



## Dr Sushmita Misra

M.Phil (Clinical Psychology), PhD (Psychology) 23+ Years Experience

### Hospitals

Apollo Hospitals, Bhubaneswar ,

Doctor's Working  
Weekdays  
Mon - Sat

Doctor's Working  
Hours  
10:00 - 14:00

Phone Icon  
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## Overview

Dr. Sushmita Misra is a highly esteemed psychologist with over 23 years of dedicated experience in the field of mental health. Based in Bhubaneswar, she is currently associated with Apollo Hospitals, where she provides compassionate and comprehensive psychological care to her patients. Dr. Misra holds an M.Phil in Clinical Psychology from the prestigious National Institute of Mental Health & Neuro Sciences (NIMHANS) in Bangalore, along with a Ph.D. in Psychology. Her extensive educational background equips her with a profound understanding of various psychological conditions and therapeutic techniques, making her a trusted figure in the realm of mental health. Throughout her career, Dr. Misra has focused on a wide range of psychological issues, including anxiety, depression, stress management, and adolescent mental health. She is also a certified Mindfulness Meditation Trainer for Teens and Young Adults through the Happiitude Institute, which reflects her commitment to integrating mindfulness practices into her therapeutic approach. Dr. Misra believes in fostering a supportive and non-judgmental environment where patients feel safe to express their thoughts and emotions. Her holistic approach emphasizes the importance of understanding each individual's unique experiences and challenges, allowing her to tailor her treatment plans to meet their specific needs. At Apollo Hospitals, Dr. Sushmita Misra is not only a valued member of the healthcare team but also a beacon of hope for those seeking mental wellness. Her

warm demeanor and professional expertise create a nurturing atmosphere that encourages healing and personal growth. Dr. Misra is dedicated to empowering her patients with the tools and strategies they need to navigate life's challenges, ultimately guiding them towards a healthier and more fulfilling life. With her extensive experience and compassionate care, she continues to make a significant impact on the mental health landscape in Bhubaneswar and beyond.

## Frequently Asked Questions