

DR. BENIN RAJESH R. A

Consultant - Pulmonology, Critical Care & Sleep Medicine

Qualification

MBBS | MD-Internal Medicine (AIIMS, Delhi) | DM - Pulmonary, Critical Care & Sleep Medicine (AIIMS, Delhi) | SCE (MRCP-UK) – Respiratory Medicine | Fellowship in Sleep Medicine (ISDA) | International Sleep Disorders Specialist (World Sleep Society) | European Diploma in Adult Respiratory Medicine

Overview

Dr. Benin Rajesh R. A. is a highly skilled pulmonologist in Jayanagar, Bangalore. Currently practising as a Consultant – Pulmonology, Critical Care & Sleep Medicine at Manipal Hospital Jayanagar, Dr. Benin Rajesh brings advanced expertise in respiratory health, critical care, and sleep medicine to patient care. His exceptional academic and professional background reflects a rare combination of clinical depth, technical proficiency, and dedication to advancing pulmonary medicine in India. Dr. Rajesh completed his MBBS from the St. John’s Medical College, Bengaluru, followed by an MD in Internal Medicine and DM in Pulmonary, Critical Care & Sleep Medicine from the All India Institute of Medical Sciences (AIIMS), New Delhi. His academic excellence was further enhanced through internationally recognised credentials, including the SCE (MRCP-UK) in Respiratory Medicine, a Fellowship in Sleep Medicine (ISDA), and certification as an International Sleep Disorders Specialist by the World Sleep Society. At Manipal Hospital

Jayanagar, Dr. Rajesh's practice encompasses the comprehensive management of respiratory and sleep disorders, with a focus on Asthma, COPD, Interstitial Lung Disease (ILD), Lung Cancer, Sleep Apnea, Pulmonary Hypertension, and Tuberculosis (both drug-sensitive and drug-resistant forms). His additional training in Interventional Pulmonology enables him to perform complex diagnostic and therapeutic procedures such as bronchoscopy, endobronchial ultrasound (EBUS-TBNA), thoracoscopy, and pleural interventions with precision and safety. Dr. Rajesh's clinical work also includes evaluation for lung transplant candidacy, donor assessment, and post-transplant management, as well as polysomnography, titration studies, and actigraphy-based analysis. His interest in Sleep Medicine is particularly noteworthy. Having received specialised training in the diagnosis and management of Obstructive Sleep Apnea (OSA), Narcolepsy, Insomnia, Restless Legs Syndrome (RLS), and Circadian Rhythm Sleep Disorders, he brings a holistic understanding of sleep-related conditions and their interplay with respiratory and metabolic health. As a dedicated academician, Dr. Rajesh has contributed to the National EBUS Guidelines (2023), authored research papers in leading national and international journals, and served as faculty at major respiratory conferences such as the Conclave of Advanced Pulmonary Interventions (CAPI) 2024 and 2025. His holistic approach integrates patient education, preventive care, and multidisciplinary collaboration. Whether managing an acute respiratory failure case in the ICU or providing long-term therapy for chronic lung diseases, his care philosophy remains centred on empathy, precision, and sustained recovery. With his blend of clinical mastery, research experience, and global training, Dr. Benin Rajesh stands out as one of the best pulmonologists in Bangalore, trusted for his compassionate care, technical excellence, and unwavering dedication to improving respiratory and sleep health at Manipal Hospital Jayanagar.

Fellowship & Membership

- International Sleep Disorders Specialist (World Sleep Society)
- Thoracoscopy Certification – IAB (2024)
- Interventional Bronchoscopy – ERS, Germany (2024)
- Indian Chest Society
- European Respiratory Society (ERS)
- Indian Society for Sleep Research (ISSR)
- Indian Sleep Disorders Association (ISDA)

Field of Expertise

- Management of Asthma, COPD, and Interstitial Lung Disease (ILD).
- Sleep disorder evaluation (Sleep Apnea, Narcolepsy, Insomnia, RLS).
- Interventional Pulmonology (Bronchoscopy, EBUS-TBNA, Thoracoscopy).
- Lung cancer diagnosis and pleural interventions.
- Pulmonary hypertension and tuberculosis management.
- Lung transplant candidacy, donor assessment, and post-transplant care.
- Polysomnography, titration studies, and actigraphy analysis.

Languages Spoken

- Kannada
- Tamil
- Hindi
- Malayalam
- English

Awards & Achievements

- Faculty, CAPI 2024 & 2025; Contributor to National EBUS Guidelines 2023
- Speaker at National Conferences
- SCE (MRCP-UK) in Respiratory Medicine, Royal Colleges of Physicians, UK
- Fellowship in Sleep Medicine (ISDA), Indian Sleep Disorders Association
- International Sleep Disorders Specialist, World Sleep Society
- Thoracoscopy Certification, Indian Association for Bronchology (IAB) (2024)
- Interventional Bronchoscopy, European Respiratory Society (ERS), Germany (2024)
- Faculty, Conclave of Advanced Pulmonary Interventions (CAPI) 2024 & 2025
- Contributor, National EBUS Guidelines (2023)
- Invited Speaker across various national respiratory conferences

Talks & Publications

- UG & PG teaching (MD, DM Thesis, CCR, Journal Clubs)
- Contributed to the National EBUS Guidelines (2023)
- Authored research articles and papers published in leading national and international journals