



## Dr Anuja Thomas

MBBS, DGO, DNB (OBGY) 15+ Years Experience

Dr Anuja Thomas is a top Obstetrician & Gynecologist in Mumbai at Apollo Outpatient Centre Vashi . Book appointment online with Dr Anuja Thomas at Ask Apollo.

### Hospitals

Apollo Hospitals, Mumbai ,

Doctor's Working  
Weekdays  
Tue - Fri

Doctor's Working  
Hours  
09:00 - 10:00



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## Overview

Dr. Anuja Thomas is a highly qualified Obstetrician and Gynaecologist based in Mumbai, Maharashtra, with an impressive 15 years of experience in the field. She possesses a comprehensive educational background, holding degrees such as MBBS, DGO, DNB, and MRCOG (UK), along with recognition as a Fellow of the International College of Obstetricians and Gynaecologists (FICOG). Dr. Thomas is dedicated to providing exceptional healthcare to women, focusing on both obstetric and gynaecological care. Her multilingual abilities allow her to communicate effectively with patients, as she is fluent in English, Hindi, Malayalam, and Marathi. This linguistic proficiency not only enhances patient comfort and understanding but also enables her to cater to a diverse patient population. As a member of the distinguished Apollo group, Dr. Anuja Thomas is committed to delivering personalized and compassionate care, ensuring that each patient receives the best possible treatment tailored to their needs. Her expertise spans a wide range of women's health issues, from prenatal care and childbirth to various gynaecological conditions. Dr. Thomas's reputation for excellence and her warm, approachable demeanor make her a trusted choice for many women seeking obstetric and gynaecological services in Mumbai.

## Experience

- Consultant - Rhea Clinic for Women, Sector 8, Kharghar (Aug 2013 - June 2017). Detailed counseling of the birth plan to expecting couple, option of labour analgesia, assisted vaginal delivery, detection of high risk cases and impending complications with timely referral to tertiary institutes and managing them there. Infertility, previous pregnancy loss cases evaluated and treated in a stepwise manner, with positive outcome in many. Treated many cases with gynaecological issues like abnormal uterine bleeding, adolescent weight gain related issues.
- Assistant Professor Dept of OBGY- MGM Medical College, Kamothe, Navi Mumbai (Nov 2012- June 2017). Has managed all high risk obstetric cases, near miss ones, referred traumatic deliveries. Did many gynaec surgeries like hysterectomy, ovarian mass removal, and a part of gynaec endoscopy- hysteroscopy, laparoscopy & gynaec oncosurgery.
- Senior Resident - Fortis Hiranandani Hospital, Vashi (2011- 2012).
- Assistant Gynaecologist-Ashwini Maternity, Infertility and Endoscopy Centre, Ghatkopar (2008- 2009)- Hands on IUI sample preparation and insemination procedure, Assisted ART cycles- Ovulation Induction , Ovum pick ups & Embryo transfers.
- CMO – Dr L. H. Hiranandani Hospital, Powai ( 2004- 2005) Academics Graduated (MBBS- 2002) from Govt T.D. Medical College, Alappuzha, Kerala University.
- PG Diploma in OBGY- 2007 from Govt Medical College, Thiruvananthapuram ( Sri Avittam Tirunal Hospital – a 750 bedded Women and Children Hospital with an annual delivery rate of 12000 and around 500 MTPs a year), Kerala University.
- DNB ( National Board of Examinations) in OBGY, 2011 – first attempt - BARC Hospital, Mumbai.

## Membership

- CCGDM- Certified Course in GDM, 2015, PHFI ( Public Health Foundation of India).
- Member of Navi Mumbai Obstetric & Gynaecological Society (NMOGS), affiliated to Federation of Obstetric and Gynaecological Societies of India (FOGSI).
- Member of Association of Medical Consultants.

## Awards

- 2nd Rank Holder, PG Diploma University Examination, 2007, Kerala University.

