

# Maleeha Zainab

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## Objective

Professionally qualified Psychologist / Counsellor. I seek challenging opportunities where I can fully use my skills and education to create a better world.

## Experience

- Composite Regional Centre** January 2023 - December 2023  
Rehabilitation Psychology Trainee  
Roles Undertaken: Rehabilitation Counselling, Mental Health Advocacy, Identification, Assessment and Management of disabilities(- physical & mental; including learning disabilities).
- Institute of Mental Health and Neurosciences (IMHANS)** August 2022 - October 2022  
Field Worker / Psychology Trainee  
Mental Health Advocacy
- Centre for Equity Studies & Aman Birardari** December 2015 - January 2016  
Researcher
- AIESEC** July 2017 - September 2017  
Global Volunteer
- Rising Kashmir** May 2017 - June 2017  
Reporter
- Kashmir Reader** September 2017 - December 2017  
Reporter
- University of Kashmir** March 2019 - March 2019  
Ski Coach

## Education

- Jamia Millia Islamia** 2016  
B.A Honours in Psychology
- IGNOU** 2022-23  
M.A Psychology (specialization in Clinical Psychology)
- Composite Regional Centre - CRC** 2023  
Professional Diploma in Rehabilitation Psychology (PGDRP)
- Jamia Millia Islamia (CDOE)** 2023  
PG Diploma in Guidance and Counselling (PGDGC)
- Lady Sri Ram College, University of Delhi** 2016  
Diploma in Conflict Transformation & Peacebuilding
- National Institute of Mental Health and Neurosciences (NIMHANS)** 2022  
Certificate Course in Media and Mental Health
- Indian Institute of Mass Communication (IIMC)** 2017  
Professional Diploma in Journalism
- Film & Television Institute of India (FTII)** 2018

## Certificate in Film-making & Screenplay Writing

- **Indian Society of International Law (ISIL)** 2022  
Diploma in Intellectual Property Law
- **IG National Open University (IGNOU)** 2019  
M.A Philosophy (Open /Distance learning)
- **Lady Sri Ram College for Women** 2016  
Certificate Course - Women and Law
- **Oxford Kashmir Forum-University of Oxford** 2021  
Certificate- Human Rights Law and Kashmir
- **A.R Rahman Foundation BToS & Mohsen Makhmalbaf** 2020  
Certificate Course on the Art of Film-making by Mohsen Makhmalbaf
- **Delhi Public School, Srinagar** 2012-13  
Higher Secondary School Certificate/ Grade 12th
- **Tyndale Biscoe & Mallinson School** 2010  
High School Certificate-I / Matriculation (10th)  
Distinction

## Skills

- Public Speaking
- Litigation
- Advocacy for Social Issues
- Researching
- Drafting
- Editing
- Reporting
- Guidance and Counselling
- Microsoft Office

## Languages

- English (Proficient)
- Urdu (Native)
- Kashmiri (Native)
- Hindi ( Native)
- Farsi / Persian (Beginner Level)
- Turkish (A2 level- Yunus Emre Enstitüsü)

## Co-Curricular Activities

- **Debating**  
School, College and University level debater
- **Public Speaking**  
Represented School-University at Public Speaking events

## LinkedIn

- [https://www.linkedin.com/in/maleeha-zainab-7a1774145?utm\\_source=share&utm\\_campaign=share\\_via&utm\\_content=profile&utm\\_medium=android\\_app](https://www.linkedin.com/in/maleeha-zainab-7a1774145?utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=android_app)

## Academia

- <https://independent.academia.edu/MalihaZainab>

## Blog

- <https://malihazainabwordpresscom.wordpress.com/>

## Youtube

- [https://youtube.com/@malihazainab6671?si=alcdIR0oR5q15oz\\_](https://youtube.com/@malihazainab6671?si=alcdIR0oR5q15oz_)

## Sports

- **Skiing**  
National level Skier
- **Swimming**  
National Level Swimmer
- **Skating**  
National Level Skater