

DR. VIKRAM ARUNACHALAM

Consultant - Psychiatry

Qualification

MBBS | DNB (Psychiatry) | MNAMS

Overview

Dr. Vikram Arunachalam is an acclaimed, award-winning psychiatrist currently practising at Manipal Hospitals Malleshwaram, Bangalore, as a Consultant - Psychiatry. With over 2 decades of experience, he is widely respected for his evidence-based, compassionate, and patient-centred care in adult psychiatry, addiction medicine, psychotherapy, and more. Dr. Vikram earned his MBBS from Dr. B. R. Ambedkar Medical College in 2000 and went on to pursue his DNB in Psychiatry at the globally recognised Schizophrenia Research Foundation (SCARF), Chennai, in 2009. He then advanced his training at NIMHANS, Bengaluru, where he worked for more than a decade under distinguished mentors, contributing extensively to clinical psychiatry, community psychiatry, and research. Dr. Vikram’s area of expertise includes mood disorders, anxiety, psychotic issues, stress-related disorders, nicotine/tobacco de-addiction, and broad experience managing substance use. He is deeply versed in cognitive-behavioural therapy (CBT), supportive psychotherapy, family counselling, and holistic approaches that address emotional and behavioural aspects. He also offers community psychiatric services, such as premarital and

family counselling, adolescent psychiatry, dementia care, migraine management, and innovative community psychiatry programmes. Acknowledged as a thought leader, Dr. Vikram Arunachalam was recognised by the Government of Karnataka and National Health Mission for pioneering psychiatry integration in Primary Health Centres (PHCs) across Karnataka under the District Mental Health Programme (DMHP). He was also honored by the IMA Bengaluru Branch in 2025 for outstanding contributions to psychiatry and public mental health. Prolific in research, he has published influential papers in reputed journals. His works include research on schizophrenia, perioperative mental status, telemedicine mentoring, mental health concerns of migrant workers, and doorstep care for severe mental disorders. Dr. Vikram regularly collaborates with mental health NGOs for homeless outreach, LGBTQIA sensitisation, migrant worker support, and doorstep care services. He also takes part as a speaker at national and international platforms, including ANCIPS, the Royal College of Psychiatrists UK, SAARC, and European and Middle Eastern mental health forums. As a top psychiatrist in Bangalore, Dr. Vikram Arunachalam continues to shape psychiatric service delivery and mental health advocacy, bringing hope and healing to countless individuals through his skill, integrity, and unwavering commitment.

Fellowship & Membership

- MANBD – Member, the Association of National Board of Doctors.
- FIPS – Fellowship of the Indian Psychiatric Society.
- FAPSI – Fellowship of the Association of Addiction Psychiatry Society of India.
- WAPR Fellow – World Association for Psychosocial Rehabilitation.
- Member – World Psychiatric Association (WPA).
- FIMA – Fellow of the Indian Medical Association.

Field of Expertise

- Adult Psychiatry (mood, anxiety, psychotic, and stress-related disorders).
- Addiction Medicine (specialised expertise in nicotine/tobacco de-addiction).
- Psychotherapy (CBT, supportive psychotherapy, family counselling).
- Holistic services include premarital counselling, adolescent psychiatry, dementia care, migraine management, and community psychiatry models.

Languages Spoken

- English
- Kannada
- Tamil
- Telugu
- Hindi

Awards & Achievements

- IMA Bengaluru Branch Awardee – 2025, for outstanding contributions to psychiatry and public mental health.
- Recognition by the Government of Karnataka and the National Health Mission for pioneering integration of psychiatry into Primary Health Centres (PHCs) under the District Mental Health Programme (DMHP).
- Collaborations with mental health NGOs for homeless psychiatry, LGBTQIA+ sensitisation, migrant worker support, and door-step care services.

- Invited speaker at major national and international platforms, including:
- ANCIPS (Annual National Conference of Indian Psychiatric Society).
- Royal College of Psychiatrists (UK).
- SAARC Psychiatrist Association, Colombo.
- European psychiatric forums in Rome and Prague.
- International mental health conferences in Middle Eastern countries.
- Global mental health forums showcasing India’s community psychiatry models.

Talks & Publications

- Dr. Arunachalam has authored influential research papers in reputed journals, including:
- Expanding the Schizophrenia Phenotype (2008).
- Perioperative Mental Status Assessment of Surgical Patients (2018).
- Karnataka Telemedicine Mentoring & Monitoring Program (2021).
- Mental Health Concerns of Migrant Workers during COVID-19 (2021).
- Care at Doorsteps (CADs) for Severe Mental Disorders (2021).
- These works are cited internationally and have influenced mental health policies and service delivery models.