



DR. SABINA RAO

Consultant – Psychiatry

Qualification

MBBS | MD

Overview

Dr. Sabina Rao is an exceptionally accomplished psychiatrist at Old Airport Road with over 23 years of distinguished experience in clinical psychiatry, mental health advocacy, and specialised psychiatric care. She is currently practising as a Consultant – Psychiatry at Manipal Hospital Old Airport Road, Bangalore. Dr. Rao possesses internationally accredited expertise in managing complex mood disorders, severe anxiety states, personality disorders, psychotic conditions, and substance use disorders. Her deep clinical acumen and extensive work in establishing community-level mental health frameworks have positioned her among the best psychiatrists in Old Airport Road for comprehensive, evidence-based mental healthcare. Dr. Rao completed her foundational medical education (MBBS) at the prestigious Bangalore Medical College and Research Institute. She subsequently moved to the United States, where she completed her advanced specialist training in Psychiatry at Duke University, one of the world's premier medical institutions. Reflecting her mastery of international clinical standards, she was certified as a Diplomate of the American Board of Psychiatry and Neurology. At Manipal Hospital Old Airport

Road, Dr. Sabina Rao delivers highly individualised, compassionate psychiatric care across a broad demographic spectrum. Her clinical practice integrates modern psychopharmacology with structured therapeutic interventions to optimise long-term mental health outcomes. In recent years, she has developed a highly specialised clinical focus on women's mental health, particularly addressing the complex psychological, neurobiological, and emotional transitions experienced by women during the pre-, peri-, and post-menopausal stages. Her nuanced, multi-faceted approach establishes her reputation among the best mental health specialists in Old Airport Road, Bangalore. Dr. Rao's professional career is equally defined by her extensive institutional leadership and corporate mental health advocacy. Between 2022 and 2025, she collaborated directly with the Indian Institute of Science (IISc) to design, build, and establish a fully functional, multidisciplinary mental health clinic, overseeing the strategic onboarding of psychiatric social workers, clinical therapists, and medical psychiatrists. A passionate advocate for dismantling mental health stigma, she regularly designs wellness programmes and has delivered numerous high-impact mental health awareness lectures at leading multinational organisations. Remaining closely aligned with the latest global developments in neuropsychiatry, behavioural medicine, and therapeutic guidelines, Dr. Rao ensures her clinical skills are consistently up-to-date. She is highly recognised by professional organisations, peers, and patients alike for her ethical clinical principles, empathetic patient communication, and unwavering dedication to elevating mental health standards. Fluent in English and Kannada, she creates a deeply secure, non-judgemental environment, allowing patients to navigate their therapeutic journeys with maximum confidence, dignity, and clarity.

Field of Expertise

- Comprehensive Adult Mental Health Care

- Expert Management of Depression & Anxiety Disorders
- Treatment for OCD (Obsessive-Compulsive Disorder)
- Care for Social Anxiety & Specific Phobias
- Diagnosis & Management of Schizophrenia
- Specialised Care for Bipolar Disorder
- Treatment for Complex & Severe Mental Health Conditions
- Personalised Medication Management for Psychiatric Disorders
- Menopause-Related Mental Health Assessment & Treatment
- Compassionate, Confidential & Evidence-Based Mental Health Care
- Women's mental health

Languages Spoken

- English
- Hindi
- Kannada