

DR. (GP CAPT) SEEMA GAMBHIR

Consultant – Health Check-Up

Qualification

MBBS | MS (Aerospace medicine)

Overview

Dr. (Gp Capt) Seema Gambhir is a distinguished preventive healthcare physician and aerospace medicine specialist in Electronic City, Bangalore, with nearly three decades of exemplary medical experience. She currently serves as Consultant – Health Check-Up at Manipal Hospital Electronic City. Dr. Seema Gambhir possesses specialised expertise in comprehensive executive health evaluations, occupational health fitness, lifestyle modification, chronic disease risk stratification, and aircrew medical certification. Her extensive clinical acumen and preventive healthcare focus establish her as a top preventive healthcare physician in Electronic City. Dr. Seema Gambhir completed her MBBS, followed by an MD in Aerospace Medicine. She has also undertaken a course in Flight Safety and Air Accident Investigations and is associated with the International Society of Aerospace Medicine. Over the course of her career, Dr. Seema Gambhir has developed considerable expertise in aerospace medicine, preventive healthcare, medical evaluation, rehabilitation, lifestyle modification, and emergency medical care. She has helped formulate and review medical management plans, treated military personnel and

their families, and provided guidance on healthy living and injury prevention. At Manipal Hospital Electronic City, Bangalore, her professional experience also includes extensive work related to the health and fitness of military aircrew. She has assessed and supported aircrew medical needs and contributed to field projects focused on flight safety. Her interest in clinical research is reflected in her contributions to scientific publications on hyperbaric oxygen therapy in acute fracture healing, bone scintigraphy in assessing spinal injuries following aircraft accidents, biological age and lifestyle behaviours among Indian civil pilots, and surgical approaches to comminuted proximal humerus fractures. Her work has also included responsibilities with the Directorate General of Civil Aviation, where she served as Joint Director of Medical Services and was involved in licensing medical examinations and continued medical certification for civil aircrew. Dr. Gambhir has been recognised for her professional contribution, including the Best Station Medicare Centre award in 2012, received during her service as a Senior Medical Officer. She remains engaged with developments in medical care and evidence-based clinical practice, with an emphasis on comprehensive assessment and appropriate health management. Dr. Seema Gambhir brings together her experience in aerospace medicine and comprehensive health assessment, supporting patients through systematic evaluation and personalised medical guidance. Her approach encompasses preventive care, health education, lifestyle modification, rehabilitation, and assessment of individual medical needs. She communicates in English, Hindi, and Punjabi, helping patients and families understand their health concerns, evaluation findings, and recommended care with clarity, positioning her among the top preventive healthcare physicians in Electronic City, Bangalore.

Fellowship & Membership

- MBBS from Rajendra Medical College, Patiala in 1995

- MD (Aerospace Medicine) from Institute of Aerospace Medicine, Bengaluru in 2004
- Course on Flight Safety and Air Accident Investigations from Institute of Flight Safety, Palam, Delhi
- Membership : International Society of Aerospace medicine

Field of Expertise

- Formulated treatment plans for military personnel, treated them and their families.
- Provided education to the patients, family members, and the community on how to prevent injuries and live a healthy lifestyle while building sustained relations with them.
- Extended emotional support and assisted patients with the basic needs such as dietary intake, grooming, & personal hygiene.
- Took the ownership of caring the military aircrew for their fitness and medical needs.
- Executed field projects for improving flight safety needs and served as Medical Member for air accident investigations.
- Imparted education to resident doctors as faculty in Aerospace Medicine as Associate Professor.
- Worked towards the licensing medicals and continued medical certification of entire civil aircrew fleet of Indian Civil Aviation.
- Conducted several Air Craft Accident Investigation as medical member of the team.

Languages Spoken

- English
- Hindi
- Punjabi

Awards & Achievements

- Received the Best Station Medicare Centre Award as SMO in the Indian Air Force in 2012.

Talks & Publications

- Gambhir S, Kulshrestha V, Sood M, Sahu S: Does Hyperbaric Oxygen Therapy have a role in acute fracture healing - A Randomised Controlled Trial. Journal of Marine Medical Society. 2020 Jul 1;22(2):175.
- Vashisht VG, Pinto LJ, Gambhir S. - A Pilot Study of Bone Scintigraphy in the evaluation of spinal injuries in aircraft accidents Indian Journal of Aerospace Medicine, 2003 Mar 47 (1): 45-50.
- Pipraiya, R., Gambhir, S., Mohapatra, S. S., Dahiya, Y., Kumar, R., Murthy, H. M. K., Khukhar, D. K., Talukdar, D., Singh, N., Dinker, Y., & Suryakiran, P. (2026). Associative Modeling for Determination of Biological Age Based on Lifestyle Behaviors among Indian Civil PilotsJournal of Marine Medical Society https://doi.org/10.4103/jmms.jmms_138_25.
- Kumar, P., Kulshrestha, V., Prabhakara, A., Kulshrestha, S., Sood, M., Gambhir, S., & Maishan, I. (2026). Accurate Reduction, Strategic Grafting, and Pillar Reconstruction Using Orthogonal Plating: A Predictable Technique for Management of Comminuted Proximal Humerus Fractures. Journal of Marine Medical Society, 28(1), 83-88.