

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

Doctor's Slot Timings

TUE - 09:00 -10:00 FRI - 09:00 -10:00 TUE - 09:00 -10:00 FRI - 09:00 -10:00

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 gynecological 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)AcademicsGraduated (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.

Awards

Surgical Gastroenterologist and Minimal Access Surgeon practising at Apollo Hospitals, Greaves Road, Chennai and Apollo Clinic, T Nagar, Chennai.

Graduated from Stanley Medical College, Chennai. Spent 14 years in UK and worked as a full-time Consultant Surgeon in National Health Service, UK before returning to India

Trained in internationally renowned institutions in UK in Gastrointestinal Surgery and Laparoscopic Surgery

Hold fellowships from Royal College of Surgeons of England, Royal College of Surgeons of Edinburgh and Royal College of Physicians and Surgeons of Glasgow

Hold the CCT (Certificate of Completion of Training) from UK

Underwent surgical research leading to Master of Science (MSc) degree at the University of Hull, East Yorkshire, UK

Examiner for MRCS exams conducted by Royal College of Surgeons of Edinburgh and Royal College of Physicians and Surgeons of Glasgow, UK

Appointed as Surgical Tutor for Royal College of Surgeons of Edinburgh, UK

Have been an Educational Supervisor and Surgical trainer for a number of surgeons on the Yorkshire Basic and Higher Surgical training rotation, UK

Have been conferred Fellowship in Gastrointestinal and Bariatric Surgery by the International College of Surgeons, Chicago, USA

Have been conferred Fellowship of American College of Surgeons (FACS).

Was awarded research grant award for £1900 for research project at University of Hull, UK.

Numerous oral and poster presentations in Scientific Conferences in UK, USA, Europe and India

Numerous publications in national and international peer-reviewed journals (See below)

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

Special Interests

- Obstetric care, fertility assistance and preventive health care.

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.

List of Treatments

Doctors Treatment

[Reproduction Treatment](#)

[Pcod Pcos Treatment](#)

[Polycystic Ovary Treatment](#)

[Amenorrhoea Treatment](#)

[Treatment For Leucorrhea White Discharge](#)

[Treatment For Pcod Pcos](#)

[Treatment Of Polycystic Ovarian Syndrome Pcos](#)

[Female Infertility Treatment](#)

[Complicated Pregnancy Treatment](#)

List of Conditions Treated

Doctors Condition

[Pre Menstrual Syndrome](#)

[Polycystic Ovary Syndrome In Adolescence](#)

[pregnancy-and-heart-disease](#)

[Premature Ovarian Failure](#)
[Menses Disorder](#)
[Menstrual Disorders In Adolescent Girls](#)
[Menstrual Disorders Management](#)
[Vaginal Infection](#)
[Vaginal Yeast Infection](#)
[Fanconi Renotubular Syndrome](#)
[Diseases In Pregnancy](#)
[Adenomyosis](#)
[Endometriosis](#)
[Fertility](#)
[Menopause](#)
[Morning sickness](#)
[Recurrent Pregnancy Loss](#)
[Uterine fibroids](#)
[Uveitis](#)
[Acne In Periods](#)
[gynae problems](#)
[Pcos](#)
[Pcod](#)
[Adolescence To Menopause Care](#)
[Parturition](#)
[Miscarriage](#)
[Pap Smear](#)
[Polycystic Ovary](#)
[Painful Sexual Intercourse](#)
[Painful Periods](#)
[Post Pregnancy Classes](#)
[Pre And Post Delivery Care](#)
[pre-and-post-natal-massage](#)
[Heavy Periods](#)
[Preconception Counseling](#)
[pregnancy](#)
[Pregnancy Care And Management](#)
[Pregnancy Exercise](#)
[pregnancy-hypertension-preeclampsia-eclampsia](#)
[Pregnancy Scan](#)

[Pregnancy With Pcod](#)
[Pregnant](#)
[reproduction](#)
[rejuvenation-relaxation](#)
[Quad Screen](#)
[Irregular Menstruation](#)
[Irregular Periods](#)
[Pregnant Women Counseling](#)
[Preimplantation Genetic Diagnosis Pgd](#)
[Premenstrual Swelling In Breasts](#)
[Premenstrual Tenderness In Breasts](#)
[Prenatal And Postnatal Exercise](#)
[Prenatal Antenatal And Postnatal Exercise Pro](#)
[Prenatal Care](#)
[Prenatal Checkup](#)
[Obstetrics Problems](#)
[Maternity](#)
[Ovarian Cyst](#)
[Ovarian Polyps](#)
[Ovarian Tumors](#)
[White Discharge Problem](#)
[Bhcg For Pregnancy Detection](#)
[Trichomoniasis](#)
[Uterine Bleeding](#)
[Vaginal Birth After Cesarean Vbac](#)
[Vaginal Discharge](#)
[vaginal-dryness](#)
[Vaginal Itching](#)
[Vaginal Prolapse](#)
[Vaginal Tumor](#)
[vaginitis](#)
[Female Sexual Problems](#)
[Early Pregnancy](#)
[vulvoscopy](#)
[Diagnosis Of Unexplained Infertility](#)
[Contraception Advice](#)
[Choriocarcinoma](#)

[Child Birth Education](#)

[Cervical Fibroid](#)

[Care Of Women With Repeated Miscarriage](#)

[Candidiasis](#)

Frequently Asked Questions

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.

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.

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.

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.

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.

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.

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.

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.

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.