

# Ria Kalra

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📍 Sector-9, Rohini, Delhi

## ABOUT

A highly motivated and dynamic individual with a deep passion for understanding and helping individuals. Adept at building strong therapeutic relationships, conducting comprehensive assessments, and developing tailored treatment plans to foster positive client outcomes. Known for exceptional communication skills and a compassionate approach to mental health care.

## EDUCATION

Amity University Haryana	M.Phil. in Clinical Psychology (RCI)	CGPA: 8.54	2022-24
University of Delhi	Masters in Applied Psychology	CGPA: 8.761 (2 <sup>nd</sup> Rank holder)	2020-22
University of Delhi	Bachelors in Applied Psychology (H)	CGPA- 8.703 (1 <sup>st</sup> Rank holder)	2017-20
Vikas Bharati Public School	Class 12 <sup>th</sup>	PERCENTAGE: 94%	2016-17
Vikas Bharati Public School	Class 10 <sup>th</sup>	CGPA- 9.3/10	2014-15

## TRAINING EXPERIENCE

### Clinical Psychology Trainee- Poly Clinic, Sector-31, Gurugram.

- Working at the OPD and IPD set-up.
- Case history taking.
- Conducting Psychological Assessments.
- Treatment planning and execution.
- Group therapy sessions
- Conducting mental health awareness campaigns

Nov'23 -Sept'24

### Clinical Psychology Trainee- CogniAble

- Administering IQ and behavioral assessments.
- Conducting workshops for parents.
- Observing ABA, Speech and Occupational therapy sessions.

Jun'23 -May'24

### Clinical Psychology Trainee- The Earth Saviours Foundation

- Taking Case history and Mental status Examination.
- Conducting Psychological Assessments
- Formulating the diagnosis
- IPD set-up.

Oct'22 -Mar'24

### Research Associate- Academic writer (Freelancing) at Writelgnite

May-Oct 2022

## INTERNSHIP EXPERIENCE

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St. Stephens Hospital, under the supervision of Dr. Rupali Shivalkar & Ms. Japneet Kaur	Sept-Nov 2021
SPARSH-HEAL YOUR LIFE, under the supervision of Ms. Kanika Madan, Psychologist at Sparsh	June-July 2019
Institute of Human Behaviour and Allied Sciences (IHBAS) under psychiatry Department	May-June 2018

## PROJECTS AND PUBLICATIONS

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- Completed **Dissertation** titled “Role of Gaming on Stress: A Qualitative Perspective” under the supervision of Ms. Namita Tayal (Assistant Professor, S. P. M. College, University of Delhi) & Dr. Virendra Pratap Yadav (Assistant Professor, S. P. M. College, University of Delhi).
- “Role of Gaming on Stress: A Qualitative Perspective” published in Journal of Applied Research in Humanities, Languages and Social Sciences (Peer-reviewed Journal).
- Completed **Dissertation** titled “Mindfulness Based Psycho-education Training for PMS, PMDD and Psychological Well-Being among young girls” under the supervision of Dr. Gopal Chandra Mahakud (Assistant Professor, Department of Applied Psychology, University of Delhi, South Campus).
- Completed **Dissertation** titled “A Comparative Study of Cognitive Changes during Menopause Transition Phase” under the supervision of Ms. Aarti Shukla (Assistant Professor, Amity Institute of Clinical Psychology, Amity University, Haryana).

## PAPER PRESENTATIONS

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- Presented a research paper titled “*Spirituality: An aspect of personality*” in the National Conference on Psychology and its role in Human and Societal Development on 18 & 19 April 2022.
- Presented a research paper titled “*COVID-19 and Lockdown: Impact on mental health of youth*” in the International Virtual Conference on Global Pandemic Outbreak: Role of Social Scientists on 18<sup>th</sup> & 19<sup>th</sup> June 2020.
- Presented research paper titled “*The benefits of Yoga in the Elderly population of India*” at National Seminar on Psychology of National Integration on 30<sup>th</sup> & 31<sup>st</sup> July 2019.
- Presented research paper titled “*Perceived stress and job satisfaction among teachers*” at International Conference In Dialogue with Mahatma Gandhi on 8<sup>th</sup> & 9<sup>th</sup> November 2019.

## ACHIEVEMENTS AND AWARDS

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- Participant- **National Psych OLYMPIAD**- 2016
- Awarded Principal's medal for highest score in second year in the course B.A. Applied psychology, Shyama Prasad Mukherjee College.
- Awarded Principal's Medal for highest score in the course B.A. Applied psychology (2017-2020), Shyama Prasad Mukherjee College.
- Awarded Smt. Harbans Kaur Memorial Award for highest score in the course B.A. Applied psychology (2017-2020), Shyama Prasad Mukherjee College.
- Among top scorers of University of Delhi in B.A. Applied psychology.
- Second rank holder at Department of Applied Psychology in M.A. Applied Psychology (Clinical specialization).

## SKILLS

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- Expertise in evidence-based therapy modalities (e.g., CBT, DBT, MBCT).
- Proficient in psychological assessment and diagnostic evaluation.
- Strong interpersonal and communication skills.
- Ability to develop and implement individualized treatment plans.
- Experience working with diverse populations and a wide range of psychological issues.

## LANGUAGES KNOWN

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- English • Hindi • Punjabi (Native proficiency).