

DR. KAVITHA BHAT

Consultant - Pediatric Endocrinology

Qualification

MBBS | MD in Paediatrics | Fellowship in Paediatric Endocrinology & Diabetes

Overview

Dr. Kavitha Bhat is a highly regarded paediatric endocrinologist in Whitefield, Bangalore, currently practising as the Consultant - Paediatric Endocrinology at Manipal Hospital Whitefield. With over 24 years of experience in providing specialised care to children with hormonal disorders and diabetes, Dr. Kavitha leads a dedicated team of pediatric endocrinologists and fellows who deliver high-quality, patient-centred services across Bengaluru. As one of India’s earliest fellowship-trained pediatric endocrinologists, she has been a foundational figure in establishing and elevating this speciality nationwide. Dr. Kavitha Bhat plays a pivotal role in delivering comprehensive endocrine care across the entire pediatric age spectrum. Trained in Paediatrics for her MD, Dr. Bhat further earned a Fellowship in Pediatric Endocrinology and Diabetes from the Louisiana State University School of Medicine, USA, providing her with a rigorous international perspective on pediatric care. What sets Dr. Bhat apart is her commitment to High Reliability Care. Having completed her MS in Clinical Service Operations from Harvard Medical School in 2023, she integrates clinical excellence with operational intelligence. Throughout

her distinguished career, Dr. Bhat has been a pioneer in developing specialized clinical infrastructure. She routinely manages complex conditions such as Turner Syndrome, Prader-Willi Syndrome, and Type 1 Diabetes, ensuring patients with rare genetic endocrine syndromes to get holistic, coordinated care under one roof. Her clinical interests spans growth and puberty disorders, obesity, neuroendocrinology, and bone health, specifically managing conditions like Osteogenesis imperfecta and rickets. At Manipal Hospital Whitefield, Dr. Kavitha doesn’t merely treat individual patients; she designs robust systems focused on safety, efficiency, and data-driven outcomes. Her philosophy shifts the focus from simple case management to the strategic management of capacity, demand, and throughput, ensuring that every child receives timely and reliable care within a high-functioning medical ecosystem. Whether treating babies with disorders of genital development or managing the endocrine sequelae of cancer survivors, her approach remains rooted in the belief that pediatric care must be both scientifically precise and systematically sound. As a passionate educator and former Program Director for the RGUHS-affiliated Pediatric Endocrinology Fellowship, Dr. Bhat has mentored a generation of specialists, ensuring the growth of the field. Her research output and publications in national and international journals reflect long-standing academic engagement, with work spanning thyroid disorders, genetic diabetes, Prader-Willi syndrome, and rare endocrine presentations. Her leadership is further evident in her role leading a team of pediatric endocrinologists and fellows to deliver high-quality, patient-centered services across Bengaluru. Fluent in English, Hindi, and Kannada, Dr. Bhat is recognized for a calm, structured communication style that makes her a trusted name and one of the top pediatric endocrinologists in Whitefield, Bangalore. Families and colleagues alike value her ability to translate complex endocrine science into understandable, actionable guidance.

Field of Expertise

- Paediatric & Adolescent Diabetes.
- Short Stature & Growth hormone therapy.
- Early and late puberty.
- Obesity in children and teenagers.
- Disorders in genital development: babies born with abnormal genitalia, undescended testes, micropenis.
- Paediatric Bone health: bones that break or bend easily including Osteogenesis imperfecta, rickets, osteoporosis, other varieties of metabolic bone diseases seen in kidney diseases, Prematurity, hypogonadism , steroid treatment.
- Endocrine sequelae of cancer treatment.
- Pituitary, thyroid, adrenal, gonadal disorders.
- Precocious & Delayed puberty.
- Endocrine disorders in syndromic disorders.

Languages Spoken

- English
- Hindi
- Kannada

Talks & Publications

- Bhat NK, et al. ‘Thyrotropin Receptor Antibodies in Breast Milk’. The Endocrinologist, vol. 9, no. 1, Feb. 1999, p. 65. journals.lww.com, https://journals.lww.com/theendocrinologist/Abstract/1999/01000/Thyrotropin_Receptor_Antibodies_in_Breast_Milk.13.aspx.
- Jeevarathnam D, Shaila Shamanur Bhattacharyya SS, Bhat NK. Hyperthyroidism in children: A report of 6 cases with follow-up January 2015. Thyroid Research and Practice 12(1):35

DOI:10.4103/0973-0354.147292.

- Shetty S, Bhat NK. Ulnar Mammary Syndrome –a case report (abstarct P2-211) European Society for Paediatric Endocrinology (ESPE): 58th Annual Meeting, Vienna, September 2019: Abstracts. S. Karger AG, 2019. DOI.org (Crossref), https://doi.org/10.1159/isbn.978-3-318-06601-2.
- Bhat K, Reddy MM, Bhat SG, Senapati A. Toddler with maturity onset diabetes of the young (MODY) type 4 (abstract P1-1216) 10th Individual Abstracts for International Meeting of Pediatric Endocrinology: Free Communication and Poster Sessions, Abstracts'. Hormone Research in Paediatrics, vol. 88, no. 1, 2017, pp. 1–628. DOI.org (Crossref), https://doi.org/10.1159/000481424.
- Upadhaya N, Srivastava A, Prabhath V, Bhat NK. PWS multidisciplinary clinic at a tertiary care center in Southern India- challenges and outcome of our maiden experience. Oral presentation at: 2022 PWS Research Symposium conference abstarcts; September 30, 2022; Chicago, IL.
- Srivastava A, Bhat NK. Case series of maturity onset diabetes of the young. (abstract P266) 'Poster Abstracts 48th Annual ISPAD Conference 2022'. Pediatric Diabetes, vol. 23, no. S31, Oct. 2022, pp. 44–178.
- Muralikrishnan, J., & Bhat, N. K. (2023). Needs assessment survey to study the knowledge of parents of children with Prader-Willi Syndrome in a tertiary care centre in southern India. In FPWR 2023 PWS Research Symposium Abstract Booklet (pp. 38).
- Muralikrishnan, J., Bhat, N. K., Ginigeri, C., Upadhya, N., Sastry, S., Dokania, S., Ganapathy, M., & Prabhath, V. (2024). Understanding Prader-Willi Syndrome: A guide for parents and caregivers [PDF booklet]. Aster CMI Hospital, Bangalore.