

An **IMPACT** Presentation

INDIA TODAY



TOP DOCTORS SOUTH 2022[®]

NEB MEDIA IS PLEASED TO PRESENT THE 1ST ANNUAL LISTING OF "TOP DOCS SOUTH " 2022. THIS DOCTORS DAY SPECIAL FEATURE SHOWCASES THE BEST NAMES IN THE DIVERSE FIELDS OF MEDICINE. THIS LISTING IS DERIVED ON THE BASIS OF A PEER SURVEY OF CONSULTANT DOCTORS IN THE SOUTH CONDUCTED BY US; WHICH IS THEN REVIEWED BY STAFF OF NEB MEDIA AND A FINAL LISTING IS GENERATED AND PRESENTED HERE.

AN OVERWHELMING RESPONSE WAS RECEIVED THIS TIME BUT DUE TO SEVERAL CONSTRAINTS, 6-7 DOCTORS WERE PICKED IN EACH CATEGORY. OUR APOLOGIES TO THE OTHER TOP DOCTORS WHO WERE SELECTED BUT COULD NOT BE FEATURED HERE THIS TIME.



Dr. M. SUDHIR
MBBS., MD(Int. Med.), DNB(Int. Med.), DNB(Gastro),
FICP

DR. M SUDHIR is working as a Gastroenterologist at PACE Hospital, Hitech City, Hyderabad. He has more than 37 years of experience. He was awarded 4 Gold Medals in his career. He was also awarded Fellowship of Indian College of Physicians.

He has interest both in Internal Medicine and Gastroenterology. He is also practising at Secunderabad.
Contact No: 8247346271



Dr. Thirumalesh K Reddy

Lead consultant & Joint Replacement Surgeon
Aster CMI Hospital, Bangalore

Dr Thirumalesh completed his basic medical training in Bangalore. He was awarded the state 1st Rank in MS Orthopedics. Soon after MS, trained under Dr.K Srinivasan in Bangalore and then, went to England for advanced training in Joint replacement surgery, including computer navigation assisted joint replacement at the Princess Royal University hospital, London.

During this time he completed fellowship in Arthroplasty, completed his MSc in Trauma and Orthopedics at the University of central Lancashire (UK). He has 22 years of experience and has successfully performed over 2000 Joint replacement surgeries in the UK and in Bangalore.



Dr. Priya Kannappan

MS (OBG) DGO, DNB, MNAMS, FRM, MRCOG

Senior consultant
OBGYN and Fertility expert
Dr Mehta's hospitals,
Priyanila clinic, T. nagar,
GFC fertility centre,
Chennai.



Dr. Dilip Panikar

Senior Consultant in Neurosurgery
Aster Medcity, Cochin



Dr. R Chaitanya Sravanthi

MD DNB

Pulmonologist and Sleep specialist
Consultant at Fortis Hospital and Shree Akshaya Clinic
B G road, Bangalore
Ph-9513988840

Dr. A Sreenivas Kumar – Hyderabad
Dr. Anil Kumar R – Kochi
Dr. Manoj Kumar Agarwala – Hyderabad
Dr. Jayaprakash Shenthar – Bangalore

ENT General

Dr Deepak Halldipur – Bangalore
Dr. A. Murleedharan – Chennai
Dr. P S Pradeep Kumar – Bangalore
Dr. G V S Rao – Hyderabad
Dr. E C Vinaya Kumar – Hyderabad
Dr. A. Sudha – Chennai
Dr. Anthira Ramakrishnan – Bangalore
Dr. M Suresh Kumar – Trivandrum

**Endocrinology,
Diabetes & Metabolism**

Dr Somnath Gupta – Hyderabad
Dr Naresh Bhat – Bangalore
Dr Mahesh D M – Bangalore
DR. Raman Boddula – Hyderabad
Dr. R V Jayakumar – Kochi
Dr Kumar Thulasidass – Chennai
Dr. Tom Babu – Kochi

Gastroenterology

Dr. M Sudhir – Hyderabad
Dr. Naresh Bhat – Bangalore
Dr. G N Ramesh – Kochi
Dr. Prakash K – Kochi
Dr. Ilavarasi – Chennai
Dr. Tarun John George – Chennai
Dr. Mathew Philip – Kochi
Dr. Nidhi Singh – Chennai
Dr. Aarthi Lakshmanan – Bangalore

