



## PROFILE

Licensed psychiatrist with comprehensive experience in providing crisis intervention, short-term counselling, psychiatric evaluations, pharmacological and psychological management to a diverse demographic population. Employs psychiatric models and practices to enhance the learning, cognitive and emotional skills of the patients. Specialized at diagnosing and assisting the recovery of mental health conditions.

## CONTACT

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+91-9999901875

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dr.preetaujla96@gmail.com

ADDRESS:  
New Delhi - 110034

## HOBBIES

Reading  
Cooking  
Travelling  
Mental Health Advocacy (promoting mental health awareness within local communities via Rama Radio ON-AIR programme 90.8 FM)

# DR. PREET

**PSYCHIATRIST (MBBS, MD GOLD MEDALIST)**

## EDUCATION

**BACHELOR OF MEDICINE & BACHELOR OF SURGERY - FIRST DIVISION**  
**HEMWATI NANDAN BAHUGUNA GARHWAL UNIVERSITY, SRINAGAR**  
**(GARHWAL), UTTARAKHAND**  
2014-2019

**INTERNSHIP**  
**CIVIL HOSPITAL, GURUGRAM, HARYANA**  
2019-2020

**DOCTOR OF MEDICINE (PSYCHIATRY) - GOLD MEDALIST**  
**RAMA UNIVERSITY, KANPUR, UTTAR PRADESH**  
2022-2025

## SKILLS

Mental Health Counselling  
Cognitive Behavioral Therapy (CBT)  
Clinical Supervision  
Psychological Testing  
Crisis Intervention  
Medical Management  
Psychiatric Dependency Treatment  
Pharmacological Management  
Language: English and Hindi  
Proficient Computer Skills

## RESEARCH EXPERIENCE

1. Preet, Debasish Padhi, et al; The Effect of Internet Addiction on Sleep Quality Among Post Graduate Residents in Private Medical College; Int J Med Pub Health; 2023; 13 (4); 12-18
2. Dr. Preet, Dr. Nasir Mahmood, et al; Comparative Study of Prevalence of Academic Burnout Among Undergraduate Medical Students in Longitudinal Curriculum of Medical College; International Journal of Life sciences, Biotechnology and Pharma Research Vol. 13, No. 8, August 2024
3. Preet, Nasir Mahmood, et al; Comparative Study of Prevalence of Depression, Anxiety and Stress Among Undergraduate Medical Students in Longitudinal Curriculum of Medical College; Asian J Pharm Clin Res, Vol 17, Issue 11, 2024, 1-5