

DR. AMEENA FIRDOSE

Associate consultant - Internal Medicine

Qualification

MBBS | DNB

Overview

Dr. Ameena Firdose is a dedicated physician, internal medicine specialist, and family medicine expert in Electronic City, Bangalore, with over 10 years of extensive clinical experience in adult healthcare, preventive medicine, and chronic disease management. She currently serves as Associate Consultant – Internal Medicine at Manipal Hospital Electronic City. Dr. Ameena Firdose possesses specialised clinical expertise in comprehensive preventive health check-ups, geriatric medicine, diabetes management, metabolic syndrome, non-alcoholic fatty liver disease (NAFLD), and acute adult medical disorders. Her holistic, patient-centric philosophy and diagnostic thoroughness establish her as one of the best general physicians in Electronic City. Dr. Ameena Firdose earned her MBBS from Raja Rajeshwari Medical College and Hospital (2013), graduating with academic distinction as a Gold Medallist in both Anatomy and Obstetrics & Gynaecology. She subsequently completed her postgraduate DNB in Family Medicine at St. Philomena's Hospital (2017). Broadening her clinical expertise in metabolic health, she completed the specialised certificate course on Diabetes in Special Situations and Comorbidities certified by the British

Medical Journal (BMJ) and the Royal College of Physicians (RCP), UK. Prior to joining Manipal Hospital, she served at Fortis Hospital, Bannerghatta Road, Bengaluru (since July 2018), delivering evidence-based, compassionate care in high-volume adult inpatient and outpatient settings. At Manipal Hospital Electronic City, Dr. Ameena Firdose provides holistic, primary, and secondary medical care for adult and elderly patients. Her clinical practice centres on preventive health screenings, annual executive wellness evaluations, and early risk stratification for lifestyle diseases. In chronic disease management, she specialises in glycaemic control for diabetes mellitus, hypertension, dyslipidaemia, and metabolic syndrome associated with fatty liver disease. In geriatric medicine, she focuses on comprehensive health assessments, managing multiple age-related comorbidities, and conducting polypharmacy reviews to ensure safe medical care for senior citizens. A passionate researcher and clinician, Dr. Firdose was awarded for her research on Gestational Diabetes: A Knowledge, Attitude, and Practice (KAP) Clinical Audit at the 3rd National Conference of Family Medicine and Primary Care (FMPC-2017). Her clinical investigative work also includes studying the association between Non-Alcoholic Fatty Liver Disease (NAFLD) and Metabolic Syndrome during her DNB tenure. Fluent in English, Kannada, Hindi, Urdu, and Telugu, Dr. Firdose ensures warm, empathetic, and culturally responsive communication with patients and families. Her rare blend of comprehensive family medicine training, gold-medallist academic foundation, and hospital-based internal medicine expertise makes her one of the best general physicians in Electronic City.

Fellowship & Membership

- Certificate course on Diabetes in Special Situation and comorbidities British Medical Journal, Royal College of Physicians

Field of Expertise

- Geriatric Medicine
- Preventive medicine

Languages Spoken

- English
- Hindi
- Kannada
- Urdu
- Telugu

Awards & Achievements

- Audited the knowledge, Attitude and Practice of patients with gestational diabetes ,at a tertiary care centre and presented at the third National Conference of Family Medicine and Primary Care (FMPC-2017)

Talks & Publications

- Association between Non-Alcoholic Fatty Liver Disease and metabolic syndrome.