

DR. MAINAK MALHOTRA

HOD & Consultant – Internal Medicine

Qualification

MBBS | MD (MEDICINE)

Overview

Dr. Mainak Malhotra is a renowned consultant in the Department of Internal Medicine with over 25 years of overall clinical experience, establishing expertise in this field. He earned his MBBS degree from Calcutta University and completed his MD in General Medicine from West Bengal University of Health Sciences. He practices at Manipal Hospitals in Mukundapur, Kolkata, providing comprehensive and compassionate care to his patients. He is the best General Medicine Doctor in Kolkata. Dr. Malhotra joined the Medical Education Service, contributing extensively to medical education by teaching undergraduates and guiding postgraduate students. His commitment to improving clinical skills is evident through his involvement in establishing the first Medical Intensive Therapy Unit (ITU) at Calcutta National Medical College (CNMC). He actively participated in governmental health initiatives in and around Kolkata, such as the Dengue and Tuberculosis control programmes. He has provided inpatient and outpatient services in various leading corporate hospitals and nursing homes in and around the Kolkata area. Dr. Malhotra specialises in Internal Medicine with a keen interest in Infectious

Diseases and Rheumatology. He is known for his methodical approach to diagnosis and treatment, ensuring necessary investigations are conducted efficiently to reduce costs and expedite diagnosis. His practice is patient-centred, aiming to restore the lost trust and bond between doctors and patients, which is a cornerstone of effective medical care. Throughout his career, Dr. Malhotra has been an ardent advocate for the art of Clinical Medicine. He believes in the value of patient interaction and physical examination, which he feels should complement modern technological advances like robotics and AI to enhance clinical judgement and patient care. Dr. Malhotra's research contributions are notable, with publications in esteemed journals on various topics. His commitment to continuous learning is demonstrated by his active participation in seminars and workshops to refine his clinical skills. During the COVID-19 pandemic, Dr. Malhotra stood out as a dedicated frontline worker. He bravely confronted the challenges of the pandemic, providing care both in-person and remotely, and takes pride in the thousands of patients he has helped recover during this global crisis. Dr. Malhotra's commitment to empathy, honesty, and patient well-being has earned him the status of a renowned Internal Medicine specialist, well-trusted by his patients for his excellent service

Field of Expertise

- Expertise in Internal Medicine, diagnosing and treating complex medical conditions, and providing comprehensive patient care for a wide range of adult health issues.
- Proficiency in treating infectious diseases and offering specialised care and management for patients dealing with infections.
- Skilled in Rheumatology, treating patients with autoimmune and inflammatory diseases affecting the joints and muscles, and improving the quality of life for patients with chronic rheumatologic conditions.

Languages Spoken

- Hindi
- English
- Bengali

Talks & Publications

- Ghosh Soumitra, Sinha Ramanuj, Malhotra Mainak: Onceogenous Osteomalacia, JCRT, 2009, September, July, Volume 5, Issue 3
- Saha Kaushik, Saha Dipa, Malhotra Mainak, Karmakar Kanai Lal: A Case of Progressive Myoclonic Epilepsy of Lafora Type, IMJ, June 2009, Volume 103, No. 6, pp. 206-207
- Saha Kaushik, Saha Dipa, Malhotra Mainak, Karmakar Kanai Lal: Case of Multiple Myeloma Associated Amyloidosis of Liver Manifesting as Fulminant Hepatic Failure
- Das Sukdeb, Ghosh Kartick Chandra, Malhotra Mainak, et al.: Short Term Mortality Predictors in Acute Stroke, Annals of Neurosciences, April 2012, Volume 19, Number 2