

DR. MEENAKSHI KALYAN

Consultant - Internal Medicine

Qualification

MD General Medicine

Overview

Dr. Meenakshi Kalyan is a highly accomplished internal medicine specialist in Bangalore, currently practising as a Consultant - Internal Medicine at Manipal Hospital Whitefield. With over 15 years of clinical experience, she is recognised for her expertise in managing complex medical conditions such as diabetes, hypertension, obesity, geriatric care, rheumatological diseases, and adult immunisations. As one of the best internal medicine doctors in Whitefield, Dr. Kalyan has a passion for academic research and has made significant contributions to internal medicine through her numerous publications and conference presentations. She is the foremost Internal Medicine Specialist in Whitefield, Bangalore. Beginning her career with an MBBS from Santosh Medical College, Dr. Meenakshi Kalyan further pursued her MD - General Medicine from Padmashree Dr. D Y Patil Medical College. She has since worked in several esteemed medical institutions, including the roles of Assistant and Associate Professor, and PG Guide at Dr. D Y Patil Medical College. Dr. Kalyan’s clinical experience is vast and varied. Her dedication to improving patient outcomes has been evident throughout her career, especially in her work with geriatric patients

and in outpatient diabetes care. Dr. Meenakshi Kalyan has contributed significantly to public health by participating in national conferences and leading educational workshops. She has been a frequent speaker and chairperson at various medical conferences, including the International Diabetes Summit. She is an active member of renowned medical organisations, including the Association of Physicians of India (API), the Research Society for the Study of Diabetes in India (RSSDI), and the Indian Academy of Geriatrics. Over the years, Dr. Kalyan has received several accolades for her research contributions, including the International Best Researcher Award in Internal Medicine and Rheumatology for her groundbreaking paper on "Anti-ds DNA Negative Lupus Nephritis with Secondary Sjogren's Syndrome" at the International Society for Scientific Network Awards in 2023. She was also honoured with the International Brilliance Award by the Hypedge group for her exceptional work in internal medicine. In addition to her clinical and academic roles, Dr. Kalyan has mentored postgraduate students and guided research projects funded by the Indian Council of Medical Research (ICMR). Her unwavering dedication to patient care, combined with her academic prowess, has established her as a top internal medicine doctor in Bangalore.

Fellowship & Membership

- Fellowship in Diabetes by Medvarsity & Apollo Hospitals Educational and Research Foundation
- Hyderabad Accredited Royal Liverpool Academy, United Kingdom
- Member of the Association of Physicians of India
- Member of RSSDI
- Member of the Indian Academy of Geriatrics

Field of Expertise

- Over the last 15 years, she has the field expertise in
- Management of Diabetes
- Hypertension
- Obesity
- Geriatric care
- Rheumatological disease
- Infections
- Adult immunisations
- Academic research.

Languages Spoken

- English
- Hindi
- Tamil
- Kannada
- Marathi

Awards & Achievements

- The International Society for Scientific Network Awards 2023: International research awards and congress for the paper titled: Anti ds DNA negative lupus nephritis with secondary Sjogren's syndrome
- International Brilliance Award 2024 (Hypedge Group)

Talks & Publications

- Risk of silent coronary artery disease in type 2 diabetes mellitus at International Diabetes Summit March 2019,

Chellaram Diabetes Institute

- Symposium: Outpatient diabetes care: An update for the Physician
- Obesity, type 2 diabetes and unusual comorbidities at International diabetes summit March 2022, Chellaram Diabetes Institute, Pune
- PHARMAQUEST 2022 Vydehi Institute of Medical Science and Research Centre: Hospital perspective in medication safety
- Indian Society of Clinical Research 2023: from Theory to Practice: Real World Evidence Studies - perspective from Investigations and Academia
- Indian Society of clinical research 2021 : COVID-19 vaccine ADR monitoring: collaboration among various stakeholders
- RSSDI Research retreat April 2024: Obesity and its link to undiagnosed diabetes mellitus and hypertension in rural parts of western India
- Several publications at the national level