

An **IMPACT** Presentation

# INDIA TODAY



## TOP DOCTORS SOUTH 2022<sup>®</sup>

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.

www.oncologistniti.com  
oncologistniti@gmail.com



### 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

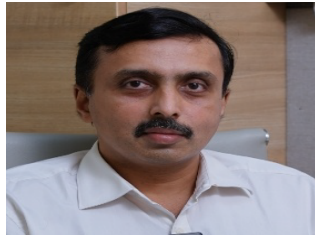
Dr. Binu Ninan – Chennai  
Dr. S Shuba – Chennai  
Dr. Durga Padmaja – Hyderabad

### 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 FRCS Eng FRCS Edin FRCS Gen 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 thorough 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

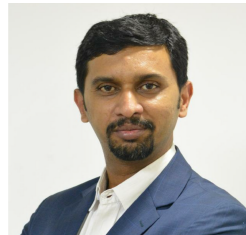
Dr. K S Kirshuna Kumar – Madurai  
Dr. Sridhar P S – Bangalore  
Dr. Palkonda Vijay Anand Reddy – Hyderabad  
Dr. Rejiv – Chennai  
Dr. M Babaiah – Hyderabad  
Dr. Srinivas Chilukuri – Chennai  
Dr. Anitha Gopinath – Bangalore

### 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.*

**F**or 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 FRIENDLY HOSPITAL**

for implementing WHO's 'Ten Steps to Successful Breastfeeding' and guidance of MAA Programme, Government of India

**BLOOM HEALTHCARE**

**CHENNAI, TAMIL NADU**

(Valid from 15 December 2021 to 14 December 2024)

Dr. Arun Gupta  
Central Coordinator, BPNI

Dr. Girdhar Gyani  
Director General, AHPI

Date: 15 December, 2021

Logos: BPNI, UNICEF, WHO, Ministry of Health and Family Welfare, Government of India, Indian Academy of Pediatrics, CIARA, IBFAN.

*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.