



MS. ANAMIKA GUPTA

Counselling Psychologist

Qualification

PG Diploma in child and adolescence | COUNSELING

Overview

Dr. Anurag Jindal, the best gastroenterologist in Patiala, has more than 14 years of experience in Medical Gastroenterology. He completed his MBBS in 2000 from Government Medical College, Patiala and his MD in internal medicine from SMC, Amritsar, in 2005. Dr. Anurag Jindal completed his DM in Gastroenterology from Dayanand Medical College and Hospital, Ludhiana, in 2012. Dr. Anurag Jindal has expertise in Medical Gastroenterology, Hepatology, Management of GI disorders, ERCP, UGIE, Colonoscopy, Endoscopy, Endoscopic Ultrasound, Liver diseases, Hepatitis B, Appendicitis, Pancreatic diseases, and Inflammatory Bowel disease. Dr. Anurag Jindal is currently associated with Manipal Hospital Patiala in the role of a Consultant at the Medical Gastroenterology department. He is committed to ensuring the safety and wellness of patients through great attention to detail and strictly following procedures and guidelines. Dr. Anurag is known for his effective critical thinking skills under high-pressure emergency situations, which allows him to take quick decisions. He is a good listener and believes in facilitating communication with his patients. Dr. Anurag ensures that the patient has reliable medical information regarding the disease and all the treatment options so that he/she can make a well-informed decision. His transparent approach and compassionate conduct make him one of the most renowned and trusted gastroenterologists in Patiala. Dr. Anurag is fluent in Hindi, English and Punjabi and has treated patients from various geographical backgrounds. He also actively participates in seminars to know more about technological advancements and the latest trends in the medical world. The key principles that govern everyone at Manipal Hospital—clinical excellence, patient centricity, and ethical practices—all reflect in Dr. Anurag's behaviour. He makes sure that the patient is heard, receives the proper care and attention, and has access to all the information they require about the treatment or facility. He has a wealth of knowledge and outstanding professionalism and communication abilities.

Fellowship & Membership

- Life Member Of Counsellors council of India.
- Member Of ATH, India.
- Elected to INTERNATIONAL status as per the Bylaws and Association Rules of the American Psychological Association.

Field of Expertise

- Psychotherapy and Counseling
- Life Coaching for young adults and adolescents
- Positive Mental Health and well-being
- Building SELF-ESTEEM AND CONFIDENCE
- PRE-MARITAL Counseling
- Relationship Counseling
- Family Therapy
- Emotional-intelligence
- Anger, anxiety management
- Domestic violence,abuse
- Stress management
- Grief, covid counseling
- Issues faced by LGBTQ community

Languages Spoken

- English
- Hindi
- Punjabi
- Gujrati (not proficient)
- Bengali(not proficient)
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Awards & Achievements

- Titled as SAHRIDAYI, ATH.
- Scholar The Science Of Well-being, USA.
- CE Accredited,UK.
- Mentor and Educator at ATH.
- Dr. Anurag is fluent in Hindi, English and Punjabi and has treated patients from various geographical backgrounds. He also actively participates in seminars to know more about technological advancements and the latest trends in the medical world.Â
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