Dr. Razil Ahamed KK – Kochi

ENT Voice

Dr. Ravi Ramalingam – Chennai
Dr. Jaswinder Singh Saluja – Hyderabad
Dr. Noushad – Kochi
Dr. Karthik Shamanna – Bangalore
Dr. Prasanth Parameswaran – Kozhikode
Dr. Honey Ashok – Bangalore
Dr. Sairaj Kumar – Hyderabad

ENT Rhinology

Dr. E V Raman – Bangalore
Dr. Sanjeev Mohanty – Chennai
Dr. Sampurna Ghosh – Hyderabad
Dr. Ravi Sachidananda – Bangalore
Dr. Ramakrishnan – Chennai
Dr. Neetu Modgil – Hyderabad
Dr. Sundhari V – Chennai

Gynecology – General

Dr. Rupa Pandra – Hyderabad
Dr. Deepthi Bawa – Bangalore
Dr. Siresha Reddy – Bangalore
Dr. Sherley Mathen – Kochi
Dr. Premalatha – Chennai
Dr. Sreelatha Warriar – Kochi

Anesthesiology

Dr. Madhura Maiya
Dr. Velmurugan Deisingh – Chennai
Dr. Anand Kumar G S – Chennai
Dr. Murali Chakravarthy – Bangalore
Dr. Shekhar Reddy Gurralla – Hyderabad
Dr. Sajan Philip George – Vellore
Dr. Shikkuraj Vallat – Thrissur
Dr. Murali Chakravarthy

Cardiology Paediatrics

Dr. Pradeep Kumar – Bangalore
Dr. Sanjay Koshi – Kochi
Dr. Amitabha Chattopadhyay – Bangalore
Dr. Priyadarshini Arunakumar – Hyderabad
Dr. Anuradha Sridhar – Chennai
Dr. V. Narendra Kumar – Chennai
Dr. Muthukumar C S – Chennai
Dr. R Prem Sekar – Chennai

Cardiology Interventional

Dr. A B Gopalamurugan – Chennai
Dr. Kishore K S – Bangalore

Critical Care Medicine

Dr. Prakash Duraiswamy
Dr. N. Sridhar – Chennai
Dr. Deepak V – Trivandrum
Dr. Jithin Jose – Kochi
Dr. Chethan Sadashivappa – Bangalore
Dr. Chinnadurai R – Bangalore
Dr. Ajai Handa – Bangalore

Cardiology General

Dr. Pradeep Kumar D – Bangalore
Dr. T N C Padmanabhan – Hyderabad
Dr. Vivek Jawali – Bangalore
Dr. Anil Kumar R – Kochi
Dr. D Prabhakar – Chennai
Dr. Ajeet Arulkumar – Chennai
Dr. Rajesh Muraleedharan – Kozhikode

Dermatology

Dr. V K Somani – Hyderabad
Dr. Rasya Dixit – Bangalore
Dr. Vijaya Kartik – Chennai



Dr. Niti Raizada

MD DNB DM ECMO MRCP(UK) (Med Onc) EMPH (US)

Medical Oncologist, HematoOncologist & Bone Marrow Transplant Physician

Fellowship in Hematology, Hammersmith Hospital, London.

Director, Medical Oncology & Hemato Oncology, Fortis Group of Hospitals, Bangalore.

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Dr. JACKIN MOSES R

CONSULTANT AND INTERVENTIONAL PULMONOLOGIST
LUNG SPECIALTY CLINIC
VIRUGAMBAKKAM
CHENNAI



Dr. K.S. Kavitha Gautham

Managing Director, BloomLife Hospital, Chennai (India)
MBBS, MS (OG)

Dr. K.S. Kavitha Gautham is a renowned obstetrician and gynaecologist, and a super specialist in reproductive medicine and high-risk obstetrics, with over 20 years of experience. She is the co-founder and Managing Director of BloomLife Hospital (formerly Bloom Fertility & Healthcare) – a multispecialty hospital in Chennai, Tamil Nadu.

Dr. Kavitha Gautham holds a post-graduate degree in Obstetrics & Gynaecology from Sri Ramachandra Medical College and Research University, Tamil Nadu, and a diploma in Reproductive Medicine from the University of Kiel, Germany. She has also attained multiple certifications from accredited institutions from around the world, including the National University of Singapore (Singapore), International Medical Science Academy (United Kingdom), and Homerton University Hospital NHS, (Dubai). Dr. Kavitha has performed over 10,000 deliveries, 10,000 hystero-laparoscopy surgeries and over 5,000 IVF cycles to date. She is best known for her 'magic hands' that have helped fulfil the dream of parenting for people who had given up hope due to multiple IVF failures. She adopts a holistic, 360-degree approach to the issue – including advanced medical treatment, psychological counselling and guidance on beneficial lifestyle changes.



