

**Summary:**

M.Phil. from RINPAS in clinical setting (**Psychiatric social work-mental health**). Total 06 and more years of experience, in **Non-Governmental Sector (NGO)**, **Clinical and research** field. Experienced in *quantitative, qualitative and mixed research, project management, district level program coordination, project proposal making, project coordination, fundraising, CSR engagement, training, HR coordination, safeguarding child rights, women rights, gender sensitivity, equality, clinical and psycho-social assessment, marital and family therapy.*

**Area of Expertise:**

- **NGO's role:** *District level* project management and coordination, dashboard management, *MIS, MPR*, report analyses, annual report, fundraising, CSR *project proposal, backyard funding proposal, budgeting*, NGO management case work such as : *POCSO, safeguarding children, domestic violence, witch hunt, gender base violence, violence against women, safe migration migrant workers* and others.
- **Researcher role:** *Clinical research, SPSS* data analysis, *academic* seminar and *research paper* presentation, awarded paper at IMHANS, Calicut "*psychosocial aspects of witch hunt survivals in Jharkhand, comparison between tribal and non-tribal community*" – Feb.,2024, Article published on "*Pomodoro techniques*"- April.,2024
- **Psychiatric social work role:** *OPD* workup, *clinical* case work, *family* intervention and *therapy, brief therapy, Cognitive behavior therapy (CBT), Motivational enhancement therapy (MET), LGBTQIA+* affirmative therapy, *rehabilitation* plan, *Crisis* management, *emergency care, legal* intervention and others.

**Work experience (06 + years):****SPC- O.P. Jindal Global University: Working**

<b>Psychiatric social worker</b> <i>(Sukoon Psychiatry care – O.P. Jindal Global University)</i> <i>Student population, Crisis intervention, Emergency cases, Parents counselling, Grief counselling, Supportive counselling, Trauma focused, Family therapy</i>	<ul style="list-style-type: none"> <li>▪ Conducted <i>assessments</i>, formulated <i>treatment plans/ interventions, for family/ patients.</i></li> <li>▪ Conducted <i>mental gym</i> of the in-patients and out-patient clients.</li> <li>▪ Provided <i>family &amp; group therapy</i> addressing emotional &amp; behavioral concerns.</li> <li>▪ Offered <i>mindfulness, stress management, relaxation, support seeking and coping strategies.</i></li> <li>▪ Given <i>crisis management</i> strategies and <i>care plan</i> for students .</li> <li>▪ Assessed the <i>environmental</i> and <i>psycho-social</i> factors.</li> <li>▪ <i>Detailed family assessment</i> and <i>therapeutic approach</i> for the families.</li> <li>▪ Active engagement in <i>psycho-legal issues</i> for effective service.</li> <li>▪ Active engagement in <i>emergency cases</i> (24*7)</li> <li>▪ <i>Psycho-educating</i> parents, <i>supportive, grief counselling</i> to parents in the case of emergency.</li> <li>▪ Provided <i>trauma-focused counselling</i> to students, parents and families.</li> <li>▪ Coordination for <i>ambulance, police officials, management</i> in emergency.</li> </ul>
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**Consultant : Chotanagpur Kalyan Niketan (Project-wise management such as: JATN, APPI, WFA, JDV )**

<b>JATN- Jharkhand anti-trafficking network</b>	<ul style="list-style-type: none"> <li>Project coordination for <i>safe migration</i>.</li> <li>MIS, <i>staff</i> and <i>dashboard</i> management.</li> <li><i>Outreach</i> and <i>ground activities</i> on prevention on <i>GBV, illegal migration</i>.</li> <li>Making functional of <i>Village migration register</i>.</li> <li>Follow up for smooth functioning of <i>PRIs, GS members</i> and other stakeholders.</li> <li>Fundraising, <i>relationship</i> building, <i>stakeholder</i> management.</li> </ul>
<b>WFA- Women fund Asia (Strengthening feminist movement)</b>	<ul style="list-style-type: none"> <li>Development of <i>training modules</i>.</li> <li>Development of <i>action plans</i> for safe migration, GBV in Chotanagpur Kalyan Niketan</li> <li>Active engagement in <i>project proposal making</i>.</li> <li>Promotion of <i>positive mental health</i> among the organization's staff members.</li> <li>Sensitization of staff members on <i>inclusive approach</i>.</li> <li>Coordination for <i>training on psychosocial aspects</i> of VAW, GBV.</li> <li><i>relationship</i> building, <i>stakeholder</i> management.</li> </ul>

