

Vivek Benegal

Dr. Vivek Benegal, Senior Professor of Psychiatry (Retired) at the National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore (India), trained as a psychiatrist and specialised in the area of Addiction Medicine. He is currently Adjunct Professor, Department of Psychiatry, Kasturba Medical College, Manipal Academy of Higher Education, Manipal (India).

His area of clinical expertise is in treatment interventions for adolescents and young adults with common vulnerability to brain and behaviour disorders including Addictive disorders, Adult Attention Deficit Disorder and youngsters exposed to developmental stress and adversity.

Over the last 30 years, he has explored the trajectories of brain development across the human lifespan (fetal stage through to senescence) associated with vulnerability / resilience to brain illness and the factors which impact these brain growth curves. This includes the study of mechanisms through which exposure to environmental influences across the lifespan- (maternal stress, childhood adversities, infections, pollution, nutrition and social-economic disparity) modify the individual's genetic programming, to sculpt the brain and shape the person's psychological and neurological abilities to engage with their environmental challenges.

He also co-leads the National Mental Health Surveys of India, studying the prevalence and incidence of mental disorders and on the use of and need for services by the mentally ill in India, and constitute the largest household surveys of mental health internationally. He has led numerous epidemiological studies on the extent and patterns of substance use in India, its impact on public health and social cost, and harms to others.