

DR. PRAKRUTHI N

Consultant - Psychiatry

Qualification

MBBS | MD

Overview

Dr. Prakruthi N is an experienced psychiatrist in Bangalore, currently practising as a Consultant - Psychiatry at Manipal Hospital Whitefield. Dr. Prakruthi brings a compassionate, evidence-based approach to mental health care, supported by more than 10+ years of academic and clinical experience. Her professional journey reflects a deep commitment to holistic mental well-being across all age groups, with a special emphasis on therapeutic engagement and community mental health. Dr. Prakruthi completed her MBBS from Mysore Medical College & Research Institute, followed by an MD in Psychiatry from the Government Medical College, Thrissur. At Manipal Hospital Whitefield, Dr. Prakruth provides comprehensive diagnostic and therapeutic services for a wide range of psychiatric conditions. Her areas of expertise include adult and geriatric psychiatry, child and adolescent psychiatry, anxiety disorders, mood disorders, and addiction management. She actively integrates pharmacological and psychotherapeutic interventions tailored to the unique needs of each patient. Dr. Prakruthi is well-versed in multiple therapeutic modalities, including cognitive behavioural therapy (CBT), psychodynamic

approaches, and supportive counselling. Her approach is centred on empathetic listening, trust-building, and patient empowerment. By creating a non-judgmental and collaborative environment, she ensures that individuals feel safe to explore their challenges and actively participate in their treatment journey. She has a particular interest in working with elderly patients and has participated in specialised workshops and training in geriatric psychiatry. Dr. Prakruthi's holistic understanding of age-related mental health issues allows her to address complex presentations such as dementia, depression, and anxiety in older adults with sensitivity and precision. She also engages in preventive mental health strategies for age-related cognitive decline. In addition to her clinical practice, Dr. Prakruthi has made active contributions to academic research. Her article on "Meningomyelocele on Exposure to Clozapine During the Perinatal Period" was published in the Indian Journal of Psychological Medicine in 2018. She has presented research papers and posters at national psychiatric conferences, earning accolades for her participation in debates and workshops. Her ongoing engagement with professional learning reflects her dedication to staying current with the evolving advancements in psychiatry. Dr. Prakruthi also possesses valuable experience working with children with special needs through community-based mental health initiatives. She has previously contributed to women's empowerment programmes and continues to support mental health awareness and advocacy. Her multilingual fluency in Kannada, Hindi, Telugu, and Malayalam allows her to connect meaningfully with patients from diverse cultural backgrounds.

Languages Spoken

- Kannada
- Hindi
- Telugu
- Malayalam

Awards & Achievements

- Certified therapist of Acceptance and Commitment Therapy.

Talks & Publications

- Oral poster presentation at Ancips National conference 2018 - “PESTICIDE SELF POISONING: A STUDY OF SUICIDAL INTENT, PSYCHIATRIC MORBIDITY & ACCESS TO PESTICIDES”.