



DR. NAMRATHA UPADHYA P Y

Consultant - Paediatric Endocrinology

Qualification

MBBS | MD (Paediatrics) | MRCPCH | FRGUHS (Fellowship in Paediatric & Adolescent endocrinology)

Overview

Dr. Namratha Upadhyaya P Y is a highly skilled paediatric endocrinologist in Yeshwanthpur Bangalore. She is currently practising as a Consultant – Paediatric Endocrinology at Manipal Hospital Yeshwanthpur, Bangalore, bringing over 13+ years of combined clinical and academic experience, including more than 6+ years of specialised expertise in paediatric and adolescent endocrinology, to the care of infants, children, and adolescents with complex hormonal and metabolic conditions. Dr. Namratha completed her MBBS from M.S. Ramaiah Medical College, Bengaluru, followed by an MD - Paediatrics from Goa Medical College. Driven by a keen interest in hormonal and growth-related disorders, she pursued a Fellowship in Paediatric and Adolescent Endocrinology from the Indira Gandhi Institute of Child Health, Bengaluru. She further strengthened her credentials by earning the MRCPCH from the Royal College of Paediatrics and Child Health, reflecting adherence to internationally benchmarked standards of paediatric care. Dr. Namratha is widely regarded for her calm clinical judgement, evidence-based decision-making, and deeply empathetic, family-centred approach to care. Her practice focuses on

understanding not only the medical condition but also the emotional, developmental, and psychosocial impact endocrine disorders can have on growing children and their families. This holistic perspective has earned her recognition as one of the best paediatric endocrinologists in Yeshwanthpur, particularly for managing chronic and lifelong endocrine conditions that require long-term follow-up and partnership with families. At Manipal Hospital Yeshwanthpur, Dr. Namratha manages children and adolescents with Type 1 diabetes, growth disorders, pubertal concerns, thyroid diseases, calcium and bone disorders, obesity, metabolic syndrome, and complex endocrine conditions linked to chronic illness. She is particularly proficient in modern diabetes care, including continuous glucose monitoring systems and insulin pump therapy, enabling children with diabetes to achieve better metabolic control while maintaining a good quality of life. Her approach emphasises education, self-management skills, and gradual transition of adolescents into independent disease management. In addition to her clinical responsibilities, Dr. Namratha has an extensive academic background. She has previously served as an Assistant Professor in Paediatrics at Ramaiah Medical College for six years, where she was actively involved in undergraduate and postgraduate teaching, mentoring, curriculum development, and clinical audits. She continues to contribute to medical education through invited talks, continuing medical education programs, and training modules for nurses and allied healthcare professionals. Her research work includes peer-reviewed publications in national journals and contributions to textbook chapters, reflecting her commitment to advancing paediatric endocrine knowledge. What truly distinguishes Dr. Namratha is her ability to explain diagnoses, treatment options, and long-term expectations in a manner that parents and children can understand and trust. Families value her ability to address concerns with patience and clarity, especially when dealing with chronic conditions that evolve over time. Her practice philosophy is rooted in continuity of care, preventive endocrinology, and empowering families through knowledge and

shared decision-making. With her blend of clinical expertise, academic rigour, and compassionate care, Dr. Namratha continues to be recognised as one of the best paediatric endocrinologists in Yeshwanthpur, offering specialised endocrine care that supports healthy growth, development, and long-term wellbeing for children and adolescents.

Field of Expertise

- Paediatric Diabetes: Type 1 diabetes management, insulin pump therapy, continuous glucose monitoring (CGM).
- Growth Disorders: Short stature, growth hormone deficiency, and constitutional growth delay.
- Pubertal Disorders: Early or delayed puberty, pubertal disorders in chronic illness, and PCOS in adolescents.
- Thyroid Disorders: Congenital and acquired hypothyroidism, hyperthyroidism, autoimmune thyroid disease.
- Childhood Obesity and Metabolic Syndrome: Comprehensive assessment and multidisciplinary care.
- Calcium & Bone Disorders: Rickets, hypocalcemia, and other bone health concerns.
- Disorders of Sex Development (DSD): Evaluation and long-term management of ambiguous genitalia.
- Endocrine Emergencies: DKA, hypoglycemia, and electrolyte disturbances.
- Endocrine Oncology: Hormonal management in craniopharyngioma, thyroid, and adrenal tumours.

Languages Spoken

- Kannada
- English

- Hindi

Awards & Achievements

- Co-organised Multidisciplinary clinics for children with Prader-Willi Syndrome (PWS).
- Recipient of Travel grant for oral presentation at FPWR Research Symposium at Chicago, USA (2022).
- Organizing secretary- PWS Scientific & Family Conference, 2023, Bengaluru.