

DR. VANISHREE BN

Consultant - Psychiatry

Qualification

MBBS | DPM | FIPR (Fellowship in psychiatric rehabilitation) - NIMHANS

Overview

If you are looking for a trusted psychiatrist in Sarjapur, Dr. Vanishree B N is a reliable choice. She is highly skilled, knowledgeable, and brings over 8 years of extensive clinical experience. After completing her post-graduation in Psychiatry, she pursued a Fellowship in Psychiatric Rehabilitation from the National Institute of Mental Health and Neurosciences (NIMHANS). Dr. Vanishree B N specializes in treating a wide range of mental health conditions, including, common disorders such as depression, anxiety, and stress-related mood changes. She also deals with severe mental health conditions such as bipolar disorder, schizophrenia, obsessive-compulsive disorder (OCD), and substance abuse/dependence. She has specialised expertise in LGBTQ+ mental health, offering evaluation and counselling with a strong focus on affirmative care. She has also served as a lead psychiatrist in LGBTQ+ related projects early in her career. Along with psychiatric rehabilitation. Her expertise extends to psychiatric rehabilitation, which goes beyond medication management. She adopts a holistic approach, addressing various aspects of a patient's life that includes work, personal well-being, and social functioning, to

support long-term recovery and improved quality of life. Dr. Vanishree B N is a gold medallist in her post-graduate studies and is known for her compassionate approach, attentive listening, accurate diagnosis, and patient-centric care. She has years of expertise in addressing patients' health conditions effectively. Dr. Vanishree B N is highly compassionate and will listen to your health concerns and provide you with the finest care possible. She is recognised for her attention to detail, precise diagnoses, and compassionate care of her patients. She is fluent in multiple languages, including Kannada, English, Hindi, Telugu, and Tamil, enabling her to connect with patients from diverse cultural and linguistic backgrounds. This multilingual proficiency helps create a comfortable and safe space where patients can express their thoughts and emotions freely, without language becoming a barrier. Her ability to communicate effectively across languages enhances trust, improves understanding during consultations, and ensures more personalised and empathetic mental health care.

Field of Expertise

- Management of common and severe mental health disorders (depression, anxiety, bipolar disorder, schizophrenia, OCD, substance abuse/addiction).
- LGBTQ+ psychiatric evaluation and counselling.
- Psychiatric rehabilitation and holistic mental healthcare.

Languages Spoken

- Kannada
- English
- Hindi
- Telugu
- Tamil

Awards & Achievements

- Gold medalist in Post-Graduation.

Talks & Publications

- Conducted mental health awareness webinars and sessions for LGBTQ+ communities, school and college students, and IT professionals.
- Users' and Caregivers' Perspectives on the Utility of Psychiatric Rehabilitation Day-Care Centre Services: A Qualitative Study – Journal of Psychosocial Rehabilitation and Mental Health.
- Affordable Residential Rehabilitation Facilities for Persons with Chronic Mental Illness: An Emerging Need – Indian Journal of Psychiatry (2022) .
- Polysubstance Abuse, Pharmacology, and Comorbid Psychiatric Disorders – Annals of Indian Psychiatry (March 2026 Edition).
- Featured in The Indian Express: “Anxiety attacks: Feeling trapped in a bus or flight, or scared before a presentation? Know how to combat triggers.” Click Here