



**“Being able to help even one person everyday helps me sleep better at night.”**

#### **About Mehak Bansal, MBBS**

Dr. Mehak Bansal was inspired by her physician parents to become a doctor. “Being able to help even one person every day helps me sleep better at night,” she says. She aims to build long-lasting relationships with her patients through “effective listening, trust, and patient education.” She finds it extremely rewarding to be a physician and is “thankful for having the opportunity and responsibility to impact someone’s life.” She adds, “My job is to keep them healthy, and good physical and mental health equals capability of taking on a lot of different problems in life in good spirit.”

Dr. Bansal loves learning about the world. In her free time, she enjoys exploring different places and cultures. She also says she is very spiritual.

# **Mehak Bansal, MBBS**

## **LANGUAGES SPOKEN**

English  
Hindi

## **SPECIALTIES**

Primary Care

## **EDUCATION**

Dayanand Medical College and Hospital  
University of Miami Miller School of  
Medicine, Holy Cross Hospital

## **ASSOCIATIONS**

American College of Physicians  
American Medical Association  
American Board of Internal Medicine

## **MY CENTER**

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