ASHA RANI

Clinical Psychologist (RCI Licensed)

House No. 46A PD Block Pitampura, New Delhi

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**Professional Summary**

Dynamic clinical psychologist with extensive hands-on experience across multiple prestigious hospitals, poised to excel in therapeutic settings. Adept at employing various psychotherapeutic techniques and conducting comprehensive clinical assessments, contributing to improved patient outcomes. Proven ability to manage time effectively while navigating demanding environments. Committed to continuous professional development, with ongoing education in clinical psychology and research methodologies. Excited to leverage skills in a clinical psychologist role to make a positive impact on mental health care.

**Internships**

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**Apex Hospital,** Jaipur, M.Phil. Trainee

December2023–December2024,Participated in clinical assessments and developed treatment plans for patients. Engaged in multidisciplinary team meetings to discuss patient progress and modify treatment strategies. Contributed to research initiatives aimed at improving therapeutic approaches in clinical settings.

**Gautam Hospital and Research Centre,** Jaipur, M.Phil Trainee

January2023–December2024, Administered psychological tests and interpreted results to guide treatment planning. Assisted in the development of research protocols and data collection methods. Collaborated with clinical staff to enhance patient care through evidence-based practices.

# Bhargarva Psychiatry, De-Addiction and General Hospital,

Jaipur— M.Phil Trainee, January2023–December 2023 Conducted individual therapy sessions to support patient recovery. Collaborated with healthcare teams to create holistic treatment plans. Participated in workshops aimed at improving therapeutic techniques and patient engagement.

**EDUCATION**

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**Suresh GyanVihar University** ,Jaipur, M.Phil.ClinicalPsychology (RCI ) from December 2022-December 2024

**Maharaja Agarsen Himalyan Garhwal University**,**Uttrakhand**

Ph.D. Yogafrom August 2019- December 2022

(TOPIC- A COMPARATIVE STUDY ONEFFECTS OF YOGA AS AN ADJUVANT WITH THE STANDARD TREATMENT IN DEPRESSIVE DISORDER.) ALL RESEARCH WORK DONE UNDER THE GUIDANCE OF DR. DINESH KATARIA, DIRECTOR PROFESSOR & HEAD), LHMC, NEW DELHI.)

**Swami Vivekananda University, Madhya Pradesh**

M.A in Yogic Science from July 2017-June 2019

# Om Prakesh Jogender Singh University, Rajasthan

M.A Psychology from June 2013–July 2015

**Punjab University, Chandigarh**

B.A. from July 2004–May 2010

**Punjab School Education Board, Punjab**

12th from March 2000–March 2002

**Punjab School Education Board, Punjab**

10th March 1999-2000

**ADDITIONAL QUALIFICATION**

* Induction Training for Staff of Addiction Treatment, Facilities on Management of Substance Use Disorders by NDDTC, AIIMS, New Delhi, and August 22 - 26, 2022.
* Hypnotherapy Two days program from IPAC, Rajouri Garden New Delhi in 2019
* Certified in Ayurveda and Health from Red Cross 50 hours in 2019.
* Certified in Pre-Natal 100 hours Yoga Teacher Training Course from IIAS Noida.
* Certified in QCI Level-3 Yoga Teacher & Evaluator in 2017.
* Certified in Recognition of Prior Learning (RPL) from Indian Yoga association 200 hours.
* Certified UGC-NET 2018 in Yoga.

**WORK EXPERIENCE**

Worked in Lady Hardinge Medical Collage Data Manager cum Counselor (ATF) under the Project of NDDTC, AIIMS from 30 April 2022 to 13 January 2023.

**PUBLISHED PAPER**

* Indian Journal of Ancient Medicine and Yoga Volume 15 Number 3, July - September 2022 Title ‘’Role of Yogic Intervention in the Treatment of Depression’’.
* Indian Journal of Ancient Medicine and Yoga Volume 16 Number 1, January - March 2023, Title‘’ Socio-demographic Profile of Patients of Major depressive Disorder Receiving Adjuvant yogic Intervention in a Tertiary Care Hospital’’.

**WORKSHOPS/CONFERENCE**

* Participated 74th annual National Conference Indian Psychiatric Society Organized by IPS on 2nd to 5th February 2023.
* Participated in National conference of’’ Society for Addiction Psychology’’ by NDDTC AIIMSon10thto11th March 2023

**SKILLS**

* Clinical Assessments PsychotherapeuticTechniques Research
* Software Proficiency (SPSS)
* Treatment Planning PatientEngagement
* Multidisciplinary Collaboration

**Language -** English, Hindi, Punjabi

**TECHNICALEXPERTISE**

Basic Microsoft Office, Internet and web-based applications and basic knowledge of software like SPSS.

**REFERNCES**

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**Dr. Dinesh Kataria**

Director & Professor

Lady Hardinge Medical Collage

Email- drdineshkataria@gmail.com

Contact no- 9868403522

**Dr. Udey Sinha**

Additional Professor & Head

Institute of Behavior and Allied Sciences

Email- [dr\_udey@yahoo.com](mailto:dr_udey@yahoo.com)

Contact no- 9953669262

**DECLARATION**

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I hereby declare that the information furnished above us true to the best of my knowledge.

**ASHA RANI**