**Dr. Meghal Gulati**

**+91-8968579376, dr.meghal264@gmail.com**

**Professional Summary**

Dedicated and compassionate psychiatrist with an MD in Psychiatry, seeking a Senior Resident position to apply clinical expertise in diagnosing and managing psychiatric disorders. Skilled in psychotherapy, psychopharmacology, and crisis intervention with a strong commitment to patient-centered care and research.

**Education**

MD in Psychiatry – Kalinga Institute of Medical Sciences, KIIT University, Bhubaneswar, Year-2021-2024.

MBBS – Kalinga Institute of Medical Sciences, KIIT University, Bhubaneswar, Year-2014-2019

Schooling- Tender Heart School from KG till 7th, standard, Manav Mangal High School from 8th to 10th standard, 11th and 12th standard in Moti Ram Arya Sr. Secondary Model School

**Clinical Experience**

Managed a variety of inpatient and outpatient psychiatric cases, including mood disorders, schizophrenia, and substance use disorders, child psychiatry cases.

Conducted psychotherapy sessions, including cognitive behavioral therapy (CBT), Motivational Enhancement Therapy, Relapse Prevention Therapy and psychoeducation for patients and family members.

Supervised junior residents, medical and psychology students in psychiatric rotations.

Assisted in emergency psychiatry, crisis intervention, suicide risk assessment, Electroconvulsive Therapy, Transcranial Magnetic Stimulation modality.

Internship at GMSH-16 from 2020-2021 for 1 year.

Medical Officer from November 2021-Februrary 2022 at Mehar Hospital, Zirakpur, Punjab.

Junior Resident – Psychiatry, Kalinga Institute of Medical Sciences, KIIT University, Bhubaneswar, Year-2021-2024.

Diagnosed and treated various psychiatric illnesses under senior supervision.

Performed detailed history-taking, mental status examination, and formulation of treatment plans.

Managed medication and therapy plans for long-term psychiatric care.

Participated in case discussions, journal clubs, and academic presentations.

Managed OPD duties in District Residency Program for 3 months from May to July 2023.

**Skills & Expertise**

Psychiatric Assessment & Diagnosis

Psychopharmacology & Medication Management

Cognitive Behavioral Therapy (CBT) & Psychotherapy

Crisis Intervention & Suicide Prevention

Addiction Psychiatry & De-addiction Therapy

Neuropsychiatric Disorders & Liaison Psychiatry

Teaching & Mentoring Medical Students

**Research & Publications**

Did dissertation on the topic “Prevalence and Patterns of Neuropsychiatric Conditions in Patients Undergoing Polysomnography: A Cross-Sectional Study from a Tertiary Care Center in India.

**Conference Presentations/Posters**

Poster presentation on Treatment Resistant Depression and Caffeine Dependence- Management Challenges at WPARC, Kolkata

Paper presentation on First episode Psychosis:induced by cannabis withdrawal at Odisha State Conference, Angul, Odisha

Paper presentation on Beyond Hypnotics: Structured Approach to Insomnia at 75th ANCIPS 2024.

**Certifications & Training**

Training in Emergency Psychiatry & Crisis Management

Workshops and skills learnt-

Attended 21st PG CME at CIP Ranchi- EEG Workshop, Suicide Prevention workshop

Attended Mid-term CME at Cuttack-various laws and acts

Attended WPARC Kolkata-rTMS workshop,

Mid Term State CME at Puri-Lectures on CLP

PG CME Burdhwan, West Bengal

**Professional Memberships**

Member of IPS- Membership Number- LOM/M53/23

**Awards & Recognitions**

Participated in TYSA 2025 quiz competition.

**Languages**

Fluent in Hindi, English, Punjabi, Odia.

**References**

Dr. Sudipta Kumar Das(Prof and HOD), Department of Psychiatry, KIMS