***RESUME`***

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#### SAISMITA NATH

#### At- Arajang

#### Po- Tirtol

#### PS- Tirtol

#### Dist- Jagatsingpur

Odisha -753011

#### CONTACT NO. - +91-9937704162

Email ID- [saismitanath24@gmail.com](mailto:saismitanath24@gmail.com)

#### At Present:-

KCG Complex

Tower- B

Ward No- 8

Mehrauli

South Delhi- 110030

**CAREER OBJECTIVE**

To obtain a challenging & professional career in Counselling, Behavioral Therapy, Mental Health or any important psychological profile concerned to clinical psychology for the social and mental development of the needy people to make the society normal, happy and peaceful.

**ACADEMIC PROFILE**

* **M.A** (Specialization- **Clinical Psychology**)

Udayanath (Autonomous) college of Science & Technology (Utkal University)

Aggr. Marks- **65.80 %**

* **Diploma course in Guidance & Counselling (DCGC)**

Rigional Institute of Education, Bhubaneswar

Aggr. Marks- **B-grade (Gradation System)**

* +3 Degree (**Hons - Psychology**)

Utkal University

Aggr. Marks- **60.44 %**

* +2 (Arts)

A.S.D. JR College, Tirtol, Jagatsingpur

Aggr. Marks- **51.16 %**

* 10th (M.S. Academy, Tirtol, Jagatsingpur)

Aggr. Marks- **44.00 %**

**PROFESSIONAL EXPERIENCE**

* Now Serving as **Behavior Therapist** in **The Brain Tree clinic, Cuttack** from April 2023. The assignments have been undertaken as follows: -
* Providing therapy to the abnormal children
* Observation of behavior and activities of the admitted children
* Parents meeting and suggestion for the development of their children
* Group therapy
* Activity survey and education planning
* Report preparation and documentation
* Simultaneously served as Psychological Counsellor in TATA CONSULTANCY SRVICES (TCS) from 02.05.2024 to 31st August 2024 for 4 months. I managed it by serving half day at The Brain Tree Clinic. The assignments have been undertaken as follows: -
  + Providing **mental health** services and assistance to premises employee and others.
  + Handling Trauma, Causality for stabilizing health condition of a patient.
  + Recommendation to shift the serious or needy patients for better treatment at near by health center.
  + Presentation on different type of psychological disorder issues for the development of the organization and to standardize the therapy.
  + Following up the under treatment and post treated clients for reviewing the therapy.
* Simultaneously served as **Vocational & Employment Counsellor in Generation India Project**. I managed it by serving half day at The Brain Tree Clinic. The assignments have been undertaken as follows: -
  + Mentoring to the youth for skill development.
  + Repeated counselling for the different type of educated youth for technical jobs and entrepreneurship.
  + Encounter the personal and professional issues of a youth to make him/her independent.
  + Following the individual case for result analysis.
  + Documentation and uploading in website.
* Served as Counsellor in **Sakhi (One Stop Centre) at Angul DHH** from September 2020 to March 2023. The responsibilities & activities that are being undertaken as follows: -
* Maintain confidentiality of records relating to survivor’s treatment.
* Encourage the survivors to express their feelings, discuss what is happening in their lives, helping them to develop insight into themselves or their relationships.
* Guide the survivors for development of their skills or strategies for dealing with their problems.
* Counsel the survivors, individually or in group sessions, to assist in overcoming dependencies, adjusting to life, or making changes.
* Collect information about the survivors through interviews, observation, or tests.
* Evaluate the survivors physical or mental condition, based on review of survivors’ information.
* Meet with families, probation officers, police, or other interested/involved parties to exchange necessary information during the counselling process.
* Counsel family members to assist them for understanding, dealing with issues, to support the survivors in panic situation.
* Evaluate the effectiveness of counselling programs on survivors on particular issue.
* Discuss with individual survivor about their plans for life after getting therapy.
* Plan or conduct programmes to prevent substance abuse or improve community health or counselling services & assess patients for risk of suicide attempts.
* Engage patients in different types of activities to make them relax and stress free.
* Overall, making strategies & plan and to execute those to sort out the issues and violence happening against the victims/survivors for their socio-economical development and for their new life as well.

**SOFTWARE EXPOSERS**

* PGDC (MS Word, Excel, PPT)

**Internship**

* 3 months internship on Clinical Psychology in Deptt. of Psychiatry, Hi-Tech Medical College, Pandra.

**Seminar**

* Stress and its consequence management in the process of rehabilitation of person with disabilities.

(Swami Vivekananda National Institute of Rehabilitation Training and Research, Cuttack, Odisha- 754010)

**PERSONAL PROFILE**

Name : Saismita Nath

Date of Birth : 23rd June 1997

Mother’s Name : Manaswini Nath

Father’s Name : Ramakanta Nath

Sex : Female

Marital Status : Married

Language Known : English, Hindi & Odia

Nationality : Indian

Religion : Hinduism

**Co-curricular Achievement**

* Achieved Self-Defence certificate from Govt. of Odisha, Deptt. of Higher Education.

**INTEREST & ACTIVITIES**

* Fitness freak
* Creativity through dust colour

**REFERENCES**

1. Mrs Sasmita Sahu, Centre Admin, SAKHI (OSC), Angul DHH (9861595142)
2. Dr. Gyanaranjan Samantray, Principal, ASD College, Tirtol (9937249082)
3. Mr. Arddhendu Sekhar Mohanty, Former HoD & Career Counsellor, Centurion University, Presently- Scentist, GoI, New Delhi (9178440657)
4. Mrs Ansupa Pradhan, Aditri Rehab Centre In-charge & Speech Therapist. (8260999295)

**DECLARATION**

**I do hereby declare that all the information furnished above are true to the best of my knowledge & belief.**



Place: Mehrauli, Delhi (Signature)

Date: 13th April. 2025 Saismita Nath