



# **Navdeep Grewal**

## **What is your educational background?**

I completed my undergraduate degree in Biology at McMaster University. Then I headed off to Ireland to pursue medicine at Trinity College in Dublin.

## **What is your hometown?**

I am from Hamilton!

## **Research/Academic Interests?**

I am interested in researching the gut-brain axis and the possibility of gut flora affecting emotions and behaviour.

## **Hobbies?**

I enjoy baking, cooking and hanging out with friends and family.

## **What is your greatest accomplishment?**

Being accepted into a great residency program.

## **What would you like to tell prospective applicants to our program?**

It is a great program and everyone is very friendly and supportive.

## **If you weren't a psychiatry resident, what would you be?**

I think I would have gone to culinary school and possibly become a chef.

## **What is your favourite sound?**

The sound of waves crashing on rocks. Reminds me of home.

## **Which superpower would you like?**

Teleportation. I would love the ability to easily travel the world and visit friends and family.

## **Which living person do you admire the most?**

My father.