

## DR. ROHIT SAPARE

Consultant - Psychiatry

### Qualification

MBBS | MD (Psychiatry)

### Overview

Dr. Rohit Sapare is an experienced psychiatrist in Bangalore. He is currently practising as a Consultant - Psychiatry at Manipal Hospital Hebbal, Bangalore. With a strong foundation in mental health and behavioural sciences, Dr. Rohit Sapare is committed to delivering evidence-based, empathetic psychiatric care for patients across all age groups. He holds an MBBS and an MD in Psychiatry. He has further enhanced his clinical capabilities with specialised training in Cognitive Behavioural Therapy (CBT) Essentials, making him adept at managing a wide range of psychiatric conditions using both pharmacological and psychotherapeutic approaches. He is the best Psychiatrist in Hebbal. At Manipal Hospital Hebbal, Dr. Rohit provides comprehensive evaluation, diagnosis, and management for major psychiatric illnesses, including schizophrenia, bipolar affective disorder, and major depressive disorder. His multidisciplinary approach integrates medical management, psychotherapy, and lifestyle counselling tailored to each patient's unique clinical needs. His expertise in treating severe mood and thought disorders ensures that patients receive timely interventions aimed at functional recovery and long-term stability. Dr. Rohit has a deep interest in adolescent psychiatry and is experienced in managing a broad spectrum of youth mental health issues such as conduct disorder, oppositional defiant disorder, ADHD, autism spectrum disorders, and emotional dysregulation. His compassionate and age-appropriate therapeutic techniques help young individuals and their families navigate the challenges of mental illness with clarity and support. He also offers expert care for anxiety-related conditions, including generalised anxiety disorder, panic disorder, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD). Dr. Rohit utilises structured cognitive-behavioural strategies with medication when required, helping patients reclaim control over their thoughts and daily functioning. For patients dealing with dissociative disorders, personality disorders, and adjustment issues, Dr. Rohit employs individualised treatment plans that emphasise long-term psychological resilience. He has a keen interest in gender identity and sexual health concerns, offering a nonjudgmental, inclusive space for patients exploring these aspects of their identity. He also manages psychiatric manifestations of dementia and other neurocognitive disorders, focusing on symptom control and caregiver support. Dr. Rohit extends his care to individuals with substance use disorders, including alcohol, cannabis, cocaine, LSD, and tobacco dependence. Through structured de-addiction programmes, motivational enhancement, and relapse prevention therapy, he supports patients through each phase of recovery. He also assists in smoking cessation using pharmacological and behavioural interventions. With special interest in women's mental health, psychiatric rehabilitation, and coping strategy development, Dr. Rohit ensures a holistic approach to care. He works closely with multidisciplinary teams to provide psychoeducation, therapeutic interventions, and support for social reintegration where necessary. At Manipal Hospital, Dr. Rohit is recognised for his thoughtful communication style, nonjudgmental attitude, and commitment to empowering patients with knowledge and confidence in their recovery journey. Dr. Rohit has extensive experience at Manipal Hospital, where he provides specialised psychiatric care for a wide range of mental health conditions. Dr. Rohit speaks English, Hindi, Telugu, and Marathi, facilitating effective communication with a diverse patient population.

### Field of Expertise

- Women's Mental Health

- Psychiatric Rehabilitation
- Coping Strategies

## Languages Spoken

- English
- Hindi
- Telugu
- Marathi