



DR. VIKRAM ARUNACHALAM

Consultant - Psychiatry

Qualification

MBBS | DNB (Psychiatry) | MNAMS

Overview

Expert and committed Consultant Psychiatrist Dr. Vikram Arunachalam practices at Manipal Hospital in Malleshwaram, Bengaluru. He is known in the medical community because of his strong educational background and wealth of expertise in psychiatry. Dr. Arunachalam graduated from Dr. B. R. Ambedkar Medical College with his MBBS in 2002. He pursued additional specialisation in psychiatry because of his interest in the field, and in 2012 he received his DNB in Psychiatry at Chennai's famous Schizophrenia Research Foundation. His certification as an MNAMS (Member of the National Academy of Medical Sciences) further demonstrates his proficiency. Firmly committed to personal and professional growth, Dr. Arunachalam frequently participates in fellowships and memberships to keep current on psychiatric research. He is also an associate of the Indian Psychiatric Society and the Association of National Board of Doctors. These organisations allow him to work with subject-matter specialists and advance mental healthcare in India. Dr. Arunachalam's primary field of expertise lies in adult psychiatry, where he focuses on diagnosing, treating, and managing mental fitness problems in adults. He possesses deep information on various psychiatric situations, enabling him to offer complete patient care. Additionally, Dr. Arunachalam has developed specialised abilities in addiction medication, mainly in nicotine/tobacco de-dependency. His compassionate technique and evidence-primarily based remedies have helped numerous individuals break loose from the clutches of addiction. He is nicely versed in psychotherapy techniques, which he includes in his treatment plans to address the mental and emotional factors of his patient's conditions. With fluency in a couple of languages, which include English, Kannada, Tamil, Telugu, and Hindi, Dr. Arunachalam successfully communicates with patients from numerous backgrounds, ensuring they feel comfortable and understood at some stage in their remedy journey. He is an acclaimed psychiatrist in Bangalore. Dr. Arunachalam's willpower to enhance mental healthcare extends past his clinical practice. He actively collaborates with the Government of Karnataka and the National Health Mission to empower Primary Health Centers in figuring out and treating sufferers with intellectual health problems. His contributions to public health tasks have earned him a reputation and respect from his peers. Dr. Arunachalam gives his patients a huge range of offerings at Manipal Hospitals. These include cognitive-behavioural remedy (CBT), treatment for migraines, premarital counselling, adolescent medication, Alzheimer's disorder control, and own family counselling. His holistic technique for mental fitness ensures that patients get hold of complete care as per their needs. With his considerable understanding, enormous experience, and exact diagnosis for the affected person's well-being, Dr. Vikram Arunachalam has set himself up as a pretty appeared psychiatrist. His unwavering commitment to presenting high-quality mental healthcare has impacted the lives of countless individuals, making him a valuable asset to the sector of psychiatry in Bengaluru and beyond.

Fellowship & Membership

- Member association of National Board of Doctors
- Member- Indian Psychiatric Society

Field of Expertise

- Adult Psychiatry
- Addiction Medicine
- Psychotherapy

Languages Spoken

- English
- Kannda
- Tamil
- Telugu
- Hindi

Awards & Achievements

- Works with the Govt of Karnataka and National health Mission in empowering the Primary Health center for identifying and treating patients with Mental Health issues