

# REKHA KUMARI

Pursuing a career in clinical psychology to utilize acquired skills and knowledge.  
Compassionate and empathic psychologist dedicated to helping individuals gain well-being and autonomy while refining through continuous education and learning.  
Exploring the field while attaining personal and professional growth.

## EDUCATION

**ABVIMS Dr, Ram Manohar Lohia Hospital, New Delhi — *M.Phil in Clinical Psychology*** 2022 - 2024

**Jamia Milia Islamia, New Delhi — *Post Graduate Diploma in Guidance and Counselling***

GRADUATION DATE - 2021

Post Graduate Diploma: Child Guidance And Counseling

**Gautam Buddha University, Greater Noida — *M.A. in Applied Psychology***

August 2019 - August 2021

CGPA-8.00

Dissertation work under the supervision of Mrs. Madhu Giri  
Topic- "Psychological distress and quality of life among caregivers of the patients with schizophrenia in new normal"

**Indira Gandhi National Open University, New Delhi — *Bachelors of arts***

GRADUATION DATE - 2018

Major in Psychology - 65%

**Kendriya Vidyalaya, New Delhi— *Class XII***

**Pass out date - 2014**

central board of secondary education - 71.8%

**Kendriya Vidyalaya, New Delhi— *Class X***

**Pass out date - 2012**

central board of secondary education - 81.7%

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**Linkedin:**

[https://www.linkedin.com/in/](https://www.linkedin.com/in/rekha-kumari-72377a195)  
[ekha-kumari-72377a195](https://www.linkedin.com/in/ekha-kumari-72377a195)

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## SKILLS

Counseling

Active listener

Research

Presentations

Basic knowledge of computer

## AWARDS

Best research paper award 2024

GATE qualified candidate 2022

NET qualified candidate 2022

ABHIVYANJANA, Gautam Buddha University, The poetry event and secured the 2nd position.

Shauryotsav sports meet, Gautam Buddha University, Secured the 2nd position

Scientific paper presentation, world mental health day, Gautam Buddha University, Presented a research paper on "Mental health awareness and suicide prevention in school settings"

scored the 2nd position

Member of National service scheme (NSS)

Published writer( Inkfeather publication)

Poem- Inauspicious Night

## LANGUAGES

Hindi and English

## EXPERIENCE

**KOOH SPORTS FOUNDATION — Workshop leader**

**NOVEMBER - 2021**

Psychology Workshop on the topic "Mind And Body"

**Evelyn learning system, Noida — Subject matter expert  
(Psychology)**

**APRIL 2020 - AUGUST 2020**

Content creation, content review, and context fixing for American textbooks. Think out of the box to create innovative ways to impart education and assess understanding and learning.

## INTERNSHIPS

**Shanti home de-addiction, mental health, and**

**rehabilitation center — October 2019-November 2019** Work

under the supervision of Dr. Rupali Shivalkar

**Dr. Ram Manohar Lohia hospital, New Delhi — DECEMBER**

**2018 - FEBRUARY 2019**

Work under the supervision of Ms. Sonali Dixit

**Vidhyasagar institute for mental health neuro & allied science**

**(VIMHANS), New Delhi — MARCH 2017-APRIL 2017**

Work under the supervision of Dr. Sanjay Pattanayak

## CONFERENCE AND RESEARCH PAPERS

**Dissertation work 2023-2024**

**Effect of mindfulness based cognitive therapy on the depressive and anxiety symptoms in the patients of epilepsy**

Under the supervision of Dr. Sataym

**National Conference of SOCIETY FOR ADDICTION PSYCHOLOGY (NCMSAP-2024) ADDICTION AMONG  
YOUTH: ISSUES & CHALLENGES**

Under the supervision of Dr. Satyam

**Best paper award**

Topic: Effect of mindfulness based cognitive therapy on the depressive and anxiety symptoms in the patients of epilepsy

**Dissertation work - 2020-2021**

Under the supervision of Mrs. Madhu Giri

Topic- "Psychological distress and quality of life among caregivers of the patients with schizophrenia in new normal"

**International Conference on Emerging Trends in  
Behavioural Sciences, O.P.Jindal Global University,  
Sonipat— JANUARY 2020**

Presented a research paper on "Mental health awareness and suicide prevention in school settings"

**Scientific paper presentation, world mental health day,  
Gautam Buddha University, Greater Noida —NOVEMBER  
2019**

Presented a research paper on "Mental health awareness and suicide prevention in school settings" Scored the second position.

**Barefoot basic counseling skills workshop —*DECEMBER*  
*2019***

10 days workshop organized by SANJIVINI

