

# **AKRITYKUMARI**

## **Counseling Psychologist**

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**+91-6388285133,8581817704**

### **PROFESSIONAL PROFILE:**

Completed Masters in Psychology and Post Graduate Diploma in Guidance Counseling and Psychological Intervention. Seeking an opportunity where I can utilize my skills and knowledge for the growth of an organization. Desire to integrate art and science of Psychology into experiential involvement to help people cope with their mental health.

### **EDUCATIONAL QUALIFICATION:**

- Post-Graduation Diploma in Counseling Guidance and Psychological Intervention from, Banaras Hindu University with 8.2 CGPA
- Post-Graduation (2018-20): M.A. in Psychology from Banaras Hindu University, Varanasi with 75%
- Graduation (2015-18): B.A. in Psychology from Banaras Hindu University with 70.6%
- Intermediate (2015): Bihar Board with 67%
- High school (2012): CBSE Board with 78%

### **SUBJECT SPECIALIZATION:**

Counseling Psychology, Clinical Psychology, Psychopathology, Positive Psychology, Statistics, Cognition, Social, Biological Psychology, Child Psychology and Therapeutic Psychology.

### **WORK EXPERIENCE:**

- School- Gyan Sundev Indian Public School, Jaunpur (March 2022 to June 2022)  
Designation- Mental Health Counselor  
**Responsibility-** Counseling, Support academically, socially, emotionally and behaviorally.
- Clinic- Blossom Children Clinic, Noida (July 2022 to January 2023)  
Designation- Counseling Psychologist

**Responsibility-** Psychological Assessments and Intervention of children, Behavior Modification and Parental Counseling

- Now&Me (Mental Health Platform) from February 2023 to November 2023  
Designation-Counseling Psychologist

**Responsibility-** Adult and Adolescents Counseling ; assessing the adult and adolescents mental health with array of multiple psychological test and helping them dealing with their day to day stresses and functioning and use to channelize them in a very proper manner.

- Company- TATA 1mg from November 2023 to present  
Designation - Consultant (Psychological Counselor) promoted to Executive

**Responsibility-** Providing psychological support to cancer patients and hemophilia patients through psychological intervention and helping them navigate the emotional, mental, and social challenges associated with their diagnosis and treatment and effective strategies :

1. **Therapeutic Interventions:** Techniques such as Cognitive Behavioral Therapy (CBT) and mindfulness-based stress reduction help patients manage anxiety, depression, and fear by reshaping negative thought patterns and promoting relaxation.
2. **Counseling & Support:** Offering individual therapy and facilitating positive social interaction and provide patients with a safe space to process emotions and articulating emotions, expression of emotion, reduce isolation, and foster a sense of community.
3. **Psychoeducation:** Educating patients and families about the psychological impact of cancer, treatment, and coping mechanisms improves emotional resilience and reduces anxiety.
4. **Caregiving Support:** Addressing the emotional needs of caregivers through counseling and psychoeducation and resources ensures they are equipped to provide sustained support to the patient.

#### INTERNSHIPS:

- The Department of Mental Health and Behavioral Sciences, Reconnect Neuropsychiatry and Child Guidance Clinic, Delhi from 23<sup>rd</sup> May to 26<sup>th</sup> June, 2019
- The Department of Mental Health and Behavioral Sciences, Fortis Healthcare and Sukoon Health from 3<sup>rd</sup> July to 12<sup>th</sup> July, 2020

## **ACHIEVEMENTS:**

- Member of American Psychological Association (member no- C2404845445)
- Member of Counsellors Council of India as a Counselling Professional issued on 31st January, 2022 ( CRN NO: CRN 9868677 )
- Member of Career Naksha as a Career Counsellor presented by National Career Counselling Institutes & National Bodies, issued on 28th June 2022.
- Certificate of Achievement for participating in “National Agenda Forum” 29<sup>th</sup> June to 2<sup>nd</sup> September,2017
- Certificate of appreciation in ‘Kashiyatra event (IIT-BHU)’ for Campus Ambassador,2017
- An active member of National Service Scheme (NSS),2016-18

## **EXPERIENCES:**

- Completed “Introduction to Psychology” an online non-credit course authorized by University of Toronto and offered through Coursera,2020
- Completed “Schizophrenia” an online non-credit course authorized by Wesleyan University and offered through Coursera,2020
- Participated in “The Bharat Panchal Dialogues in Mental Health” organized by department of mental health and behavioral sciences, Fortis Healthcare in association with O.P. Jindal Global University2023.
- Attended Seminar on the topic “The role of Mental Health Professional in the Mentally challenged persons ”on 09-10<sup>th</sup> October,2017 organized by RCI and Nai Subah.
- Participated in a workshop “Introduction to Psychotherapy” organized by the department of mental health and behavioral sciences, Fortis Healthcare.
- Participated in a workshop “Introduction to Psycho-Oncology” organized by the department of mental health and behavioral sciences, Fortis Healthcare.
- Participated in a workshop “Introduction to Positive Psychology” organized by the department of mental health and behavioral sciences, Fortis Healthcare.
- Attended workshop organized by Logophilia Education
- Participated in National Service Schema (NSS)
- Participated and secured 75% in quiz on “Applied Psychology” organized by REDMAC foundation and Aspire Child Care and Counseling Center.
- Participated in “Art Marathon, Toolika” during Kashiyatra event (IIT-BHU),2017

### *\*WEBINARS*

- UN75 The Multilateralism We Want: Psychological Contribution to Building Among and Within Nations organized by the United Nation.
- Positivity and Resilience during the covid19 pandemic organized by Shri Aurobindo College, DU
- Attended 5-day webinar “The Pandemic and Lockdown” organized by the humanities association of Mount Carmel College Autonomous, Bengaluru
- Attended ‘Psychology Education and Career Fair’ organized by COSAS
- Attended a webinar “How to Stay Mentally Fit” organized by pratispardha sports club faculty of social science, BHU
- Attended a “International Symposium on Covid 19 and beyond” organized by JC BOSE University of science and technology, YMCA, Faridabad.

### **SKILLS**

- Basic understanding of the various disciplines in psychology as well as major theories and history of psychology
- An understanding of physiological, emotional, cognitive and social determinants of behavior
- Ability to provide professional advice and consultation in areas related to professional consultation and behavioral skill
- Ability to maintain emotional stability to cope with human suffering, emergencies, and other stresses
- Communication and interpersonal skills.

### **DECLARATION**

I hereby declare that the above furnished details are true, complete and correct to the best of my knowledge.

Akrity Kumari  
09/12/2024  
Gurugram