

I am a **Clinical Psychologist** registered by the **Rehabilitation Council of India**.

I am working as a **Research Associate – III** in Strategic Multimodal Intervention in at-risk Elderly Indians for Prevention of Dementia (**SMRUTHI – INDIA**): A cohort multiple randomised controlled trial (cmRCT) project (I-1457) funded by the Indian Council of Medical Research (**ICMR**), at **All India Institute of Medical Sciences (AIIMS)**, New Delhi, India.

Overall, I have interacted **with individuals of** varied age (from children to elderly), patients having dementia, cancer, CVD, prison inmates, substance use disorder, anxiety disorder, depressive disorder, bipolar disorder, autism, intellectual disability, schizophrenia, personality disorder, conversion disorder & suicidal ideation, which improved my skills in Case History Taking, Mental Status Examination (MSE), conducting appropriate assessments and providing psychotherapy.

I am competent in providing the following **Psychotherapies**: Psychoeducation, Supportive Psychotherapy, Crisis Intervention, Psychological First Aid, Behaviour Therapy, Cognitive Behavioral Therapy, Motivational Enhancement Therapy, Person Centered Therapy and Cognitive Stimulation Therapy.

In addition, I can administer the following **Assessments**: Mini Mental Status Examination, Mini International Neuropsychiatric Interview (MINI), Addenbrooke's Cognitive Examination – III (ACE-III). Personality Tests (Rorschach, TAT, Cattell's 16PF, EPQ-R, MCMI & MMPI) and Neuropsychological Tests (PGI-BBD, NIMHANS Battery, ICMR NCTB, Binet-Kamat test, Guilford-Zimmerman interest inventory, WAIS, MISIC, SFBT, CPM, & SPM), plus various rating scales for different domain (e.g., clinical dementia rating scale, anxiety, depression, substance use, suicidal ideation, OCD, mania, BPRS, PANSS, self-esteem, etc.)

WORK EXPERIENCE:

**April 2023 – Present | All India Institute of Medical Sciences, New Delhi, India |
Research Associate – III at the Department of Neurology**

- Reviewed inpatients and outpatients who were referred to our department, with the neurologists.
- Provided supportive psychotherapy to the inpatients and outpatients.
- Conducted neuropsychological assessments on patients who had various neurological disorders (e.g., ACE-III, Performance and Questionnaires from ICMR NCTB).
- Supervising the SMRUTHI – INDIA team including Psychologist, Statistical assistant, Dietician, and Physiotherapist at AIIMS, New Delhi, India.
- Conducting extensive Workshop training sessions for psychologists and field investigators from multicenter for SMRUTHI – INDIA study.
- Co-ordinating and conducting regular meetings with multiple centers of the SMRUTHI – INDIA study for smooth facilitation.
- Monitoring quality control and management of the data in SMRUTHI – INDIA study received from multiple centers.
- Working on the cultural adaptation of the Care Bundle Module booklet.
- Carrying our Administrative work for the SMRUTHI – INDIA study.

- Screening and recruitment of participants at field for SMRUTHI – INDIA study; Clinical and radiologic profile, risk associations, caregiver burden and clinical outcomes in early and late onset dementia study (A-914), Cognitive and sleep evaluation of Myotonic dystrophy type I study.

**February 2023 – April 2023 | All India Institute of Medical Sciences, New Delhi, India |
Psychologist at the Department of Neurology**

- Reviewed inpatients and outpatients who were referred to our department, with the neurologists
- Provided supportive psychotherapy to the inpatients and outpatients
- Conducted neuropsychological assessments (e.g., ACE-III, Performance and Questionnaires from ICMR NCTB) on patients who had various neurological disorders and interpreted test results.
- Research work including scoping review of neuropsychological scales and finalizing the scales to be administered in the SMRUTHI – INDIA study.
- Conceptualization and formulation of Care Bundle Module Booklet, the strategic multimodal intervention of SMRUTHI – INDIA study.
- Screening and recruitment of participants for SMRUTHI – INDIA study; Clinical and radiologic profile, risk associations, caregiver burden and clinical outcomes in early and late onset dementia study (A-914), Cognitive and sleep evaluation of Myotonic dystrophy type I study; Limb Girdle Muscular Dystrophies study.

**October 2021 – October 2022 | Tata Medical Center, Kolkata, India | Fellow and Clinical Psychologist
at the Psycho-oncology Department**

- Tata Medical Center, Kolkata is an oncology (cancer) specialist hospital
- Reviewed inpatients and outpatients who were referred to our department, with the psychiatrists
- Provided psychotherapy to the inpatients and outpatients, as well as healthcare staff of the hospital
- Conducted neuropsychological assessments (e.g., WISC, WAIS, BRIEF, VABS) on patients who had cancer in the brain and interpreted test results.
- Conducted stress management, and suicide prevention seminar for the healthcare staff of the hospital
- Presented case studies in TATA LECTURE Series (TALES Presentations)
- Presented on various psycho-oncology topics within the department
- Worked on research papers with the department
- Attended classes by the psychiatrists on psychiatry/psychology topics
- Attended classes by the speakers who came from outside, on psychiatry/psychology topics

August 2019 – June 2021 | Various De-Addiction Centers, Kolkata, India | M.Phil. Trainee

- Conducted Case History Taking and Mental Status Examination
- Diagnostic formulation of cases
- Conducted psychological assessments accordingly (Rating scales assessing level of addiction, IQ tests, semi projective and projective tests, personality tests)
- Provided psychological intervention/psychotherapy