Dr. A B Gopalamurugan

MD; MRCP; FRCP; CCDS; CCT (UK); FACC.
Senior Consultant, Interventional Cardiology and Electrophysioic;
Director, TAVR and Endovascular Therapy;
Director, Electrophysiology and Device Therapy.

Introduced the first Transcatheter Mitral Valve Replacement (TMVR) in India. Therefore, longest living TMVR patient is 6 years since. Introduced the first Transcatheter Tricuspid Valve Replacement in India in 2016.

Introduced TAVR for the first time in India free of cost in a state Government Hospital in 2018. As a result, Tamilnadu became the first state government in the country to introduce TAVR to government hospital. Holds Guinness World Record in the field of TAVR in 2020. Introduced 3 new treatments to the world by performing first in the world treatments (published in peer reviewed journals)



Obstetrics & Gynecology

Dr. Sherley Mathen – Kochi
Dr. Priya Kannappan – Chennai
Dr. Chandrika Anand – Bangalore
Dr. Rooma Sinha – Hyderabad
Dr. Praveena Shenoi – Bangalore
Dr. Padmapriya Vivek – Chennai
Dr. Sindhu Gopalakrishnan – Kochi
Dr. Shanthala Thuppanna – Hyderabad

Gynecology – IVF

Dr. Kavitha Gautham – Chennai
Dr. Rashmi Yogesh – Bangalore
Dr. C. Mohamed Ashraf – Thrissur
Dr. Durvasula Ratna – Hyderabad
Dr. K K Gopinathan – Kochi
Dr. (Major). Uma Maheshwari – Chennai

Hematology

Dr. T P R Bhardwaj – Chennai
Dr. Anil Aribandi – Hyderabad
Dr. A Nalavadi Shankar – Chennai
Dr. Sarita Shrivastva – Hyderabad
Dr. Ashish Dixit – Bangalore
Dr. Ramaswamy N V – Kochi
Dr. Sanjay Pai – Bangalore

Internal Medicine

Dr. Aravind G M – Bangalore
Dr. A Thomas George – Chennai
Dr. Brunda M S – Bangalore
Dr. Rama Narasimhan – Chennai
Dr. L. Sunandhini – Hyderabad
Dr. Mohammed Hasan – Kottakkal
Dr. M I Shahdulla – Trivandrum

Infectious Disease

Dr. Swathi Rajagopal – Bangalore
Dr. Suresh Kumar – Chennai
Dr. Rajalakshmi A – Trivandrum
Dr. Vijayalakshmi Balakrishnan – Chennai
Dr. Monalisa Sahu – Hyderabad
Dr. Ravikiran Barigala – Hyderabad

Nephrology

Dr. Vidyashankar – Bangalore
Dr. Lourdes Pravina – Chennai
Dr. Sajith Narayanan – Calicut
Dr. Raja Mahesh – Chennai
Dr. Satish Balan – Trivandrum
Dr. Ashish Parekh – Bangalore

Neurology – General

Dr. Mathew Abraham – Kochi
Dr. Srinivas Raju D – Bangalore
Dr. Anuradha – Hyderabad
Dr. Raghavendra – Bangalore
Dr. S Mohan Das – Hyderabad
Dr. Deshpande Vasudeorao Rajakumar – Bangalore
Dr. Nataraja P – Bangalore

Neurology – Stroke

Dr. Asha Kishore – Kochi
Dr. Vikram Huded – Bangalore
Major Dr T Vijay – Chennai
Dr. Chandran Gnanamuthu – Bangalore
Dr. Lokesh B – Bangalore
Dr. Geetha Lakshmi pathy – Chennai

Neurology – Movement

Dr. Mirza Masoom Abbas – Bangalore
Dr. Prashanth L K – Bangalore
Dr. Dilip K Mathen – Ernakulam
Dr. K Bhanu – Chennai
Dr. Madhusudan – Thiruvalla
Dr. Dinesh Nayak – Chennai

Neurology – Paediatrics

Dr. Mahesh Narayanan – Chennai
Dr. P A Mohammed Kunju – Trivandrum

Dr. C P Ravi Kumar – Bangalore

Dr. Shivan Kesavan – Chennai
Dr. Lokesh Lingappa – Hyderabad
Dr. Usha Mallinath – Bangalore
Dr. Pranathi Gutta – Hyderabad

