

DR. PALLAVI JOSHI

Consultant - Psychiatrist

Qualification

MBBS | M.D. Psychiatry | D.P.M (C.P.S)

Overview

Dr. Pallavi Joshi is a distinguished psychiatrist in Whitefield, Bengaluru, with over 14 years of experience in clinical psychiatry, research, and academic medicine. She is currently practising as a Consultant – Psychiatry at Manipal Hospital, Varthur Road, Whitefield, with focused expertise in women's mental health, psycho-oncology, perinatal psychiatry, and evidence-based psychotherapy. An MD Psychiatry Gold Medalist from Government Medical College & Sir J.J. Group of Hospitals, Mumbai, Dr. Pallavi also holds a D.P.M (C.P.S) and an MBBS from Government Medical College, Nagpur. Her academic distinction is complemented by national recognitions including the A.K. Naik Best Paper Award and selection for the Early Career Mental Health Program led by Dr. Norman Sartorius, where she was one of sixteen psychiatrists chosen across India. Her clinical practice spans mood disorders, anxiety spectrum conditions, stress-related disorders, psychosomatic concerns, and complex emotional difficulties across age groups. She has completed certificate courses in Perinatal Psychiatry, Essentials of Palliative Care, and Rational Emotive Behaviour Therapy, and is a certified hypnotist trained in REBT, CBT, and psychoanalytic

models. This layered training enables her to tailor interventions based on individual psychological formulation rather than a one-size-fits-all model. Dr. Pallavi's areas of interest include Corporate and Media Psychiatry, Psycho-oncology, Onco-psychiatry, and Women's Mental Health. Her engagement with psycho-oncology reflects structured involvement in addressing emotional distress, pain, sleep disturbances, and psychological resilience in individuals facing cancer diagnoses. In perinatal and women's mental health, she integrates hormonal, psychosocial, and relational dimensions into psychiatric care planning. Her expertise in these domains contributes to her recognition as one of the best psychiatrists in Whitefield for nuanced, gender-sensitive and context-aware mental health care. Her academic contributions include peer-reviewed publications such as "Psychopathology and other contributing stressful factors in female offenders" and collaborative international research with NHS Trust, Cornwall, UK, examining attitudes towards psychiatry and geriatric depression. She has delivered presentations at national conferences, including ANCIPS, and international CPD forums in the United Kingdom. Beyond journals, she has authored two Marathi books related to psychiatry, reflecting her commitment to mental health literacy in regional languages. Fluent in English, Hindi, and Marathi, she communicates with clarity and cultural sensitivity, often integrating lived experiences and social contexts into psychiatric assessment. Her consultation style is structured yet conversational, allowing space for narrative exploration while maintaining diagnostic precision. Through sustained academic engagement, clinical depth, and public mental health advocacy in national media platforms, Dr. Pallavi Joshi is widely regarded as one of the best psychiatrists in Whitefield, particularly for comprehensive, ethically grounded psychiatric care.

Fellowship & Membership

- Fellow of Indian Psychiatric Society.

- Life member of Indian Medical Association.
- Fellow of Indian Association of Private Psychiatry.

Field of Expertise

- Certificate course in the Essentials of Palliative Care conducted by the Indian Association of Palliative Care.
- Certificate courses in Perinatal Psychiatry.
- Certificate courses in Rationalized Behavior Therapy.
- Certified Hypnotist trained in various models of counselling including REBT, CBT, and Psychoanalysis.
- Areas of Interest - Corporate and Media Psychiatry, Psyco-oncology, Onco-Psychiatry, Women's Mental Health

Languages Spoken

- English
- Hindi
- Marathi

Awards & Achievements

- MD Psychiatry GOLD MEDAL.
- Selected for the Early Career Mental Health Program, a training workshop run by Dr. Norman Sartorius, one of the Stalwarts in Psychiatry.
- Was one of the sixteen Psychiatrists selected from all over India (2014).
- A.K. Naik Best Paper Award.
- Bombay Psychiatric Society on the Psychopathology In Female Prisoners (2011).

- Zonal winner (Maharashtra, Goa, Gujarat) in Torrent Young Scholar Award (2008).

Talks & Publications

- Guest speaker for First International Conference on Menstrual Health - "Period Junction", held in Bengaluru, 2020.
- Oral presentation at CPD (Continued professional development for Clinicians in Psychiatry group), South West London, England on Attitudes of Medical Students Towards Psychiatry.
- Guest speaker for National Seminar on Surrogacy held by Samanvay Samiti, India on Psychiatric and Psychological Aspects Relevant to Surrogacy.
- Multiple other talks at National and International Conferences and Corporates.
- Joshi, P., Kukreja, S., Desousa, A., Shah, N. and Shrivastava, A., 2014, Psychopathology and other contributing stressful factors in female offenders: An exploratory study. Indian Journal of Forensic Medicine & Toxicology, 8(2), 149-155.
- Shankar, R., Laugharne, R., Pritchard, C., Joshi, P. and Dhar, R., 2011, Modified Attitudes to Psychiatry Scale Created using Principal-Components Analysis. Academic Psychiatry, 35, 360-364.
- Two books related to Psychiatry were published in Marathi in 2013 & 2019.
- Uncomfortably numb: 154 days after the 'Janta curfew', fatigue is showing in Bengalureans, Dr. Pallavi Joshi, consultant psychiatrist Whitefield Manipal Hospitals Click Here
- Coronavirus pushes mental health services to back burner - Dr. Pallavi Joshi, Consultant- Psychiatrist, Manipal Hospitals Whitefield Click Here
- Role of Stagnation in Well-being - Dr. Pallavi Joshi, Consultant

Psychiatrist, Manipal Hospital Varthur Road. Click Here

- Prescriptions for depression and anxiety among young adults are on the rise - Dr. Pallavi Joshi, Consultant Psychiatrist, Manipal Hospital Varthur Road.Click Here
- Budget Reaction from Healthcare Sector - Dr. Pallavi Joshi Consultant Psychiatrist Manipal Hospital Varthur Road. Click Here
- Dr. Pallavi Joshi on Happy Mother's Day: Fighting alone, single moms in Karnataka beat all odds | The New Indian Express | International Mother's Day. Click Here
- Dr. Pallavi Joshi on Alone together | Bangalore Mirror.Click Here
- Dr.Pallavi Joshi on Bagalkot: Doctors remove 187 coins from man's stomach | Hindustan Times.Click Here
- Understanding how Heat Waves Can Affect Pregnant Women: 'Climate change is only Increasing their Vulnerability | Dr. Namita Kapoor and Dr. Pallavi Joshi's Industry Quotes Carried in The Indian Express & Other Publications. Click Here
- Coping with Bipolar Disorder at Work: Best Practices for Success | Dr. Pallavi Joshi, Consultant Psychiatrist, Manipal Hospitals Varthur | News 18. Click Here
- Is your teen waiting for a DM from a celebrity? Then it's time to see a psychiatrist | Dr. Pallavi Joshi |The Indian Express | Manipal Hospitals Varthur Road. Click Here
- Alia Bhatt takes post-partum therapy: Why should every new mother go for it? | Dr. Pallavi Joshi | The Indian Express. Click Here
- Dr. Pallavi Joshi on Father's Day 2023: Mental Health Tips for Single Dads | Hindustan Times. Click Here
- Dr. Pallavi Joshi on Mental Health Matters: Expert Answers FAQs About Antidepressants | Only My Health. Click Here
- Manipal Hospitals, Kolkata: Dr. Soumya Das on 'Bronchitis' cough is different from normal cough, know its common symptoms. Click Here