

**DR. RASHMI T. N.**

Consultant - Obstetrics and Gynaecology

**Qualification**

MBBS | DNB Obstetrics & Gynaecology | DGO

## Overview

Dr. Rashmi T. N. is an experienced obstetrics and gynaecology specialist in Bangalore. She is currently practising as a Consultant in Obstetrics & Gynaecology at Manipal Hospitals, Kanakapura Road, Bangalore. With over 20+ years of experience in women's health and more than 14+ years as a specialist, Dr. Rashmi is deeply committed to providing comprehensive and compassionate care across all stages of a woman's life. Her expertise spans from adolescent reproductive health to high-risk obstetrics and menopausal care, making her a trusted partner for patients seeking holistic and evidence-based treatment. Dr. Rashmi completed her MBBS from JJM Medical College, Davanagere, where she learnt the basics of obstetrics and gynaecology. She further pursued Diploma in Gynecology and Obstetrics (DGO) and DNB, undergoing rigorous clinical training that sharpened her skills in managing both routine and complex cases. Over the years, she has cared for 1000s of women, including those with complex obstetric histories and high-risk pregnancies with hypertension, preeclampsia, gestational diabetes, multiple gestation, preterm birth, and intrauterine growth restriction. She has special

training in fetal medicine and is well-versed in conducting obstetric ultrasounds, which she integrates into routine antenatal assessments. Dr. Rashmi’s hands-on experience in managing a wide range of obstetric scenarios, including normal and assisted vaginal deliveries, cesarean sections, twin deliveries, and VBAC (vaginal birth after cesarean), positions her as a reliable expert in both low- and high-risk pregnancy care. She also handles obstetric emergencies like eclampsia and postpartum haemorrhage (PPH), always prioritising maternal and fetal safety. Dr. Rashmi offers management of perimenopausal and menopausal symptoms, infertility treatments, adolescent health issues, urogynaecology, and gynaecological oncology concerns. Her focus on preventive care includes gynaecological cancer screening and counselling, helping women stay informed and proactive about their reproductive health. Dr. Rashmi believes in patient-centred, ethical care and always tailors treatments based on the latest clinical guidelines. Her compassionate approach ensures that every woman feels heard, informed, and supported throughout her care. She encourages shared decision-making and educates patients about their choices, making complex information easy to understand. An active member of the Bangalore Society of Obstetrics and Gynaecology and the Federation of Obstetric and Gynaecological Societies of India, Dr. Rashmi regularly participates in academic events, conferences, and webinars. This commitment to continuous learning helps her stay aligned with global standards and innovations in women's healthcare. She is the most experienced OBG Specialist in Kanakapura Road, Bangalore. Outside of her medical practice, Dr. Rashmi integrates yoga and meditation into her daily routine and advocates for holistic well-being among her patients. Her belief in combining physical, emotional, and spiritual wellness contributes to her thoughtful and rounded approach to treatment. Dr. Rashmi speaks English, Hindi, and Kannada, which allows her to effectively connect with a diverse patient community.

## Fellowship & Membership

- Federation of obstetric and gynaecological societies of INDIA
- Bengaluru society of obstetrics and Gynaecology
- Life member of the INDIAN MEDICAL ASSOCIATION

## Field of Expertise

- Pre-pregnacy care
- Pregnancy care
- Obstetrics
- Natural birth
- High-risk pregnancy with medical disorders
- Gynaecological issues
- Reproductive health issues
- Infertility
- Perimenopausal and menopausal issues
- Gynaecological cancer screening and treatment

## Languages Spoken

- Kannada
- Hindi
- English

## Awards & Achievements

- Rank Holder SSLC, Meritorious Student

## Talks & Publications

- Poster presentation on the effectiveness of low-dose Magnesium sulphate in eclampsia.