



Dr. Gaurang Ramesh, MBBS, MS

Integrative Gastroenterology | Functional Medicine

CONTACT INFORMATION

-  Arka Wellbeing Integrated Healthcare
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SKILLS

- Holistic Medicine (Functional)
- Upper and Lower GI Endoscopy
- Laparoscopic Surgery
- Nature Photography
- Leadership
- Handwriting Analysis

OTHER INTERESTS

- Sustainable living
- Cycling
- Running
- Yoga
- Meditation
- Digital Productivity



CAREER HISTORY

Director

Arka Wellbeing Integrated Healthcare (2021- present)

Integrated Medical centre with holistic approach to health. Our emphasis lies on Functional Medicine which dives deep into the root cause of diseases. From cellular health to nutrition, we also look at toxins and environmental factors, and even address mindset so our patients can lead their healthiest lives.

Consultant

Department of General Surgery and Minimal Invasive Surgery
A V Hospital, Bangalore (2019- present)

Resident Surgeon

Department of Surgical Gastroenterology
Bangalore Medical College and Research Institute (2019 - present)

Resident Surgeon

Department of General Surgery
Justice K S Hegde Charitable Hospital, Mangalore

ONGOING POST-DOCTORAL TRAINING

Fellowship in Surgical Gastroenterology

Bangalore Medical College and Research Institute, (September 2019 - present)

Functional Medicine Certification

School of Applied Functional Medicine, USA (September 2020 - present)

Functional Medicine Certification

Institute of Functional Medicine, USA (May 2020 - present)

Certified Human Potential Coach

Human Potential Institute, USA (March 2021 - present)

Certified ReCODE 2.0 practitioner

Program to prevent and reverse cognitive decline, Apollo Health, USA,
December 2020 - present



COMMUNITY SERVICE

- Spearheaded all activities by Project Reachout (NGO) from 2012 to 2014
- Student Representative, National Service Scheme, JSS University, 2013 - 2015
- Flood relief work volunteer in Chennai, December 2015
- Free Health Residential camps in Metikuppe and Bandipur, 2014 - 2015
- Free Health camps in Orphanages and special children homes, Mysore
- Tutoring Government high school students in Mysore, 2012 - 2015
- Camp Senior at various adventure camps by NALAN, 2008 - 2019
- Spearheaded "Save the doctors" campaign in Mysore
- Participated in Volunteers for better India election awareness campaigns
- Initiated Photography Club at JSSMC, Mysore

MEMBERSHIPS

- Institute of Functional Medicine, USA, 2020 - present
- Association of Surgeons of India, life member
- Indian Association of Gastrointestinal Endo Surgeons, life member

LICENSURE

Karnataka Medical Council - 114151
April 2016 - present



EDUCATION

Master of Surgery (M.S. General Surgery)

K S Hegde Medical Academy, Mangalore, Graduated April 2019

Bachelor of Medicine and Bachelor of Surgery (M.B.B.S.)

JSS Medical College, Mysore, Graduated March 2015

ADDITIONAL TRAINING

Certification in Basic Laparoscopic Surgery

Bangalore Endoscopic Surgery Training Institute and Research Centre
April 2016

Certification in Basic and Advanced Therapeutic Upper GI Endoscopy

Centre of Excellence for Minimal Access Surgery Training, Mumbai
June 2019

Certified Wahls Protocol Practitioner

Autoimmune Intervention program by Dr Terry Wahls, January 2021

Certified Handwriting Analyst

Handwriting University International, 2009

RESEARCH

Study on "HER 2 NEU receptor status in Esophageal Carcinoma"

NITTE deemed to be University, 2017 - 2018

Quality of life assessment in parents of children diagnosed with Cerebral Palsy

STS project, Indian Council of Medical Research in 2013

PUBLICATION

"Cutaneous Metastasis in Rectal Carcinoma"

International Journal of Scientific Research, Volume VIII, Issue 3, March 2019. Journal
DOI : 10.15373/22778179