

DR. PRERNA MAHESHWARI

Consultant - Psychiatrist

Qualification

MBBS | MD - Psychiatry

Overview

Dr. Perna Maheshwari is one of the most experienced psychiatrists in Bangalore. She is currently practicing as a Consultant – Psychiatry at Manipal Clinic & Hospital, Sarjapur Road, Bengaluru. With a background in mental health, she specialises in diagnosing and treating a wide range of psychiatric conditions, including mood disorders, anxiety, addiction, and sexual health concerns. Dr. Perna is well-known for her patient-centric approach, integrating evidence-based treatments with compassionate care to improve mental well-being. She is the top Psychiatrist in Sarjapur, Bangalore. She is the best Psychiatrist in Sarjapur Road. Dr. Perna holds an MBBS from BJ Government Medical College, Pune, and an MD in Psychiatry from Amrita Institute of Medical Sciences, Kochi, followed by Senior residency from NIMHANS, Bengaluru. She has also passed Paper A of the prestigious MRC Psych examination from the Royal College of Psychiatrists, London. She has further strengthened her expertise with certifications in biomedical research and sexual medicine for mental health professionals and a postgraduate diploma in medical law and ethics from NLSIU, Bengaluru. Committed to continuous learning, she actively participates in advanced training programmes, ensuring her patients benefit from the latest developments in psychiatric care. Dr. Perna excels in psychopharmacology, psychotherapy, and holistic mental health management. She is proficient in administering cognitive behavioral therapy (CBT), dialectical behavioural therapy (DBT), and exposure and response prevention (ERP) for various psychiatric conditions. She tailors treatment plans based on individual needs, ensuring optimal recovery and long-term mental stability. Her expertise also includes telepsychiatry, making mental health care accessible to individuals across different locations. Dr. Perna specialises in treating psychiatric disorders with a comprehensive, multidisciplinary approach. She effectively manages cases of depression, schizophrenia, bipolar disorder, and obsessive-compulsive disorder (OCD). She also provides expert guidance on sexual health concerns, helping individuals address issues related to performance anxiety, psychosexual disorders, and relationship challenges. Dedicated to enhancing mental health awareness, Dr. Perna actively engages in clinical research, contributing to advancing psychiatric knowledge. She has authored numerous publications in peer-reviewed journals, covering topics such as childhood trauma, psychiatric emergencies, and the psychological impact of chronic illnesses. Her involvement in public health initiatives and community mental health programmes underscores her commitment to bridging gaps in mental health care and improving access to quality treatment. Dr. Perna is fluent in English, Hindi, Kannada, and Marathi, which ensures effective communication with patients from diverse backgrounds. Her ability to explain complex psychiatric conditions in a simple, reassuring manner fosters trust and confidence, making the treatment process more comfortable and collaborative.

Field of Expertise

- Dr. Perna Maheshwari has 6 years overall experience, her expertise spans a range of psychiatric disorders, such as ADHD, addiction, anxiety, depression, bipolar disorder, OCD, psychosis, sleep and sexual disorders, PTSD, Personality issues and psychotherapy techniques- Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Motivational Enhancement Therapy.

Languages Spoken

- English
- Hindi
- Kannada
- Malayalam
- Marathi
- Tamil

Awards & Achievements

- 1st Place in Paper Presentation in KANCIPS 2021

Talks & Publications

- Journals: Maheshwari, Prerna; Jith, Arya; Methala, Sharon Paul; Mathew, Kathleen Anne. Prevalence of childhood trauma in patients with psychiatric disorders and its association with perceived social support and suicide attempts: A cross-sectional observational study in a tertiary hospital in South India. *Industrial Psychiatry Journal* 33(1):p 88-93, Jan-June 2024. | DOI: 10.4103/ipj.ipj_132_23
- Prerna Maheshwari, Kathleen Anne Mathew, Arya Jith; Delirium Herald Clozapine Induced Myoclonus: An Uncommon Sequence of Side-Effects; *International Journal of Medical Science and Current Research* | September/October 2021 | Vol 4 | Issue 5
- Maheshwari P, Lakshmi K P, Menon B, Thachathodiyl R, Bhaskaran R, Chandra S. Psychological distress with Coronary Artery disease during the COVID-19 pandemic and its association with coping mechanisms. *Heart Views* 2022;23:201-7
- Maheshwari, Prerna; Menon, Bindu; Jith, Arya; Bhaskaran, Renjitha. Prevalence of premenstrual syndrome and its effect on quality of work life in working women in South India. *Industrial Psychiatry Journal* 32(2):p 255-259, Jul-Dec 2023. | DOI: 10.4103/ipj.ipj_106_22
- Maheshwari P, Srinivas P. Feasibility of Academics Including Practice Following Postgraduation. *Ind J Priv Psychiatry* 2023;17(1):51-52.
- Lakshmi, K. P.; Maheshwari, Prerna; Menon, Bindu; Chandra, Subhash1. Virchow-Robin Space Enlargement Associated with Borderline Intelligence and Behavioral Problems in a Young Male. *International Journal of Advanced Medical and Health Research* 9(2):p 117-119, Jul-Dec 2022. | DOI: 10.4103/ijamr.ijamr_31_22
- Bansal R, Maheshwari P. A Case of First Episode Psychosis Uncovering Encephalomalacia in a Young Female. *Ind J Priv Psychiatry* 2024;18(1):33-34.
- Thakur, Monika; Govindan, Radhakrishnan; Maheshwari, Prerna; Suhas, Satish; Suchandra, Hari Hara; Jain, Sumi; Manjunatha, Narayana; Kumar, Channaveerachari N.; Math, Suresh B. Bridging the Mental Health Divide: The TORENT Initiative in Chhattisgarh, India. *Indian Journal of Community Medicine* 50(1):p 258-260, Jan-Feb 2025. | DOI: 10.4103/ijcm.ijcm_638_23
- Chapters: Prerna Maheshwari, Aarshie Koul, Rahul Patley. Prevalence and impact of mental health issues in the ICU Health care workers. CAREPLUS. ISBN: 978-93-91300-20-3
- Prerna Maheshwari, Shivani Sivaramakrishnan, Naveen Kumar C. Symptoms and signs of psychiatric disorders. SHIELD. ISBN: 978-93-91300-26-5
- Prerna Maheshwari, Namrata Bharadwaj, Hari Hara Suchandra. Risk factors for mental health issues for ICU patients. SHIELD. ISBN: 978-93-91300-26-5
- Shivane Kumari, Prerna Maheshwari, Suresh Bada Math. Future directions for research and practice. SHIELD. ISBN: 978-93-91300-26-5 •
- Gajanan Ganapati Sabhahit, Prerna Maheshwari, Hari Hara Suchandra. Risk factors for mental health issues in health care providers of ICU. CAREPLUS. ISBN: 978-93-91300-20-3. •
- Shivane Kumari, Prerna Maheshwari, Rahul Patley. Future directions for research and practice. CAREPLUS. ISBN: 978-93-91300-20-3 •

- Gajanan Ganapati Sabhahit, Perna Maheshwari, Narayana Manjunatha. Referral for specialized care. HOPE. ISBN: 978-93-91300-19-7 •
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- Gajanan Ganapati Sabhahit, Perna Maheshwari, Mamidipalli Sai Spoorthi. Overview of mental health in the ICU. SHIELD. ISBN: 978-93-91300-26-5;
- Book Author: Perna Maheshwari. This is difficult, I need help. ISBN: 9789357694810.