



**Meet
Dr Shilpi Khare**

**DGO, DNB
Obstetrics &
Gynecology**

**10+ Years of
Practice**

**12000+ patients
handled**

**5000+ normal
deliveries**

Hi,

My Name is Shilpi and I have been practicing Gynecology and Obstetrics since 2011. Post my MBBS from GSVM Kanpur, I did my PG from same college.

GSVM being tertiary center, remains very crowded and so right from the start of my career I started working for more than 15 hours a day and I gained the much needed experience of handling multiple critical and serious patients at a time. Per day we used to handle more than 150+ women patient.

I realized the responsibilities of being a doctor and the expectations of patients and their families.

Post that I moved to Kamla Nehru hospital Prayagraj to complete my DNB degree.

There being a senior resident I learned the art of decision making and handling the patients independently.

There first time I noticed that patients were coming to get the treatment from me and were asking for my name. That boosted my confidence a lot.



Meet **Dr Shilpi Khare**

Core expertise:

USG,
laparoscopy
and
Hysteroscopy

I gained the very important surgical experience. I was also pregnant at that time and hence I connected with my patients at Psychological level. I could go really deep in understanding the problems and my treatment techniques became really effective.

Then I moved to Lucknow and worked as Senior resident in a medical college, By now I was running the entire Gyne department independently and in parallel I completed formal courses in USG, laparoscopy and Hysteroscopy.

Post that I started freelancing and my independent Private practice. My approach towards Gyne is not only to treat the symptoms of patients but also to take care of the psychological and emotional problems associated with the Gyne problems.

Many a times patients look for some minute clarifications and those are more effective than medicines. I never ignore the softer side of treatment.

We as a female posses a super power of giving birth and to handle that process there is a certain way our bodies have been designed.

We should embrace the Gyne changes rather than feeling shy or weak about it. Because as long as the Gyne changes are happening on time everything remains normal but a slight hormonal disturbance creates distress in our mind. I always encourage my patients to express themselves with freedom and that's what makes me happy and motivated...

Warm Regards,
Dr Shilpi Khare