



DR. SWATI MAHESHWARI

Senior Consultant - Internal Medicine

Qualification

Diplomate of National Board Examination (DNB) | General Medicine | Diploma in Child Health (DCH) | Bachelor of Medicine and Bachelor of Surgery (MB BS)

Overview

Dr Swati Maheshwari is a Senior Consultant in Internal Medicine at Manipal Hospital, Delhi, with over 19 years of extensive clinical experience. She specialises in diagnosing and managing a broad spectrum of adult health conditions, including lifestyle-related disorders, chronic illnesses, and hormonal imbalances. Dr Swati completed her MBBS from SN Medical College, Agra, in 1999, followed by a DNB in General Medicine from Hindu Rao Hospital, Delhi, in 2005. She further refined her clinical acumen by attaining a Diploma in Child Health (DCH) from Westmead Hospital, Sydney, in 2008. In 2018, she underwent advanced training in Hormonal Therapies under the International Hormone Society, in Belgium. Renowned for her holistic approach and emphasis on preventive care, Dr Swati combines conventional medicine with modern advancements to deliver personalised treatment plans. Fluent in both Hindi and English, she is easily accessible to a diverse range of patients. Dr Swati is highly respected within the medical community and has received numerous national and international accolades, including the National Women

Excellence Award by the Ministry of DoNER, the Government of India, and the Eminent Indian Award presented at the British Parliament. She is also a familiar face in both television and print media, contributing regularly to public health awareness through platforms such as NDTV, Outlook magazine, and The Sunday Guardian. Whether you are managing a long-term health condition or seeking proactive healthcare guidance, Dr Swati Maheshwari stands out as one of Delhi's leading internal medicine specialists. Her commitment to evidence-based practice and her compassionate, patient-centred approach make her a trusted healthcare provider across the Delhi NCR region.

Fellowship & Membership

- Trained in Advanced Hormonal Therapies, International Hormone Society, Belgium.2018.

Field of Expertise

- Diabetes
- Thyroid Disorder
- Dengue
- Preventive Medicines
- Lipid Disorder
- Hypertension

Languages Spoken

- Hindi
- English

Awards & Achievements

- 13th National Women Excellence Award conferred by International Holistic Health Movement by North Eastern Council & Ministry of DoNER, Govt of India 2020.
- She was featured in OUTLOOK MAGAZINE, Oct -November edition on Poshan (Nutrition & Malnutrition).
- Her Articles were published in SUNDAY GUARDIAN NEWSPAPER 22ND MARCH 2020 AND 31ST MAY, 2020 EDITION.
- Health & Wellness visionary award by World Digital Detox Organisation, at Gateway Of India, Mumbai, 2023.
- Best Health Show conferred by She Wings organization, Delhi, 2019.
- Best Health Show conferred by India's Most Trusted Healthcare Awards 2019.
- Eminent Indian Award conferred by Lord Loomba at the British Parliament 'Nov 2018.
- Iconic Woman Diva Award by Hon 'Minister of State for Textiles Mr. Ajay Tamta Organised by AIAC Dec 2018.
- Best Healthcare TV show of 2018 conferred by India's Most Trusted Healthcare Awards 2018.
- Stand Up India Award for Promising Women Entrepreneur award for health awareness show in the name of Dr. Swati Show on Indian Television, by Hon. Deputy Chief Minister of Uttar Pradesh.
- Magicka Women Award for most promising doctor awarded by Magicka Women Organization.
- National Health Award 2017 awarded by the Nutrition and Natural Health Sciences Association.
- Wellness Leader Award by World Digital Detox Organisation at Gateway of India, Mumbai, Dec'23

