

DR. PRERNA MAHESHWARI

Consultant - Psychiatrist

Qualification

MBBS | MD - Psychiatry

Overview

Dr. Prerna Maheshwari is an experienced psychiatrist in Bangalore. She is currently practicing as a Consultant – Psychiatry at Manipal Clinic Sarjapur Road, Bangalore. With a strong background in mental health, she specialises in diagnosing and treating a wide range of psychiatric conditions, including mood disorders, anxiety, addiction, and sexual health concerns. Dr. Prerna is known for her patient-centric approach, integrating evidence-based treatments with compassionate care to improve mental well-being. She is the best psychiatrist in Sarjapur. Dr. Prerna holds an MBBS from BJ Government Medical College, Pune, and an MD in Psychiatry. She has also passed Paper A of the prestigious MRCPsych examination from the Royal College of Psychiatrists, London. Her expertise is further strengthened by certifications in biomedical research and sexual medicine for mental health professionals. Committed to continuous learning, she actively participates in advanced training programs, ensuring her patients benefit from the latest developments in psychiatric care. Dr. Prerna excels in psychopharmacology, psychotherapy, and holistic mental health management. She is proficient in administering cognitive behavioral

therapy (CBT), dialectical behavioral therapy (DBT), and exposure and response prevention (ERP) for various psychiatric conditions. She tailors treatment plans based on individual needs, ensuring optimal recovery and long-term mental stability. Her expertise also includes telepsychiatry, making mental health care accessible to individuals across different locations. Dr. Prerna specialises in treating psychiatric disorders with a comprehensive, multidisciplinary approach. She effectively manages cases of depression, schizophrenia, bipolar disorder, and obsessive-compulsive disorder (OCD). She also provides expert guidance on sexual health concerns, helping individuals address issues related to performance anxiety, psychosexual disorders, and relationship challenges. She empowers her patients to regain confidence and lead fulfilling lives through her empathetic and evidence-based practice. Dedicated to enhancing mental health awareness, Dr. Prerna actively engages in clinical research, contributing to advancing psychiatric knowledge. She has authored numerous publications in peer-reviewed journals, covering topics such as childhood trauma, psychiatric emergencies, and the psychological impact of chronic illnesses. Her involvement in public health initiatives and community mental health programs underscores her commitment to bridging gaps in mental health care and improving access to quality treatment. Dr. Prerna, fluent in English, Hindi, Kannada, and Marathi, ensures effective communication with patients from diverse backgrounds. Her ability to explain complex psychiatric conditions in a simple, reassuring manner fosters trust and confidence, making the treatment process more comfortable and collaborative.

Field of Expertise

- Dr. Prerna Maheshwari has 6 years overall experience, her expertise spans a range of psychiatric disorders, such as ADHD, addiction, anxiety, depression, bipolar disorder, OCD, psychosis, sleep and sexual disorders, PTSD, Personality issues

and psychotherapy techniques- Cognitive Behavioural Therapy, Dialectical Behaviuoral Therapy, Motivational Enhacement Therapy.

Languages Spoken

- English
- Hindi
- Kannada
- Malayalam
- Marathi
- Tamil

Awards & Achievements

- 1st Place in Paper Presentation in KANCIPS 2021

Talks & Publications

- Journals: Maheshwari, Prerna; Jith, Arya; Methala, Sharon Paul; Mathew, Kathleen Anne. Prevalence of childhood trauma in patients with psychiatric disorders and its association with perceived social support and suicide attempts: A crosssectional observational study in a tertiary hospital in South India. Industrial Psychiatry Journal 33(1):p 88-93, Jan–June 2024. | DOI: 10.4103/ipj.ipj_132_23
- Prerna Maheshwari, Kathleen Anne Mathew, Arya Jith; Delirium Heralding Clozapine Induced Myoclonus: An Uncommon Sequence of Side-Effects; International Journal of Medical Science and Current Research | SeptemberOctober 2021 | Vol 4 | Issue 5

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- Maheshwari, Prerna; Menon, Bindu; Jith, Arya; Bhaskaran, Renjitha. Prevalence of premenstrual syndrome and its effect on quality of work life in working women in South India. Industrial Psychiatry Journal 32(2):p 255-259, Jul–Dec 2023. | DOI: 10.4103/ipj.ipj_106_22
- Maheshwari P, Srinivas P. Feasibility of Academics Including Practice Following Postgraduation. Ind J Priv Psychiatry 2023;17(1):51–52.
- Lakshmi, K. P.; Maheshwari, Prerna; Menon, Bindu; Chandra, Subhash1. Virchow-Robin Space Enlargement Associated with Borderline Intelligence and Behavioral Problems in a Young Male. International Journal of Advanced Medical and Health Research 9(2):p 117-119, Jul–Dec 2022. | DOI: 10.4103/ijamr.ijamr_31_22
- Bansal R, Maheshwari P. A Case of First Episode Psychosis Uncovering Encephalomalacia in a Young Female. Ind J Priv Psychiatry 2024;18(1):33–34.
- Thakur, Monika; Govindan, Radhakrishnan; Maheshwari, Prerna; Suhas, Satish; Suchandra, Hari Hara; Jain, Sumi; Manjunatha, Narayana; Kumar, Channaveerachari N.; Math, Suresh B. Bridging the Mental Health Divide: The TORENT Initiative in Chhattisgarh, India. Indian Journal of Community Medicine 50(1):p 258-260, Jan–Feb 2025. | DOI: 10.4103/ijcm.ijcm_638_23
- Chapters: Prerna Maheshwari, Aarshie Koul, Rahul Patley. Prevalence and impact of mental health issues in the ICU Health care workers. CAREPLUS. ISBN: 978-93-91300-20-3
- Prerna Maheshwari, Shivani Sivaramakrishnan, Naveen Kumar

C. Symptoms and signs of psychiatric disorders. SHIELD. ISBN: 978-93-91300-26-5

- Prerna Maheshwari, Namrata Bharadwaj, Hari Hara Suchandra. Risk factors for mental health issues for ICU patients. SHIELD. ISBN: 978-93-91300-26-5
- Shivanee Kumari, Prerna Maheshwari, Suresh Bada Math. Future directions for research and practice. SHIELD. ISBN: 978-93-91300-26-5 •
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- Shivanee Kumari, Prerna Maheshwari, Rahul Patley. Future directions for research and practice. CAREPLUS. ISBN: 978-93-91300-20-3 •
- Gajanan Ganapati Sabhahit, Prerna Maheshwari, Narayana Manjunatha. Referral for specialized care. HOPE. ISBN: 978-93-91300-19-7 •
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- Gajanan Ganapati Sabhahit, Prerna Maheshwari, Mamidipalli Sai Spoorthi. Overview of mental health in the ICU. SHIELD. ISBN: 978-93-91300-26-5;
- Book Author: Prerna Maheshwari. This is difficult, I need help. ISBN: 9789357694810.