



DR. JYOTI KALA

Consultant - Obstetrics and Gynecology

Qualification

MBBS | MS (Obstetrics and Gynecology) | MRCOG (PART 1)

Overview

Dr. Jyoti Kala is one of the best Obstetrics and Gynaecology consultants at Manipal Hospitals on Sarjapur Road in Bengaluru. She possesses extensive experience treating obstetric crises such as preterm labour, gestational diabetes, hypertension during pregnancy, and other high-risk pregnancies. She is renowned for accurately treating various gynaecological conditions in female patients, including endometriosis, polycystic ovarian disease (POD), irregular uterine bleeding, fibroids, and other fertility issues. She has specialised in various gynaecological surgeries throughout her 14-year career, including total abdominal and vaginal hysterectomy, emergency surgery due to ruptured ectopic pregnancy, and other laparoscopic and hysteroscopic procedures. Her obstetric patients prefer her since she strongly supports vaginal birth. No wonder she has positioned herself as one of the best gynecologists in Sarjapur Road. She has a wealth of experience doing normal vaginal births, caesarean deliveries, and vaginal births after caesareans (VBAC). She also trained paramedical and nursing staff from surrounding hospitals during her association with Pathfinder International as a trainer under the Raksha project for the Trainers Programme on Continuum of Care for Postpartum Haemorrhage from September 2009 to January 2010 at Udaipur in Rajasthan. She trained them on the same topic of postpartum haemorrhage. Her association with this project helped save lots of lives in the future. She graduated with MBBS from Maulana Azad Medical College & Associated Hospitals. Dr. Jyoti Kala completed her MS in Obstetrics and Gynaecology from Rabindra Nath Tagore Medical College, Udaipur. She was attached clinically and trained with National University Hospitals Singapore and Partway Fertility Centre, Mt Elizabeth Hospitals, Singapore. She has taken part in several publications and seminars. She had co-authored an essay with Dr Madhubala Chauhan on the relationship between dysmenorrhea and body mass index in rural versus urban variation that was published in the year 2012 July- August issue of The Journal of Obstetrics and Gynaecology of India. They discussed the connection between adolescents' body mass index (BMI) and dysmenorrhea frequency and the effects of socio-demographic variables, particularly between rural and urban areas. In the event ADVANCES 2015, the XVIth Annual International Congress of Trivandrum OBGYN Club, she discussed her views on conservatively managing Preterm Premature Rupture of Membranes (PPROM) for 72 days. Additionally, she wrote a blog post regarding cervical cancer awareness for the Manipal Hospitals website. Her fluency in English, Hindi, Malayalam and Kannada gives her an added advantage while interacting with patients from various backgrounds. She is devoted to her career and receives periodic training on skill enhancement and orientations to various new advances to stay current on best practices for her patients. She adheres to evidence-based management and provides patient care following international and national laws and regulations.

Field of Expertise

- High Risk Pregnancy care (including gestational Diabetes, hypertensive disorders of pregnancy, preterm

- delivery, Obstetric emergencies),
- Treatment of gynecological disorders in women (Abnormal Uterine bleeding, Fibroids, Polycystic ovarian Disease, Endometriosis, Infertility)
- Gynecological surgeries in women,(Total abdominal hysterectomy, vaginal hysterectomy)
- Emergency surgeries for postpartum haemorrhage and ruptured ectopic pregnancy
- Laparoscopy and hysteroscopy procedures.

Languages Spoken

- English
- Hindi
- Malayalam
- Kannada

Awards & Achievements

- Has over 14 years of experience in management of complex obstetric and gynecological cases and procedures.
- Has vast experience in conducting normal vaginal deliveries and high risk pregnancies , Cesarean delivery and Vaginal Birth after cesarean (VBAC).
- Was a trainer in Training of Trainers Programme on Continuum of Care for Postpartum Haemorrhage under Raksha project by Pathfinder International from September 2009 to January 2010 at Udaipur, Rajasthan and trained paramedical and nursing staff from the peripheral hospitals for the same.

Talks & Publications

- Madhubala Chauhan and Jyoti Kala. Relation between dysmenorrhea and body mass index in adolescents with rural versus urban variation.
- The Journal of Obstetrics and Gynecology of India (July-August 2012) 62(4):442-445.
- Jyoti Kala. Conservative management of PPROM for 72 days. ADVANCES 2015, XVIth Annual International Congress of Trivandrum OBGYN Club.
- Manipal Hospitals Sarjapur: Dr. Jyoti Kala on Myth or fact: Mangoes are Safe to Eat During Pregnancy | The Indian Express. [Click Here](#)
- Manipal Hospitals Sarjapur: Dr. Jyothi Kala on Tips for Healthy Pregnancy | So South. [Click Here](#)