

Dr. Simranjit Kaur, D/o Mr. Paras Ram, 28y/o.

MD Psychiatry | Consultant Psychiatrist | Mental Health Advocate.

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Mukerian, District Hoshiarpur, Punjab.

## **STATEMENT OF PURPOSE**

**(March 2025)**

*Trained as a Psychiatrist with an MD degree, acquired in the year 2025, after pursuing three year studies from March 2022 to March 2025, I embark on my journey as a clinician in the field of Psychiatry.*

### **Education:**

MD Psychiatry (Batch 2021-2022)

Varun Arjun Medical College & Rohilkhand Hospital - Atal Bihari Vajpayee Medical University, Lucknow, U.P.

MBBS (2015-2021);

Muzaffarnagar Medical College- Chaudhary Charan Singh University, Meerut, U.P.

### **Clinical Experience:**

- Comprehensive training in Adult, Child, and Geriatric psychiatry, Organic psychiatry & Liaison psychiatry during MD residency.
- Managed outpatient and inpatient cases, including mood disorders, psychotic disorders, anxiety disorders, and substance use disorders among others.
- Gained experience in psychopharmacology, psychotherapy, crisis intervention, and emergency management.
- ECT, tDCS, and Psychological assessments including IQ tests & personality assessments.
- Diagnostic Evaluation - EEG, Neuroimaging.
- Did District Residency Programme (DRP) for 3 months in District Mental Hospital, Bareilly (U.P.)

### **Areas of Interest :**

Child & Adolescent Psychiatry including School Mental Health, Psychotherapeutic approach in Psychiatry, Addiction Psychiatry, Female Mental Health.

**Certifications:**

- Basic Course in Biomedical Research (BCBR).
- Training on Professional Conduct, Etiquette, and Ethics with Good Clinical Practice/ Good Laboratory Practice (May 24 – June 9, 2022).

**Membership:**

Life Member, Indian Psychiatric Society (IPS)

Registration No.: LOM/S143/22

**Thesis, Researches & Publications:**

1. "Thesis Title: Study of Stress Leading to Depression, Anxiety, and Its Correlation with Internet Addiction in Undergraduate Medical Students".  
(Drew insights into digital dependency and the resulting distress and psychopathologies).
2. "Assessment of Depression, Anxiety, and QOL in Patients Diagnosed with Psoriasis".  
Published Research Paper in Scope Journal, Volume 14, Number 02, June 2024.
3. "Atypical Presentation of Neuropsychiatric Variant of Wilson's Disease and Clinical Improvement with Elemental Zinc Monotherapy". Poster Presentation in Diamond Jubilee International Conference on Mental Health (PGIMER, Chandigarh; September 14th–16th, 2023).
  - (Published as Case Report in the Indian Journal of Clinical Psychiatry. ISSN: [2583-8873](#) , DOI: 10.54169/jocp.v3i02.81)
4. "Knowledge, Attitude, and Practice Regarding COVID-19 Vaccination Among North Indian Population" : Paper Presentation in 74th Annual National Conference of Indian Psychiatric Society (ANCIPS 2023), at Bhubaneswar, Odisha.
5. "Dichotomous interpretations and a stroke of luck: A case of silent cerebral haemorrhage" - A case report (IP Indian Journal of Neurosciences).

**CMEs & Workshops:**

- Postgraduate Development Programme "Revisiting Clinical Assessment in Psychiatry"; Indian Psychiatric Society – Central Zone, (July 2023, in Dehradun).

- Traumacon Workshop 2024 – Tips and Tricks in Trauma Management, (Varun Arjun Medical College & Rohilkhand Hospital, Shahjahanpur).

### **Skills & Competencies:**

- Clinical Expertise: Psychiatric assessment, diagnosis, and management

- Psychotherapy: CBT, BT, ERP, DBT, Supportive therapy, Interpersonal psychotherapy, Group therapy, Family therapy and Psychoeducation.

- Neuropsychiatry and brain-behavior relationship

- Communication & Empathy: Patient-centered care with good counseling skills.

- Technological Proficiency including the usage Digital mental health tools, telepsychiatry.

### **Career Interests & Goals:**

- Aspiring to work as a consultant psychiatrist in a clinical or hospital setting.

- Take mental health to schools & occupational workplace.

- Interested in digital psychiatry, neurostimulation therapies.

- Community mental health.

- Passionate about mental health awareness and patient advocacy.

### **Languages Known:**

- English
- Hindi
- Punjabi