

DR. YAMINI RAMAKRISHNA

Consultant – Internal Medicine & Geriatrics

Qualification

MD | ABIM Board Certified in Internal Medicine and Geriatric Medicine

Overview

Dr. Yamini Ramakrishna is a highly distinguished specialist in Internal Medicine and Geriatric Medicine in Indiranagar with over 26 years of exceptional clinical experience across India, the United Kingdom, and the United States. She is currently practising as a Consultant – Internal Medicine & Geriatrics at Manipal Clinic, Indiranagar, Bangalore. Dr. Ramakrishna is dually board-certified by the American Board of Internal Medicine (ABIM) in both Internal Medicine and Geriatric Medicine. Her advanced expertise encompasses comprehensive geriatric assessments, adult critical care, multi-morbidity management, and the integration of palliative care with holistic lifestyle medicine, positioning her among the best geriatricians and internal medicine specialists in Indiranagar for complex adult and elderly healthcare. Dr. Yamini completed her MBBS from Bangalore University and subsequently pursued research, teaching, and clinical practice at University College London and Whittington Hospital, UK. She later completed her Internal Medicine Residency at the University of Massachusetts Medical School, followed by a Fellowship in Geriatric Medicine at Massachusetts General Hospital, Harvard Medical School,

USA. She also holds a National Fellowship in Palliative Medicine (NFPM) and has formal training in Yoga, enabling her to integrate evidence-based medicine with lifestyle interventions and holistic wellness. At Manipal Clinic, Indiranagar, Dr. Yamini provides comprehensive consultations for a wide range of adult medical conditions, chronic disease management, preventive health, and elderly care. Her expertise includes comprehensive geriatric assessment, management of diabetes, hypertension, heart disease, thyroid disorders, osteoporosis, dementia, memory disorders, frailty, falls, polypharmacy, and age-related medical conditions. She also provides palliative care consultations focused on improving quality of life for patients with chronic and life-limiting illnesses. This sophisticated multi-disciplinary care map establishes her reputation among the best general physicians and ageing care experts in Indiranagar, Bangalore. Having worked across India, the United Kingdom, and the United States, Dr. Yamini brings extensive international experience in managing patients from diverse cultural and healthcare settings. She is an active member of the Indian Academy of Geriatrics and has contributed valuable clinical findings to top global scientific assemblies, including the American Geriatrics Society. A strong voice for senior wellness, she regularly serves as an expert panellist and moderator at benchmark national symposia like the Geri Care Geriatrics Conclave and the Asian Geriatric Oncology Society Conference, championing safe, non-maleficent therapeutic models. Fluent in English, Kannada, Telugu, Tamil, and Hindi, she communicates seamlessly across diverse socioeconomic backgrounds, ensuring absolute therapeutic transparency and comfort.

Fellowship & Membership

- Member of the Indian Academy of Geriatrics

Field of Expertise

- Internal Medicine
- Geriatrics
- Palliative Care
- Yoga

Languages Spoken

- English
- Kannada
- Telugu
- Tamil
- Hindi

Talks & Publications

- Comprehensive Geriatric Assessment - Apollo Family Physicians' Group, 12/2025
- Recurrent carcinoma of the tongue in a 68-year-old gentleman. Panelist, 3rd Geri Care Geriatrics Conclave & 2nd Asian Geriatric Oncology Society Conference, Bengaluru, India, 9/2025
- Understanding Seniors' Health. Speaker, Summer Camp for Senior Citizens, Ramakrishna Math, Bengaluru, India, 4/2025
- Pre and post operative care of hip fracture. Moderator, Ageing Forward - 2025, Apollo Hospitals & Indian Academy of Geriatrics, Bengaluru, India, 3/2025
- Sleep Education - for high school students of Global City International School, Bengaluru, India, 7/2024
- Covid-19 awareness programme, Patanjali Yoga Group, Bengaluru, India, 8/2021

- Psychosocial challenges in later life, International Elders' Day, Sparrc Institute, Bengaluru, India, 10/2019
- First, Do No Harm. Using geriatric principles and evidence based medicine to deliver safe and effective care. Speaker, World Congress on Geriatrics and Gerontology, India, 11/2014
- Second steps – relearning the art of walking, Geriatric Grand Rounds, Massachusetts General Hospital, Boston, USA, 11/2011.
- Using Telemedicine for geriatric care in India during the Covid-19 Pandemic – A Bittersweet Experience – Oral presentation, VI World Congress on Gerontology and Geriatrics, India, 10/2021
- Uncommon etiology of acute abdomen in an older patient – Poster presentation, Annual Scientific Meeting, American Geriatrics Society, USA, 5/2011