

DR. SACHIN REDDY

Associate Consultant – Psychiatry

Qualification

MBBS | MD Psychiatry | PhD Psychiatry (NIMHANS)

Overview

Dr. Sachin Reddy is an experienced psychiatrist in Old Airport Road. He is currently practising as a Consultant – Psychiatry at Manipal Hospital Old Airport Road, Bangalore, bringing a compassionate, evidence-based, and depth-oriented approach to mental healthcare supported by advanced academic training from some of India's most respected psychiatric institutions. With specialised expertise in psychotherapy and neuromodulation, Dr. Sachin Reddy is particularly recognised for his work in severe mental illnesses, obsessive-compulsive and related disorders, trauma-related conditions, and complex emotional and behavioural challenges, making him one of the best psychiatrists in Old Airport Road for individuals seeking comprehensive and nuanced psychiatric care. Dr. Sachin Reddy completed his MBBS from KIMS, Hubli, followed by an MD in Psychiatry from the Central Institute of Psychiatry (CIP), Ranchi — one of Asia's oldest and most prestigious mental health training centres. His postgraduate training equipped him with a solid grounding in psychiatric phenomenology, psychopharmacology, diagnostic formulation, and comprehensive clinical evaluation. He then went on to pursue a PhD in Psychiatry at

the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, where he received advanced training in psychotherapy and neuromodulation, and gained extensive exposure to tertiary mental healthcare and academic psychiatry. During his tenure at NIMHANS, Dr. Sachin worked across outpatient, inpatient, emergency, and critical care psychiatric settings. He managed a wide range of psychiatric disorders, including acute psychiatric emergencies, treatment-resistant conditions, mood disorders, psychotic illnesses, and suicidality. He also received structured training in modern neuromodulation techniques, specialising in the safe and evidence-based administration of treatments such as electroconvulsive therapy (ECT), transcranial direct current stimulation (tDCS), repetitive transcranial magnetic stimulation (rTMS), and deep transcranial magnetic stimulation (dTMS). His doctoral research included a randomised controlled trial on deep TMS in obsessive-compulsive disorder, highlighting his strong procedural expertise and research orientation in neuromodulation therapies. Dr. Sachin Reddy has also trained extensively in specialised obsessive-compulsive services, focusing on multimodal management of OCD, anxiety disorders, and trauma-related conditions. His clinical development includes formal training in psychotherapy, with ongoing supervised practice in psychodynamic therapy, cognitive behavioural therapy, and trauma-informed interventions. He has provided long-term psychotherapy for patients with obsessive-compulsive disorder, depressive disorders, anxiety disorders, personality disorders, and eating disorders, allowing him to integrate biological treatments with depth-oriented psychological care. In addition to his core areas of expertise, Dr. Sachin has received structured training in de-addiction psychiatry, child and adolescent mental health, neuropsychiatry, and consultation-liaison psychiatry, enabling him to work effectively with patients across the lifespan and clinical complexities. His broad training makes him adept at managing behavioural addictions, psychosocial crises, stress responses related to chronic medical illness, neuropsychiatric conditions, and psychiatric presentations in patients

with comorbid physical health concerns. Dr. Sachin Reddy practises within the bio-psycho-social framework of mental health, recognising that psychiatric difficulties arise from dynamic interactions between biological vulnerabilities, psychological patterns, and social contexts. His assessments incorporate detailed attention to sleep, lifestyle factors, neurobiological elements, emotional regulation, trauma history, personality structure, relationships, occupational stressors, cultural influences, and life transitions. This comprehensive approach allows him to design highly individualised treatment plans tailored to the unique needs of each patient. A defining feature of his approach is depth-oriented and humanistic psychiatry. His consultations are conducted in a calm, respectful, and non-judgmental environment that encourages openness, reflection, and shared decision-making. He works flexibly across the full spectrum of psychiatric care, integrating evidence-based pharmacotherapy, structured psychotherapies, behavioural and lifestyle interventions, and advanced biological treatments such as neuromodulation when clinically appropriate. Rather than relying on a single modality, he prioritises a personalised blend of treatments that address both symptom relief and long-term psychological well-being. At Manipal Hospital Old Airport Road, Dr. Sachin Reddy is known for his holistic and patient-centred philosophy of care. He believes that mental health treatment extends beyond symptom control to include emotional support, therapeutic engagement, and ethical practice. Patients under his care benefit from respectful communication, clear explanations, careful follow-up, and collaborative treatment planning focused on recovery, resilience, and sustained wellness. His blend of academic depth, clinical expertise, and empathic communication positions him among the best psychiatrists in Old Airport Road, offering comprehensive mental health care for individuals facing complex psychiatric needs.

