



DR RENUKA DAVID

MD – RADIANT MEDICAL SERVICES

CONTACT

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EDUCATION

1990 • MBBS: Coimbatore
Medical College

2019 • USA-PhD (HC)

2020 • Diploma: Mental health
during COVID-19 from
Harvard Medical College

ACHIEVEMENTS

- Doctor
- Entrepreneur
- Professional Speaker
- Television Show Host
- TedX Speaker
- Singer
- National Level Basketball Player

LANGUAGES

- English (Fluent)
- Hindi (Fluent)
- Tamil (Fluent)
- Gorkhali (Fluent)
- Punjabi (Intermediate)
- Sanskrit (Basic)

PROFILE

Dr Renuka David is an alumnus of the Coimbatore Medical College and the Managing Director of Radiant Medical Services. Drawing upon her vast and varied reserves of experience, she provides holistic solutions for the prevention of non-communicable diseases, which are growing alarmingly in India, and creates awareness towards leading a healthy lifestyle to increase one's disease-free life span. The daughter of an Air Force Officer, Dr Renuka David shifted schools 11 times during her childhood, travelling the length and breadth of India and setting the tone for a tapestry of cultural experiences. She is married to Col David Devasahayam, a former Officer of the Indian Army and Founder-CMD of The Radiant Group of Companies. Dr Renuka David has the distinction of being the only person to have addressed the wives of all the Air Force Officers across the country during the COVID-19 pandemic.

EARLY YEARS

1991-2004

● Full-time Medical Officer: STNM Hospital, Gangtok, Sikkim

This Government hospital posting involved providing quality medical care to people from all walks of life.

● Medical Officer: The Clinic, Wellington, Coonoor, Tamil Nadu

A free clinic that provided medicines to the financially backward, *The Clinic* was run by Mrs Siloo Maneckshaw, wife of Field Marshal Sam Maneckshaw.

● Medical Consultant, Jamnagar, Gujarat

As wife of a Brigade Major in an active Brigade, Dr Renuka undertook several responsibilities during her husband's tenure in Jamnagar, and so worked as a freelance medical consultant. However, she also used this period to pursue her passion for art and culture, immersing herself in the local traditions of the city. She particularly channeled her love for dance and learnt to perform the Garba professionally. During this tenure, at just age 29, Dr Renuka was asked to organise and lead a major cultural event, which led to the discovery and honing of her skill sets as a future leader.

● Medical Consultant: Apollo Hospitals, Chennai, Tamil Nadu

Dr Renuka was instrumental in setting up and educating patients about the importance of Master Health Checkups. At the Apollo Speciality Hospital in the late 1990s, this wasn't yet a regular practice. She was a visionary in promoting the concept of early detection. During this period, Dr Renuka was also a single parent to two young children, as her husband was away on a highly crucial Field Posting in the Valley.

● Chief Medical Officer, SUT Hospital, Thiruvananthapuram, Kerala

During Dr Renuka's stint here, she handled various complex emergencies at the hospital.

● Medical Officer: Khonsa, Arunachal Pradesh

While at Khonsa, Dr Renuka David treated the family of the army personnel, as well as wounded soldiers in the region.

AWARDS & ACCOLADES

13th March 2020

Featured in the 100 Successful Women Entrepreneurs engaged in MSME, released by Union Minister Nitin Gadkari in a Compendium by FICCI Ladies Organization (FLO).

8th March 2019

The Degree of Doctor of Humanity on March 8, 2019 (to coincide with International Women's Day) by The American University for Global Peace, USA. It is the Board of the World Governing Council of governors of 120 countries in New York.

16th September 2019

Blackswan Award for Women Empowerment at a glittering ceremony in Mumbai, received from Her Excellency Ms Stefania Constanza, Consul General of Italy (Mumbai) and His Excellency Mr Baba Ali Khan, the Consul General of Malaysia.

10th December 2016

India's Most Exceptional Speaker Award -2016 for health and wellness on International Human Rights Day,

August 2014

The Jaguar Woman Achiever Award

HOBBIES

Bonsai
Gardening
Bharatanatyam (is a trained classical dancer)
Karaoke

● Civilian Contract Doctor, Pegong, Sikkim

On deputation, Dr Renuka was in charge of a 30-bedded hospital, where she treated civilians, particularly the tribal women in the area. Some of them would walk for 5 hours to consult with her, as she was the only lady doctor in the area. She conducted 75 robust deliveries during this period and also gained an understanding of tribal women's lifestyles and tribulations in the region.

● DG Hospital, Bengaluru, Karnataka

Looking after urban women closely was an eye-opener after Dr Renuka's stint in tribal India. She dealt with both medical emergencies and day-to-day problems.

