

DR. DARSHAN Y J

Consultant - Psychiatry

Qualification

MBBS | MD

Overview

Dr. Darshan Y J is an experienced and skilled psychiatrist in Hebbal with a focused approach to comprehensive mental health care and behavioural medicine. He is currently practising as a Consultant - Psychiatry at Manipal Hospitals, Hebbal, Bangalore, bringing over 9 years of clinical experience in the diagnosis, treatment, and long-term management of a wide spectrum of psychiatric conditions. With qualifications including MBBS and MD in Psychiatry, Dr. Darshan Y J has developed a structured and evidence-based approach to mental health care. His clinical practice integrates pharmacological treatment with psychological interventions, ensuring that patients receive balanced and personalised care tailored to their individual needs. He routinely manages mood disorders such as bipolar affective disorder and major depressive disorder, along with anxiety disorders, obsessive-compulsive disorder (OCD), and stress-related conditions. His consultations involve detailed clinical evaluation, identification of contributing psychological and biological factors, and formulation of targeted treatment plans. His consistent work in these areas contributes to his recognition as one of the best psychiatrists in Hebbal

for structured mental health evaluation and management. Dr. Darshan Y J also has extensive experience in treating severe psychiatric illnesses such as schizophrenia and psychosis, where early intervention and ongoing monitoring are essential. In addition, he provides de-addiction treatment for alcohol, nicotine, and substance use disorders, supporting patients through structured rehabilitation strategies and relapse prevention planning. His expertise in these areas further establishes him among the best psychiatrists in Hebbal for comprehensive psychiatric care. A key aspect of his practice is the integration of psychotherapeutic interventions, particularly Cognitive Behavioural Therapy (CBT), which he uses to help patients manage maladaptive thought patterns and behavioural responses. He also offers family counselling, marital counselling, and premarital counselling, recognising the role of interpersonal dynamics in mental well-being. His work extends to adolescent mental health, addressing emotional, behavioural, and developmental concerns during critical stages of growth. Dr. Darshan Y J is also experienced in managing psychosomatic and somatoform disorders, where psychological distress presents as physical symptoms, as well as conditions such as headaches linked to stress and mental health factors. His approach focuses on identifying underlying causes and guiding patients towards sustainable coping strategies and recovery pathways. In addition to clinical practice, he has contributed to academic research with multiple publications in national and international journals. His work includes studies on atypical antipsychotics such as lurasidone in schizophrenia, as well as research on burnout, COVID-related mental health conditions, and learning disorders. He has also been recognised with a Best Poster Presentation Award (2020), reflecting his engagement with academic psychiatry and ongoing clinical learning. Fluent in English, Kannada, Hindi, and Telugu, Dr. Darshan Y J communicates effectively with patients from diverse backgrounds, ensuring that consultations remain clear, accessible, and supportive. At Manipal Hospital Hebbal, he offers structured, empathetic, and clinically sound mental health

care, supporting patients across acute and long-term psychiatric needs.

Fellowship & Membership

- Indian Psychiatry Society
- Indian Psychiatry Society Karnataka Chapter
- Indian Association of Private Psychiatry

Field of Expertise

- Bipolar Affective Disorder
- Major Depressive Disorder
- Anxiety disorders
- Schizophrenia/Psychosis
- Drug Abuse/De-addiction treatment
- Psychosomatic Medicine
- Somatoform Disorder
- Cognitive Behavioural Therapy (CBT)
- Headache
- Premarital Counselling
- Adolescent Medicine
- Nicotine/Tobacco (Smoking) De-addiction Treatment
- Alzheimer’s Disease
- Family Counselling
- Stress Management
- Marriage/Marital Counselling
- Obsessive Compulsive Disorder (OCD) Treatment

Languages Spoken

- English

- Hindi
- Kannada
- Telugu

Awards & Achievements

- Best Poster Presentation Award 2020

Talks & Publications

- “A Study of the Efficacy of a New-Generation Atypical Antipsychotic (Lurasidone) Across Positive and Negative Symptom Domains in Fresh Cases of Schizophrenia,” under the guidance of Dr. G. Gopalakrishna.
- “Burnout Syndrome Among Medical Interns and Its Correlation with Personality: A Cross-Sectional Study.” Darshan Yallappa Jotibannad, Prashant Peethala, G. Gopalakrishna. Journal of Evidence-Based Medicine and Healthcare (JEBMH), 2018.
- “A Study of the Efficacy of a New-Generation Atypical Antipsychotic (Lurasidone) Across Positive and Negative Symptom Domains in Fresh Cases of Schizophrenia.” Darshan Yallappa Jotibannad, Abhishek N., Vijayaraj N. Journal of Clinical Psychiatry and Neuroscience, 2021.
- “A Cross-Sectional Study on COVID-19-Related Depression Among the Population Working from Home During the Pandemic.” Darshan Yallappa Jotibannad, Ayushi Devendra Singh. Journal of Evidence-Based Medicine and Healthcare (JEBMH), 2021.
- “A Study of Dyslexia as a Contributor to Scholastic Backwardness Among High School Students.” Darshan Yallappa Jotibannad, Abhishek N., Vijayaraj N. Journal of Clinical Psychiatry and Neuroscience, 2021.

- “A Cross-Sectional Study on COVID-19-Related Anxiety Disorders Among the Population Working from Home During the Pandemic in the State of Karnataka, South India.” Darshan Yallappa Jotibannad, Ayushi Devendra Singh. Journal of Evidence-Based Medicine and Healthcare (JEBMH), 2021.
- “Effect of Lurasidone on Positive Symptoms in Schizophrenia Patients in a Rural Setting in India: A Longitudinal Study.” Darshan Yallappa Jotibannad, Dr. Gaurav Uppal, Dr. Aseem Garg, Dr. P. D. Garg, Dr. Shiny Dehal. European Journal of Pharmaceutical and Medical Research, 2021.