



DR. SHAAMA GHUNGROO

Consultant - Internal Medicine

Qualification

MBBS | MD Internal Medicine | Diploma in Lifestyle Medicine

Overview

Dr. Shaama Ghungroo is an experienced internal medicine specialist in Bangalore, practising as a Consultant - Internal Medicine at Manipal Hospital Jayanagar, Bangalore. She brings a well-rounded and academically enriched background to her clinical role, backed by a strong foundation in both internal medicine and medical education. Her practice caters to patients across the age spectrum, from adolescents to geriatric populations, through both outpatient and inpatient settings. She is a top Internal Medicine Doctor in Jayanagar. Beginning a medical career with an MBBS at Sri Devaraj Urs Medical College, Kolar, Dr. Shaama went on to pursue her MD - Internal Medicine from the same institution. Since then, she has served in numerous clinical capacities in consultant roles, associate consultancy, and medical registrar, where she handled ward rounds, managed acute cases, and counselled patients on disease management. She designed competency-based curricula, trained residents, and conducted didactic lectures, ECG interpretation workshops, journal clubs, and bedside clinical sessions. In her clinical practice, Dr. Shaama has gained broad exposure in diagnosing and managing a range of acute and chronic conditions such

as diabetes, hypertension, thyroid disorders, and infectious diseases. Currently pursuing a Post Graduate Diploma in Lifestyle Medicine from Christian Medical College, Vellore, her special interest in lifestyle-based approaches enhances her patient care with an emphasis on long-term wellness and disease prevention. Dr. Shaama also has experience as a Primary Physician during the COVID-19 pandemic, managing up to 15 patients per day in rural and resource-limited environments. Dr. Shaama remains actively engaged in clinical research and has presented papers at state and national conferences, including a third-prize-winning research presentation at ANVESHAN, organised by the Association of Indian Universities.- She has also authored multiple publications, including a hospital-based observational study on dengue fever and a genetic study on dengue susceptibility. Her conference attendance ranges from national-level internal medicine symposia to focused workshops on cardiology, neurology, and diabetes management. Dr. Shaama is known for her empathetic approach, strong clinical acumen, and commitment to continuous learning. She is proficient in English, Kannada, and Malayalam, with elementary proficiency in Hindi and Japanese. Her professional ethos rests on treating not just the disease but the person as a whole.

Field of Expertise

- Internal Medicine (Primary Field)
- Expertise in managing chronic conditions like diabetes, hypertension, thyroid disorders, infections, etc.
- Lifestyle Medicine (Postgraduate Diploma course in progress)
- Patient care for both inpatients and outpatients, including geriatric and adolescent patients

Languages Spoken

- English
- Kannada
- Malayalam

Awards & Achievements

- Gold Medalist in Pediatrics, Sri Devaraj Urs Academy of Higher Education and Research (March 2014)
- Third Prize for Best Paper Presentation at ANVESHAN (Student Research Convention), Association of Indian Universities (February 2018)
- Full-time academic role as Assistant Professor at The Oxford Medical College and Research Centre
- Mentorship and teaching in Internal Medicine for both undergraduate and postgraduate students
- Designed and implemented a competency-based undergraduate curriculum
- Conducted ECG workshops, small group discussions, and bedside teaching