Talks & Publications

- Speaker and organizer of SMART LIVING LIFE SCIENCES CONFERENCE, DELHI, 23rd May 2014.
- Speaker and organizer of SMART LIVING LIFE SCIENCES CONFERENCE, SINGAPORE, 9th March 2014.
- Represented Saket City Hospital at `NATHEALTH INDIA' HEALTHCARE FEDERATION of India.
- REGENERATIVE MEDICINE & PRP, Stemgenn, Delhi, India 2017.
- Conference of HEALTH, LIFESTYLE & BEAUTY, ANTI-AGING FOUNDATION, India at Delhi NCR.
- Guest of Honor at LAUNCH OF LOW-COST SANITARY PADS 'PADIE' AT GOHANA, HARYANA.
- CHAIRPERSON AT INTERNATIONAL REGENERATIVE MEDICINE conclave Delhi, May 2017.
- Panellist in "PLEDGE FOR PARITY "CONCLAVE celebrating International Women's Day, 8th March 2016, Delhi. Organized by ASSOCHAM sharing dais with Delhi's Member of Legislative Assembly, Leading women entrepreneurs and IFC officials.
- Speaker at health perspective GLOBAL PARTNERSHIP SUMMIT "SMART CITES SMART INDIA " CONCLAVE 10th Feb 2016 organized by ASSOCHAM, Delhi, attended by Honorable Minister for Transport Shri Nitin Gadkari and Honorable Minister for Environment, Shri Prakash Javadekar.
- Speaker at ASSISTED LIVING CONFERENCE held in Bangalore on 3rd December 2015 hosted by the Association of Senior Living India (ASLI).
- Organizing Committee member of event CELEBRATING FIRST INTERNATIONAL YOGA DAY, 21' JUNE 2015 AT LINCOLN THEATRE, New York with Sri Sri Ravi Shankar.
- Panelist at STEM CELL CONCLAVE, conducted by Stem Cell Society India, Delhi attended by leading Stem Cell practitioners of India in September 2015.
- Speaker at INTERNATIONAL CONFERENCE ON HEALTH & AIR

POLLUTION –Effects & Management, New Delhi, 2018 attended by Hon ' Shri Ashwini Kumar Choubey Minister of State, Ministry of Health & Family Welfare.

- Speaker at INNOHEALTH 2018, New Delhi.
- Speaker at UNDERSTANDING FUNCTIONAL MEDICINE CONCLAVE, New Delhi 2019 along with Dr Alok Chopra.
- Speaker as Guest Faculty member at ABDUL KALAM TECHNICAL UNIVERSITY, LUCKNOW, 2019 for Engineering faculty training.
- Speaker at INTERNATIONAL WOMEN'S DAY 2019, New Delhi on BREAST CANCER AND PREVENTION.
- Guest Speaker at LOVELY PROFESSIONAL UNIVERSITY, JALANDHAR, Punjab on "SINGLE USE PLASTICS & ENVIRONMENT" in 2019.
- Speaker at NDTV BANEGA SWASTH INDIA TELETHON 2ND OCT, 2019 chaired by SHRI AMITABH BACHCHAN & PRANOY ROY (NDTV).
- Speaker at HON' PRIME Minister Shri Narendra Modi's Birthday CELEBRATIONS at Surat, Gujarat 2019, attended and organized under the leadership of Hon' Member Of Parliament Shri C.R. Patil.
- Speaker at MERA BHARAT SWACH BHARAT, Har Kadam Swachta Ki Aur at RADIO SALAAM NAMASTE, 2019
- Speaker at ART OF LIVING, BENGALURU Centre 2019, on TRANSGENERATIONAL APPROACH TO WOMEN'S HEALTHCARE.
- Speaker at DETTOL DISINFECTANT SPRAY LAUNCH, Bengaluru Dec 2019.
- Panelist & Speaker at ROTARY CLUB CONFERENCE, Gurugram, Haryana, 2020 along with Dr KKAgarwal, Past IMA President & Dr Jhulka, Past Dean AIIMS, Delhi.
- Speaker at TIHAR JAIL, New Delhi, 2020 to raise awareness about CORONA VIRUS INFECTION.
- Speaker at Virtual Conference on CORPORATE REAL ESTATE – IMPACT, PREPAREDNESS AND OPPORTUNITIES POST COVID

organized by CII and DLF Group, 8 May 2020.

