



Suman Kumari

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ACADEMICS

QUALIFICATION	INSTITUTE	BOARD/UNIVERSITY	YEAR	%/CGPA
MA (Clinical Psychology)	School of Arts and Languages, Punjab.	Lovely Professional University	2021	9.17
B.Sc Nursing	Army Institute of Nursing, Guwahati	SSUHS	2017	73%
XII (Science)	Kendriya Vidyalaya, Kanpur	CBSE	2013	82.4%
X	Kendriya Vidyalaya Southern Command, Pune	CBSE	2011	9.2

WORK EXPERIENCE/INTERNSHIP

SEWA DE-ADDICTION CENTRE AND PSYCHIATRIC HOSPITAL, GURDASPUR, PUNJAB (23 rd MARCH 2023-TILL DATE)	• Presently working as Psychologist in hospital involving assessment of emotional, psychological and physical problem in patients suffering from mental health disorders and substance abuse disorder. • Dealing with patients suffering from depression, anxiety, schizophrenia, Obsessive Compulsive Disorder, Parkinson disease, Delusion disorder, Insomnia, Sedatives use disorder etc. • Special counseling sessions and referral given to clients with Sexual problem, STD, Hepatitis, Pregnancy during substance abuse, HIV. Marital counseling and counseling for the parents of special child/intellectually deficit is performed too. • Seminar and Counseling sessions conducted in Srimati Dhan Devi DAV Senior Secondary School on 12th April, 2023 regarding awareness in adolescence about substance abuse, alcohol addiction and date rape drugs. • Health Check up camp organized on 7th April on the Occasion of World Health Day. Events such as World Mental Health Day, International day against drug abuse and illicit trafficking, World No Tobacco Day etc were performed with AV Aids, skit and short lecture.
SANJEEVANI DE-ADDICTION CENTRE AND PSYCHIATRIC HOSPITAL, BATALA, PUNJAB (18 th MAY 2021-15 th NOV, 2021)	• Worked as a Psychologist in de-addiction centre and psychiatric hospital. Evaluating clients need and providing counseling to individual suffering from drug abuse, alcohol addiction, sexual issues and psychiatric problems. • Conducting individual, groups and family counseling to build healthy support environment to enhance faster recovery in client's condition. • Special counseling sessions to clients suffering from HIV, HCV, sexual problems or STI and marriage conflicts. • Acting as a leader in monitoring the activities of hospital staffs, reception and pharmacy and evaluating their daily work. • Monitoring of daily stock and medicines sales check periodically twice month. • Responsible for carrying out the monthly social activities, documenting and sending the reports to branch office, Chandigarh.
SIR GANGA RAM HOSPITAL (20 Oct 2017- 5 JULY 2019)	• Worked as a Nursing Officer in Operation Theater. • Specialized in Laparoscopic, Plastic and ENT surgeries. • Performed preoperative and post-operative care to patients. • Specialized in handling patients with chronic illness, maintenance of records and documentation concerning patient care. • Maintenance of healthy interpersonal relationship and counseling to patient and family member during crisis.
AMAR MANOROG HOSPITAL (De-addiction Centre)	• Completed one month internship in Government approved De-addiction centre under the supervision of senior psychiatrist and counselor, 1st-30th Feb 2021. • Done case studies and counseling on psychoactive substance use disorders especially opioid dependent cases. • Applying various techniques of Psychotherapy- Motivation Enhancement therapy, CBT, Mindfulness, Reality therapy, Stress & Anger Management. Health Education on follow-up, lifestyle changes with maintenance, recording and documentation of cases.

HEALTHY MIND CLINIC	Completed one month internship under the supervision of Dr. Jaswinder Kaur (MBBS, MD Psychiatry), 1st-30th March 2021 with an opportunities of interacting different cases like mood disorder, migraine, anxiety disorders, alcohol dependent and established client-therapist relationship by performing history taking, MSE, MMSE, role play, JPMR exercises, counseling, psychotherapeutic techniques with follow- up reviews.
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CERTIFICATIONS

CBT FOR DEPRESSION, ANXIETY, PHOBIAS AND PANIC ATTACKS	Completed a day course which focused on CBT and Depression, CBT and Anxiety, CBT and Phobias and their core beliefs, March, 2020.
DEPRESSION COUNCELLING DIPLOMA: ADVANCED LEVEL - ACCREDITED	Completed a day course which focused on causes, types, medicines of depression along with Complementary alternative therapies. Focus also lay upon the counseling approaches to depression, April, 2020.

