the Board the costs of the
9 investigation and enforcement of this case, and if placed on probation, the costs of probation
10 monitoring;

11 4. Ordering Respondent Paramjit Singh Panesar, M.D., if placed on probation, to
12 provide patient notification in accordance with Business and Professions Code section 2228.1;
13 and

14 5. Taking such other and further action as deemed necessary and proper.

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16 DATED: FEB 06 2025


REJI VARGHESE
Executive Director
Medical Board of California
Department of Consumer Affairs
State of California
Complainant

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