

# PRATIK LAD



## CONTACT

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## SKILLS

- Adult psychiatry
- Addiction psychiatry
- Child and adolescent psychiatry
- Geriatric psychiatry
- Sexual psychiatry
- Neuropsychiatry
- Forensic psychiatry experience
- Communication skills
- AHA Certified BLS, ACLS
- Leadership and managerial skills
- Problem-solving
- Willingness to learn

## LANGUAGES

**English:** C2

Proficient

**Marathi:** C2

Proficient

**Hindi:** C2

Proficient

## SUMMARY

Compassionate Psychiatrist with strong ability to diagnose and treat complex mental health disorders. Demonstrates deep understanding of patient needs and tailors treatment plans to ensure optimal outcomes. Strong communicator with collaborative approach, fostering trust and rapport with patients, families, and multidisciplinary teams. Dedicated to advancing mental health care through evidence-based practices and continuous professional development. The sincerity, diligence and managerial skills I bring with ensure smooth departmental functioning with seniors, colleagues and other healthcare professionals.

## EXPERIENCE

**Junior Resident, 05/2022 - 05/2025**  
**MIMER Medical College (affiliated to MUHS) - Pune**

- Completed formal education in Clinical Psychiatry.
- Participated extensively in psychiatric inpatient and outpatient services.
- Executed successful treatment strategies for a range of psychiatric conditions independently.
- Crafted strategic communication methods to build therapeutic connections with diverse patient groups and their caregivers.
- Systematic delivery of different psychotherapeutic approaches such as supportive counselling, interpersonal therapy, CBT, and motivational enhancement therapy.
- Effective round-the-clock management of distinctive psychiatric emergencies.
- Ensured effective Psychiatric Consultation Liaison Services in various clinical departments within superspeciality setup.
- Contributed to District Mental Health Programme during a 3-month district residency at District Hospital, Aundh-Pune.
- Mastered procedures for certification in mental illness and intellectual disabilities.
- Gained exposure to various forensic fields, especially forensic psychology and deception detection techniques, while posted at the Central Forensic Sciences Laboratory, Pune.
- Gained neuropsychiatry exposure during a 1-month Neurology training at NABH Certified Poona Hospital.

- Delivered lectures, clinics, and tutorials to enhance learning among medical and physiotherapy undergraduates.
- Comprehensive departmental presentations involving seminars, case presentations, journal clubs, and drug reviews.
- Presented and actively engaged in interdepartmental meetings, including Mortality and Morbidity discussions, Journal Clubs, Research Society Meetings, and Grand Rounds.
- Enhanced smooth departmental operations through strong professional relationships.
- Demonstrated consistent hard work and dedication to achieve clinical care of the highest standards.
- Developed an excellent working knowledge of recent trends, improvements in processes, and methodologies.
- Excellent planning, managerial, and coordination skills.
- Trained and mentored junior colleagues to maximise clinical performance.

**Resident Medical Officer, 06/2020 - 06/2021**  
**BMC Covid Care Centre - Mumbai**

- Directed care for SARS patients in the pandemic timeline.
- Delivered treatment strategies aligned with international protocols.
- Oversaw case management in ward settings and virtual consultations.
- Facilitated collaboration among seniors, nursing staff, and paramedical personnel.
- Closely monitored patient medical condition, ensuring changes stayed positive, making amendments to care plans when required.
- Provided patient after-care such as counselling, prescribing medication and rehabilitation plans.
- Demonstrated risk-taking abilities during crises.
- Led junior medical staff and nursing teams, fostering an environment of learning and professional development.
- Engaged in continuous medical education, keeping abreast of advancements in medical practices and technologies.

**Medical Intern, 02/2018 - 03/2019**  
**Nanavati Super Speciality Hospital - Mumbai**

- Completed comprehensive clinical training in all specialties and major super specialties with guidance from senior consultants.
- Participated in daily ward rounds with senior doctors, contributing to patient management discussions.
- Shadowed qualified doctors and medical staff to gain an extensive understanding of best practices, procedures and medical terminology.
- Assisted in minor surgical procedures, maintaining sterile environments and providing instrument support.
- Collaborated with multidisciplinary teams to develop and implement patient care plans.

- Supported NABH accreditation process by maintaining required clinical standards.
- Provided compassionate care to patients, offering emotional support and information regarding their conditions.
- Assisted in research projects, focusing on data compilation and result analysis concerning community BLS-ACLS awareness.
- Developed proficiency in using electronic health record systems, ensuring accurate and efficient documentation.

## **EDUCATION**

**Doctor of Medicine (MD):** Psychiatry, 2025  
**MAEER MIT's MIMER Medical College** - Pune, MH

**Secondary Education,** 2011  
**St. John's Universal School** - Mumbai, India

**Bachelor of Medicine & Bachelor of Surgery- MBBS,**  
 01/2013 - 01/2019  
**MAEER MIT's MIMER Medical College** - Pune, MH

**Certificate of Higher Education,** 01/2011 - 01/2013  
**SVKM's Gokhlibai Junior College** - Mumbai, India

## **ACCOMPLISHMENTS**

- 1st Prize for Best Paper Presentation in Maharashtra State level - Annual Research Society Conference 2022, Pune
- 1st Prize for Best Paper Presentation in Maharashtra State level - Annual Research Society Conference 2023, Pune
- Presented Research Paper in Annual National Indian Psychiatric Society West Zone Conference 2023, Kolhapur
- Presented Research Paper in Annual National Indian Psychiatric Society National Conference 2024, Kochi
- Presented Research Paper in Annual National Indian Psychiatric Society National Conference 2025, Hyderabad
- Presented multiple paper and poster in local conferences
- Participation in IPS- Pune Intercollegiate Case Presentations
- Participation in IPS- WZB Quiz in the year 2022 and 2023
- Involved in mental health community awareness initiatives such as Street Play and Short Films organized on major days of celebration relevant to Psychiatry
- Delivery of multiple lectures on "Awareness of Addiction in Adolescents" to school children enrolled in private school
- Mental health screening of NDRF constables as a part of social responsibility services conducted in NDRF Centre,

Somatane- Pune

- Mental health check up every 3 months at Prerna Bhavan, Tathawade- Pune , orphanage for female intellectually disabled destitute as a part of social responsibility services.
- Health check-ups in multiple villages and camps as a part of community outreach activities.

## **PROJECTS**

- Dissertation on "Assessment of Cognitive Functions in Individual with and without Anxiety disorder- A Comparative Study"
- Research Paper on "A Study of Sexual Health in Geriatric Age Group in Western part of Maharashtra" - currently in final peer review stage of publication: Primary Author
- Research Paper on "A Study of Attitudes, Stigma, and Knowledge about mental illness amongst medical students"- currently submitted for publication: Primary Author
- Research Paper on "Internet Addiction & its association with social avoidance and personal well being"- currently in accepted stage of publication: Secondary Author
- Research Study on "Anhedonia & Depression- A cross sectional study of effect of Internet addiction on Indian general population"- currently undergoing sample collection