

**DR. HARKUNWAR SINGH SIDHU**

Consultant - Psychiatry

**Qualification**

MBBS | MD Psychiatry | MRC Psych (UK)

## Overview

Dr. Harkunwar Singh Sidhu is a dedicated psychiatrist in Electronics City, Bengaluru, bringing rigorous clinical, psychotherapeutic, and interventional training across adult psychiatry, mood and anxiety disorders, de-addiction, and neuromodulation. He is currently practising as a Consultant – Psychiatry at Manipal Hospital Electronics City, Bengaluru, where he provides comprehensive, evidence-based mental health care through an integrative biopsychosocial approach. Combining pharmacological precision with structured psychological interventions and advanced neuromodulation, Dr. Sidhu is regarded as one of the best psychiatrists in Electronics City, Bangalore. Dr. Sidhu completed his undergraduate medical education (MBBS) followed by a three-year postgraduate residency in Psychiatry (MD Psychiatry) at Kasturba Medical College (KMC), Manipal, an institution recognised by the Government of India as an Institute of Eminence under the Manipal Academy of Higher Education (MAHE). Demonstrating commitment to international professional standards, he completed both MRCPsych Part A (November 2025) and Part B (May 2026) examinations through the Royal College of Psychiatrists, UK. His training portfolio includes

specialised rotations in child and adolescent psychiatry at the National Institute of Mental Health and Neurosciences (NIMHANS), community rehabilitation at Hombelaku and ASARE, de-addiction psychiatry, and full-time clinical electives in Neurology, Molecular Neuroscience, and General Medicine. He holds an active Life Ordinary Membership (LOM/H10/25) with the Indian Psychiatric Society (IPS) and the Indian Psychiatric Society – Karnataka Chapter (IPSKC). At Manipal Hospital Electronics City, Dr. Sidhu evaluates and treats a broad spectrum of acute and chronic mental health conditions. As a top psychiatrist and mental health specialist in Electronics City, his clinical expertise spans depressive disorders, bipolar affective disorders, generalised anxiety, panic disorders, obsessive-compulsive disorder (OCD), trauma-related conditions, and personality disorders (with a focused interest in borderline personality pathology). He possesses practical competence in advanced neuromodulation techniques, including repetitive Transcranial Magnetic Stimulation (rTMS using iTBS and cTBS protocols), Transcranial Direct Current Stimulation (tDCS), and Electroconvulsive Therapy (ECT) for treatment-resistant depression and psychiatric emergencies. His therapeutic toolkit also incorporates evidence-based psychotherapies, such as Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT) frameworks, Motivational Enhancement Therapy (MET) for substance-use disorders, and supportive psychotherapy. In addition, his background includes consultation-liaison psychiatry across inpatient hospital departments and clinical experience in memory and mind care for geriatric populations. An active contributor to psychiatric research and academic dialogue, Dr. Sidhu serves as a co-investigator on high-impact research initiatives. He has presented clinical papers and scientific posters at prominent conferences, including IPSOCON 2024. He was awarded the First Prize at the National CME – Psychiatry Update (2022) in Manipal for his work on psychedelic therapeutics. Fluent in English, Hindi, and Kannada, Dr. Sidhu emphasises collaborative doctor-patient communication, empathetic listening, and personalised

treatment planning designed to alleviate acute psychological distress and foster long-term functional recovery.

### Fellowship & Membership

- MRCPsych Part A (Nov 2025) and Part B (May 2026), Royal College of Psychiatrists, UK.
- Life Ordinary Member (LOM/H10/25) – Indian Psychiatric Society (IPS) and IPS Karnataka Chapter (IPSKC).

### Field of Expertise

- Adult Psychiatry
- Mood & Anxiety Disorders (Depression, Bipolar Disorder, Panic Disorder, OCD)
- Borderline Personality Disorder
- Trauma-related Conditions
- De-addiction Psychiatry
- Neuromodulation (rTMS, tDCS, ECT)
- Psychotherapy (CBT, DBT, MET)
- Consultation-Liaison Psychiatry
- Geriatric Memory & Mind Care

### Languages Spoken

- English
- Hindi
- Kannada

### Awards & Achievements

- First Prize at the National CME – Psychiatry Update (2022), Manipal, for work on psychedelic therapeutics.

## Talks & Publications

- Clinical papers and scientific posters presented at IPSOCON 2024.
- Co-investigator on psychiatric research initiatives.