COGNITIVE BEHAVIOURAL THERAPY (CBT) PRACTITIONER COURSE	Persuading one month course which focused on central ideas and psychology behind cognitive behavioral therapy, models and construction on cognition & core belief. Focus also lay upon the wise decision making and cognitive communication skills, May, 2020.
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LIVE PROJECT

SCHOOL HEALTH PROJECT	Conducted a school health project on ‘Personal Hygiene and Sanitation’ which focused on prevention, promotion and protection to control diseases and maintaining health at Moirapur, Rani, Guwahati on 27th Oct, 2016.
COMMUNITY HEALTH PROJECT	Conducted a community health project on ‘Family Planning’ at Rani, Guwahati on Nov, 2016.
RESEARCH PROJECT	- Assisted research project on “Psychological intervention on general practitioner”, identified anxiety, mood-disorders and somato-form disorders, focused on data collection and counseling on vulnerable patients, Sep-Dec, 2020. - Conducted a comparative research study on “Job Satisfaction and Mental Health among teachers and health workers” in Jan, 2020- Dec, 2020. - Conducted a descriptive research project on “A Study to assess Menopausal symptoms and Strategies adopted to manage them at home setting by Post - menopausal women in selected urban areas of Guwahati, Assam” in 2017.

CO CURRICULAR ACTIVITIES

- Presented a review paper on 'Parenting Style' in the International E Conference on "The New Normal-Psychological Perspectives" held on 26th and 27th March, 2021.
- Participated in two days online workshop on 'Hypnotherapy' by Radhika Goel, Clinical Hypnotherapist on 27th -28th Feb, 2021 organized by psychoshiksha.
- Published a research paper on 'Impact of COVID-19 on Job Satisfaction of employees' in Shodh Sanchar Bulletin on Oct-Dec, 2020.
- Participated and presented paper on National Conference on Horizon of Teachers Education in India on the topic 'Art Education' organized by Al-Hidayah College of Education, Aligarh on 14th -15th Sep, 2020.
- Published a research paper in special edition of COVID on the topic 'COVID-19: A stressor, need a pressor' in The International Journal of Indian Psychology on April-June, 2020.
- Published a review research paper on 'Aggression and its impact on academic performance' which focused on aggression in school and colleges, types, theories, effect on academic performance, student violence, student teacher relationship, aggression due to situational factors and controlling measures, in Journal of Emerging Technologies and Innovative Research on March, 2020.
- Published a review paper on 'Suicidal ideation- A systematic review' which focused on suicides worldwide, their causes and remedial measures, Journal of Emerging Technologies and Innovative Research on March, 2020.
- Participated in the online webinar session on 'Misinformation and online safety' on 18th Jun 2020 organised by Cyber peace foundation.
- Participated in the online webinar session on 'Stereotyping, prejudice and discrimination' by Mrs. Ayesha Haroon on 16th Jun 2020 organised by counseling Chennai.
- Participated in the online webinar session on 'Study skills' by Dr. Lavanya on 13th Jun 2020 organised by counseling Chennai.
- Participated in the online webinar session on 'Managing stress during COVID 19' by Dr. T Giftson on 10th Jun 2020 organised by counseling Chennai.
- Participated in the online webinar session on 'Don't let your mind bully your body' by Dr. Kalki Varadharajan on 9th Jun 2020 organised by counseling Chennai.
- Participated in the online webinar session on 'Mass hysteria and COVID 19' by Prof. Beulah Emmanuel on 8th Jun 2020 organised by counseling Chennai.
- Participated in the online webinar session on 'Adolescents today...the pillar of our future- challenge to overcome' by Mrs. Uma Maheshwari on 6th Jun 2020 organised by counseling Chennai.
- Participated in the online webinar session on 'Introduction to forensic psychology' by Dr. Mebin Wilson Thomas on 5th Jun 2020 organised by counseling Chennai.

