

## Parul Narwar

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### PROFESSIONAL SUMMARY

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Compassionate psychiatry resident with extensive clinical training and expertise in diagnosing and treating mood, anxiety, psychotic, and substance use disorders. Skilled in psychopharmacology, psychotherapy, and crisis intervention. Experienced in inpatient and outpatient settings, adept at collaborating in multidisciplinary teams and a strong commitment to providing evidence-based, patient-centred mental health care.

### ACADEMIA

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- 2022-2025: MD, Psychiatry- Government Medical College and Hospital, Chandigarh, India
- 2014-2020: MBBS - Government Medical College and Hospital, Chandigarh, India.
- 2011-2013: Higher Secondary- Auckland House School, Shimla, India
- 2009-2011: Senior Secondary - Auckland House School, Shimla, India

### AWARDS AND HONORS

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- Declared **winner** of **Buckshey award** at **IPS North Zone conference 2024**.
- Presented **poster** at **ANCIPS 2024**.
- Presented **paper** at **ANCIPS 2024**.
- **Published papers in national and international journals**.
- Participated in post graduate **quiz** in **Diamond Jubilee International Conference on Mental Health (2023)**.
- Secured **a rank among top 40** in **NEET-PG exam (2021)**
- Secured **1st division in all professional year examinations in MBBS**.
- Was ranked among **top 40 (Top 1 percentile)** in **National Pre-Medical Entrance Examination in 2014**.
- Was ranked among top 1% of students in Senior Secondary Examination held by Council for Indian School Certificate Examination (ISC) in 2013.
- Was ranked among the top 1% of students in high school examination conducted by Indian Certificate of Secondary Education (ICSE) in 2011.
- Won scholarship under Army Welfare Educational Scheme (AWES) (2011).

### WORK EXPERIENCE

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- **De-addiction psychiatry and community psychiatry with Dr Ajeet Sidana**
- **Child and adolescent psychiatry with Dr. Priti Arun**
- **Geriatric psychiatry with Dr Subhash Das**
- **Consultation liaison services and emergency psychiatry services with Dr Swarndeep Singh and Dr**

**Shivangi Mehta.**

- **Inpatient and outpatient pharmacological management of various general adult psychiatric illnesses (Depression, anxiety, Schizophrenia, Bipolar disorder etc).**
- **Electroconvulsive therapy (ECT), repetitive Transcranial Magnetic Stimulation (rTMS).**
- **Various psychotherapeutic interventions for non-pharmacological management of psychiatric disorders (Cognitive Behavioural Therapy, Exposure and Relapse Prevention Therapy, Behavioural Therapy, Motivational Enhancement therapy, Relapse Prevention Therapy etc)**

#### **CERTIFICATIONS**

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- **Advanced Cardiac Life Support American Heart Association**
- **Basic Life support by American Heart Association**
- **Basic course in biomedical research (BCBR)**
- **Ethics in biomedical Research**

#### **VOLUNTEER ACTIVITY**

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- **Member of core committee of Resident doctors' association, GMCH, Chandigarh.**
- **Organization of mental health awareness programmes during mental health week.**
- **Organized blood donation camps in association with Department of Transfusion Medicine of GMCH Chandigarh.**
- **Worked in COVID-19 contact tracing.**
- **Health Volunteer in National Pulse Polio immunization Program.**
- **Health volunteer for World Glaucoma week (2016-present).**
- **Actively volunteered in raising funds for the elderly under HelpAge India, Go Green project under Nature and Us society, Member of Green Peace, India (2016-present).**

#### **EXTRA CURRICULAR ACTIVITY**

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- **Captain** of college badminton team and active member of college basketball, football and volleyball teams.
- **Runner up** (Women singles) in all India Medical Badminton Championship, held at **AIIMS, New Delhi** (2015)
- Was awarded the best female player award at 1st Chashma Shah Corporate Badminton Tournament.
- Won many State level Badminton championships (2009-2012) and participated in National Badminton championship (2010).
- Completed Punjab Half Marathon (2<sup>nd</sup> Edition) for run against drug abuse and a marathon held in Chandigarh by Daily World.
- Bagged first position in track and field events in Annual College Sports Meet.
- Language fluency: English, Hindi, Punjabi.