

# CURRICULUM VITA



## **Bhim Kumari Pun**

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DATE OF BIRTH: 15-Sep-1994

GENDER: Female

MARITAL STATUS: Single

NATIONALITY: Indian

RELIGION: Hindu

## **ACADEMICS**

QUALIFICATION	INSTITUTE	BOARD/UNIVERSITY	YEAR	%/CGPA
MA (Clinical psychology)	School of Social Sciences and Languages, Phagwara.	Lovely Professional University	2019-2021	8.9
B.Sc. Nursing	Army Institute Of Nursing, Guwahati	Srimanta Sankardeva University of health and Sciences	2017	68%
XII (Science)	Kendriya Vidyayalya Manauri, Allahabad	CBSE	2012	72%
X	Kendriya Vidyayalya Manauri, Allahabad	CBSE	2010	78%

WORK EXPERIENCE/INTERNSHIP	
<p><b>Sewa Deaddiction Centre and Psychiatric Hospital, Gurdaspur Punjab ( Feb 2023 – till present )</b></p>	<ul style="list-style-type: none"> <li>Serving as a Clinical Psychologist / counselor (Full time) dealing with Deaddiction and psychiatric illness. Current job majorly focus on assessment (history taking, MSE, Drug screening urine test) counseling and follow ups of clients.</li> <li>Successfully conducted counseling sessions on motivational enhancement therapy, stress management, anger management, couple therapy, sexual problems, diversion and relaxation techniques.</li> <li>Regular counseling of IPD patients has been performed with satisfactory responses from clients and their family members.</li> <li>Weekly health education on psychoactive substance abuse, IDU, and injection device infections (HIV , HCV), depression , suicide , social stigma , relapse prevention , importance of family support has been delivered.</li> </ul> <p><input type="checkbox"/> Additionally documentary maintenance as per SOP by Govt. of Punjab.</p>
<p><b>Sanjeevni Deaddiction centre and Psychiatric centre ( May 2021 – Nov 2021)</b></p>	<ul style="list-style-type: none"> <li>Position as a Clinical Psychologist / counselor (Full time) dealing with psychoactive substance abused and psychiatric clients.</li> </ul> <p>Providing counseling sessions For OPD and IPD settings.</p>
<p><b>Heathy Mind Clinic( 1 month internship March 2021 )</b></p>	<ul style="list-style-type: none"> <li>Successfully completed internship in “<b>Healthy Mind Clinic</b>” under supervision of Dr Jaswinder Kaur ( MD , Psychiatrist) with an opportunities of interacting different cases like Mood disorders , OCD , Depression, Alcohol dependent and establishing client therapist relationship, performing History taking , MSE, counselling session, administration of holistic approach, psychotherapeutic techniques , relaxation techniques with follow up review.</li> </ul>

## CERTIFICATIONS

<b>DEPRESSION COUNSELLING DIPLOMA : ADVANCED LEVEL</b>	<ul style="list-style-type: none"> <li>Completed onedaycoursesontypes , causesofdepressions , theircomplementaryalternativetherapies and counselling approaches to depression , April 2020</li> </ul>
<b>COGNITIVE BEHAVIOUR THERAPY</b>	<ul style="list-style-type: none"> <li>Completed 50hrs of udey online program on “Cognitive Behavior Therapy (CBT) practitioner certificate” by Kain Ramsayon 26-05-2020 whichwasfocusedonthecentralideasof CBT, psychology behind CBT, Models, cognition and corebeliefs, foundation of wise decision making, cognitive</li> </ul>
<b>PRACTITIONER</b>	communicationskillsandprinciples,goalof CBT,corecognitiveprocesses,understanding ofself, belief development and modification.
<b>COGNITIVE BEHAVIOUR THERAPY FOR DEPRESSION, ANXIETY, PHOBIAS AND PANIC ATTACKS</b>	<ul style="list-style-type: none"> <li>Completed fivesections of 1day udey onlinecertified course on “CBT for Depression, Anxiety, Phobias and Panic Attacks” byLibby Seery on 03-05-2020 whichwasfocusedonthemanagement of depression, anxiety, phobiasandpanicattackbyusingtechniquesofcognitivebehaviorthrapy, core beliefs, STAR model, and ABC model.</li> </ul>