**RINPAS: Dec. 2021- Jan. 2024 (02 Years)**

<b>Psychiatric social worker (Ranchi institute of neuro - psychiatry and allied sciences)</b> 1900Hrs.~200 cases	<ul style="list-style-type: none"> <li>Managed <i>OPD duties</i> with detailed cases workup.</li> <li>Psychosocial <i>case formulation</i> and <i>assessment</i>.</li> <li>Formulated <i>psychosocial</i> and <i>clinical diagnosis</i> according to ICD-10.</li> <li>Detailed qualitative and quantitative assessment of <i>individual, family dynamics, child, adolescents</i> and <i>geriatric</i> mental health.</li> <li>Structural <i>family</i> and <i>marital</i> therapy.</li> <li><i>LGBTQIA+</i> affirmative therapy, one to one counselling.</li> <li>Provided <i>group therapy, occupational therapy, MET, CBT</i> to <i>in-patient</i> and <i>out-patient</i>.</li> <li><i>Non-pharmacological intervention</i> on cases <i>at asymptomatic</i> stage such as functional, neurosis, psychosis.</li> <li>Sensitization and promotion of positive mental health at community level such as <i>stress relief</i> camp with <i>NHM, Community mental health</i> with <i>PHC</i>.</li> </ul>
<b>Clinical research (M.Phil. Scholar)</b>	<ul style="list-style-type: none"> <li>Quantitative research on <i>psychosocial aspects of witch hunt survivals in Jharkhand, comparison between tribal and non-tribal community</i>.</li> <li>Academic seminar and <i>research paper</i> presentation.</li> <li>Statistical package for social science (SPSS) <i>data analysis</i>.</li> <li>Experimental research with standardized <i>assessment tools</i> and measures.</li> <li>Qualitative studies via <i>FDG, case study, surveys</i> and others.</li> <li>Paper/Poster presentation on <i>APSWP</i> conference.</li> </ul>

**CIP: (04 months)**

<b>Internship (Central institute of Psychiatry)</b>	<ul style="list-style-type: none"> <li>Assisted in <i>OPD duties</i> with detailed workup.</li> <li>Psychosocial <i>case formulation</i>.</li> <li>Environmental <i>case formulation</i>.</li> <li>Assisted <i>group therapy</i>.</li> </ul>
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**KSCF: March, 2021- December, 2021 (10 months)**

<b>Campaign consultant/ District coordinator</b> <b>(Kailash Satyarthi Children Foundation)</b> <i>Child trafficking and Child labour ~49 cases. Linkages~243 individuals. COVID-19~250 individuals.</i>	<ul style="list-style-type: none"> <li>Managed <i>reporting, documentation, MPR</i> and <i>Quarterly reports</i> for three districts of Jharkhand – Simdega, Khunti and Latehar.</li> <li>Dealt with <i>child trafficking, labour</i> and <i>sexual abuse</i> cases.</li> <li>Coordination and liasoning with <i>stakeholders</i> like <i>AHTU, CWC, DCPU, Dy.SP, IPS, SPDO, IAS</i> and others.</li> <li>Coordination with AHTU, CFPS for <i>FIR</i> and <i>GD</i> entry.</li> <li>Coordination and liasoning with <i>Human resource</i> department.</li> <li><i>Social service scheme</i> linkages and <i>COVID-19 relief kit</i> distribution in coordination with District administration-Simdega-Jharkhand.</li> <li>Made existing <i>VLCPC, VMR, CAB</i> functional in coordination with PRIs- Simdega and Latehar-Jharkhand.</li> <li><i>Operation Khoj</i> – Led in coordination with district administration, khunti-Jharkhand, 05 days <i>awareness camp</i> on safeguarding children and COVID-19.</li> </ul>
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**CIF: July, 2019- Feb, 2021 (01 Yrs,07 months):**

