

VIPLA GOMBAR

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ACADEMIC QUALIFICATIONS

University / School	Degree / Course	GPA / Percentage	Year
Amity University, Noida	Master of Arts, Clinical Psychology	6.75/10	2015 – 2017
Keshav Mahavidyalaya, University of Delhi	Bachelor of Arts, Psychology	72.1%	2012 – 2015
Bal Bharati Public School, New Delhi	Class XII (English, Economics, Psychology Geography, Fine Arts)	86.75%	2010 – 2012

WORK EXPERIENCE

Private practice

February 2021 - Present

- Maintained an **integrative and eclectic approach to therapy** and used the guiding principles of **REBT, acceptance therapy and mindfulness** with my clients for Child & adolescent concerns, Interpersonal Relationship Issues, Depression, Anxiety related concerns.

Co-founder, Kayosm

January 2020 - February 2023

- Founded and built a **D2C home decor and lifestyle brand** called **Kayosm**, which focused on a wide range of minimalistic, aesthetic, and modern home decor products.
- Built a **customer base of more than 6000 customers pan India** through online orders and in-person events. Led and managed our kiosks at various fests and events across three states.
- Managed and led product design, recruitment, logistics and operations for two years.

Mental Health Counselor, Lancer's Convent School

January 2020 – February 2021

- Undertook **individual as well as group counseling sessions** from children starting from Grade 3 - 12 on issues regarding personal development, academics, career, social and emotional problems.
- Conceptualized an **in-person initiative 'Mornings over coffee' for parents** to address any issues that they are facing and to facilitate smooth communication between different stakeholder and addressed concerns of over 200 parents.
- Conducted **10 sessions for a total of 120+ Teachers on 'Classroom Management' and 'Mindfulness'**.
- Conceptualised Specialized Intervention Plans for Slow learners.
- During the pandemic, managed the **school's social media platform** and created a **movement online on how mental health matters**.
- As a **Head Member** of the **POCSO (Protection of Children from Sexual Offenses Act, 2012) Committee**, conducted sessions on **'Good Touch Bad Touch'** for primary students and **informative talks for different stakeholders** like schools staff, parents and teachers on issues pertaining to child's safety.
- Conducted an online **orientation** during the pandemic on **'Positive Parenting'** for more than **900 parents**.

Counseling Psychologist, Fortis Hospital

March 2019 – September 2019

- As a **core team member** of the Mental Health Dept. headed by Dr. Samir Parikh (MD Psychiatry), **provided therapy** to about **450 OPD cases** and **65 + IPD Cases** majorly dealing with substance abuse, anxiety and depression.
- Designed mental health seminars** for hospital staff and corporate organizations on work life balance and stress management.
- Led the charge for 'School Mental Health Program'** and organized short summer internship programs for school students from **more than 35 schools** across Punjab. As a part of the program, also delivered workshops across government and private schools.
- Conducted psychotherapy sessions** for patients and their caregivers admitted in the **Oncology and General Ward**.
- In collaboration with the **Gynaecology Dept.**, designed talks for new mothers addressing **postpartum depression**.
- Supported 24*7 fortis helpline** and helped many people through tele counseling, which proved to be the first touch point for accessing therapy.

Psychologist & Senior Research Fellow UDAAN for the Disabled

June 2017 - July 2018

- Assessed and formulated treatment plans** for children with **Neurodevelopmental Disorders** and catered to **more than 625 cases**.
- Headed the **Research Team** and collected comprehensive data from OPD Cases for a **longitudinal study** on Early Symptoms of Autism with a **sample size of 70**.
- Designed **monthly talks for parents** along with other team members which addressed issues specific to children dealing with communication, social and emotional problems.
- Published two research papers** in International Journals (as mentioned below)

INTERNSHIPS AND PROJECTS

Defence Research & Development Organization (DRDO)

June 2016 - July 2016

- Was actively involved in research work on themes such as job satisfaction, organizational commitment and work life balance at Defence Institute of Psychological Research (DIPR), DRDO, Ministry of Defence, New Delhi.

COURSES AND PUBLICATIONS

- Undertook an online **certificate course on Rational Emotive Behavior Therapy** on Udemey (May 2022 - June 2022)
- Published a paper titled **'Efficacy of a Brahmi based Unani Formulation in the management of Autism: A Randomized Double Blind Placebo Controlled Study'** in **International Journal of Ayurvedic and Herbal Medicine (IJAHM)**, Vol. 8, Issue 4, May 2018.
- Published a paper titled **'Effectiveness of Centella Asiatica (Brahmi) in various Illnesses: A Review'** in **International Journal of Current Medical and Pharmaceutical Research (IJCMPR)**, Vol.3, Issue 11, December 2017.