Neurosurgery

Dr. Sridhar K – Chennai
Dr. Satish Rudrappa – Bangalore
Dr. Dilip Panikar – Kochi
Dr. Ravi Verma – Bangalore
Dr. K R Suresh Babu – Chennai
Dr. K Bahuleyan – Vaikom

Ophthalmology – General

Dr. Prof. Amar Agarwal – Chennai
Dr. Ravindra Mohan – Chennai
Dr. Suseela Prabhakar – Trivandrum
Dr. Sri Ganesh – Bangalore
Dr. Aloka Hedau – Hyderabad
Dr. Prince Eapen – Thrissur
Dr. Amandeep Garg – Bangalore

Ophthalmology – Retinal

Dr. Rajiv Raman – Chennai
Dr. Nitin Shetty – Bangalore
Dr. K Vishwanath – Hyderabad
Dr. Sandeep Suresh Patil – Bangalore
Dr. Giridhar A – Kochi
Dr. Raja Rami Reddy – Hyderabad

Ophthalmology – Paediatrics

Dr. T S Surendran – Chennai
Dr. Satish Gupta – Hyderabad
Dr. Srikanth R – Chennai
Dr. Tony Fernandez – Aluva
Dr. Veerbhadra Rao – Bangalore
Dr. Rachna Vinay Kumar – Hyderabad
Dr. Hemamalini M S – Bangalore



Dr. Somnath Gupta K

DNB (Internal medicine), MNAMS
Mhsc Diabetes (Annamalai University)
FIID (Infectious Diseases, Australia)
CCRJD (Rheumatology, Nanavati)
PGDED (Endocrinology & Diabetes, Royal College of Physicians, UK)



Dr. Srinivas Raju

MBBS, MD(Internal Medicine), DM (Neurology)

Dr. Srinivas Raju is working as Consultant Neurologist in Manipal Hospital Hebbal and Bangalore Baptist Hospital. He has trained many young neurologists and to his credit published many articles in national and international high indexed journals.

Dr. Srinivas Raju has authored a chapter in Second edition of Parkinson's Disease and Movement Disorders text book. Represented India in international forums.

He has special interest in Movement Disorders.

Pathology – General

Dr. Sandhya Sundaram – Chennai
Dr. Suniti Mishra – Bangalore
Dr. Gowripriya – Chennai
Dr. Anni Belthazar – Trivandrum
Dr. Sukumar Sannidhi – Hyderabad
Dr. Rajeswarie R T – Bangalore

Paediatric – Neonatology

Dr. R Kishore Kumar – Bangalore
Dr. Karthik Thiyagarajan – Chennai
Dr. Sharmila K – Hyderabad
Dr. Neena Shilen – Kochi
Dr. Shivakumar Sambargi – Bangalore
Dr. Ramkumar U. - Chennai
Dr. Varun Koteswar Rao – Hyderabad

Plastic & Reconstructive Surgery

Dr. Prof. V B Narayana Murthy – Chennai
Dr. Sandhya Balasubramanyam – Bangalore
Dr. Hari Menon – Kochi
Dr. Rajendra S Gujjalnavar – Bangalore
Dr. Jagadish Jyoti – Hyderabad
Dr. Shivaram Bharadwaj – Chennai
Dr. Sudhakar Prasad – Hyderabad

Paediatric – General

Dr. Raghunath C N – Bangalore
Dr. S S Kamath – Kochi
Dr. Andral A – Chennai
Dr. Mehul Shah – Hyderabad

Dr. Binu Ninan – Chennai
Dr. S Shuba – Chennai
Dr. Durga Padmaja – Hyderabad

Paediatric – Surgery

Dr. John Mathai – Vellore
Dr. Balamourogane – Chennai
Dr. Ashley Lucien Joseph – Bangalore
Dr. Narendra Kumar – Hyderabad
Dr. Lata Venkateswaran – Bangalore
Dr. Shanmuga Sundaram – Chennai
Dr. Nanda Kishore – Hyderabad

Pulmonary/ Chest – Medicine

Dr. Jackin Moses – Chennai
Dr. R Chaitanya Sravanthi – Bangalore
Dr. Sunil Bangalore
Dr. Pradeep Kiran Panchadi – Hyderabad
Dr. Sunil Kumar K – Bangalore
Dr. Praveen Valsalan – Kochi
Dr. Rennis Davis – Thrissur



Dr. Arun R. Warriar MD DM FRCP

Senior Consultant,
Medical Oncology,
Aster Medcity, Cochin.

Specialises in management of adult solid malignancy and lymphoma through protocol based multi modality patient centric cancer care.



