



DR. THUNGA'S MANASWINI

Centre of Excellence for Mental Health Care, Training and Research

📍 Arkula Campus, Kuchoor, Farangipete (P.O), Mangalore – 574143, Karnataka.

📞 7411082200 (For Appointment and Emergency)

✉️ tmanaswiniarkula@gmail.com

📷 drthungasmanaswini

🌐 Manaswiniarkula



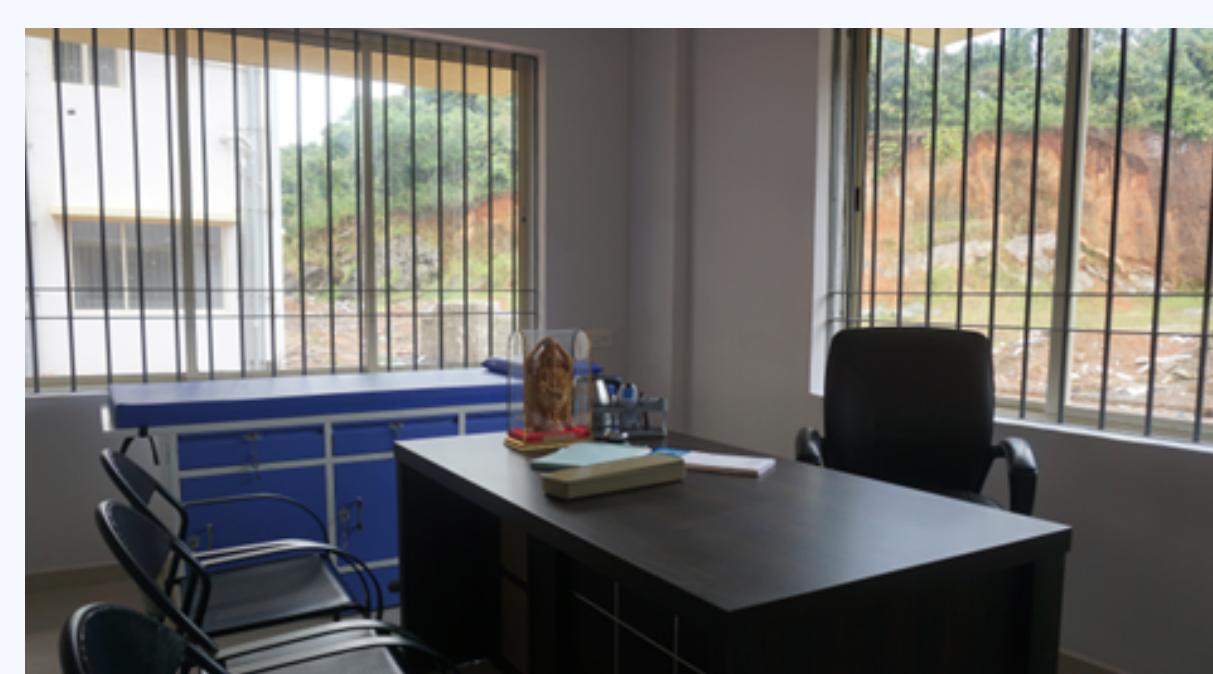
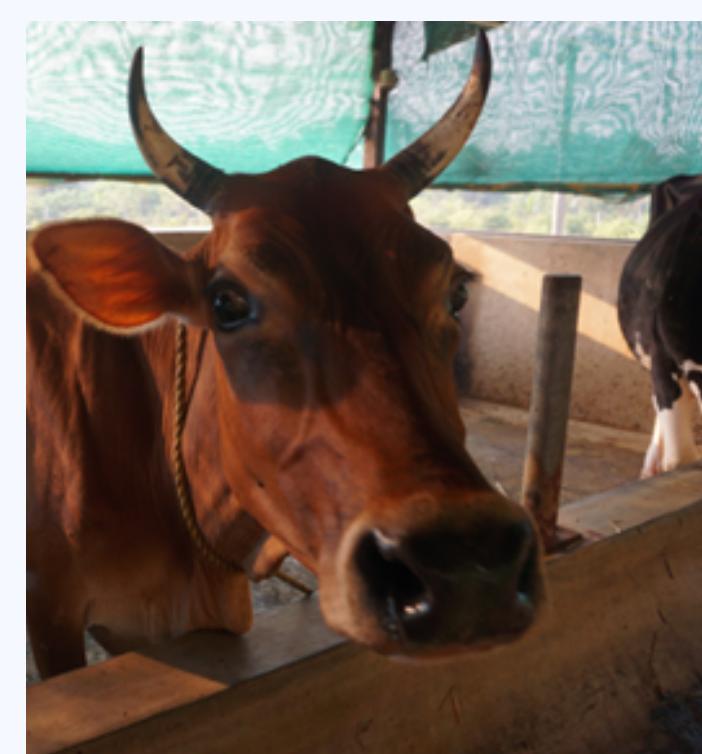
OUR VISION

“Manaswini” in Sanskrit refers to the moon’s mother,
“The One with an Eternally Peaceful Mind”

Manaswini is the dreamchild of Dr. Ravisha Thunga, an eminent psychiatrist from Mangalore with more than 30 years of experience.

During his initial working days at NIMHANS, Bangalore, he dreamt of a similar Center of Excellence, to provide quality mental health care to the people who required it. Manaswini is his attempt at realizing that dream.

Situated in the serene lands of Arkula, Mangalore, in a sprawling 15 acres campus, Manaswini, Arkula has been built with the most modern amenities and services offered in the field of mental health.



