



DR. BHAVYA K BAIRY

Consultant - Psychiatry

Qualification

MBBS | MD Psychiatry

Overview

Dr. Bhavya is a well-known psychiatrist in Kanakapura Road, Bangalore. Bringing forth a wealth of experience and specialized training to her practice, Dr. Bhavya currently practises as a Consultant - Psychiatry at Manipal Hospital Kanakapura Road. She is recognized for her compassionate and evidence-based approach to mental health care, offering treatment for a diverse array of conditions. Her expertise extends to dementia, a variety of psychiatric concerns in older adults, psychotic disorders, sleep disturbances, including insomnia, and mental health issues specific to women, such as perinatal mental health challenges. Dr. Bhavya completed her MBBS from Kasturba Medical College, followed by her MD in Psychiatry from SDM College, reflecting a strong educational background and deep clinical insight into the complexities of the human mind and various psychological conditions. Her dedication to the field is evident in the accolades she has received, including the Best Poster Award at KANCIPS in 2013, recognition as the Best Outgoing Postgraduate in MD Psychiatry in 2015, and the Early Career Travel Award from the MARCE Society in 2018. Dr. Bhavya is known for her ability to connect effectively with patients from diverse backgrounds. She strives to create a welcoming and nonjudgmental environment, encouraging patients to openly discuss their concerns and access the care they need. She offers comprehensive services, including specialised care for adolescents and a full range of interventions for young people experiencing mental health challenges. Family counselling is another area of her expertise, aimed at strengthening family bonds and supporting overall well-being. Dr. Bhavya provides premarital counselling, helping couples identify and address potential issues before marriage, as well as marital counselling to improve communication, resolve conflicts, and nurture healthy relationships. She also has substantial experience in managing migraines and obsessive-compulsive disorder (OCD) and also supports patients looking to overcome nicotine or tobacco addiction. She is skilled in alcohol de-addiction therapy, guiding individuals towards recovery and a more balanced lifestyle. Dr. Bhavya also specialises in treating insomnia and other sleep disorders, focusing on identifying root causes and implementing tailored interventions for better sleep quality. She is committed to fostering a trusting doctor-patient relationship built on empathy, respect, and understanding, which has contributed to her reputation as a leading psychiatrist in Kanakapura Road, Bangalore.

Field of Expertise

- Treatment of Anxiety disorders
- Treatment of Mood disorders
- Treatment of Psychotic disorders
- Treatment of Dementia and other geriatric psychiatry problems
- Treatment of insomnia and other sleep disorders

- Treatment of Women's Mental Health issues - Perinatal Mental Health

Languages Spoken

- English
- Kannada
- Hindi