## LIVE PROJECT

<b>RESEARCH PROJECT SCHOOL HEALTH PROJECT</b>	<ul style="list-style-type: none"> <li>Assisted research projecton“Psychologicalinterventionon General Practioneronidentified patient withanxiety, depressionandsomato form”, focused ondata collection, identification of vulnerable patient with counselling wherever necessary, fromSeptember to December 2020.</li> <li>Conductedandsuccessfullycompletedadscriptivestudytoassesspersonalitytype, parentingstyleand cognition distortion among general population, 2020.</li> </ul>
<b>COMMUNITY HEALTH PROJECT</b>	<ul style="list-style-type: none"> <li>Coordinated inCommunity project –“Family Planning” on 2017 at Rani which was focused onthe various measures introduced by government and their importance for family planning.</li> </ul>
<b>SCHOOL HEALTH PROJECT</b>	<ul style="list-style-type: none"> <li>Completed oneday School Health Project on Personal hygieneand sanitation during community posting 27-10-16 at Mairapur, Rani which was focused on prevention, promotion, protection and to control diseases and health.</li> </ul>
<b>HEALTH EDUCATION</b>	<ul style="list-style-type: none"> <li>Conducted 1 dayawarenessregardingeachoffamilyplanning, lifestyle, duringtheyearof 2017 in Rani Community.</li> <li>Educatedpatients about exerciseandmanagement of health statusafter mastectomy in B.Baruah Cancer Hospital, Assam, 2015.</li> </ul>

## CO CURRICULAR ACTIVITIES

Presented the paper entitled **“Parenting: Nurturing the roots”** in the international E conference on the NEWNORMAL PSYCHOLOGICAL PERSPECTIVES held on 26 and 27 March 2021.

Earned certification on 2 days online workshop on **“Hypnotherapy”** by honorable Radhika Goyal (Clinical Hypnotherapist), organized by Psychoshiksha from 27 and 28 Feb 2021.

**“Nurturance on Persona” – a review paper published under UGC care**, Shodh sanchar Bulletin on December 2020. Active participation and individual presentation of **“Professional Ethics in Teachers Education”** in an esteemed platform **“National conference on Horizon of Teacher Education in India”** held on 14 – 15<sup>th</sup> September - 2020 **Published** an article on **Covid -19** in esteemed **“The international journal of Indian psychology”** on April, 2020.

Published review paper on **“Role of sexting in adolescent” under UGC care** Journal of Xidian University, 2020. Written chapter on special school for differently abled children, focuses on its prevalence, historical outlook, origins, objectives, goals, principles, function, characteristics, differences between regular and special schools, challenges faced by special schools, merits and demerits, accepted by publisher, April 2020

Written chapter on ‘Motivation’, which focuses on basic needs, motivation cycle, characteristics, theories and its importance, accepted by publisher on April 2017.

Written review paper on dreams, which focuses its relation in context to sleep, depression, bipolar disorder, suicide, schizophrenia, substance abuse, and its psychophysical perspectives, accepted by publisher, March, 2020 Attended **international symposium on “the interdisciplinary hermeneutic: reappraising the socio- cultural episteme”**, on 5 March 2020.

Written symposium on Forensic psychology focuses on definition, history and steps involved in forensic psychology. accepted by publisher on Feb 2020

Attended a guest Lecture on ‘Sexual harassment of women at workplace’ by Miss Amandeep Kaur (Advocate, High Court Delhi) on 17, Feb 2020, focuses on its Prevention, Prohibition & redressal.

Attended guest lecture on Psycho neurobics for Holistic health, positive personality development, which focuses on transformation of spiritual energy by mind to mental energy, practicing psychoneurobics for happy and healthy life, by Dr Mahesh Dogra, Jan 2020

Attended a workshop on ‘effective negotiation skills using NLP’, by Madam Neetu, 8 Sep - 2019 Attended a workshop on ‘the scientific tricks to be awesome’ on 6 – Oct - 2019

Attended a personality development training programme by Sanjay Kedia, focuses on grooming, interview skills, interpersonal skills and communication skills, May 2017.

- Attended 1<sup>st</sup> regional conference on ‘current issues and challenges in nursing practice and research’ on 31<sup>st</sup> March 2017.
- Attended workshop on ‘obstetric emergencies’, 3 May, 2017.

### POSITIONS OF RESPONSIBILITY

<b>HUMAN RESOURCE AT FLAMINGO</b>	<ul style="list-style-type: none"> <li>• Working as human resource at Flamingo in 2020 and recruiting new personnel for the flamingo company.</li> </ul>
<b>HAPPINESS AND COUNSELLING CELL</b>	<ul style="list-style-type: none"> <li>• Acted as member of Happiness and Counselling Cell and assisted in event management and organization in 2020.</li> </ul>
<b>TEAM LEADER</b>	<ul style="list-style-type: none"> <li>• Acted as team leader, coordinator at school health project, focuses on prevention, promotion and protection to control diseases and maintaining health, 2016- 2017.</li> </ul>

<b>ADDITIONAL DETAILS</b>
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ADDRESS	<ul style="list-style-type: none"><li>585 Engr , sub park A- zone Bengdubi , bagdogra , Darjeeling , west Bengal.</li></ul>
LANGUAGESKNOWN	<ul style="list-style-type: none"><li>English, Hindi and Nepali.</li></ul>

**DECLARATION**

I hereby declare that the above furnished information's are true to the best of my knowledge and my belief.

**BHIM KUMARI PUN.**