

DR. MALA SIBAL

Consultant - Fetal Medicine

Qualification

MBBS | DGO | DNB (OBG)

Overview

Dr. Mala Sibal is a Fetal Medicine Consultant working in Bangalore. She is associated with the Manipal Hospitals at Old Airport Road in Bangalore. She is highly educated with various medical degrees like MBBS, DGO, and DNB. She is experienced for more than 25 years in the field of gynaecology and ultrasound. She has been working with Manipal Hospitals since 2002. Dr. Sibal is an MBBS graduate of the Jawaharlal Nehru Medical College in Belgaum. She graduated in 1987 and pursued DGO from St John's Medical College in Bangalore in 1991. She appeared for the Post Graduate DNB Exams in Obstetrics and Gynaecology 1997. She took the training in ultrasound from Diwakar Hospital in Bangalore. She won the 'Best Outgoing Girl' award during her MBBS years. She also stood first in the subject of Gynaecology during her college time. Dr. Mala has worked internationally as well. She was a Gynaecologist in Ahwaz, Iran, for three years at the National Iranian Oil Company hospital. She is the only Indian investigator in ongoing International Ovarian Tumour Analysis research studies. She is the Principal Investigator of the team. She is a part of the International Society of Ultrasound in Obstetrics and Gynaecology. She also works as the International Faculty for the Society for training doctors in gynaecological ultrasound. Dr. Mala is the best perinatologist in Bangalore. Dr. Mala wrote a book named 'Ultrasound in Gynaecology-

An Atlas and Guide' in 2017, which currently has over 38,000 downloads and was well-received by experts. Her article titled 'Gel Sonovaginography: A New Way of Evaluating a Variety of Local Vaginal and Cervical Disorders' was published in the American Institute of Ultrasound in Medicine journal. She has also participated in training and workshops for doctors since 2005. The IOTA group has authorised her to conduct certificate courses in 2018. She has conducted workshops more than 22 times in different cities. More than 1600 doctors have been a part of her courses, and 60% have passed successfully. She is IOTA's Ambassador for India and Asia. Besides fetal medicine, Dr. Mala is an expert in ultrasound, gynaecology, and obstetric ultrasound. In her career, she has performed fetal invasive procedures like fetal reduction, amniocentesis, CVS, and cordocentesis. She has also successfully done ultrasound-guided procedures like cyst aspirations and tru-cut biopsy. Dr. Mala has been to many international conferences as a speaker. She has given over 350 guest lectures in 44 cities and 13 countries. She is the Course Director and Faculty at 'Gynaecology Academy', an online portal for the skill enhancement of gynaecologists. She is a member of MUSK (Medical Ultrasound Society of Karnataka) and the Society of Fetal Medicine in India. She can speak Persian apart from Kannada, English, and Hindi.

Fellowship & Membership

- Principal investigator (and the only investigator from India) for the ongoing IOTA (International Ovarian Tumor Analysis) research studies.
- ISUOG International Society of Ultrasound in Obstetrics & Gynaecology
- MUSK Medical Ultrasound Society of Karnataka.
- Society of Fetal Medicine, India
- Bangalore Society of Obstetrics & Gynaecology and Federation of the Obstetric and Gynaecological Society of India

Field of Expertise

- Obstetric Ultrasound & Fetal Medicine.
- Ultrasound in Gynaecology and Gynaec-oncology
- Fetal invasive procedures (CVS, Amniocentesis, Cordocentesis, Fetal Reduction, etc).
- Gynaecological Ultrasound-guided procedures Cyst aspirations, Tru-cut Biopsy etc
- Involved in Training & Workshops for Gynaecological Ultrasound.

Languages Spoken

- English
- Hindi
- Kannada
- Persian

Awards & Achievements

- International Faculty for ISUOG (International Society for Obstetrics and Gynaecology) for training doctors internationally on Gyn Ultrasound
- IOTA Ambassador for conducting IOTA Certification Courses both National and International. (IOTA - International Ovarian Tumor Analysis)
- Stood first in Gynaecology in MBBS
- Awarded "Best Outgoing Girl Student" in MBBS.

Talks & Publications

- Author of the book "Ultrasound in Gynaecology: An Atlas and Guide" published by Springer in Nov 2017.
- Authored articles in American Journal JUM (Journal of Ultrasound in Medicine) on a new sign for early diagnosis of ovarian torsion and a new technique of Sonography - Gel Sonovaginography.
- Articles in UOG Journal (Journal of the International Society of Obstetrics and Gynaecology) on Gynaecological Ultrasound.
- Course director at Gynaecology Academy (www.gynac.org), an online learning portal for basic and advanced training in Gynaecological ultrasound.
- Several presentations at National and International conferences, on OBG ultrasound (primarily on Gynaecological Ultrasound)