Dr. V. Balaji

MS FRCSEng FRCSedIn FRCSGen FICS CCT [UK]

Dr. V. Balaji Senior Vascular and Endo Vascular Surgeon Apollo Hospital Chennai. Adjunct Professor Tamil Nadu MGR Medical University. Graduated from International fame Madras Medical College and followed with post graduate training in surgery in the same Institute.

Higher training in Vascular and Endo Vascular Surgery in United Kingdom USA and Germany. Currently providing high quality expert services in peripheral Aortic Carotid and Endo Venous procedures.



Dr. Vishal Rao

Dr. Vishal Rao U.S is presently the Group Director of Head Neck Surgical Oncology and Robotic Surgery & Dean, Research & academics at Health Care Global Cancer Center Bangalore. He is a TEDx speaker & has more than 18 patents filed for his innovations on medical devices, drugs, techniques and theories. He is a member of the consultative group to Principal Scientific Advisor to PM. Govt of India & Member of High powered committee on tobacco & cancer control. Govt of Karnataka.

He is also member to COVID task force Govt of Karnataka. He is currently the Editor of Journal of Precision Oncology and has more than 100 publications to his credit. He has been conferred the Honorary FRCS by the Royal College of Surgeons Glasgow & FACS by American College of Surgeons. He is recipient of the prestigious Judy Wilkenfeld Award for Global Excellence in Tobacco Control 2017.

He has been recipient Kempegowda Award – highest civil award conferred by the Bengaluru Corporation and the Kannadiga of the Year award 2018

Orthopedic – General & Fracture

Dr. Vasudeva Juvvadi – Hyderabad
Dr. John Thayyil John – Kochi
Dr. Ragava Dutt Mulukutla – Hyderabad
Dr. Arun Kannan – Chennai
Dr. Sriram – Chennai
Dr. Subin Sugath – Kochi
Dr. Chandrashekar P – Bangalore

Orthopedic – Tumors

Dr. Pramod Chinder – Bangalore
Dr. Subin Sugath – Kochi
Dr. Mayil Vahanan Natrajan – Chennai
Dr. Muralidhar Madhusetty – Hyderabad
Dr. Vishnu Ramanujam – Chennai
Dr. Lazar Chandy – Erankulam
Dr. Kishore B Reddy – Hyderabad

Orthopedic – Spine

Dr. Umesh Shrikanthan – Bangalore
Dr. S Karunakaran

Dr. Dhiyanesh Krishnamoorthy – Bangalore
Dr. Surya Prakash Rao Voleti – Hyderabad
Dr. G Balamurali – Chennai
Dr. Krishna Kumar Lingutla – Hyderabad
Dr. Gowryshankar Swamy LG – Kozikode

Orthopedic – Joints

Dr. Thirumalesh K Reddy – Bangalore
Dr. Thomas Chandy – Bangalore
Dr. Narayan Hulse – Bangalore
Dr. Chethan Nagaraj – Bangalore
Dr. Sanjay Pai – Bangalore
Dr. Gautam Kodikal – Bangalore
Dr. K J Reddy – Hyderabad

Orthopedic – Paediatrics

Dr. Shankar R – Chennai
Dr. Tilak Chandrapal – Hyderabad
Dr. Saraswati Viswanathan – Bangalore
Dr. Praveen S Jose – Thiruvananthapuram
Dr. Arun Kannan – Chennai
Dr. Vidyasagar Chandankere – Hyderabad
Dr. Prashanth Inna – Bangalore



Dr. Mathew Abraham

MD (Gen.Med.), DM (Neurology)

- Presently is the Senior Consultant Neurologist at Aster Medicity, Kochi.
- Practising as a Specialist for the last 38 years.
- Post-graduate teacher for the DipNB (Neurology) and MRCP Courses.
- Special interest and expertise in Dementia, Headache and Parkinson's Disease.



Dr. Sridhar K

MBBS, DNB (Neurosurgery).
Director and Group Head, Institute of Neurosciences and Spinal Disorders

Hon Sectary Neurological society of India 2021 -2024 Dr Rajaratnam Oration award. His work expertise and 30 years plus work experience are in Spine Surgery, Brain Tumour surgery, and Vascular Surgery. He has done pioneering work in micro neuro-surgery, especially in brain stem and eloquent area surgery, and in neuro trauma.

His recognitions include Prof. Dayanand Rao Oration Medal and Health Warrior Award. His affiliations include – Chairman, Head and Brain Injury Initiative, Neurological Society of India (2017-2020).





