

DR. VIJAYAKUMAR D R

Senior Consultant - Psychiatry

Qualification

MBBS | DPM | DNB | CCST (UK)

Overview

Dr. Vijayakumar D R is a senior and internationally trained psychiatrist in Whitefield with over 25 years of extensive experience in adult and consultation-liaison psychiatry. He is currently practising as a Senior Consultant – Psychiatry at Manipal Hospital, Varthur Road, Whitefield, Bangalore, with extensive expertise in obsessive-compulsive disorders, anxiety disorders, and complex adult psychiatric care across outpatient and inpatient settings. An alumnus of Mysore Medical College, he completed his MBBS before pursuing DPM and DNB in Psychiatry from NIMHANS, Bangalore. He further obtained the CCST (UK), reflecting structured higher specialist training and clinical experience within the United Kingdom’s mental health system. His academic grounding at NIMHANS, combined with international consultant-level exposure in Australia and the UK, has shaped a balanced and clinically rigorous approach to psychiatric assessment and long-term management. During his tenure abroad, he worked in consultation-liaison psychiatry, community mental health teams, crisis assessment services, and inpatient psychiatric units. His responsibilities included evaluating patients presenting with depression, psychosis, adjustment disorders,

substance dependence, deliberate self-harm, and suicidal risk. He also assessed complex cases involving forensic backgrounds and co-morbid substance use. This breadth of exposure strengthened his ability to conduct structured risk assessments, formulate comprehensive management plans, and coordinate multidisciplinary teams under mental health legislation frameworks. Dr. Vijayakumar provides comprehensive psychiatric care spanning acute admissions, structured outpatient follow-ups, and crisis evaluation. His clinical focus includes obsessive-compulsive disorder, generalized anxiety disorder, panic disorder, and related spectrum conditions. He integrates pharmacological strategies with evidence-based psychotherapeutic principles, including cognitive behavioural therapy frameworks, supportive therapy, and family interventions. His training at NIMHANS included formal supervision in psychotherapy, behavioural therapy, community psychiatry, and rehabilitation psychiatry, allowing him to tailor treatment beyond medication alone. His experience in consultation-liaison psychiatry equips him to manage psychiatric presentations within medical and surgical settings, including patients admitted with co-morbid medical conditions. In inpatient environments, he has led multidisciplinary teams consisting of psychologists, social workers, nursing staff, and occupational therapists, ensuring coordinated care for individuals with complex psychopathology. This structured, hospital-based involvement establishes him among the best psychiatrists in Varthur Road, Whitefield for comprehensive adult psychiatric care within a tertiary hospital framework. Dr. Vijayakumar is fluent in English, Kannada, Hindi, Telugu, and Tamil, which allows nuanced communication during sensitive psychiatric evaluations and family discussions. His approach is methodical, grounded in detailed clinical formulation, and focused on long-term stability rather than short-term symptom suppression. His dual exposure to Indian and international psychiatric systems contributes to a balanced perspective in diagnosis and management planning. His extensive specialist training, leadership in inpatient and crisis psychiatry, and focused

expertise in anxiety and obsessive-compulsive disorders position him as one of the best psychiatrists in Varthur Road, Whitefield for structured, evidence-based mental health care.

Fellowship & Membership

- Karnataka Medical Council.
- Indian Psychiatric Society.

Field of Expertise

- Obsessive-compulsive disorders and anxiety disorders.

Languages Spoken

- English
- Kannada
- Hindi
- Telugu
- Tamil