



PERSONAL PROFILE

Father's Name: Mr. Shriram
Date of Birth: 31/08/1996
Marital Status: Unmarried
Nationality: Indian

CONTACT

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+918076443553

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mayak5260@gmail.com

ADDRESS: NV farm no.3 Asola
Fatehpurberi, Chhatarpur, Delhi.

HOBBIES

- Learning and reading new things every day.
- Daily newspaper reading.
- Listening music.

KEY STRENGTHS

- Hard working with Honesty.
- Positive Attitude.
- Team spirit
- Self motivated
- Flexibility and Adaptability.
- Quick learner.

LANGUAGES KNOWN

- English
- Hindi

MAYA KUMARI

CAREER OBJECTIVE

- To work with organization imparting advanced education, training in psychosocial care, research, economics and innovation in developing holistic Mental Health care for persons with mental illness and communities.

ACADEMIC CREDENTIALS

- M.Phil in Psychiatric Social Work from **Atal Bihari Vajpayee Institute of Medical Sciences & Dr. Ram Manohar Lohia Hospital, New Delhi** (Session 2021-2023)
- **Master of Social work** Specialization (Medical and Psychiatric Social Work) from **Kurukshetra University Kurukshetra** 2019-21 with :8.41 CGPA
- **Bachelor of Social work** from **Aditi Mahavidyalaya, Delhi University.** 2016-19 with :-7.184 CGPA
- **Class XII from Central Board of School Education.** 2016 with :-79%
- **Class X from Central Board of School Education.** 2014 with :- 8.0 CGPA

ACCOMPLISHMENTS/ EXPERIENCE

- Currently working as a Psychiatric Social Worker in **Athena Behavioral Health Mental Hospital**, Gurgaon, Haryana.
- Five month job Experience in **Shanti Ratan Foundation De-addiction & Rehabilitation Center**, New Delhi as a **Mental Health Counselor.**
- 4 month internship in **Shanti Ratan Foundation De-addiction & Rehabilitation Center**, New Delhi as a **Therapist.**
- One month internship with **Mindyog/counseling centre**
- One Year Worked as a Trainee in **WORLD WITHOUT OBSTACLES**
- One Year Worked as a trainee in **SALAAM BAALAK TRUST (Child Line)** New Delhi Railway Station
- One Year Worked as a trainee in **MEDICAL SOCIAL WELFARE DEPARTMENT, AIIMS**, New Delhi
- One month worked with **SAMPURNA VIKAS TRUST**, near Sultanpur Delhi
- One year worked as a trainee in **open community BHATA COLONY, HARYANA**

AREAS OF INTEREST

- Social works and social issues.
- Psychiatry
- Social work research
- Therapy and counseling.

KEY RESPONSIBILITIES

- Handling the individuals with psychiatric illness.
- Psychosocial intervention
- Dealing with child sexual abuse
- Rehabilitation
- Analysis and development of social welfare policies
- Organizational analysis

REFERENCES

Mr. Upendra Singh
Lecturer Dept. of Psychiatric
social worker
Centre of Excellence in Mental Health
ABVIMS & Dr RML Hospital,
New Delhi
Uperndersingh.aims@gmail.com

- One month internship with **HUMANE SOCIETY INTERNATIONAL INDIA**
- Six month worked as a Research trainee on **ALCOHOLISM IN TEENAGER** in Delhi
- **2 year experience of Hospital Based Trainee program M.Phil. Psychiatric Social Work in Centre of Excellence in Mental Health, Department of Psychiatry, ABVIMS & Dr. RML Hospital New Delhi**

DISSERTATION TOPIC

Dissertation topic on “**Relationship between Marital Quality, Anxiety, Depression and Suicidal Ideation among Spouse of Individual with Alcohol Dependence Syndrome**”

THERAPY AND COUNSELLING

- Motivational enhancement therapy.
- Crisis intervention.
- Relapse Prevention Therapy.
- Couple therapy.
- supportive Psychotherapy
- Family therapy.
- Cognitive behavior therapy
- Dialectical behavior therapy.
- Exposure and Response Prevention
- Community Interventions

JOB SKILLS

- Skilled in Field Work and Participatory activities.
- Enabler, highly skilled in working with teams, community people, leading the community mental health program, psychosocial intervention
- Excellent Communication skills
- Proficient in English and Hindi.
- Adaptable and Quick learner, team player
- Conversant with Microsoft Office, SPSS and Internet Applications, digital platforms, youtube, whats app, zoom, Team, Facebook, Linkdin, academia edu, etc

BEHAVIORAL COMPETENCIES

- Possess good communication & interpersonal skills.
- Have good grasping power to learn new things easily and effectively.
- Socially adjustable and a good team player.
- Open to meet challenges.

ADDITIONAL INFORMATION / ACHIEVEMENTS

- Organize NGO's meet and Diwali fair at college level.
- Actively participation in event management like – Street play, Awareness generation rally, fresher party in College and University.
- Organized Mental Health Awareness Programme at Dr. RML Hospital New Delhi
- Elected as a member of grievance Committee at DR. RML Hospital New Delhi
- Working with Transgender Community on special OPD Dr. RML Hospital New Delhi

DECLARATION

I hereby certify that all the information provided above is true to the best of my knowledge.

Date:

Maya Kumari

Place:

