

DR. NIRUPAMA V

Specialist - Obstetrics and Gynaecology

Qualification

MBBS | MS OBG | Fellowship In Gynaecological Endoscopy

Overview

Dr. Nirupama V is an experienced OBG specialist in Bangalore. Currently practising as a Consultant - Obstetrics and Gynaecology at Manipal Clinic, Indiranagar, Bangalore, she specialises in a wide range of women's health services with a focus on infertility, antenatal care, high-risk obstetrics, and minimally invasive gynaecological procedures. With clinical experience spanning over five years and an active role in academic training, she is committed to advancing patient care through evidence-based practice. Dr. Nirupama began her medical journey at St. John's Medical College Hospital, where she completed her MBBS in 2015. She further pursued an MS in Obstetrics and Gynaecology at the same institution, graduating in 2017. Determined to expand her surgical skills and expertise, she completed a Fellowship in Gynaecological Endoscopy at the Manipal Academy of Higher Education. Her academic journey has been marked by consistent excellence, including achieving a 7th rank at the Rajiv Gandhi University of Health Sciences in her final year of postgraduate studies. In her current role at Manipal Hospital, Dr. Nirupama has been instrumental in providing comprehensive care to women. She offers preconception counselling, antenatal care, and management of high-risk pregnancies. Her clinical acumen extends to the management of first and second-trimester abortions, both through medical and surgical

methods, as well as handling normal and abnormal labour. Dr. Nirupama also provides reproductive and sexual health counselling, ensuring that her patients receive a holistic approach to women's wellness. In addition, she manages common gynaecological disorders such as fibroids, adenomyosis, ovarian cysts, polycystic ovarian syndrome, and endometriosis. She is skilled in performing minimally invasive procedures, including hysteroscopy, laparoscopy, and colposcopy, and she is actively involved in menopause care, including PAP smears, LBC, colposcopy, and HPV vaccination awareness programs. Dr. Nirupama is also dedicated to academic excellence and research. She has actively organised Continuing Medical Education programs at Manipal Hospital, focusing on menstrual hygiene, women's wellness, and reproductive health. Her research interests are reflected in her contributions to national conferences and scholarly publications. She has presented papers on topics such as the indications for emergency caesarean section and the risk factors for postpartum depression. Her work has been published in reputable journals, with research spanning diverse areas of obstetrics and gynaecology. A member of the Bangalore Society of Obstetrics and Gynaecology, the Federation of Obstetrics and Gynaecological Societies of India, and the Indian Association of Gynaecological Endoscopy, Dr. Nirupama actively contributes to the professional community. Her achievements include awards such as the Rev. Dr. Percival Fernandez Prize for the best outgoing postgraduate student, the Dr. Reddy's Laboratory Prize for the outgoing OBG postgraduate student, and recognition for securing a top rank in her university final exams. Fluent in English, Kannada, Hindi, Tamil, Telugu, and Malayalam, Dr. Nirupama ensures effective communication with her diverse patient population. She is committed to continuous professional development and research to further enhance women's healthcare. Her work at Manipal Hospital exemplifies her dedication to providing compassionate, comprehensive, and state-of-the-art care to women across all stages of life.

Fellowship & Membership

- Member of the “Bangalore Society of Obstetrics and Gynaecology (BSOG) “, API BHAVAN, millers tank bed area, Vasanthnagar, Bangalore 560052, Registered on.
- Member of the “Federation of Obstetrics and Gynaecological Societies of India “ (FOGSI) Member ID 30051401.
- Indian Association of Gynaecological Endoscopy Life Member (IAGE).

Field of Expertise

- Preconceptional counselling, Antenatal care, High-Risk Obstetrics.
- First and second Trimester Abortions both medical and surgical management, Normal and abnormal Labour.
- Menstrual Hygiene.
- Reproductive and Sexual Health Counselling.
- Gynecological disorders - fibroids, adenomyosis, Ovarian cysts, PCOS, Endometriosis.
- Minimally Invasive Gynaecological Surgeries/Procedures: Hysteroscopy, Laparoscopy and Colposcopy.
- Women's health wellness and care.
- Menopause care.
- PAP, LBC and Colposcopy and HPV vaccination awareness and care.

Languages Spoken

- English
- Kannada
- Hindi

- Tamil
- Telugu
- Malayalam

Awards & Achievements

- Rev.DR.PERCIVAL FERNANDEZ PRIZE: Best Outgoing Postgraduate student of the year(2017 batch degree).
- Dr. REDDYS LABORATORY PRIZE for the outgoing OBG postgraduate student for the year 2020.
- Secured 7th rank in the RGUHS university final exams for MS. OBG held in June/July 2020, conducted by the Rajiv Gandhi University of Health Sciences, Karnataka.
- APAGE August 2024 Winner of the Prestigious Prof.Charles Koh Laparoscopic Vertical Zone Suturing.

Talks & Publications

- "To study the indications of emergency caesarean section and to audit the decision to delivery interval time and its effects on neonatal outcome in a tertiary care hospital", presented at the 30th KSOGA CONFERENCE BALLARI 2019.
- "Prevalence and Risk Factors for Postpartum Depression" presented at the 34th KSOGA CONFERENCE KIMS HUBALI 2022.
- E-Poster presentation: "A Ray Of Hope: Pregnancy Outcomes after Renal Transplant a Single Centre Experience" at International Society for the Study of Hypertension in Pregnancy (ISSHP) World Congress 2023 September.
- "Trocac Site Hernia: A Case Report and Literature Review" at the 24th Annual Congress of Asia-Pacific Association For Gynaecological Endoscopy and Minimally Invasive Therapy (APAGE) 2024 August.
- Publications: Anuradha G., Nirupama V., and Shirley George published a research paper titled "To study the indications of emergency caesarean section and to audit the decision to delivery interval time and its effects on neonatal outcome in a tertiary care hospital" in the International Journal of Reproduction, Contraception, Obstetrics and Gynaecology, 2020 October, 9(10):4202-4207. www.ijrcog.org DOI- <https://dx.doi.org/10.18203/2320-1770.ijrcog20204314>.
- Shashikala Karanth, Christy Vijay, C Jaya Sibi Mol, Nirupama Vijaykumar, Uma Devaraj, Chaitanya Harita Balakrishnan published a research paper titled "Study of Maternal and Perinatal Outcomes in Pregnant Women with Respiratory Complications " in the Journal of South Asian Federation of Obstetrics and Gynaecology (2021). DOI: 10.5005/jp-journals-10006-1936.
- Dr.Ambuja K, Dr C Shivram, Dr SS lyengar, Dr Gayathri Karthik, Dr Nirupama V Published A Case Report Titled "Lipoprotein Apheresis In Pregnancy: First In India "in Manipal Clinical Journal /Volume 3/Issue2/2023.