



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

Dr. Meena Gnanansekharan is an American Board-Certified Child, Adolescent, and Adult Psychiatrist. She was trained at the University of South Dakota. She is currently an expert in her field with over 20 years of experience. She specializes in the treatment of Mood Disorders (Major Depressive Disorders and Bipolar Disorder Spectrum), Anxiety Disorders (OCD, Panic Disorder, and Social Anxiety), Neurodevelopmental Disorders, Psychotic Disorders, Substance Abuse Disorders, Trauma-Related Disorder, Eating Disorders, and Sleep Disorders. Dr. Meena applies an integrative and holistic approach to treating her patients. She offers comprehensive and compassionate mental health services to Children, Adolescents, and Adults. Her aim is to provide individuals suffering from various behavioral and emotional issues a place of understanding and growth. Her approach focuses on the premise that each person's needs are unique and that a holistic approach should be taken and medications used only when necessary. Complete integration of care happens when you visit us where each patient meets a psychologist, life coach, (as required) personal trainer, nutritionist and engages in yoga and meditation. Dr. Meena, a Psychiatrist in Yeshwanthpur Bangalore uses video conferencing to provide care across the globe.

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.