2005 - PRESENT

● Founder-MD, Radiant Medical Services

Dr Renuka David was a trailblazer, pioneering the concept of preventive wellness nearly two decades ago. To prevent the growing instances of lifestyle diseases in India, Radiant Medical Services was founded. It provided comprehensive counselling, along with workshops on diet, exercise, and an in-house fitness studio. She was also invited to schools, colleges, and corporates to spread awareness on lifestyle diseases. Organisations such as FICCI-FLO and The Rotary Club have also benefitted from her wellness sessions.

In 2007, Dr Renuka realised the need for quality home health nursing, while tending to her father-in-law who was unwell. She began Radiant Home Health Care under the umbrella of RMS, which has endeavoured to provide trained and qualified nursing aides for elderly care and to sick patients at home. In early 2024, they empanelled with the Tamil Nadu Skill Development Corporation to educate and train girls from remote and rural areas of the state. This provides opportunities for girls from the hinterland to become professionals and gain financial and economic independence at a young age.

● Founder-Curator, Radiant Wellness Conclave

Over the years, Dr. Renuka has been in the pursuit of addressing preventive healthcare to a wider audience, to curb the accelerating cases of lifestyle diseases in the country. This led to the inception of the immensely successful Radiant Wellness Conclave (RWC) in 2015, which focusses on the nine dimensions of wellness. Over the years, RWC has featured luminaries and achievers such as Milkha Singh, Javed Akhtar, Shabana Azmi, Shashi Tharoor, R Madhavan, Wing Commander Rakesh Sharma, Meghna Gulzar, Zoya Akhtar, Nandita Das, Lisa Ray, Vijay Amritraj, Abhinav Bindra, and many other notable dignitaries. At the most recent RWC held in 2023, she was in conversation with Dr Shriram Nene, Actor-Director Revathi, and singer Usha Uthup.

● Other Roles

Dr Renuka David sits on the Board of various organisations, including the prestigious Women's Christian College, Chennai. She is also the Creative Editor of Medals & Ribbons (a quarterly magazine about the Indian Armed Forces). She is a cultural influencer and singer, and some of her videos have touched nearly 2 lakh views on YouTube. She also looks after the Radiant Foundation, the CSR wing of the Radiant Group, which provides hot meals to nearly 1,300 destitutes every day.

DR RENUKA DAVID

THE YEAR GONE BY: MILESTONES FROM 2023



The year began with a bang, when Radiant Cash Management Services, the flagship company of the Radiant Group, was listed on the NSE & BSE stock exchanges in January 2023. Dr Renuka David has been a Director of the Company since its inception in 2005.



Dr Renuka David was invited to address a gathering of the wives of officers at MHOW. She led an interesting discussion on various aspects of health and wellness, geared towards women of all age groups in the audience.



The Radiant Group, in partnership with the Government of Tamil Nadu, has committed to support the initiative to combat drug abuse. Dr Renuka is seen with (L to R) Alexander David, Col David Devasahayam, Founder and MD of the Radiant Group, Hon'ble CM of Tamil Nadu Thiru MK Stalin, and Dr Angela David.



Dr Renuka David spearheaded yet another successful edition of the Radiant Wellness Conclave in Sep 2023, with the theme 'The Power of Possibilities'. Eminent speakers such as Dr Anbumani Ramadoss, Dr Palanivel Thiagarajan, and Usha Uthup attended. Dr Renuka is seen above with actor-director Revathi and journalist Faye D Souza.



The year ended on a high note, as Dr Renuka discovered and pursued yet another passion, singing. She sang and recorded various numbers across genres and languages, one of which has crossed 1.82 lakh views on YouTube. She also shared the stage with some prolific singers, such as Shaan (pictured above).



THE RADIANT WELLNESS CONCLAVE

A FEW GLIMPSES FROM PREVIOUS EDITIONS



The very first edition of the Radiant Wellness Conclave in 2015 featured the erudite Shabana Azmi and the very witty Javed Akhtar in conversation with Dr Renuka David.



Lisa Ray graced the podium at the Radiant Wellness Conclave, speaking about her battle with cancer, and the importance of staying positive.



Shashi Tharoor, who has been a consultant curator for a few editions of the Radiant Wellness Conclave, has discussed various aspects of wellness. The effervescent Kanimozhi was yet another eminent speaker.



Multi-award-winning filmmaker Meghna Gulzar emphasised the importance of stress management in a chat with Dr Renuka David, highlighting an issue that plagues people all over the country today.



Dr Shiram Nene spoke about topics that are vital to health management today, ranging from cardiovascular problems to cancers and mental health disorders.



Singing legend Usha Uthup was conferred with the Lifetime Achievement Award by Dr Palanivel Thiagarajan. The two stalwarts had the audience enthralled during their respective sessions.