Dr. Sherley Mathen

M.D, DGO

She is the Senior Consultant Aster Medcity Kochi, Kerala with three decades of experience. She is one of the most respected medical professional in Kerala. She is trained in all aspects of women's health.

She also has vast experience in managing high risk pregnancies and is also a urogynaecologist. She was the president and treasurer of Cochin Gynaec Society and was the organising secretary for many conferences and has international presentations to her credit. She was the mentor for DNB teaching program. She is approachable, friendly, great listener and a through professional who is empathetic to her patients.



Dr. Raghunath CN

HOD Pediatrics & Director of PICU & consultant paediatric intensivist

MBBS from AIMS

MD Pediatrics

DCH Sydney

FIAP

Executive Board member College of PICC

Member editorial board Indian Pediatrics

Surgery – Oncology

Dr. Vishal Rao – Bangalore
Dr. V P Gangadharan – Kochi
Dr. Somshakar – Bangalore
Dr. Venkat P – Chennai
Dr. Boben Thomas – Trivandrum
Dr. Shankar Narayanan – Chennai
Dr. Nagendra Parvataneni – Hyderabad

Vascular Surgery

Dr. Venugopal Balaji – Chennai
Dr. Sunder Narasimhan – Bangalore
Dr. Sunil Rajendran – Kozhikode
Dr. Pinjala Rama Krishna – Hyderabad
Dr. Roy Varghese – Kochi
Dr. Vishnu M – Bangalore

Medical Oncology

Dr. M A Raja – Chennai
Dr. Shekar Patil – Bangalore
Dr. Arun Warriar – Kochi
Dr. Niti Raizada – Bangalore
Dr. R Venkateswara Rao – Hyderabad
Dr. M S Ganesh – Bangalore
Dr. Moni Abraham Kuriakose – Bangalore
Dr. Sharath S – Kochi
Prof. Dr. S Subramanian – Chennai
Dr. Anitha Ramesh – Chennai

Surgery – Urology

Dr. Govardhan Reddy – Bangalore
Dr. Deepak Lamech – Chennai
Dr. Sanjay Sinha – Hyderabad
Dr. Ananathkrishnan Sivaraman – Chennai

Dr. Datsun George – Kochi
Dr. Deepak Dubey – Bangalore
Dr. Jayaram Reddy – Hyderabad

Robotic Surgery

Dr. Prof. P B Sivaraman – Chennai
Dr. Somasekhar S P – Bangalore
Dr. Chinnababu Sunkavalli – Hyderabad
Dr. Sajan Hegde – Chennai
Dr. Krishna Mohan R – Calicut
Dr. Rubina Shanawaz Z – Bangalore
Dr. T P S Bhandari – Hyderabad

Urology

Dr. Raghunath S K – Bangalore
Dr. Shyam Varma – Hyderabad
Dr. Govardhan Reddy – Bangalore
Dr. Kishore T A – Kochi
Dr. Kabilan Saminathan – Chennai
Dr. T Praveen Kumar – Chennai
Dr. Kishore T A – Kochi

Nuclear Medicine

Dr. Kallur – Bangalore
Dr. Mythri Shankar – Hyderabad
Dr. K M Laxmipathy – Chennai
Dr. G Rijju – Trivandrum
Dr. Shelly Simon – Chennai
Dr. Sunil H V

Psychiatry

Dr. Ashok Alimchandani – Hyderabad
Dr. Somnath C P – Kochi
Dr. R Balakrishnan – Chennai
Dr. Jyothirmayi M D – Hyderabad
Dr. Roshan Jain – Bangalore
Dr. Esther Suresh – Chennai
Dr. Vijaya Savithri – Bangalore

Radiology – Interventional

Dr. Ramesh Mohandoss – Chennai
Dr. Gurucharan Shetty – Bangalore
Dr. Robin K Nakkara – Kottayam
Dr. K Srinivasan – Chennai
Dr. Manisha Joshi – Aluva
Dr. Nishcal Kundragi – Bangalore
Dr. Adesh Singh – Hyderabad

Rheumatologist

Dr. Brig. K Shanmuganandan – Chennai
Dr. Sarvajeet Pal – Hyderabad
Dr. Shweta Singai – Bangalore
Dr. K M Mohammed Iqbal – Ernakulam
Dr. Nagaraj S – Bangalore
Dr. Keerthi Talari – Hyderabad

