

DR. BHAVYA K BAIRY

Consultant - Psychiatry

Qualification

MBBS | MD Psychiatry

Overview

Dr. Bhavya is a Consultant Psychiatrist at Manipal Hospital, Jayanagar, with extensive training and expertise in treating a range of mental health conditions. Dr. Bhavya provides her patients with compassionate care and therapies that are supported by evidence because of her exceptional educational background and depth of clinical experience. She is renowned for her experience treating dementia, various geriatric psychiatric concerns, psychotic illnesses, insomnia, sleep disorders, and women's mental health issues, including perinatal mental health. Dr. Bhavya graduated from Kasturba Medical College in 2012 with an MBBS degree. She continued to follow her interest in psychiatry and graduated from SDM College with an MD in Psychiatry in 2015. She has a profound awareness of the complexity of the human mind and the wide variety of mental health disorders, thanks to her extensive training and education. Dr. Bhavya's dedication to her field has been acknowledged through various awards and recognitions. She received the Best Poster Award for a presentation during KANCIPS in 2013. In 2015, she was honoured as the Best Outgoing Postgraduate in MD Psychiatry. Additionally, she was

granted the Early Career Travel Award by the MARCE Society in 2018, highlighting her commitment to ongoing professional development. Dr. Bhavya easily connects with her patients from varied language backgrounds because she is fluent in English, Kannada, and Hindi. She believes it's crucial to develop a solid doctor-patient bond that is based on respect, empathy, and trust. For the same reason, she is regarded as a Ttop psychiatrist in Bangalore. Dr. Bhavya fosters an atmosphere where patients feel comfortable sharing their worries and getting the care they require by offering a secure and nonjudgmental setting. The services provided by Dr Bhavya include a wide spectrum of mental health problems. She is an expert in adolescent medicine and provides young people with a full range of mental problems with thorough care. She also offers family counselling to support families through challenging times and enhance their general well-being. Dr Bhavya also has experience treating migraines and obsessive-compulsive disorder (OCD). To treat symptoms and enhance the quality of life of her patients, she uses a mix of treatment and medicine. She also provides nicotine/tobacco (smoking) de-addiction therapy. Dr Bhavya also provides premarital counselling, guiding couples through the process of understanding and resolving potential conflicts before marriage. Her marital counselling services assist couples in navigating relationship challenges, enhancing communication, and fostering a healthy and fulfilling partnership. Recognising the impact of sleep disturbances on mental health, Dr Bhavya offers specialised treatment for insomnia and other sleep disorders. By identifying underlying causes and implementing appropriate interventions, she helps her patients achieve restful and restorative sleep. Furthermore, Dr Bhavya is experienced in alcohol de-addiction treatment, supporting individuals in their journey towards sobriety and a healthier lifestyle. She also addresses female sexual problems, offering a safe and understanding environment for women to discuss and find solutions for their specific concerns.

Field of Expertise

- Treatment of Anxiety disorders
- Treatment of Mood disorders
- Treatment of Psychotic disorders
- Treatment of Dementia and other geriatric psychiatry problems
- Treatment of insomnia and other sleep disorders
- Treatment of Women's Mental Health issues - Perinatal Mental Health

Languages Spoken

- English
- Kannada
- Hindi