<b>Team member</b> <b>(ChildLine India Foundation-Sub- center, Simdega)</b> <i>POCSO ~ 12 cases. CNCP~ 88 cases.</i>	<ul style="list-style-type: none"> <li><i>Sensitized</i> about 1098 services.</li> <li>Dealt with <i>child sexual abuse</i> cases.</li> <li>Dealt with <i>adolescents substance abuse</i> cases.</li> <li><i>Counselling and psychosocial support</i> to rescued children from trafficking and sexual abuse.</li> <li>Identification of <i>pocket areas</i> and mapping of <i>marginalized areas</i>.</li> <li><i>Home visit</i> and <i>case identification</i>, Simdega-Jharkhand.</li> <li><i>Open house, Meetings</i> with different stakeholders.</li> <li><i>MPR, MIS</i>, Program report and <i>Quarterly</i> reporting.</li> </ul>
<b>Documentation and community base research (Chotanagpur Kalyan Niketan, Simdega).</b> <i>Project proposal written~03.</i>	<ul style="list-style-type: none"> <li>Monthly and weekly <i>report making</i>.</li> <li>Project <i>proposal writing</i>, development of <i>training module</i>.</li> <li>Coordination and preparation of NGOs <i>annual report</i>.</li> <li>Coordination with <i>Human resources</i> such as: <i>HR policy, Child policy</i>, prevention of <i>sexual harassment</i> at workplace.</li> <li><i>Participatory</i> and <i>rapid</i> rural appraisal related assessment such as: finding <i>problem tree</i> and <i>social mapping</i>.</li> <li>Basic Counselling and PSS to <i>gender</i> related cases such as : <i>DV, VAW, GBV, witch hunt cases</i> and <i>HIV/AIDS</i>.</li> <li>Coordination with <i>PRIs, Gram Sabha, CBOs</i> and <i>SHGs</i>.</li> </ul>

**Academics qualification:**

Qualification	Institute- University/Board	Year	(%)/CGPA
M.Phil.- PSW	RINPAS- <i>Ranchi university</i>	2021-23	69
MSW- Counselling	<i>Marwari boy's college</i> , Ranchi Jharkhand- IGNOU	2019-21	64.06
BSc.	<i>IHM, Bathinda</i> Punjab- JEE-NCHMCT	2016-19	69.27
XII	<i>NIIS Madanpur</i> , Orissa- PCM IT- CHSE	2015	58
X	<i>DAV</i> - CBSE	2013	6.6

**Technical knowledge and Trainings:**

Particular	Time period	Authorized body	Learnings
Academic learning	02 years	RINPAS	SPSS
Training	04 days	APSWP	Marital and family therapy
Workshop	02 days	RINPAS	LGBTQIA+ mental health
Internship	04 months	CIP	Psychiatric setting.
Diploma	06 months	CKN	DCA
Workshop	08 Days	SAWAYM	Gender equality.
Training	10 Days	CKN	JJB
Industrial training	06 months	TAJ-Vivanta, Hari Mahal	HR- department

**Extra curriculars:**

Represented TAJ-Vivanta, Hari Mahal in <i>Chess</i> , Jodhpur-Rajasthan.
Winner of <i>Tug of War</i> in BSc., Bathinda- Punjab.
Runner up of <i>Collage and Rangoli</i> competition, Gwalior- Madhya Pradesh.
<i>Lady of the Batch</i> , BSc., Bathinda- Punjab.

**Personal information:**

Identity proof	3746-2883-4483
Passport number	Z5999581
Languages	Hindi, English, Oria, Punjabi

Declaration:- I hereby declare that all the information given above is true to the best of my knowledge.