Thoracic & Cardiac Surgery

Dr. K R Balakrishnan – Chennai
Dr. Prashanth M M – Bangalore
Dr. B. Bhaskar Rao – Hyderabad
Dr. P V Rao – Bangalore
Dr. S. Rajagopal – Parumula
Dr. Prateek Bhatnagar – Hyderabad
Dr. Mahadevan. R – Trivandrum

Radiology – Diagnostic

Dr. Shivakumar – Bangalore
Dr. Samundeswari V – Chennai
Dr. Parvin Patil – Hyderabad
Dr. Swaminathan T S – Chennai
Dr. Avni K Skandhan – Kottakkal
Dr. Shobha H S – Bangalore
Dr. Dhanya Jacob – Ernakulam

Radiation – Oncology

Dr. K S Kirshuna Kumar – Madurai
Dr. Sridhar P S – Bangalore
Dr. Palkonda Vijay Anand Reddy – Hyderabad
Dr. Rejiv – Chennai
Dr. M Babaiah – Hyderabad
Dr. Srinivas Chilukuri – Chennai
Dr. Anitha Gopinath – Bangalore

Surgery – General

Dr. Mohan Rao – Chennai
Dr. Aritra Ghosh – Bangalore
Dr. B Upendar Rao – Hyderabad
Dr. Jameel Akhtar – Chennai
Dr. Padmakumar – Kochi
Dr. Madva Jayashankar – Bangalore
Dr. B Sujeeth Kumar – Hyderabad

Surgery - Gastroenterology

Dr. Nageshwara Reddy – Hyderabad
Dr. Kumar Parth – Bangalore
Dr. Srivenu Itha – Hyderabad
Dr. Balasubramanian – Chennai
Dr. H. Ramesh – Ernakulam
Dr. Manish Joshi – Bangalore
Dr. Patta Radhakrishna – Chennai



Dr. Chethan Nagaraj

MS Orth, DNB Orth, MNAMS, FIAA (Aus)

Fellowship in Knee & Shoulder Surgery (Aus, NZ, Japan).

Senior Consultant Orthopaedic surgeon, Sagar Hospital, Jayanagar, Bangalore.

Specialist in Joint replacement & Arthroscopy.

20 years of orthopaedic experience in the fields of trauma, joint replacement, computer navigation, arthroscopy and sports injuries.



Dr. K.S.Kirushna Kumar (Radiation Oncologist)

Dr. Kirushna Kumar, Senior Consultant and Head of Radiation Oncology at Meenakshi Mission Hospital & Research Centre, Madurai is a Senior most radiation oncologist at South Tamilnadu.

Head of Oncology services and Head of Clinical Research at Meenakshi Mission Hospital and Research Centre, Madurai. With 23 years of clinical experience following his MD in Kasturba medical college, Manipal he has been treating patients with advanced radiation treatment techniques such as IMRT, IGRT, and VMAT, stereotaxy procedures such as SRS and SBRT. He is very passionate about counselling cancer patients. He has been invited as a faculty member to several meetings and has been a principal investigator in approximately 80 clinical studies both International and National trials with numerous publications. Presently he is working as a Co-Investigator for the NETWORK OF ONCOLOGY CLINICAL TRIALS INDIA (NOCI) Oncology project, which is financed by the Biotechnology Industry Research Assistance Council (BIRAC) of the Indian government. In 2012, 2014, 2016, and 2020, he faced and cleared four USFDA audits. He has delivered guest lectures and mentors Post Graduate students.

Want to encourage Breastfeeding? Let us encourage Normal Deliveries First!

In India, nine out of 10 women deliver their baby in a hospital or healthcare facility. Of them, every third woman undergoes a C-section or caesarean procedure – which means our country has twice the number of C-sections as considered ideal by the WHO.

For Dr. Kavitha Gautham, the issue runs deeper – the rise in the number of C-sections correlates to the decline in breastfeeding

As a strong proponent of normal / natural deliveries and of breastfeeding, Dr. Kavitha believes we need a change in our approach to pregnancy and delivery to ensure good health and well-being for mother and child in the long term. We speak to Dr. Kavitha Gautham to find out more.

We often hear the terms 'normal' and 'natural' being used when it comes to deliveries. Is there any difference between the two?

Yes, there is a difference. While both terms refer to vaginal deliveries, they are markedly different approaches to childbirth.

In a normal delivery, painkillers or medicines to induce labour may be given to reduce the discomfort and to speed up the childbirth process. The medicines given are to be overseen and approved by the gynaecologist prior to being administered to the patient.

