



## DR. YOSEPH BHAGWANT KALE

Consultant Psychiatry

### Qualification

MBBS

### Overview

Dr. Yoseph, the best psychiatrist in Patiala is associated with Manipal Hospitals as a consultant at the Department of Psychiatry. He has completed his MBBS and DPM in Psychiatry. He has successfully treated patients suffering from depression, anxiety, exam, work or family stress-related issues, marital and pre-marital counselling and education, sexual dysfunction like premature ejaculation and erectile dysfunction, obsessive-compulsive disorder, dementia and memory and behavioural issues in the elderly, panic attacks and mobile, and internet addiction. Dr. Yoseph performs comprehensive diagnostic evaluations which involve interviewing patients, reviewing medical history, and potentially ordering psychological tests to understand the underlying causes of their symptoms. This helps him develop personalised treatment plans that may include psychotherapy, medication, lifestyle modifications, and collaboration with other healthcare professionals. He uses diverse psychotherapy tools such as talk therapy to address emotional and behavioural issues, improve coping mechanisms, and build resilience. In addition to offering a personalised treatment plan, Dr. Yoseph provides patients and their loved ones with clear explanations of diagnoses, treatment options, and potential side effects. He also offers support and guidance for navigating mental health challenges. Dr. Yoseph works closely with other medical professionals, such as primary care physicians, therapists, and social workers, to provide comprehensive care and ensure continuity of treatment. Dr. Yoseph is also dedicated to learning about new research, treatment approaches, and ethical considerations. All this makes him one of the best psychiatrists in Patiala.

### Field of Expertise

- Anxiety in Children and Adolescents
- Bipolar Mania in Adults and Children
- Bipolar and Schizoaffective Depression in Adults and Children
- Neurobiology of Bipolar Disorder
- Neuropsychology of Bipolar Disorder
- Substance Abuse in Bipolar Adults and Children
- Weight Gain in Bipolar Adults and Children

### Languages Spoken

- Hindi
- English
- Punjabi