- Awarded Shri Mayank Parikh Award for the Best Committee Member, 2016, Navi Mumbai OBGY Society

## Research and Publication

- Splenic Pregnancy: A case report. Thomas A, Srivastava N, Tintoiya I et al. Journal of Obstetrics & Gynecology of India (2016), 1-4, DOI:10.1007/s13224-016-0947-2
- Liver Rupture in Eclampsia: A case report. Dr Diksha Babu Poojary, Dr Tulsi Bhatia, Dr Anuja
- Thomas, Dr Sushil Kumar, Global Journal of Research and Analysis. Volume : 5, Issue 11 November 2016
- Comparative Study of Laparoscopic and Total Abdominal Hysterectomies. Dr Nigamanda Mishra, Dr Anuja Thomas, Dr Amrita Misri, Academic Medical Journal of India, Vol III- Issue 2, April- June 2015
- Interstitial Ectopic Pregnancy: A Rare Case Report. Dr B.G.Boricha, Dr ShaifaliPatil, Dr Sachin Kolhe, Dr Anuja Thomas, Dr Krutika Karkhanis, International Journal of Scientific Research, Vol : 4, Issue : 7 July 2015

## Frequently Asked Questions

### 1. Where does Dr. Anuja Thomas practice?

Dr. Anuja Thomas practices at Apollo Hospitals, Navi Mumbai. These hospitals offer comprehensive healthcare services and a wide range of medical specialties.

### 2. Who is Dr. Anuja Thomas?

Dr Anuja Thomas is a renowned Obstetrician & Gynecologist with over 15 years of experience. She practices in Mumbai at Apollo Hospitals Navi Mumbai. Dr Anuja Thomas holds a degree in MBBS, DGO, DNB (OBGY). She provides treatments including Reproduction Treatment, Pcod Pcos Treatment, Polycystic Ovary Treatment. She specializes in treating conditions like Pre Menstrual Syndrome, Polycystic Ovary Syndrome In Adolescence, pregnancy-and-heart-disease.

### 3. Why do patients choose Dr. Anuja Thomas?

Patients select Dr. Anuja Thomas for expertise in Gynaecological Endoscopy, Lactation Counselling, and Abortion/Medical Termination of Pregnancy (MTP) services. For further details on her specializations, please refer to her updated profile.

#### **4. What is Dr. Anuja Thomas's specialization?**

Dr Anuja Thomas specializes in Obstetrics & Gynecology. She has expertise in treating conditions such as Pre Menstrual Syndrome, Polycystic Ovary Syndrome In Adolescence, pregnancy-and-heart-disease. Her key treatments include Reproduction Treatment, Pcod Pcos Treatment, Polycystic Ovary Treatment.

#### **5. What are Dr. Anuja Thomas's medical qualifications?**

Dr Anuja Thomas holds MBBS, DGO, DNB (OBGY), reflecting her comprehensive education in the field of Obstetrics & Gynecology.

#### **6. How many years of experience does Dr. Anuja Thomas have?**

Dr. Anuja Thomas possesses 15 years of experience in her medical field. Information regarding her previous practice locations is available upon request.

#### **7. Who is a Gynaecologist?**

A gynecologist is a medical doctor specializing in the female reproductive system. This includes the vagina, ovaries, uterus, and breasts. Gynecologists also possess expertise in obstetrics, managing pregnancy and childbirth.

#### **8. What is the difference between a Gynaecologist and an Obstetrician?**

A Gynaecologist focuses on the overall health of the female reproductive system. An Obstetrician specializes in pregnancy, childbirth, and postnatal care. Many Gynaecologists are also trained in Obstetrics. During pregnancy, consultation with either is appropriate; however, for issues concerning the female reproductive system, a Gynaecologist should be consulted.

#### **9. What procedures do Gynaecologists and Obstetricians perform?**

Gynecologists perform procedures such as Dilation and Curettage (D&C), removing the uterine lining via suction or curette, and Hysteroscopy, a minimally invasive treatment for uterine conditions. Obstetricians manage childbirth through normal delivery and Cesarean section (C-section) for complicated pregnancies, ensuring maternal and fetal well-being. These specialists provide comprehensive women's health care.