In natural birthing, we try to avoid the use of painkillers or labour-inducing medicines, and prefer to wait for the woman's body to go into labour on its own. However, it is important that we keep a close eye on the mother throughout the process so as to address any issues that may arise.

How can a pregnant mother prepare herself better for a natural delivery?

Following a healthy diet and exercise routine is very important for a mother if she wants to go in for natural delivery. Hence, we advise mums-to-be to take up preparatory classes and exercises to prepare themselves physically and mentally. In addition, we have to keep a close watch on their health parameters through the pregnancy to make sure all bases are covered.



Also, emotional support is an important aspect. This is why we ask the husband to be involved in the birthing process – a step that helps to strengthen the bond between the couple and with their newborn(s).

Why are some women made to go through a C-section delivery even if they would prefer a vaginal delivery?

The most important factor that drives the decision to perform a C-section is the health and well-being of the mum and baby. Moreover, the doctors and healthcare staff involved in a delivery are required to work in accordance to a set of guidelines set by the genealogical society.

So, if the doctor were to observe certain risk factors and complications and infer

that a C-section is the best way to ensure the good health of the mum and baby, they would advise accordingly. These risks and complications may occur before or even during active labour. They include:

- If the mother experiences heavy bleeding before and during labour
- If the baby has heart fluctuations during labour and passes meconium (or stools) – resulting in an increased chance of stillbirth
- If the baby is unable to pass through the birth canal due to its size, position or the shape of the mother's pelvis
- If the baby's descent is severely delayed and if birthing support is not enough to augment the push

- If there are any ruptures in the uterine membranes and the mother is not experiencing visible signs of labour, which can increase the risk of infection for the baby
- If the mother does not have the physical energy to push the baby out

What is the relation between the mode of delivery and breastfeeding?

In recent times, we are seeing a decline in breastfeeding, which correlates to the rise in Caesarean or C-section deliveries. In fact, in India, around 40% to 50% of deliveries are via C-section – a drastically high number when compared to WHO's recommendation that only 10% to 20% of all deliveries should be via C-section.

When a mother goes through a C-section, the chances of her being enabled to breastfeed are much less. This is because, post the C-section, the mother is exhausted, in pain and is unable to sit up. Out of consideration for her comfort, the doctor may recommend formula for the baby immediately after birth. In some cases, especially if the mother takes longer to recover, the baby might receive more formula than breastmilk as part of its feeding routine. There is also the possibility of formula feeds becoming a habit for both mum and baby. In doing so, the baby is not given the full benefit of nutrition-rich breastmilk that is essential for its immunity, growth and development.

BloomLife Hospital is said to be a 'breastfeeding friendly hospital'. Can you tell us more?

BloomLife Hospital was the first healthcare facility in India to be accredited as a 'Breastfeeding Friendly Hospital' by the Breastfeeding Promotion Network of India (BPNI).

To start with, it might be helpful to understand how this accreditation came about.

In 1991, the World Health Organization (WHO) launched the 'Baby-friendly Hospital Initiative' or BFHI, based on the 'Ten Steps to Successful Breastfeeding', to improve breastfeeding practices in the hospitals with maternity services. These include having a breastfeeding policy that is communicated to all healthcare staff, training the healthcare staff in skills necessary to implement the policy, informing all pregnant patients about the benefits of breastfeeding, helping mothers to initiate breastfeeding immediately after birth, showing mothers how to breastfeed, and giving newborns no food or drink other than breastmilk unless medically indicated.

In India, the Breastfeeding Promotion Network of India or BPNI (founded in 1991) and the Association of Health Care Providers of India or AHPI launched the



Breastfeeding is not just about the mother and baby – healthcare staff, family members, colleagues and bosses, friends and every member of society need to be supportive.

'BFHI-India' initiative for the accreditation of private hospitals with maternity services, to improve breastfeeding practices in health facilities.

A 'breastfeeding friendly hospital' is one that follows the guidelines to help mothers begin breastfeeding immediately after

birth, and assist and encourage the mother to continue breastfeeding their baby after being discharged from the hospital.

One of the most important practices we put in place is to enable the mother to begin breastfeeding within one hour after giving birth – a period known as the 'golden hour'. If the mother is given the right support and enabled to begin breastfeeding during this time, the mum and baby gain several benefits. The baby latches on faster, the mother is able to lactate more easily and the bond between mum and baby is much stronger.

More importantly, breastfeeding is not just about the mother and baby – healthcare staff, family members, colleagues and bosses, friends and every member of society need to be supportive. We have to ensure that new mothers are given the right kind of support to sustain their breastfeeding practice effectively.