



DR. RAJEEV JAYARAM PALERI

Junior Doctor

PERSONAL PROFILE

A keen observer, empathetic and compassionate doctor who strives to achieve excellence in given responsibilities. Able to keep patients comfortable, provide satisfactory treatment and manage illnesses with adept communicative skills, caring nature and rich knowledge. An inspirational character proving to be key in driving team members to accomplish any task. A man of integrity who lives with the attitude of gratitude.

PERSONAL DETAILS

Date of Birth: 31 March 1995

Sex: Male

Nationality: Indian

Languages known: English, Malayalam, Hindi, Kannada, French

Marital Status: Unmarried

GET IN CONTACT

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EDUCATION HISTORY

NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES, BENGALURU, KARNATAKA, INDIA
FELLOWSHIP IN MENTAL HEALTH EDUCATION (2021-2022)

- Authored a thesis called "Efficacy of Video-based Relaxation Technique to minimise Stress due to Excessive Screen Time in Young Adults during the COVID-19 Pandemic".
- Adept in organising conferences and healthcare programs based on target populations.
- Created various Information, Education, Communication materials on Mental Health related topics.
- Been a resource person for a webinar on "Psychological effects of COVID-19 on Students" for a premier dental college in Bangalore.
- Co-authored a book chapter on "Multidisciplinary approaches to Mental Health Literacy".

FIELDS OF INTEREST

- Psychiatry
- Child and Adolescent Psychiatry
- Mindfulness & Well-Being
- Mental Health Education
- Anti-Stigma
- Hypnotherapy

SKILLS

- Medical Diagnosis and Prognosis
- Health Assessments
- Disease Prevention
- Preventive Care
- Patient Education
- Patient Advocacy
- Treatment Planning
- Organisational Skills
- Effective Communication
- Research

K S HEGDE MEDICAL ACADEMY, MANGALURU, KARNATAKA, INDIA

MBBS (2013-2019)

- Was a member of student organising committee for Elixir, 2015-International Undergraduate Medical Conference from 5-7th March 2015.

MBBS TRAINING

(2019-2020)

- Underwent Internship Training Program for 12 months at Justice K. S. Hegde Charitable Hospital, Mangaluru.
- Recorded vitals, documented treatment and management procedures.
- Assisted in surgical procedures.
- Handled and assisted in emergency situations in the emergency department.
- Conducted and assisted in conducting deliveries.

OTHER SKILLS

- Excellent problem solver
- Proficient in using MS Office
- Creative Writing
- Singing
- Acting
- Debate Speaker

I hereby declare that the above mentioned information is true and correct to the best of my knowledge.

PLACE: KANNUR

DATE: 10/08/2022

(Rajeev Jayaram Paleri)