



DR. PRACHI KATHURIA GERA

Consultant - Clinical Lactation

Qualification

Advanced Lactation Professional Certification | BDS | Certification in Child Nutrition | Clinical Lactation Internship

Overview

Dr. Prachi Kathuria Gera is an experienced Lactation Consultant in Varthur Road, Bengaluru, with over 6 years of specialised experience in supporting breastfeeding mothers and families. She is currently practising as a Consultant - Clinical Lactation at Manipal Hospital, Varthur Road. Her core areas of expertise include breastfeeding counselling, lactation management, antenatal breastfeeding education, and infant nutrition guidance, with a strong focus on providing compassionate, evidence-based support to help mothers achieve their breastfeeding goals and overcome feeding challenges. Dr. Prachi completed her Bachelor of Dental Surgery (BDS) from Sudha Rustagi College of Dental Sciences, MDU Rohtak, and later specialised in maternal and infant nutrition and lactation care. She holds an Advanced Lactation Professional Certification from Begin Ed India and has completed her Clinical Lactation Internship at BLK Hospital, New Delhi, where she gained structured training in breastfeeding management and maternal-infant care. She also holds a Certification in Child and Maternal Nutrition, further strengthening her expertise in infant feeding and early childhood nutrition. Over the course of her

professional journey, Dr. Prachi has worked closely with pregnant women, new mothers, and families to address a wide range of breastfeeding concerns. Her areas of expertise include managing low milk supply, addressing breast engorgement and mastitis, supporting breastfeeding for premature or NICU babies, antenatal breastfeeding preparation, pumping challenges, re-lactation, gentle weaning, and balancing breastfeeding with work commitments. She also provides personalised counselling and structured breastfeeding education sessions, helping mothers develop confidence and practical skills for successful breastfeeding. As one of the best lactation consultants in Varthur Road, Dr. Prachi has extensive experience providing holistic lactation care through both clinical consultations and educational workshops. She has assisted thousands of mothers dealing with lactation-related concerns, including feeding difficulties following caesarean deliveries, latch problems, milk supply concerns, and breastfeeding complications. She works collaboratively with paediatricians, gynaecologists, paediatric dentists, and child physiotherapists to ensure comprehensive care for both mother and baby. Earlier in her career, Dr. Prachi also contributed to clinical research initiatives between 2013 and 2019. This academic experience strengthened her ability to interpret medical evidence and apply research-driven practices in maternal and child healthcare. She is also a Member of the Action Committee at the All India Association of Lactation Professionals, contributing to professional collaboration and advocacy for improved breastfeeding support in India. Fluent in English and Hindi, Dr. Prachi is known for her empathetic and patient-centred approach, ensuring that mothers feel supported and informed during every stage of their breastfeeding journey. With her combination of clinical training, maternal nutrition expertise, and community education initiatives, she continues to support families with practical, evidence-based lactation guidance.

Fellowship & Membership

- Worked at Research Officer at AIIMS, New Delhi (2012 – 2018)
- Member of the Action Committee at the All India Association of Lactation Professionals

Field of Expertise

- Providing Holistic Support To Breastfeeding Moms
- Managing Various Breastfeeding Issues With Evidence-based Information
- Managing Low Milk Supply Issues
- Dealing With Engorgement/Mastitis
- Breastfeeding Premature Babies/Babies In NICU
- Antenatal Breastfeeding Sessions
- Weaning Off The Baby Through Gentle Methods
- Managing Work And Breastfeeding
- Managing Pumping Difficulties
- Relactation

Languages Spoken

- English
- Hindi