

DR. R. MANASA

Consultant - Psychiatry

Qualification

MBBS | MD (Psychiatry)

Overview

Dr. R. Manasa is a compassionate psychiatrist in Yelahanka, Bangalore. She brings over 8 years of clinical experience in general adult psychiatry, addiction medicine, geriatric mental health, and psychiatric rehabilitation. Dr. R. Manasa is currently practising as a Consultant – Psychiatry at Manipal Hospital, Yelahanka, Bangalore, where she provides comprehensive, evidence-based care for individuals with a wide range of emotional, behavioural, and psychological conditions across children, adolescents, adults, and the elderly. Recognised for her patient-centred approach and structured treatment philosophy, Dr. Manasa is regarded as one of the best psychiatrists in Yelahanka, Bangalore. After her MBBS Dr. Manasa completed MD in Psychiatry, developing advanced expertise in mood disorders, psychotic disorders, anxiety disorders, de-addiction, and rehabilitation psychiatry. Her treatment approach integrates medication, psychotherapy, lifestyle modification, and family education to support long-term emotional well-being and functional recovery. At Manipal Hospital Yelahanka, Dr. Manasa provides comprehensive care for major depressive disorder, bipolar disorder, anxiety disorders and panic disorder, obsessive-

compulsive disorder, schizophrenia and psychotic disorders, stress-related disorders, sleep disorders, workplace mental health and burnout, de-addiction, geriatric psychiatry, women's mental health, child and adolescent mental health, psychotherapy, and psychiatric rehabilitation. Her empathetic, patient-centred approach and broad expertise in managing complex psychiatric conditions make her one of the best psychiatrists in Yelahanka for personalised and holistic mental healthcare. Dr. Manasa's areas of special interest include addiction psychiatry, geriatric psychiatry, and rehabilitation psychiatry. She focuses on reducing stigma around mental illness and promoting emotional well-being through awareness, education, and comprehensive psychiatric care. Her ability to combine scientific treatment with compassionate listening and family-centred support has established her as a trusted mental health specialist for individuals seeking long-term recovery and mental wellness. Dedicated to reducing the stigma surrounding mental illness, she holds active memberships in the Indian Psychiatric Society (IPS), the Indian Association of Private Psychiatry (IAPP), and the Addiction Psychiatry Society of India. Fluent in Kannada, English, Telugu, Tamil, and Hindi, Dr. Manasa couples her clinical precision with an approachable and clear communication style. She prioritises patient empowerment through active listening, supportive counselling, and individualised care plans.

Field of Expertise

- General Adult Psychiatry
- Addiction Medicine
- Geriatric Mental Health
- Psychiatric Rehabilitation
- Mood Disorders
- Psychotic Disorders
- Anxiety Disorders

- De-Addiction
- Major Depressive Disorder
- Bipolar Disorder
- Panic Disorder
- OCD
- Schizophrenia
- Stress-Related Disorders
- Sleep Disorders
- Workplace Mental Health & Burnout
- Women's Mental Health
- Child & Adolescent Mental Health
- Psychotherapy

Languages Spoken

- English
- Kannada
- Telugu
- Tamil
- Hindi