- Speaker at GODREJ SURAKSHA ABHIYAN FOR SPREADING AWARENESS ABOUT COVID-19 SAFETY MEASURES organised by Godrej Group.
- Speaker at “SOCIAL AND ECONOMIC IMPACTS OF COVID “ organized by SAMBODHI & UNIVERSITY OF WASHINGTON, 2nd June, 2020.
- Speaker at 'THE INTERNATIONAL LIVE SESSION ON GOOD HEALTH & WELL BEING “, organised by YOUTH FOR HUMAN RIGHTS, INDIA to create awareness about UDHR and UNSDGs and to promote peace and tolerance, 11th July 2020.
- Speaker at OUTLOOK INDIA POSHAN 1000 DAYS CAMPAIGN ORGANISED BY Outlook magazine Group, Dettol India and Plan India Organisation to coincide with Poshan Mah celebrated by MeitY, Govt of India.
- Speaker at “HOW TO GET ECONOMY & BUSINESS BACK “ at BUSINESS WORLD, conducted by Business World Magazine group in Sept 2020.
- Panelist AT 'POST PANDEMIC PREPAREDNESS – A WASH RESPONSE' WEBINAR
- Conclave 2020. To discuss the importance of WASH in a post-COVID world and the importance of behaviour change in influencing social norms, 26th Nov 2020 conducted by FICCI.
- Speaker as GUEST FACULTY at Online 10 weeks certified MANAGEMENT & DEVELOPMENT PROGRAM: LEADERSHIP BEYOND BOUNDARIES conducted by THE INSTITUTE OF CHARTERED ACCOUNTANTS OF INDIA, FEB, 21.
- Speaker at WEBINAR ON “DISASTER MANAGEMENT “on 26TH March, 21 conducted by VIGYAN PRASAR & NATIONAL INSTITUTE OF DISASTER MANAGEMENT, GOVT OF INDIA.
- Speaker at Webinar by ISRN (INDIAN SOCIAL RESPONSIBILITY NETWORK) DISCUSSION series-1 on "COVID-19 TRANSMISSION AT HOME", on 4th June, 21.

- Speaker at GLOBAL WEBINAR ON CORONAVIRUS WAVES, VACCINES & ECONOMIC RECOVERY: THE ROAD AHEAD, organised by Shri Sharada Institute Of Management & Research on 22nd Aug, 21.
- Guest Speaker at ZAKIR HUSSAIN DELHI COLLEGE, Delhi, celebrations of WORLD HEALTH DAY: LIFESTYLE, NEW GENERATION & SETTING YOUR HEALTH GOALS, on 7th April, 22.
- Speaker at “INTEGRATION OF INNOVATIONS AND AN INTERSECTORAL APPROACH FOR ACHIEVING MALARIA ELIMINATION “ WEBINAR organised by MALARIA NO MORE ORGANISATION & ECONOMIC TIMES GROUP, 8TH July, 22.
- Guest Speaker at LYBRATE “FEVER IN CHANGING WEATHER “ ON 7th May, 22, the audience is the general practitioners of Lybrate.
- Quoted in SAHARA INDIA NEWSPAPER ON PROBIOTIC FOODS , on 18 Sept 20 , in SAHARA INDIA NEWSPAPER ON COVID VACCINE , on 15 Dec, 21 , In MID DAY MAGAZINE ON COVID , OCT 20 , on DENGUE Precautions and symptoms in NEWS HAAT MAGAZINE , Oct 22 edition
- Speaker at “ TIME TO TAME TYPHOID “ WEBINAR organised by Vanguard Diagnostics & Unipath Diagnostics , Delhi , on 20th July 23
- Jury Panelist at 5th International Conference on Sustainability Education, at India Habitat Centre, Delhi on 20th Sept'23
- Guest speaker at “Lungs, Saans aur Dhokha “ ZEE News Conclave at Oberoi, Delhi on 21st Nov '23.
- Guest speaker at 12TH National Ayush Conference 2024 at Vigyan Bhavan, Delhi on 22nd March '24.