

DR. SANJANA ANN ABRAHAM

Consultant - Psychiatry

Qualification

MBBS | MD | DNB - Psychiatry

Overview

Dr. Sanjana Ann Abraham is an experienced psychiatrist in Bangalore. She is currently practising as a Consultant - Psychiatry at Manipal Clinic Indiranagar. With a deep-rooted belief in the mind-body connection and holistic healing, Dr. Sanjana delivers comprehensive psychiatric care across diverse age groups and psychological conditions with empathy, clinical precision, and evidence-based therapeutic strategies. Her dedication to improving mental health outcomes is reflected in her integrative style of practice, combining pharmacological management with psychotherapeutic interventions tailored to individual needs. She is an expert Psychiatrist in Indiranagar. After completing her MBBS from Kasturba Medical College, Mangalore, Dr. Sanjana pursued her MD in Psychiatry from Father Muller Medical College, Mangalore, with a strong academic foundation. She manages a high volume of patient care for a wide range of psychiatric conditions, including psychosis, depression, anxiety disorders, post-traumatic stress disorder (PTSD), personality disorders, ADHD, autism spectrum disorders, intellectual disability, and substance use disorders. Dr. Sanjana has also completed certification courses in Trauma-informed therapy and Emotionally

focused therapy, which allows her to provide more nuanced care for individuals with complex trauma and interpersonal issues. Dr. Sanjana is particularly passionate about women’s mental health, and she focuses on mood and anxiety disorders during pregnancy and postpartum, trauma-related disorders, and psychosocial challenges that women face across different life stages. Her clinical approach emphasises therapeutic alliance, safety, and dignity. She carefully considers biological, psychological, and social factors influencing mental health and tailors treatment plans to suit each individual's background, goals, and capacity for change. Patients under her care benefit not only from accurate diagnosis and appropriate medical treatment but also from ongoing therapeutic support and psychoeducation that empower them and their families. As a top psychiatrist in Bangalore, Dr. Sanjana contributes to consultation-liaison psychiatry, working closely with other medical specialists to manage psychiatric conditions that coexist with physical illnesses. Her collaborative approach ensures that patients receive holistic care that addresses mental and physical health, particularly in complex or chronic medical cases. She remains actively involved in academic development and mental health awareness and regularly participates in mental health advocacy and workshops, staying aligned with global standards in psychiatry. Her strong academic and ethical foundation and patient-first mindset make her a trusted and respected psychiatrist among her peers and patients alike. Dr. Sanjana Ann Abraham brings warmth, professionalism, and clinical excellence to every interaction, fostering a safe space where patients feel heard and supported. Her ability to build rapport and her commitment to confidentiality ensure that individuals feel comfortable seeking help, reducing stigma and encouraging early intervention in mental health issues. Dr. Sanjana is fluent in English, Kannada, Malayalam, Tamil, and Hindi, enabling her to communicate effectively with patients from diverse linguistic and cultural backgrounds.

Field of Expertise

- Psychosis
- Depression
- Anxiety
- PTSD
- Deaddiction
- Personality Disorders
- ADHD
- Autism Spectrum Disorders
- Intellectual Disability

Languages Spoken

- English
- Kannada
- Malayalam
- Tamil
- Hindi

Awards & Achievements

- Award for poster presentation on “A masked villain among neuropsychiatric disorders: Anti-NMDR Encephalitis” at KANCIPS 2021

Talks & Publications

- Paper presentation on “Schizophrenia in non-syndromic retinitis pigmentosa – a case report” at Muller Psycon 2022.
- Paper presentation on “Frequency of postpartum psychiatric

morbidity in primiparous women" at IPS 6th National Symposium on Women's Mental Health 2022.

- Thesis Dissertation: Resilience, Quality of Life and Psychiatric Morbidity in Offspring of Parents with Psychosis