

Senior mental health expert seeking leadership roles in Project Management, Counselling, Academics, Client Relationship Management, Research and Analytics, People & Product Development, Psychotherapy, Psychometrics, Instructional Designing, Training

Employment

Clinical Psychologist

(Part-time), Archle Labs

*Developing an AI -based counseling interface with multi-disciplinary team

Psychotherapist

(Part time), Yo-talks, ICAS Lyra

*Counseling young adults for mental health issues

Feb 2025-Present

Volunteer Researcher

NIMHANS

*Literature review on anti-stigma Photo-voice study on mental health

Manager, Student Welfare Department

Narayana Group

Full-time Aug 2024-Jan, 2025

*Conducted individual and group counseling sessions for students

* Developed content for training modules

*Mentored a team of mental health professionals

Senior Manager-Pastoral Care

Ashoka University

Full-time Dec 2023 to Jul 2024 (8 months)

*Ensured protective and preventive wellbeing measures for students on campus including organizing events, one to one student interactions, coordinating with infirmary and handling emergencies

*Referred students for mental health support services on campus *Did data entry and analysis of student wellbeing trends

Senior Programme Coordinator

Sangath

Full-time Apr 2023 to Oct 2023 (7 months)

- *Coordinated a multi-site research program on Autism
- *Implemented the WHO- CST intervention for caregivers of children with autism
- *Liaisoned with government officials for workforce identification
- * Managed and mentored a team of mental health professionals

Manager-Counseling services

Piramal Foundation

Full-time Dec 2020 to Apr 2023 (2 years 5 months)

- * Organized training events by scheduling travel arrangements, making lodging arrangements, and scheduling conference and training room time for various training events
- *Led employee training and development division by monitoring competency grids and identifying training needs for skill / competency up-gradation
- * Collected and collated program feedback and carried out value added analysis for enhancing program effectiveness Assessed training needs and arranged training sessions to keep skill level up-to-date with global standards
- *Monitored, measured and reported staff training and development plans and achievements within agreed formats and timescales
- * Facilitated implementation of the team development plan; identified opportunities for training & coaching interventions for channel partners & delivered the same for the sales & service staff
- *Coordinated with team managers regarding improvements & assisted on efficient process management; executed initiatives on time management and encouraged teams for better production
- *Managed the development of training curriculum; formulated and reviewed training outlines and determined appropriate instructional methodologies and formats
- *Monitored contracts with external providers of mandatory training and ensured fit for purpose and value for money
- * Conducted analysis, design and development, writing, delivery, review and evaluation of training and learning interventions
- *Managed the development of training curriculum; formulated and reviewed training outlines and determined appropriate instructional methodologies and formats
- *Conducted needs analysis and worked with subject matter experts to develop customized training programs to meet identified needs

Clinical Supervisor

Silver Oak Health

Full-time

Sep 2020 to Nov 2020 (3 months)

- *Mentored a team of mental health professionals
- *Maintained database of counseling sessions
- *Developed content on training modules

Psychotherapist

Indian Institute Business Psychology

Full-time Jul 2020 to Aug 2020 (2 months)

- *Counseled young adults for various mental health issues

Senior Program Leader

Gandhi Fellowship, Kaivalya Education

Foundation Full-time Aug 2016 to Dec 2020

(4 years 5 months)

Aug16 Aug17: Program Leader, Recruitment Aug17 Sep19: Senior Program Leader, Curriculum Design & Facilitation Oct19

- *Led counseling initiative for Fellows with emotional distress Developed grievance redressal ticketing system on App
- *Revised and introduced new Policies for Fellowship Trained helpline counselors for Piramal Foundation
- *Conducted group well-being sessions for employees
- *Designed Wellness Curriculum for Fellowship with hands-on workshops for Psychosocial Health & Empathic Listening Support Sessions for Gandhi Fellows
- *Designed Workshop Modules on leadership & social entrepreneurship, notable ones being on frugal innovation and emotional intelligence Organized Induction& Boot Camps
- *Led convocation for Gandhi Fellows, conducted Training of Trainers and facilitated Training Sessions
- *Worked as a Panellist for Gandhi Fellowship Recruitment Processes; recruited new Fellows into the 3 Flagship Programs of the Fellowship As Program Leader
- *Created & developed Recruitment Processes for Gandhi Fellows
- *Developed the content for the first online recruitment process of the Fellowship
- *Led a team of Reviewers as well as graded candidate applications to Fellowship
- *Coordinated for resolution of general queries and troubleshooting of technical

glitches of online applications with Marketing & Tech Team

* Coordinated interviews for Fellowship Process at various locations across India

Psychometrician

Wheebox

Full-time Mar 2016 to Jun 2016 (4 months)

* Designed content for Psychometric & Aptitude Tests, developed Test Analysis Reports *Coordinated Online Test Services for clients across different industries

Research Assistant

Pearson Education India Services Pvt. Ltd

Full-time Oct 2014 to Jan 2016 (1 year 4 months)

Accomplishment: Introduced Wechsler and Beck Scales to the Indian Population

Education

M.A Psychology

California State University 2014

MSc, Counseling & Guidance

University of Madras, 2006

Anuradha

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Springfield Apts

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