

DR. HARSHITA KALA

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CAREER OBJECTIVES

Dedicated and compassionate healthcare professional committed to delivering quality patient care, following best clinical practices, and contributing to institutional excellence. Seeking a role as a Medical Officer / Junior Resident to apply strong diagnostic skills, procedural expertise, and patient-centered care.

EDUCATION

CURRENTLY DMC REGISTERED

MBBS (Distinction) – Government Medical College, Srinagar, Uttarakhand | 2018–2024

Completed all professional examinations in first attempt.

One-year Compulsory Rotatory Internship at Base Hospital, Srikot, with intensive care unit experience.

CERTIFICATIONS:

Basic Life Support (BLS) – Certified

Adverse Drug Reaction Monitoring – Certified

CLINICAL EXPERIENCE

• Medical Officer (In-charge) – PHC Bughani, Uttarakhand | 2024 (3 months)

Independent doctor/Head of primary health unit, independently managing pediatric and adult patients.

OPD & emergency care, conducted deliveries, coordinated vaccination drives.

Provided acute & chronic care, minor surgical interventions, and referrals.

• Base Hospital, Srikot | 2023–2024

Managed patients in ICU, Medicine, Surgery, Pediatrics, and OBGY.

Selected by Govt. of Uttarakhand (final year) as frontline healthcare professional for COVID-19 duty.

24 Normal Vaginal Deliveries (including 1 breech). fluent in episiotomy & suturing.

Performed IV cannulation, NG tube insertion, catheterization, wound dressing, CPR.

Completed clinical documentation in line with medical guidelines.

Well-versed in medico-legal procedures.

Recognized for strong diagnostic skills.

Conducted PALS demonstrative sessions for medical & nursing students in Uttarakhand.

• Community & Outreach – Government Medical Students' Association (GMSA), Uttarakhand | 2019–2023

Delivered basic healthcare in remote disaster-affected areas (Sumari, Pithoragarh) during landslides & heavy rains.

Part of 10–11 healthcare camps in underserved locations of Uttarakhand.

Provided primary care, mass vaccination, health education, and preventive services to marginalized population.

KEY SKILLS

Patient assessment, diagnosis and treatment of routine and non routine cases.

Emergency & ICU management, resuscitation.

Obstetric care, NVD, episiotomy, suturing

Minor surgical procedures

Clinical documentation & protocol compliance

Medico-legal documentation and procedures

Community healthcare & disaster relief

PALS and clinical teaching experience

Team coordination and patient counseling

ACADEMIC HIGHLIGHTS

Runner-up, NATIONWIDE 34th IAP Pediatrics Quiz for Undergraduates (2021)

Participant – ICMR Abstract Submission Contest (2019)

Third Place – Nationwide Tuberculosis Awareness Video Competition, IAPSM, IGMCM Shimla (2018)

LANGUAGES

English, Hindi