

SMARANIKA TRIPATHY

Clinical - Psychology

Qualification

MSC (Physcology)

Overview

Dr. Smarnika Tripathy is a dedicated and accomplished Psychologist at Manipal Hospital, Saltlake known for her empathetic approach, evidence-based practice, and commitment to supporting individuals through emotional, behavioural, and mental health challenges. With extensive experience in counselling psychology, mental health assessment, and therapeutic interventions, she has established herself as a trusted professional for adolescents, adults, couples, and families seeking psychological support. Dr. Tripathy's holistic perspective places equal emphasis on emotional well-being, personal growth, and long-term resilience, making her a reliable guide for those navigating life's complexities. Dr. Tripathy's academic foundation includes rigorous training in Psychology, followed by specialised qualifications in counselling and psychotherapy. Her expertise spans a wide range of psychological conditions, including anxiety disorders, depression, stress-related issues, personality concerns, trauma, emotional regulation difficulties, relationship challenges, and self-esteem problems. She is skilled in delivering several therapeutic modalities such as Cognitive Behavioural Therapy (CBT), Behaviour Modification,

Solution-Focused Therapy, Mindfulness-Based Interventions, and supportive counselling. Her diverse therapeutic toolkit enables her to customise treatment plans based on each individual's personality, coping style, and personal goals. One of Dr. Tripathy's strongest qualities is her ability to create a safe, non-judgmental, and compassionate environment where clients feel heard and understood. She places great importance on active listening, collaborative goal-setting, and empowering clients with practical coping strategies. Whether addressing academic pressure in adolescents, work-related stress in young professionals, or emotional difficulties in relationships, her balanced, thoughtful guidance helps individuals gain clarity and regain control over their mental health. Dr. Smarnika Tripathy also holds a keen interest in preventive mental health, emotional education, and well-being promotion. She actively participates in awareness programs, workshops, and community mental health initiatives aimed at reducing stigma and encouraging individuals to seek timely support. Her commitment to continuous professional development ensures that her practice remains aligned with the latest scientific research and therapeutic advances. With her warm demeanor, insightful counselling style, and unwavering dedication to patient well-being, Dr. Smarnika Tripathy stands out as a compassionate, reliable, and highly effective psychologist, helping individuals build healthier minds, stronger relationships, and more fulfilling lives.

Field of Expertise

- Child Clinical Psychology

Languages Spoken

- English
- Bengali

- Hindi