



DR. SUBHASHINI S

Specialist - Psychiatrist

Qualification

MBBS | MD

Overview

Dr. Subhashini Shanmugamurthi is a compassionate and skilled psychiatrist in Bengaluru, currently practising as a Specialist - Psychiatry at Manipal Hospital Varthur Road, Bangalore. She provides comprehensive mental health care for individuals across all age groups, with clinical expertise that spans depression, bipolar disorder, anxiety disorders, eating disorders, perinatal and women's mental health, psychotic disorders, addiction medicine, geriatric psychiatry, sexual health concerns, and psychotherapy. Her practice is firmly rooted in evidence-based medicine, delivered with deep empathy and a focus on restoring long-term emotional and functional well-being. Dr. Subhashini completed her MBBS from Kasturba Medical College (KMC), Udupi, followed by an MD in Psychiatry from Rajarajeswari Medical College & Research Hospital, Bengaluru. Throughout her training and clinical work, she has shown a consistent commitment to holistic psychiatric care backed by scientific insight. Her experience includes working with children, adolescents, adults, and elderly individuals, allowing her to understand the developmental, cultural, and psychological nuances that shape each person's mental health needs.

She is particularly recognised for her work in depression, bipolar disorders, perinatal and women's mental health, anxiety disorders, somatoform disorders, and consultation liaison psychiatry. She also provides specialised support for child and adolescent behavioural and emotional concerns, geriatric mental health conditions, and psychotherapy. Her approach blends pharmacotherapy with non-pharmacological treatments such as mindfulness-based therapy, cognitive behavioural therapy (CBT), couple therapy, and lifestyle modifications, ensuring that treatment goes beyond managing symptoms to improving overall quality of life. As a certified SKY (Sudarshan Kriya Yoga) meditation trainer under the Art of Living International Centre and trained in CranioSacral Therapy, she advocates for integrated wellness that supports both the mind and body. She empowers patients to take active roles in their recovery through breathwork, meditation, self-awareness, coping strategies, and mindful lifestyle practices. This balanced perspective is especially valuable for patients dealing with stress-related disorders, anxiety, trauma, eating disorders, and psychosomatic concerns. In addition to clinical practice, Dr. Subhashini has contributed to psychiatric research through published work in peer-reviewed journals. Her publications include studies on substance abuse patterns and therapeutic interventions for dissociative disorders. She has presented research and case studies at national platforms, emphasising prevention, early intervention, and innovative treatment strategies in psychiatry. She is an active member of the Indian Psychiatric Society, reflecting her ongoing engagement with national academic and professional standards in mental health. Fluent in English, Kannada, Hindi, Tamil, and Telugu, she ensures that patients from diverse linguistic and cultural backgrounds feel understood and supported without hesitation or stigma. Her patient-first philosophy emphasises listening without judgement, acknowledging emotional vulnerabilities, and fostering treatment partnerships that build confidence and resilience. With her clinical proficiency, integrative therapy skills, and empathetic patient

engagement, Dr. Subhashini S stands as a trusted psychiatrist at Manipal Hospital, Varthur, helping individuals navigate emotional challenges and rebuild a balanced life rooted in mental well-being, self-awareness, and meaningful connections.

Fellowship & Membership

- Indian psychiatric society

Field of Expertise

- Depression and Bipolar Disorder
- Child and Adolescent Psychiatry
- Women mental health and Perinatal Psychiatry
- Anxiety disorders & Eating Disorders
- Somatoform Disorders
- Schizophrenia and other psychotic disorders
- De-addiction Psychiatry
- Geriatric Psychiatry
- Psychotherapy, Couple therapy, Cognitive Behavioral Therapy
- Sexual Disorders
- Consultation Liaison Psychiatry

Languages Spoken

- English
- Kannada
- Hindi
- Tamil
- Telugu

Awards & Achievements

- Certified SKY mediation trainer under Art of living International Centre.

Talks & Publications

- Outcome of Lorazepam-assisted Interview and Psychotherapy in a Middle-aged Female Patient with the Chronic mixed dissociative disorder: A Case Report. Published in 'The Journal of Medical Sciences/ Volume 05/ Issue 3/ July 2019.'
- Cross-sectional study of Epidemiological Determinants of Substance Abuse among Male Substance Abusers Attending a De-Addiction Centre in Bangalore city. Published in Journal of Evidence Based Medicine and healthcare / Volume 08/ Issue 29/ July 19,2021.