



## DR. MEENA GNANANSEKHARAN

Consultant Psychiatrist - Child Adolescent and Adult Psychiatry

### Qualification

MBBS | MD Psychiatry | Residency in Adult Psychiatry and Fellowship in Child and Adolescent Psychiatry | Diplomate American Board of Psychiatry and Neurology | Diplomate American Board of Psychiatry and Neurology - Child and Adolescent Psychiatry

### Overview

An excellent psychiatrist focusing on child, adolescent, and adult psychiatry is Dr. Meena Gnanasekharan. She brings over 20 years of expertise, exceptional background, and certifications to her practice. Dr. Meena has established herself as a leading authority on mental health because of her continuous uncompromised commitment to it. Dr. Meena is a highly sought-after consultant psychiatrist in Yeshwanthpur, Bangalore, having completed her studies at the prestigious University of South Dakota. Her areas of expertise include the treatment of psychotic illnesses, substance use disorders, trauma-related disorders, eating disorders, social anxiety, sleep disorders, and mood disorders such as Major Depressive illnesses and Bipolar Disorder Spectrum. She has exceptional expertise in managing psychiatric, eating, and sleep problems. Several mental health issues are under Dr. Meena's scope of practice. Thanks to her all-encompassing approach, she ensures everyone receives the finest help and care, from toddlers to adults. She is persistent that every person's path to mental health is different, making a customised strategy essential. Dr. Meena's compassionate nature and deep understanding of her patient's needs create a safe space for growth and understanding. In the pursuit of complete integration of care, Dr. Meena ensures that her patients have access to a diverse team of professionals. No wonder she is considered the best psychiatrist doctor in Yeshwanthpur Bangalore. Dr. Meena Gnanasekharan strongly focuses on the value of holistic therapy because she understands how important it is to address all facets of well-being for mental health to be at its best. She combines techniques like yoga and meditation with a multidisciplinary team to provide her patients with complete therapy supporting their minds, bodies, and spirits. She has the prestigious honour of presenting the keynote talk at the prestigious 2nd World Congress on Psychiatry and Psychological Syndromes held in Spain. Dr. Meena, due to her outstanding accomplishments, which have attracted acclaim. These connections demonstrate her persistent commitment to being on the cutting edge of her industry and continuously giving her patients the most cutting-edge and efficient treatment alternatives. Dr. Meena excels in clinical practice and advances psychiatry through her compelling lectures and influential writings. Selecting Dr. Meena Gnanasekharan as your psychiatrist entails selecting a kind, knowledgeable medical expert who will lead you down the path to mental health. Dr. Meena will offer you complete and transformational mental health treatment thanks to her experience, holistic approach, and steadfast dedication to your needs. By entrusting Dr. Meena Gnanasekharan with your mental health journey, you may take the first step towards understanding and development.

### Fellowship & Membership

- American Psychiatric Association (APA).
- American Academy of Child and Adolescent Psychiatry (AACAP).

## Field of Expertise

- Child, Adolescent and Adult Psychiatry
- New options for treatments, using various protocols including psychotropics, TMS and specialising in Treatment Resistant Depression (TRD)

## Languages Spoken

- English
- Tamil
- Kannada
- Hindi

## Awards & Achievements

- Future Leaders in Psychiatry Award- Emory University.

## Talks & Publications

- Incidence of Depression in Antenatal and Postnatal women: A Cross-Section Study in A Private Hospital Setting In India. Gender Differences and Variability In Adult Attention Deficit/Hyperactivity Disorder and Repetitive Transcranial Magnetic Stimulation. Bovine Distal Pulmonary Arterial Media is Composed of a Uniform Population of Well- Differentiated Smooth Muscle Cells With Low Proliferative Capabilities- Published in 2003. Sustained Hypoxia Leads to the Emergence of Cells with Enhanced Growth, Migratory and Promitogenic Potential within the Distal Pulmonary Artery Wall- Published in 2009. Keynote Speaker at the 2nd World Congress on Psychiatry and Psychological Syndromes held on 11-12 November 2019 in Spain.