

DR BHUMIKA

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Skills

Active listening, Empathy, Leadership, Clinical assessment and management, Basic life support(BLS)

Academic Qualification

- Completed my MBBS from BPSGMCW Khanpur Kalan, Sonapat in 2019
- Completed my MD Psychiatry from PGIMS, Rohtak in 2025
- Thesis : Post partum Depression in urban areas of Rohtak: Prevalence and risk factors
- Awarded as Rising Star of MD Psychiatry Batch 2021
- Published 2 papers in International Journals
- Presented paper and poster in National Conference
- Secured first rank in poster making competitions on awareness regarding Tobacco smoking
- Secured first rank in Alzheimer quiz held at PGIMS, Rohtak

Work Experience

- **Worked as an intern in BPS GMCW** where I got the opportunity to gain hands-on exposure allowed me to closely observe and manage diverse cases, strengthening my clinical skills and shaping my journey toward becoming a good Psychiatrist.
 - **Worked as a Duty Medical Officer** in covid at BPSGMCW where I honed my ability to work under pressure and adapt to rapidly evolving medical challenges.
 - I worked as a **non-academic Junior Resident at AIIMS, New Delhi**, this exposure enhanced my ability to assess and stabilize patients in crisis.
 - **I joined PGIMS, Rohtak in March, 2022 as a Junior Resident** during my MD in Psychiatry, where I gained extensive clinical experience in diagnosing and managing a wide range of psychiatric disorders.
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