

# Rea Mittal

**ADDRESS:** I-59, Phase-1, Ashok Vihar, Delhi-52

**CONTACT:** 7838453930

**EMAIL:** irrealthe@gmail.com

**D.O.B:** 19.07.1997



## Skills

**Personal:** Empathetic listening and fluent communication (written and verbal)

**Professional:** Psychometric assessment, history taking, and case formulation

**Research:** scoping review, thematic analysis, interviewing, and transcription

**Other:** Data management using M.S Office

## Experience

**Hand of Hope /Intern** May 2017 – Jul 2017, Delhi

Over weekly sessions across two months we built mental health awareness and skills for children at a small NGO, and also held a workshop in Delhi Public School.

**Salam Balak Trust/Intern** Dec 2018 – Jan 2019, Delhi

At a children's shelter home, I engaged with them through play, activities, and studying.

**Mental Health Foundation/Intern** May 2019 - Jul 2019, Delhi

Under its project Samarthan, we provided psychological first aid to inmates and also collected and collated data on potential mental health disorders.

**Swann Livelihood /Intern** Dec 2019 - Jan 2020, Delhi

Helped provide skill training and personality development to underserved youth.

**The Saviours/ Volunteer** May 2016 - May 2018, Delhi

Assisting with blood donation camps, creating a database of donors, mentoring recruits.

**Visionaries/ Volunteer** Mar 2020 - ongoing

Audio transcription of textbook material for the visually impaired.

**Sanjeevni Mental Health Society/ Volunteer** Jan 2021 - Jul 2021

Weekly Painting Facilitator for people with severe mental illness as part of their rehabilitation services.

**Project Samvedna, Nirmal Initiative Trust/ Volunteer** Apr 2021- ongoing

Psychological First Aid provider during Covid crisis.

## Education

**Montfort School/ 12th** 2003 - 2015, Delhi

Subjects: Physics, Chemistry, Biology, Physical Education, English

Score: 90.75% best of four

**Ambedkar University / B.A Psych.** 2015-2018, Delhi

Score: 7.83 GPA

**Ambedkar University / M.A Psych.** 2018-2020, Delhi

Score: 7.86 GPA

**NIEPVD/ M.Phil. Rehab. Psych.** 2021-2023, Dehradun

Aggregate: 71.5%

## Awards

**The Bharat Scouts and Guides, President Guide Award.** 2015

Participating in camps across 6 years where we learned survival skills like shelter making, lighting and extinguishing fire, first aid, knotting and lashing, cooking, mapping, and abiding by values like service and teamwork.