- Participated in the online webinar session on 'Psychology in everyday life' by Mrs. Alima Zehra on 4th Jun 2020 organised by counseling Chennai.
- Participated in the National webinar on 'Personality disorders' by Dr. Avinash De Sousa, Consultant psychiatrist and psychotherapist on 1st Jun 2020 organised by CTTE College of women.
- Participated in the online webinar session on 'Cyber crime and preventive measures' by Dr. Kala Baskar on 1st Jun 2020 organised by counseling Chennai.
- Participated in the online webinar session on 'How to unlock positivity during lockdown' by Ms. Aditi Biswas, Psychologist on 16th May 2020 organised by PsyCoolG.
- Participated in the online webinar session on 'How to become conscious parent' by Mr. Jayan Namboodiri, consultant psycho-behavior therapist on 15th May 2020 organised by PsyCoolG.
- Participated in the online webinar session on 'Treatment of depression by Geeta therapy' by Rajender Jodhpuria, Psychologist on 13th May 2020 organised by PsyCoolG.
- Written a chapter on 'Psychopaths' for International Symposium which focused on types, characteristics, causes and tools for the diagnosis of psychopaths, accepted by publishers on 5th March, 2020.
- Written a chapter on 'Emotional Intelligence' which focused on history, components, models and scales of measurement of EI, accepted by publishers on 30th March, 2020.
- Written a chapter on 'Self-Help Groups' which focused on origin and history, aims, objectives, formation, types, functions and limitation, accepted by publishers on 30th March, 2020.
- Written a review paper on 'Aggression in Sports' which focused on manifestation of aggression, causes, types and off-field aggression, accepted by publishers on April, 2020.
- Attended an International Symposium on 'The interdisciplinary hermeneutic: Reappraising the socio-cultural episteme' on 5th March, 2020.
- Attended a workshop on 'Effective Negotiation Skills using NLP' which focused on types, stages, techniques and barriers of negotiation by Mrs. Neetu (Assistant Professor, LPU), 8th Sep 2019.
- Attended a workshop on 'The Scientific tricks on how to be awesome' which focused on personality development and communication skills by Mr. Sahil (Motivational speaker), 6th Oct, 2019.
- Attended a Guest lecture on 'Sexual harassment of women at workplace' which focused on prevention, prohibition and redress on sexual harassment by Mrs. Amandeep Kaur (Advocate, Delhi high court), Feb, 2020.
- Attended a Guest lecture on 'Psycho-neurobics for holistic health and positive personality development' which focused on transformation of spiritual energy into mental energy and psych-neurobic for happy and healthy life by Dr. Mahesh Dogra, Jan 2020.
- Attended first Regional Conference on 'Current issues and challenges in nursing practice and research' on 31st March, 2017.
- Attended 'Personality Development Training Programme' which focused on personal grooming, inter-personal communication, interviewing skills and personality development by Dr. Sanjay Kedia, May 2017.
- Attended a workshop on 'Obstetric emergencies' organized by Army Institute of Nursing on 3rd May, 2017.

POSITIONS OF RESPONSIBILITY

CLASS REPRESENTATIVE	Acted as Class Representative contributing towards the coordination and negotiation with teachers and higher authorities for students, Jan 2020- Aug, 2021.
MEMBER, HAPPINESS AND COUNSELLING DEPT.	Acted as an active member of Happiness and Counseling department, assisted in organizing events, with each of them focusing on counseling and therapies, March 2020 – ongoing.

EXTRA CURRICULAR ACTIVITIES

COMMUNITY SERVICE	- Organized activities and events for spreading awareness about stress management, time management in 2016. - Organized health education on breast self examination, control of hypertension and diabetes mellitus in 2017.
PARTICIPATIONS	Participated in quiz on ‘COVID-19 Awareness and safety measures’ conducted by Division of student welfare, Lovely Professional University on 21st May 2020.
ACHIEVEMENTS	- Won third prize in ‘Poster making competition’ at 37th Biennial Conference on 2nd, 3rd and 4th Sep, 2015. - Received AWES Scholarship of Rs. 40,000 for four consecutive years during B Sc Nursing.

PERSONAL DETAILS

ADDRESS	Vill+P.O.- Budhau, Zila- Rasra, District- Ballia, 277121
LANGUAGES KNOWN	English, Hindi, Bhojpuri