



DR. SHALINI SARANGI

Associate Consultant – Psychiatry

Qualification

MBBS | MD (Psychiatry) | PDF (OCD and related disorders)

Overview

Dr. Shalini Sarangi is a compassionate and highly skilled psychiatrist in Indiranagar with advanced expertise in the diagnosis and management of Obsessive-Compulsive Disorder (OCD) and related disorders. She is currently practising as an Associate Consultant – Psychiatry at Manipal Clinic, Indiranagar, Bengaluru. With specialised training from premier institutions and experience across tertiary psychiatric care settings, she provides evidence-based, patient-centred treatment for a wide spectrum of mental health conditions. Her holistic approach combines pharmacological therapy, psychotherapy, and advanced neuromodulation techniques to help patients achieve long-term emotional well-being. Dr. Shalini completed her MBBS at Bangalore Medical College and Research Institute before pursuing her MD in Psychiatry from the prestigious Central Institute of Psychiatry (CIP), Ranchi, where she gained extensive experience in managing psychiatric disorders across outpatient, inpatient, and emergency settings. She further specialised through a Post-Doctoral Fellowship in Obsessive-Compulsive Disorder (OCD) and related disorders at the National Institute of Mental Health and Neurosciences (NIMHANS),

Bengaluru. During her fellowship, she developed expertise in managing OCD, body dysmorphic disorder, hoarding disorder, trichotillomania, and other complex psychiatric conditions using advanced therapies such as Exposure and Response Prevention (ERP), Habit Reversal Training (HRT), repetitive Transcranial Magnetic Stimulation (rTMS), deep Transcranial Magnetic Stimulation (dTMS), and multidisciplinary evaluation for Deep Brain Stimulation (DBS). At Manipal Clinic Indiranagar, Dr. Shalini Sarangi provides comprehensive evaluation and treatment for a broad range of psychiatric conditions, including depression, anxiety disorders, Obsessive-Compulsive Disorder (OCD), bipolar disorder, schizophrenia and psychosis, post-traumatic stress disorder (PTSD), personality disorders, Attention Deficit Hyperactivity Disorder (ADHD), Tourette syndrome, and intellectual disabilities. She believes in delivering holistic psychiatric care that addresses the biological, psychological, and social aspects of mental health. Her patient-centred approach focuses on collaborative decision-making, psychoeducation, and personalised treatment plans tailored to each individual's unique needs and recovery goals. Alongside her clinical practice, Dr. Shalini actively contributes to academic psychiatry through research, teaching, and scientific presentations. She has presented her work at prestigious national conferences, including the Annual National Conference of the Indian Psychiatric Society (ANCIPS 2024) and the Bipolar Disorder International Conference at NIMHANS. Her research interests include schizophrenia, bipolar disorder, cognition, inflammation, and dissociative disorders. She continues to stay at the forefront of psychiatric care through ongoing training in psychotherapy, motivational interviewing, emergency psychiatry, disaster mental healthcare, and non-invasive brain stimulation techniques. Fluent in English, Hindi, Odia, and Bengali, Dr. Shalini is committed to creating a safe, compassionate, and non-judgemental environment where patients feel heard, respected, and supported. She believes that effective mental healthcare extends beyond symptom management to empowering individuals and their families with the

knowledge, confidence, and support needed for lasting recovery. Her expertise in OCD and related disorders, combined with her evidence-based and empathetic approach, makes her one of the trusted psychiatrists in Indiranagar, Bengaluru.

Fellowship & Membership

- Indian Psychiatric Society - Member since December 2023
- International Society to Advance Alzheimer's Research and Treatment (ISTAART) - Member since February 2024

Field of Expertise

- Depression
- Obsessive Compulsive Disorder and related disorders (e.g Body dysmorphic disorder, trichotillomania)
- Bipolar disorder
- Psychosis, Schizophrenia
- PTSD
- Personality disorders
- ADHD
- Tourette's syndrome
- Intellectual disability

Languages Spoken

- English
- Hindi
- Odia
- Bengali

Talks & Publications

- Annual National Conference of Indian Psychiatric Society (IPS 2024), Kochi, January 2024: Oral presentation – A rare case of early-onset possession trance phenomena with a focus on early indicators of dissociation.
- Bipolar Disorder International Conference 2024, NIMHANS, Bengaluru, March 2024: Poster presentation – Hyperkinetic conduct disorder as a risk factor for switch from unipolar to bipolar disorder
- MD Thesis: Role of Vortioxetine in Cognition and Inflammation in Schizophrenia: A Double-Blind Randomized Placebo-Controlled Trial