FACILITIES OFFERED:

- Mental health care
- Teaching and training mental health professionals
- Research in mental health
- Outpatient and inpatient services
- Counselling services – Individual and group counselling
- Recreation facilities
- Rehabilitation services
- Vocational training
- Deaddiction treatment
- Geriatric mental health care
- Organic farming
- Child and adolescent Mental health services
- Women mental health care
- Cow cuddling therapy
- Behavioural management
- Yoga
- Telepsychiatry
- Clinical drug trials
- Medical treatment
- Surgical care facilities
- Public awareness
- Garden and amphitheater
- Protected playground
- Nursing (BSc, MSc), social work (MSW, PSW), clinical psychology (MPhil) training
- DNB Psychiatry
- International collaboration with African countries for Indo African Mental Health Professionals Training Program

OUR TEAM:



**DR. RAVISHA
THUNGA AIRODY**
MBBS, DPM, MD
PSYCHIATRY



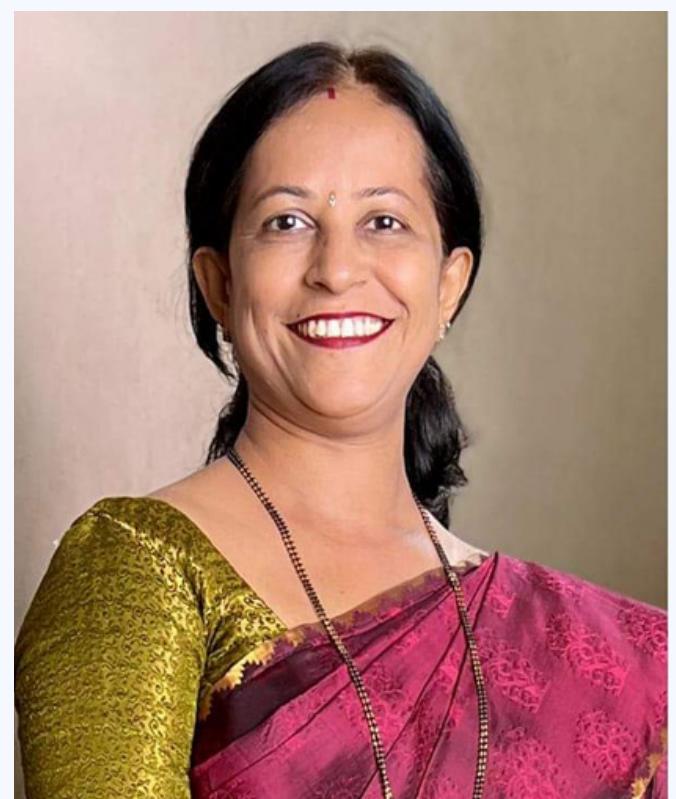
**DR. ANIRUDDHA
SHETTY**
MBBS, MD
PSYCHIATRY



DR. DAMINI RANE
MBBS, MD
PSYCHIATRY



**MAJOR DR.
SUDEEP PADIVAL**
MBBS, MD
MEDICINE



**MRS. SUMAN
PINTO**
MEDICAL AND
PSYCHIATRIC
SOCIAL WORKER
Specializes in
deaddiction



**MRS.
SHASHIKALA**
MEDICAL AND
PSYCHIATRIC
SOCIAL WORKER



MR. JOYAL K TOM
MEDICAL AND
PSYCHIATRIC
SOCIAL WORKER
PGDM in Guidance
and Counselling



MR. BHAVISH P.
MEDICAL AND
PSYCHIATRIC
SOCIAL WORKER

COMMON COMPLAINTS



Alcohol, tobacco, cannabis, MDMA, opioids or other drug use



Anxiety or depression



Abnormal and altered behaviour



Suspiciousness and behavioural problems



Marital and family problems



Learning and academic problems, behavioural problems and excess phone use



Reduced sleep and abnormal food habits

DR. THUNGA'S MANASWINI HOSPITAL



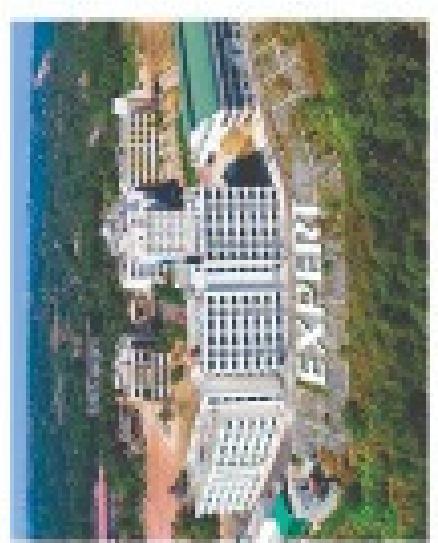
MERAMAJAL

SRI ULAKLU
MAGRANTHAYA KSHETRA



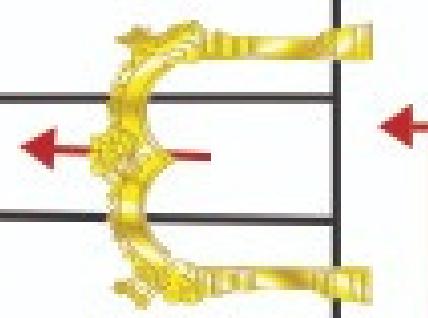
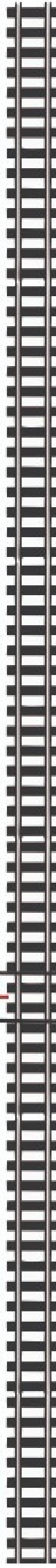
THUPPEKALLU
STONE BED LAKE

SRI ULAKLU
MAGRANTHAYA
DWARA



EXPERT COLLEGE

RAILWAY
CROSSING



ARKULA BUS STOP

ARKULA DWARA

MANGALORE

BANGALORE MANGALORE HIGHWAY

B.C ROAD