

DR. NAMITA KAPOOR SAHGAL

Senior Consultant Obstetrics & Gynaecology

Qualification

MBBS | MD

Overview

Dr. Namita Kapoor Sahgal is a highly renowned OBG specialist in Bangalore. She is currently practising as a Consultant - Gynaecologist & Obstetrician at Manipal Hospital Varthur Road, Bangalore. With over two decades of experience, she has conducted more than 1000 successful deliveries, ranging from normal births to high-risk emergency caesarean sections and complex surgeries. Her deep commitment to compassionate, patient-focused care has earned her the trust of generations of women navigating every reproductive and hormonal health phase. Dr. Namita's clinical expertise spans the full spectrum of women's health. She is proficient in instrumental vaginal births, caesarean sections, medical termination of pregnancy, and management of ectopic pregnancies. Her surgical skill set includes laparoscopic and hysteroscopic procedures for fibroids and polyps, laparoscopic sterilisation, and hysterectomies. In addition to operative interventions, she is deeply experienced in the non-surgical management of abnormal uterine bleeding and infertility. Her integrated approach ensures accuracy in diagnosis and individualised treatment pathways tailored to a woman's age, health goals, and medical history. If you are looking for a leading Gynecologist, Bangalore, you should visit Manipal Hospitals. Beyond obstetrics and general gynaecology, Dr. Namita is passionate about addressing the often overlooked health needs of women in the peri and post-menopausal phases. She offers specialised care focused on alleviating menopausal symptoms, preventing osteoporosis, managing urogenital issues, and reducing long-term cardiovascular risks. Her comprehensive, holistic perspective aims to improve the quality of life and empower women with proactive health solutions. She holds an MBBS and an MD in Obstetrics and gynaecology and has also earned her Credentialed IMS Menopause Practitioner (CIMP) certification, which underscores her advanced expertise in menopausal health. Dr. Namita is an active member of the Federation of Obstetric and Gynaecological Societies of India (FOGSI) and the Indian Menopause Society (IMS) and has undergone specialised training in infertility management. These credentials reflect her dedication to staying at the forefront of medical advancements and her unwavering commitment to evidence-based care. Dr. Namita's professional journey includes over a decade of experience in Bangalore, where she has taken on critical roles in outpatient and inpatient gynaecological and obstetric services. She has effectively managed high-volume delivery units and emergency obstetric care, consistently ensuring safe outcomes for mothers and newborns. Her decision-making is swift and sensitive, rooted in clinical acumen and years of hands-on experience. She also actively participates in community education and academic writing. Her recent article in The Times of India, "Breastfeeding: A Lifelong Gift of Health and Bonding," reflects her focus on preventive care and maternal-child health. She contributes to public health awareness through workshops, antenatal clinics, and counselling sessions. Dr. Namita speaks English and Hindi, ensuring effective communication with her patients. Her compassionate, expert approach makes her one of the most trusted names in gynecology & obstetrics in Bangalore.

Fellowship & Membership

- Federation of Obstetric & Gynaecological Societies of India.
- Indian Menopausal Society.

Field of Expertise

- Worked in the field of Obstetrics & Gynaecology in different capacities in Government and Private hospitals in Delhi and Bangalore over the last 25 years.
- High-Risk Pregnancy management includes pregnancies with Severe Hypertension, Diabetes, Heart disease, Hypothyroidism and poor past pregnancy outcomes.
- Vaginal and Operative births.
- Pregnancy planning to management of Infertility excluding IVF.
- Medical and operative management of abnormal bleeding, fibroids, ovarian cysts, tubal pregnancies and PCOD.

Languages Spoken

- English
- Hindi

Talks & Publications

- Dr. Namita Kapoor Sehgal on Women who have endometriosis are deprived of having children | Rajasthan Patrika. [Click Here](#)
- Understanding how Heat Waves can Affect Pregnant Women: 'Climate change is only Increasing their Vulnerability | Dr. Namita Kapoor and Dr. Pallavi Joshi's Industry Quotes Carried in The Indian Express & Other Publications. [Click Here](#)
- Manipal Hospitals Varthur: Dr. Namita Kapoor on World Hepatitis Day: Effects of hepatitis on pregnancy | Healthshots. [Click Here](#)