

DR. VINDHYA N

Consultant - Pediatrics & Neonatology

Qualification

MBBS | MD (Paediatrics) | DrNB (Neonatology)

Overview

Dr. Vindhya N is a highly skilled paediatrician and neonatologist in Bangalore. She is currently practising as a Consultant – Paediatrics and Neonatology at Manipal Hospitals Millers Road, Bangalore, bringing over a decade of clinical expertise to the care of children and newborns, including high-risk neonates. With a strong academic background, extensive training in tertiary and quaternary care hospitals, and active contributions to clinical research, Dr. Vindhya has established herself as a trusted name in paediatric and neonatal medicine. Her medical journey began with an MBBS from the Karnataka Institute of Medical Sciences, Hubli, followed by an MD in Paediatrics from the prestigious Indira Gandhi Institute of Child Health, Bangalore. She further specialised in neonatology, completing her DrNB in the field at Manipal Hospitals, Old Airport Road, a renowned quaternary care centre in Bangalore. This diverse academic foundation was complemented by years of hands-on experience in managing both routine paediatric cases and highly complex neonatal conditions. Her training exposed her to all aspects of child health, including outpatient care, immunisation, paediatric subspecialties, and neonatal intensive

care, shaping her as a clinician with both breadth and depth of expertise. During her early years of practice at Indira Gandhi Institute of Child Health, Dr. Vindhya gained rich experience in handling a wide spectrum of paediatric cases, from common childhood illnesses to intensive care management of critically ill children. Her tenure at PES Institute of Medical Sciences and Research not only deepened her clinical practice but also allowed her to contribute to medical education by actively training undergraduate and postgraduate students. At Manipal Hospitals, Old Airport Road, she undertook rigorous training in neonatology, mastering advanced neonatal resuscitation techniques, functional echocardiography for haemodynamic monitoring, high-frequency ventilation, nitric oxide therapy, therapeutic hypothermia, and specialised care of extreme preterm infants. She also developed expertise in neonatal transport, parental counselling, and long-term follow-up of high-risk newborns. Her clinical skills span the full continuum of paediatric and neonatal care. From supporting new mothers with breastfeeding and lactation guidance to managing complex neonatal surgical and cardiac cases, she offers a holistic approach to child health. She is adept at using cutting-edge neonatal technologies such as amplitude EEG monitoring and lung ultrasound, while also emphasising evidence-based medicine and compassionate care. Her approach is not only about clinical precision but also about ensuring that parents feel supported and guided through the often overwhelming journey of caring for sick children and fragile newborns. Beyond her clinical work, Dr. Vindhya has made significant contributions to research and medical literature. She has presented papers at prestigious paediatric conferences and has published extensively in reputed journals such as the *Indian Journal of Paediatrics*, *Journal of Neonatology*, *IJNMR*, and *Journal of Clinical Neonatology*. Her studies have focused on critical aspects of neonatal care, including innovative approaches to respiratory management, hemodynamic monitoring, and early feeding practices for preterm babies. She is also the co-editor of the widely recognised *Neonatal

Compendium for NICU* (2025), which serves as a vital resource for medical professionals working in neonatal intensive care. As an active member of the Indian Medical Association (IMA), Indian Academy of Paediatrics (IAP), and National Neonatology Forum (NNF), Dr. Vindhya remains engaged with professional networks and quality improvement initiatives. Her career interests lie strongly in advancing neonatal care through research, training, and evidence-based practice, with a particular focus on quality improvement methodology to enhance outcomes for vulnerable infants. Known for her dedication, clinical acumen, and empathetic patient care, Dr. Vindhya combines the best of advanced medical training with a personalised, family-centred approach. Her ability to blend academic excellence, cutting-edge clinical practice, and genuine compassion makes her a leading paediatric and neonatal consultant in Bangalore, trusted by families for comprehensive and specialised care.

Fellowship & Membership

- Member of IMA
- IAP
- NNF

Field of Expertise

- Neonatal Intensive Care.
- High-risk Newborn Follow-up.
- Neonatal Transport.
- Lactation Support.
- Pediatric OPD & Immunisation.
- Quality Improvement Methodology.

Languages Spoken

- Kannada
- English
- Telugu
- Hindi

Awards & Achievements

- Co-editor for Neonatal Compendium for NICU (2025).

Talks & Publications

- Multiple papers in the Indian J Pediatr.
- Journal of Neonatology.
- IJNMR.
- J Clin Neonatol.