August 2019 – June 2021 | Mental Healthcare Unit, West Bengal, India | M.Phil. Trainee

- It is a home center for the patients with psychological disorders (e.g., schizophrenia, dementia)
- Conducted Case History Taking and Mental Status Examination
- Diagnostic formulation of cases

- Conducted psychological assessments accordingly (Rating scales, IQ tests, semi projective and projective tests, personality tests)
- Provided psychological intervention/psychotherapy
- Provided group psychotherapy

August 2019 – June 2021 | Care for Autism, Kolkata, India | M.Phil. Trainee

- Conducted Case History Taking and Mental Status Examination
- Diagnostic formulation of cases
- Conducted psychological assessments accordingly (e.g., DST, VSMS, SFBT, ISAA)
- Provided psychological intervention, and psychoeducation to caregivers

August 2019 – June 2021 | Open (Day) Shelter Home, Kolkata, India | M.Phil. Trainee

- Conducted Case History Taking and Mental Status Examination
- Formulated cases and conducted psychological assessments accordingly (e.g., SPM, CPM, BGT, JEPQ, DAPT, DSMD, CAT)
- Provided psychological intervention

**September 2018 – November 2018 | Tihar Central Jail, New Delhi, India
| Intervention Team Member**

- Mental Health Foundation, India was running a 2-year project called Project Samarthan at the Tihar Central Jail, Delhi for the mental health of prison inmates
- Learnt techniques of Case History Taking, and Psychological First Aid by the doctors from AIIMS, and the psychiatrist working at the jail
- Provided Psychological First Aid to prison inmates
- Conducted Mini International Neuropsychiatric Interview (MINI)

December 2016 – January 2017 | Tata Medical Center, Kolkata, India | Intern

- Observed Psycho-oncology team while attending to inpatients, outpatients, and healthcare staff
- Attended classes on Case History Taking, Mental Status Examination, and Case Formulation

May 2016 – June 2016 | Fortis Hospital, Kolkata, India | Intern

- Observed psychiatrist and psychologist during sessions
- Attended classes on Case History Taking, Mental Status Examination, and Case Formulation

**April 2016 – May 2016 | Sawai Man Singh Medical Institution (Govt. Psychiatric Center),
Jaipur, India | Intern**

- Conducted Intelligence Quotient Assessments patients (e.g., WAIS, MISIC, SFBT, CPM, & SPM)
- Conducted Personality Tests on patients (e.g., Rorschach, MMPI)
- Observed the working of the Psychologists at the center
- Attended presentations by the doctors of the hospital

September 2015 – February 2016 | Make A Difference, Kolkata, India | Volunteer

- Taught English to class 8 kids at an orphanage

RESEARCH WORK:

Year	Topic	Journal Published In
2024 February	Psychosocial telemedicine interventions for schizophrenia - Protocol	Cochrane Database of Systematic Reviews
2023 April	When Do Patients with Breast Cancer Seek Help from Psycho-oncology Services? A 3-Year Retrospective Study from India	Indian Journal of Medical and Paediatric Oncology
2021 March	Psychosocial And Clinical Risk Factors and Adherence To Lifestyle Modifications Among Individuals With Cardiovascular Disease	Dissertation – M. Phil in Clinical Psychology (Unpublished)
2020 February	Psychosocial Impact of Selfitis Behaviour Among Youth	Poster Paper Presentation at NACIACP 2020, Chandigarh
2018 April	Psychology of Satyagraha	Research Revolution
2018 March	Relationship Between Work Environment and Stress	Journal of Contemporary Educational Research and Innovations
2017 November	Facebook Addiction Seen Among Young Adults	International Journal of Advanced Research

ACADEMIC QUALIFICATION:

Year	Course	Institution	Board/University	%/CGPA
2021	M. Phil in Clinical Psychology	Amity University, Kolkata, India	Rehabilitation Council of India	7.04 CGPA
2018	M.A. in Psychology (Clinical)	Vasanta College for Women, Varanasi, India	Banaras Hindu University	8.32 CGPA
2016	B.Sc. in Psychology	Gokhale Memorial Girls College, Kolkata, India	University of Calcutta	58%
2013	Class XII (HSS)	Lakshmipat Singhania Academy, Kolkata, India	CBSE	87%

SKILLS & TRAINING:

- Participated in The Second International Autism Conference hosted by the Indian Autism Center from 10th – 12th January 2020
- Cognitive Behavior Therapy Workshop at Caring Minds, Kolkata from 9th – 11th August 2019
- Communication Skills Training Workshop at Tata Medical Center, Kolkata from 22nd – 23rd June 2019
- Graphologist (Handwriting analysis) from Kolkata Institute of Graphology (First Degree and Advanced Course).
- Languages fluent in – English, Hindi, Bengali
- Microsoft office

CO-CURRICULAR ACTIVITIES:

- 2011 (September), Workshop attended on Dialogue of Peace at the Seagull Art & Media Resource Centre, Calcutta.
- 2010-2013, Member of the school volleyball team.
- 2012-2013 & 2011-2012, Represented school in CBSE Inter School Sports & Games Competition.
- 2012, Participated in district level 200m race, Kolkata.
- 2009, Program in-charge in Abhilakshya (school fest).
- Interests include sketching, sports, art & craft.