



# Monika Pajhal, MD

## LANGUAGES SPOKEN

English

## SPECIALTIES

Primary Care

## EDUCATION

Government Medical College, Jammu  
Eastern Virginia Medical School  
Fellowship: Apollo Hospitals and  
Medvarsity Online

## ASSOCIATIONS

American College of Physicians  
American Medical Association

## MY CENTER

### Shockoe Bottom

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**“It gives me a sense of accomplishment that I am able to make a difference in my patients’ lives with my education and compassion.”**

### About Monika Pajhal, MD

Dr. Monika Pajhal, who specializes in Diabetes Management, loves bonding with patients and getting to know them beyond their health concerns. “I think it is very important to build that relationship and trust,” she says. Dr. Pajhal strives to be available, accessible, and offer VIP care to all patients. She likes helping them understand their medications and diagnoses. “It gives me a sense of accomplishment that I am able to make a difference in my patients’ lives with my education and compassion,” Dr. Pajhal says. She takes pride in offering both social and emotional support.

In her down time, Dr. Pajhal enjoys spending time with her son. They especially love learning new skills together. She also likes exploring new places.