Field of Expertise

- OCD and OCRDs
- Anxiety Disorders
- Trauma Realted Disorders (PTSD, Complex PTSD)
- Personality Disorders
- Eating Disorders (Anorexia, Bulemia, Binge Eating, Obesity, Eating addictions)
- Mood Disorders (Depressive Disorders, Bipolar Disorder)
- Psychotic Disorders (Schizophrenia)
- Addiction Disorders (including Behavioural Addictions)
- Sleep Disorders
- Somatoform Disorder, Hypochondriasis and Health Anxiety
- Neuromodulation (TMS, tDCS, ECT)
- Adolescent Mental Health
- LGBTQIA+ Mental Health
- Psychodynamic Psychotherapy
- Interpersonal Pscyhotherapy
- CBT/ERP for OCD, OCRDs and Eating Disorders
- Trauma Informed Psychotherapy
- Queer Affirmative Psychotherapy

Languages Spoken

- Kannada
- Telugu
- Hindi
- English
- Tamil
- Bengali

Awards & Achievements

- KC Dubey Award for Best Paper Presentation at JASCON, Ranchi, November 2021
- Best Poster Award at OCD International Symposium, Bengaluru, November 2022
- Best Poster Award at BDiCon, Bengaluru, March 2023

Talks & Publications

- Symposium on “Advances in Cognitive Behavioral Therapy (CBT) for Obsessive-Compulsive Disorder (OCD)” 8th Asian CBT Congress, Delhi, February 2024.
- Invited Expert Talk on “Neuromodulation” Christ University, Bengaluru, December 2022.
- Workshop Facilitator on Transcranial Magnetic Stimulation (TMS) CIP Ranchi, January 2023.
- Workshop Facilitator on Neuromodulation NSICon, Bengaluru, October 2024.
- Symposium on “Precision Neuromodulation in OCD: Harnessing Neurocircuitry Insights for Targeted Interventions” 19th IABP Annual Conference, Gurugram, February 2025.
- Reddy, S., Goyal, N., & Shreekantiah, U. (2021). Adjunctive deep transcranial magnetic stimulation (dTMS) in obsessive compulsive disorder: Findings from ^{1}H-magnetic resonance spectroscopy. Asian Journal of Psychiatry, 62, 1–2.
- Reddy, S., Shreekantiah U, Goyal N, Roy C. Brain activation alterations with adjunctive deep transcranial magnetic stimulation in obsessive-compulsive disorder: an fMRI study. CNS Spectrums. 2023;28(3):361-366.
- Reddy, S., Arumugham SS, Teotia V, Pyda PK. Accelerated deep transcranial magnetic stimulation using iTBS protocol for refractory obsessive-compulsive disorder. Brain Stimul. 2023 Mar-Apr;16(2):556-557.

- Reddy. S., Arumugham SS. Deep Transcranial Magnetic Stimulation Using H7 Coil in Somatic Symptoms Disorder: A Case Report. J ECT. 2024 Dec 6.
- Reddy, S., Goyal, N., & Shreekantiah, U. (2025). Efficacy of Adjunctive Deep Transcranial Magnetic Stimulation in Obsessive-Compulsive Disorder: A Randomized Sham-Controlled Study. The Journal of ECT, 10-1097.
- “Brain Activation Alterations with Adjunctive Deep Transcranial Magnetic Stimulation (dTMS) in Obsessive-Compulsive Disorder: An fMRI Pilot Study.” Oral Presentation, JASCON, Ranchi, October 2021.
- “Adjunctive Deep Transcranial Magnetic Stimulation (dTMS) in Obsessive-Compulsive Disorder: An fMRI Study.” Oral Presentation, CEZIPS, Agartala, November 2021.
- “Efficacy of Adjunctive Deep Transcranial Magnetic Stimulation in Obsessive-Compulsive Disorder: A Randomised Sham-Controlled Trial.” Poster Presentation, OCD International Symposium, Bengaluru, November 2022.
- “Cortical Reactivity Parameters and Their Relationship with Clinical Severity in Major Depressive Disorder: Insights from a TMS-EMG Study.” Poster Presentation, BDICon, Bengaluru, March 2023.