**MEHUL PANDEY**

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#  BRIEF DISCRIPTION

A confident and enthusiastic, extremely passionate, and capable individual who is looking to raise self-potential and explore new facets in the environment and is always keen to learn. Highly committed to work and time management. Can build strong and trusting relationships with people. Committed to serving as an ongoing support through diagnosis evaluation, and implementation of treatment.

# CAREER OBJECTIVE

Spreading people’s thoughts of collective growth, and positive development in the environment and developing my skills and to able to contribute effectively to society. I aim towards helping people’s well-being and increase self-awareness and positive self-management. My vision is to normalize therapy, reduce mental, health stigma increases mental health awareness.

# WORK EXPERIENCE

1. **Clinical Associate Psychologist under Dr. Rakhi Anand** **(Senior Consultant Psychologist at Indraprastha Apollo hospitals, New Delhi).** March 2021- July 2022
	* Conducted assessments and interviews for patients.
	* Managed records appropriately and within timely manner.
	* Conducted structured and systematic therapeutic sessions under supervision.
	* Drafted accurate psychological reports following testing

EXPERIENCE INCLUDING TRAINING IN PSYCHOTHERAPY AND PSYCHOMETRICS.

1. **Worked in Khushii Ngo, Sangam Vihar as a Mental health program Counselor under** **Adapt-Impact Program for brief period of 3.5 months. Role and responsibilities was to counsel underprivileged children.**

Experience in telecounseling children along with their parents and counseling using clinical rating scale includes scales of Depression, Anxiety, Somatic Symptoms, Motivation. December 2020- March 2021

# EDUCATIONAL QUALIFICATION

**Professional Diploma in Clinical Psychology (RCI Accredited)**

**SGT University ,Gurugram , Haryana** *2022- 2023*

**Post-Graduation**

*M.A. Clinical Psychology 2018-2020*

**Amity University, Noida**

Post Graduated with First Division

**Graduation**

*B.A. (hons) Applied Psychology 2015-2018*

**Amity University, Noida**

Graduated with First Division

**Schooling**

**Ahlcon International school (Nursery -Std.111***) 2001-2005*

**Queen Mary’s School (Std.1V-X*)*** *2006-2013* **Bal Bharati Public School (X1-XII)** *2013-2015*

# INTERNSHIP EXPERIENCE

**INTERN AT SHANTI MUKAND HOSPITAL, KARKARDOMA**

*MAY 2016-JUN 2016*

*Practical Experience for Undergraduate Intern.*

*Observed OPD and IPD patients dealing with mental health disorders and daily life hassles.*

**INTERN AT TAMANNA SPECIAL SCHOOL, VASANT VIHAR, DELHI**

*OCT 2016 -NOV 2016*

*Assistant and Observer to the special children*

**INTERN AT VIMHANS HOSPITAL, DELHI** *MAY 2017-JUNE 2017*

*Practical Experience for Undergraduate Intern.*

*Observed psychological assessments and interventions under the supervision of psychologists and psychiatrists.*

*Learned about Pharmacotherapy.*

**INTERN AT TICKLES CHILD DEVELOPMENT CENTRE, NOIDA**

*JUNE 2017-JULY 2017*

*Assistant and observer to children*

**INTERN AT UNIQUE PSYCHOLOGICAL SERVICES, NEW FRIENDS COLONY**

*Sep 2018-Nov 2018*

*Practical and Theoretical Experience for Clinical Psychological Intern.*

*Observed counseling sessions, psychological testing’s and taking case-history.*

**INTERN AT KAILASH HOSPITAL, NOIDA**

*Jan 2019-Mar 2019*

*Practical Experience for Masters Student Intern*

**INTERN AT WORLD BRAIN CENTER HOSPITAL, JANAKPURI**

*May 2019- June 2019*

*Practical Experience for Master Student intern.*

**INTERN AT SHRIDHAR LIFESCHOOL, NOIDA**

*SEPTEMBER 2020- OCTOBER 2020*

*Practical Experience in Psychotherapy*

## TRAINING AND WORKSHOPS

1. CERTICATION OF PARTICIPATION IN WORKSHOP ON **BASICS OF GRAPHOLOGY**
2. CERTIFICATION OF TRAINING PROGRAM ON **BASICS OF TRANSACTIONAL ANALYSIS AND COGNITIVE DRILL THERAPY**
3. CERTIFICATIONOF PARTICIPATION IN WORKSHOP ON **RATIONAL EMOTIVE THERAPY.**
4. CERTIFICATION OF PARTICIPATION IN THE ENDURING MATERIAL ENTITLED **COPING WITH THE STRESS OF CORONAVIRUS** ORGANISED **BY HARVARD MEDICAL SCHOOL.**
5. CERTIFICATION OF PARTICIPATION IN THE EDUCATIONAL ACTIVITY TITLED **COVID-19 AND MENTAL HEALTH: CARING FOR PUBLIC AND OURSELVES** ORGANISED **BY AMERICAN PSYCHIATRIC ASSOCIATION.**
6. CERTIFICATION OF PARTICIPATION IN 3 DAYS ONLINE TRAINING PROGRAMME **ON ‘CHILD CENTRIC DISASTER RISK REDUCTION’ IN COLLABORATION WITH NATIONAL INSTITUTE OF DISASTER MANAGEMENT**
7. **NATIONAL INSTITUTE (MINISTRY OF HOME AFFAIRS, GOVT. OF INDIA)**
8. CERTIFICATION OF PATICIPATION IN ONLINE TRAINING **IN CLINICAL RATING SCALE.**

##  EXTRA CURRICULAR ACTIVITIES

1. PARTICIPATED AND WON MEDALS IN VARIOUS CHESS COMPETITION AT INTRA UNIVERSITY LEVEL.
2. PARTICIPATED IN MODEL UNITED NATION CONFERENCE.
3. PARTICIPATED IN SYMPOSIUM EVENT AT SCHOOL LEVEL.
4. PARTICIPATED IN ALOHA AND COMPLETED ALL LEVELS.
5. PARTICIPATED IN SCHOOL CULTURAL EVENTS.

## SKILLS

* Empathy
* Leadership
* Counseling
* Psychological testing/interviews
* Team building
* Communication
* Intervention Planning
* Mental Status Examination
* Observation
* Active listening

# PROJECTS

**Research work**

*Did primary and secondary researches for completion of degree at graduation and post-graduation levels of education.*

* Emotional Competence and Social Intelligence in young Adults (Primary research)
* Learning disability (Secondary research)
* Conflicts at Workplace (Secondary research)