

DR. HARSHA G T

Consultant - Psychiatry

Qualification

MBBS | MD (Psychiatry) | Fellowship in Women's Mental Health

Overview

Dr. Harsha is the best psychiatrist in Yeshwanthpur Bangalore, with extensive experience in assessment, diagnosis and treatment of a wide spectrum of psychiatric disorders. He had a distinguished academic career, which has given him a broad insight into the subject of psychiatry. He has acquired all the necessary skills to deal with the vast and challenging problems encompassing the field of Psychiatry. He has in-depth knowledge of various treatment modalities and therapies used to aid patient's recoveries and improve functionality. His proficiency in therapeutic communication techniques have enabled him to counsel and treat those suffering with behavioural, and emotional issues. Management of common mental health issues such as major depressive disorders, panic disorders and not so common conditions such as Bipolar disorder, schizophrenia are also treated by him. His exceptional skills in management of stress related disorders such as generalised anxiety disorders, mood fluctuations, substance misuse have helped professionals, who are unable to cope. He is well versed in therapies such as cognitive behavioral and dialectical behavioral therapies, in management of different mental disorders. He is a professional who values ethics and is empathic in patient management. His passion is to make care accessible to the needy at an affordable cost and with excellent clinical outcomes.

Fellowship & Membership

- Currently serving as Hon. Secretary for Indian Psychiatric society-Karnataka Chapter
- Current Executive council Member for Indian Psychiatric society- South Zone
- Was Executive Council Member for IPS- KC 2020-21
- Fellow of the world association for psychosocial rehabilitation
- Life fellow for the Indian Psychiatric Society
- Life fellow for Karnataka Chapter- IPS
- Life Fellow for IPS- south zone
- Member of South Asian society for sexual Medicine, SAARC
- Life Fellow for the Indian Medical Association
- Fellow of the Indian Association for Private Psychiatrists

Field of Expertise

- Adult psychiatry
- Women's mental health
- Mother-baby Psychiatry
- Addiction Medicine

Languages Spoken

- Kannada
- English
- Hindi
- Tamil
- Telugu

Talks & Publications

- Rashmi R, Harsha GT, Khargekar VC, Karthik KN, Narayanaswamy DM. The Internet Addiction Pattern and Its Mental Impact Among Medical Students in Bangalore: A Cross-Sectional Study. Natl J Community Med. 2022;13(07):458-62.
- Chandrashekar B S, Rashmi Sriram, Harsha G T, Sapna Bhaskar Efficacy and Safety of Low Dose Oral Isotretinoin For The Treatment Of Steroid Induced Rosacea- A Retrospective Study, Euro J Mol Clin Med, 2022;9(6)- 681.
- Mithun S, Narayana Keertish, Harsha G T, SS Krithishree, Effect of white and yellow background Colour on Short term memory: A cross over study, J Clin Diagnostic Res 2021 Jun, Vol 15(6): 7-9.
- Harsha GT, Kumar KSA. Psychiatric profile, depression and body dysmorphic disorder in patients with amputation. IP Indian J Neurosci 2020;6(3):158-162.
- Kumar KSA, Harsha GT, Praveen SR, Anikethan GV, Kumaraswamy. Morbidity of depression and anxiety in post-stroke patients in a government tertiary care hospital in Mandya. IP Indian J Neurosci 2020;6(2):92-95.
- Harsha GT, Mithun Sadashiva Acharya; Trajectory of Perinatal Mental Health in India; Indian Journal of Social Psychiatry, Vol 35; Issue1; Jan-March 2019.
- Harsha GT, Rajesh Raman, Ravi MD; A study to assess anxiety among adolescents suffering from epilepsy at a tertiary care hospital in Mysore; International Journal of Clinical Psychiatry, Jun 2018.
- Harsha GT, Ashok K S; Magnitude of Depression in children and adolescents with epilepsy; International Journal of Clinical Psychiatry, Jun 2018.
- Rao TSS, Darshan M. S, Harsha GT, et al Suttur study: An epidemiological study of psychiatric disorders in south Indian rural population; Indian Journal of Psychiatry 56(3), Jul-Sep 2014.
- Rao TS, Manohar JS, Harsha GT, The Prospective, 24-week assessment of cost efficacy of and compliance to antidepressant medications in a rural setting(PACECAR)Study, Indian J Psychiatry 2017;59:157-63.
- Rao TSS, Harsha GT, Darshan MS, et al; Sexual disorders: General perspectives. Intimacy matters: Elderly Sexuality edited by Rao TSS, Gupta S, Tandon A. Published by Indian Association of Geriatric Mental Health, page 53-83.
- Darshan MS, Vathsala JK, Keya Das, Harsha GT, et al; Expectations, Experiences and Exploration in Psychiatry. Career Planning for Young Psychiatrists: What you don't learn at College; Edited by Rao TSS, Vishal Indla, Indla Ramasubba Reddy, Published by Special supplement for Young Psychiatrists Forum, Pg 167-171.
- Manipal Hospitals Yeshwanthpur: Dr. Harsha G T on Bottling up stress can result in maladaptation | New India Express. [Click Here](#)