

Redefining Beauty with Confidence

In a world where appearance shapes first impressions, the right guidance can make all the difference. Dr. Amrika Seshadri, Director of Dr. Amrika's Aesthetics – Cosmetic and Plastic Surgery Center, has emerged as a leading name in cosmetic and plastic surgery. Known for her expertise and empathetic approach, she combines science, skill, and compassion to deliver treatments that enhance both beauty and self-confidence. With over 13 years of experience, she is recognised in prestigious forums such as the VK BM Health Excellence & Conclave for her contribution to the field.

Comprehensive Care
 Dr. Amrika is highly skilled in advanced cosmetic and reconstructive surgeries. Her expertise covers burn injury treatment, childhood scar correction, cleft lip repair, lip pigmentation enhancement (lip blush), gynecomastia surgery in men, rhinoplasty, body contouring (liposuction), breast augmentation and reduction, eyebrow microblading, post-pregnancy body rejuvenation ('Mommy Makeover'), and hair transplant procedures. She emphasises natural outcomes, ensuring post-surgery appearance complements the patient's features.

At her center in Doddakannelli, Sarjapur Main Road, she employs state-of-the-art technologies including VASER (Vibration Amplification of Sound Energy at Resonance) for body contouring, Microneedling Radio Frequency (MNRF), advanced laser systems, and Hydrafacial treatment tools. These al-



low precision, minimally invasive procedures with enhanced safety and faster recovery. The center operates under strict confidentiality standards, offering a safe and comfortable environment. Dr. Amrika is fluent in Kannada, English, Hindi, and Tamil, facilitating clear communication with diverse patients.

Safe Choices
 Dr. Amrika advises patients to carefully verify credentials before selecting a sur-

geon. Many are influenced by social media videos or online promotions, which may lead to unqualified practitioners. She recommends checking academic qualifications, professional credentials, licensing, and patient reviews. To further educate the public, she runs a YouTube channel focusing on cosmetic and plastic surgery awareness.

Proven Results
 A graduate of Dr. B.R. Ambedkar Medical College, Bengaluru, Dr. Amrika completed



Dr. Amrika,
 Dr. Amrika's Aesthetics – Cosmetic and Plastic Surgery Center, Sarjapur Main Road

her MS in General Surgery and MCh in Plastic Surgery from Bangalore Medical College and Research Institute (BM-CRI). She has successfully performed over 1,000 surgeries, combining aesthetic precision with reconstructive expertise. Her center on Sarjapur Road continues to provide world-

class cosmetic care, catering to patients seeking both medical and aesthetic enhancement.

Accessible Care
 Believing beauty is a right for all, Dr. Amrika also provides EMI options for select treatments, making high-quality cosmetic care more accessible. She stresses that cosmetic surgery is not only for celebrities but for anyone seeking confidence and self-improvement.

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Dr. A. C. Shanmugham: Devoted to Patient Care

Rajarajeswari Medical College and Hospital (RRMCH), under the guidance of Founder-Chairman Dr. A. C. Shanmugham, has been honoured with the prestigious Service Excellence in Urology award. The accolade recognises the exceptional service rendered by the hospital's Urology Department, which was accepted on behalf of the institution by Major General Dr. Srinath, a distinguished medical professional representing the college at the event VK BM Health Excellence & Conclave.

Patient Commitment
 With a capacity of approximately 1,400 beds, RRMCH in Bengaluru is widely recognised for its high-quality treatment and compassionate patient care. Under the leadership of Dr. A. C. Shanmugham, the hospital has performed over 1.5 lakh free surgeries and provided dialysis treatment to more than 1 lakh patients, reflecting its deep commitment to community health and service.

Military Distinction
 Major General Dr. Srinath, who accepted the award, served in the Indian Army for 36 consecutive years and is a recipient of the Distinguished Service Medal from the President of India. After joining the Indian Army in 1981, he contributed his expertise across command hospitals in New Delhi, Bengaluru, Pune, Leh-Ladakh, and Udhampur, rising to the position of Senior Consultant in Surgery and earning widespread recognition for his dedicated service.

Innovative Methods
 Since his appointment as Head of the Urol-



ogy Department at RRMCH in 2018, Dr. Srinath has significantly expanded the unit, introducing modern technologies and advanced treatment procedures. These include Endo-Urology and Laparoscopic procedures, with a particular focus on kidney surgeries. Under the Ayushman Bharat scheme, these services have been made accessible to a wider population, ensuring affordable care while maintaining high clinical standards. The department's achievements culminated in the conferment of the Service Excellence in Urology award.

Educational Leadership
 Dr. Srinath emphasises staying updated with the latest medical advancements. "The technology I learned as a student is now outdated. To teach today's Generation Z medical students effectively, we must constantly upgrade our knowledge and tools," he explains. He continues to impart medical education to students at RRMCH, integrating modern instruments and techniques to provide both practical and theoretical training.

Healing Commitment
 Dr. A. C. Shanmugham, the visionary founder



Dr. A. C. Shanmugham,
 Founder-Chairman, Rajarajeswari Medical College and Hospital

of Rajarajeswari Medical College and Hospital, has built the institution on principles of service, compassion, and excellence. Located on Mysore Road, Bengaluru, RRMCH continues to set benchmarks in healthcare delivery while nurturing medical education for future generations.

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