

DR. NITHYA SHEKAR

Consultant - General Surgeon

Qualification

MBBS | MS (General Surgery) | MRCS (Edin) | FMAS | DMAS | FIAGES | FALS | Fellow in GI Endoscopy & basic robotic training

Overview

Dr. Nithya Shekar is a highly skilled general surgeon in Brookefield, practising as a Consultant – General Surgery at Manipal Clinic Brookefield, Bangalore. Her expertise spans both laparoscopic and open surgical procedures, including cholecystectomy, appendicectomy, hernia repair, thyroidectomy, and advanced gastrointestinal surgeries. Known for her precision, composure under pressure, and patient-centred approach, she is widely regarded as one of the best general surgeons in Brookefield, offering cutting-edge surgical care with empathy and excellence. With a medical foundation built on academic distinction and clinical versatility, Dr. Nithya Shekar's surgical journey began at Vydehi Institute of Medical Sciences, where she completed her MBBS under the Rajiv Gandhi University of Health Sciences. Her commitment to surgical excellence led her to pursue an MS in General Surgery from the Kalinga Institute of Medical Sciences, Bhubaneswar, where she demonstrated strong academic and clinical performance. To further her global perspective, she earned the prestigious Membership of the Royal College of Surgeons (MRCS) Edinburgh, cementing her place among surgeons trained to international standards of care. Dr.

Nithya’s career reflects an unwavering pursuit of knowledge and innovation. Her advanced certifications, including FMAS, DMAS, FIAGES, FALS, and fellowships in GI endoscopy and robotic surgery, allowing her to offer patients minimally invasive, precision-guided procedures that ensure faster recovery, reduced postoperative discomfort, and superior outcomes. She is skilled at performing a wide range of laparoscopic procedures such as cholecystectomy, appendicectomy, ventral hernia repair (IPOM and IPOM Plus), liver hydatid cyst surgery, rectopexy, and hiatal repair with fundoplication. She also manages patients who require thyroid surgeries, bowel resections, trauma management, and laser procedures for fistula and varicose veins. Beyond her clinical practice, Dr. Nithya Shekar has made academic contributions through her research and publications in PubMed and Scopus-indexed journals. Her work covers a diverse range of surgical topics including pseudomyxoma peritonei, rectovaginal fistula, pantaloon hernia, Amyand’s hernia, and laparoscopic pain management techniques. Her research on POSSUM and Portsmouth-POSSUM scoring systems has been instrumental in improving surgical outcome assessments. Additionally, she has presented papers and posters at national-level conferences such as ASICON, showcasing her academic engagement and research-oriented approach to surgery. Known for her meticulous technique and attention to patient safety, Dr. Nithya adopts a holistic approach to surgical care, from preoperative evaluation to postoperative recovery. Her philosophy is rooted in providing comprehensive, transparent, and compassionate care, ensuring patients are informed and comfortable at every step of their treatment. Her proficiency in multiple languages, English, Kannada, Hindi, Tamil, Telugu, Bengali, and Odia, enables her to communicate effectively with patients from diverse backgrounds, further enhancing their confidence and trust. Dr. Nithya’s academic and professional affiliations with esteemed bodies such as the Royal College of Surgeons (Edinburgh), the Association of Surgeons of India (ASI), the Indian Association of Gastrointestinal Endo Surgeons (IAGES), and the

World Association of Laparoscopic Surgeons (WALS) reflect her global engagement and dedication to the highest standards of surgical practice. Her leadership and teaching experience also contribute to training the next generation of surgeons, nurturing their clinical acumen and ethical grounding. At Manipal Clinic Brookefield, Dr. Nithya continues to bring advanced surgical care closer to patients, combining innovation, experience, and compassion. Patients appreciate her calm demeanour, thorough explanations, and unwavering focus on achieving the best surgical outcomes with minimal complications. Through her work, research, and dedication, Dr. Nithya Shekar exemplifies the modern surgeon, deeply knowledgeable, highly skilled, and profoundly human in her approach. Her contributions continue to advance the standards of general and laparoscopic surgery in Bangalore, making her a sought-after name in the field of minimally invasive surgery and gastrointestinal care.

Fellowship & Membership

- ROYAL COLLEGE OF SURGEONS (Edinburgh) ASI, WALS, IAGES

Field of Expertise

- Laparoscopic Cholecystectomy
- Laparoscopic Appendicectomy
- Laparoscopic Ventral Hernia Repair (IPOM/ IPOM Plus)
- Laparoscopic liver hydatid cyst surgery
- Lap Hiatal repair with fundoplication
- Lap colposuspension
- Lap Rectopexy
- Lap TAPP
- Lap Orchidopexy / Orchidectomy
- Lap Varicocelectomy

- Open hernia repair
- Diagnostic laparoscopy
- Emergency DCS – trauma
- Laparotomy & proceed
- Hollow viscous perforation
- Pilonidal sinus / Limberg's flap
- Laser fistula surgery
- Laser – EVLA for varicose veins
- Thyroidectomy – hemi / total
- Bowel resection & anastomosis, stoma creation & reversal

Languages Spoken

- English
- Kannada
- Hindi
- Telugu
- Tamil
- Odiya
- Bengali

Awards & Achievements

- Presented a Poster in ASICON 2020 on Pseudomyxoma Peritonei.