

DR. AYESHA FIRDOS

Consultant - Preventive Health Check

Qualification

MBBS | PGD - Diabetes (Cardiff University)

Overview

Dr. Ayesha Firdos is a highly experienced Consultant - Preventive Health Check in Bangalore, with over 32+ years of clinical expertise in preventive medicine, diabetes care, and comprehensive family healthcare. She's currently practising as a Consultant - Internal Medicine at Manipal Clinics Indiranagar, Bangalore. Dr Ayesha is committed to helping patients stay healthier through early detection, lifestyle guidance, and evidence-based treatment. Dr. Ayesha began her medical journey with an MBBS and has continuously advanced her knowledge and clinical acumen over the decades. She holds a Postgraduate Diploma in Diabetes from Cardiff University, UK, where she graduated with distinction. Her extensive experience in both Indian and international healthcare systems, including key leadership roles, has enriched her ability to offer globally informed care to patients of diverse cultural and clinical backgrounds. Before joining Manipal Clinics Indiranagar, Dr. Ayesha practised in several prestigious institutions, where she was integral to primary and preventive healthcare services. Her work has spanned corporate health, public health systems, and elite care settings. Notably, during her tenure in Oman, she provided

care across the Ministry of Health Hospitals, the International Airport Clinic in Muscat, and the Petroleum Development Oman Company, where she managed the health needs of employees and their families from over 70 nationalities. She also served on the Royal Protocol Medical Team at the Palace Clinic (Diwan of the Sultanate of Oman), adding a distinguished dimension to her experience in VIP and international healthcare. At Manipal Clinics Indiranagar, Dr. Ayesha is known for her strong rapport with patients, her multilingual proficiency (including Kannada, Hindi, Urdu, Tamil, Telugu, and Arabic), and her holistic, preventive-focused care. She specialises in structured diabetes programs, long-term management of chronic conditions, lifestyle-related illnesses, and comprehensive family health planning. Her practice is guided by a philosophy that prevention is better than cure, and she fosters lasting doctor-patient partnerships based on trust, empathy, and proactive wellness. Dr. Ayesha brings a global perspective to personalised care, focusing not just on managing illness but also preventing it. This approach empowers individuals and families to take control of their health and make informed, lasting choices. Whether it's structured diabetes or preventive health care, Dr Ayesha believes in building trusted partnerships that support lifelong wellness and good health. With her pleasing personality, experience and command over many languages, she is a sought-after family physician in Bangalore.

Languages Spoken

- Kannada
- Hindi
- Urdu
- Tamil
- Telugu
- Arabic