



DR. SITA RAJAN

Senior Consultant - Obstetrics and Gynecology

Qualification

MD (Obstetrics & Gynaecology)

Overview

Dr. Sita Rajan is an accomplished obstetrician and gynaecologist in Bengaluru with over three decades of clinical experience in women's health. She is currently practising as a Senior Consultant, Obstetrics and Gynaecology at Manipal Hospital Varthur Road, Whitefield, with focused expertise in high-risk obstetrics, laparoscopic surgery, and vaginal surgical procedures. She completed her MBBS from Topiwala National Medical College, Bombay, followed by an MD in Obstetrics and Gynaecology from the same institution, securing a first attempt in both degrees. She also qualified in the ECFMG examination conducted by the Educational Commission for Foreign Medical Graduates, USA. Her early training in large tertiary hospitals such as BYL Nair Hospital and K.B. Bhabha Hospital in Mumbai involved managing antenatal and gynaecology outpatient services, performing routine and emergency surgical procedures independently, and handling infertility cases. This exposure laid a strong foundation in both obstetric emergencies and complex gynaecological conditions. Over the course of her career, Dr. Sita Rajan has independently managed high-volume obstetric and gynaecology practices, including high-risk pregnancies that require

Careful monitoring and timely intervention. High-risk obstetrics involves managing conditions such as hypertensive disorders of pregnancy, gestational complications, and medically complex pregnancies, where multidisciplinary coordination becomes essential. Her sustained involvement in such cases has established her as one of the best gynaecologists in Varthur Road, Whitefield, particularly in high-risk pregnancy care and complex obstetric management. Her surgical expertise includes hysterectomy, laparoscopic procedures, vaginal surgeries, ovarian cyst removal, fibroid management, and general gynaecological surgeries. Laparoscopic and minimally invasive techniques demand anatomical precision and careful case selection, especially in reproductive-age women, where fertility preservation may be a consideration. She has also managed infertility patients and conducted both routine and emergency obstetric surgeries throughout her career. Beyond clinical practice, Dr. Sita Rajan has been actively involved in academic and administrative responsibilities. She has conducted theory and practical training for MBBS students, DNB candidates, and nursing students. She has played a key role in planning and setting up the Obstetrics and Gynaecology department, along with organising departmental and inter-departmental clinical meetings. She has been a member of the Bangalore Society of Obstetrics and Gynaecology since 1989. Her public health engagement includes conducting educational television programmes in local languages on women's health topics ranging from puberty to menopause, along with workplace-based awareness sessions and screening camps.

Field of Expertise

- Hysterectomy, high-risk pregnancy management, infertility, fibroids, vulvar disorders, ovarian Cysts removal and general gynecology surgeries.

Talks & Publications

- Not many fancied 22-02-2022 for childbirth - Dr. Sita Rajan, Senior Consultant Obstetrics and Gynecology, Manipal Hospital Vartur Road. [Click Here](#)
- Misuse of Caesarean - Dr. Sita Rajan, Consultant - Obstetrics and Gynecology, Manipal Hospital Varthur Road. [Click Here](#)
- Dr. Sita Rajan and Dr. Anand Patil on Manipal Hospital saves the life of a pregnant woman and delivered a preterm baby who met with a severe road accident | Medgate Today. [Click Here](#)