

AANCHAL AGARWAL

Clinical Psychologist (RCI Licensed)

Assistant Professor,

Department of Psychology

Acharya Institute of Graduate Studies

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PROFILE HIGHLIGHTS

- Excellent in rapport building and empathy skills
- A passion for teaching and engaging with students
- Excellent research, writing and presentation skills

WORK EXPERIENCE

Acharya Institute of Graduate Studies, Bangalore

Role: Assistant Professor

Duration: March, 2023-March, 2024

- Responsible for preparing and delivering effective lectures different methods
- Role and responsibilities as PG Coordinator for the course MSc Psychology
- Role and responsibilities as PG Psychology Club Coordinator for the course MSc Psychology
- Planning and Organising Workshops by inviting subject matter experts
- Conducting Workshop in different departments on invitation as a subject matter expert
- Responsible for coordinating other departmental activities
- Maintaining the departmental files for NAAC
- Chairing interviews held in the department for UG or PG Courses
- Provide mentorship and academic support to students when required
- Provide demonstrations and supervising different psychological assessments and experiments
- Preparing lesson plans and maintaining record of all the documents
- Researching and contributing articles in academic journals
- Attending various educational conferences, workshops, seminars, and courses
- Attending faculty meetings and offering suggestions in the same
- Preparing proposals and applying for research funding
- Communicating with the Department Head to discuss students' progress and other course requirements

Lissun App, Mindeye Solutions Private Ltd, Muzaffarnagar & Lucknow

Role: Clinical Psychologist

Duration: January, 2022-February, 2023

- Identify and diagnose psychological, emotional or behavioural issues
- Develop and implement treatment plans and therapeutic processes for clients referred by Psychiatrists, IVF clients, clients on Dialysis, and clients referred by different speciality doctors such as Cardiologists, Gynecologist, General Physician, Dermatologist, Paediatrician
- Monitor client progress through regular sessions
- Administer various psychological tests
- Documentation of therapy notes, report writing
- Online and Offline therapy sessions
- Conducting Individual and Group sessions
- Building and maintaining a strong network with a range of professionals including doctors, college professors, clinical specialists and psychiatrist

INTERNSHIP EXPERIENCE

- **Organisation:** National Institute of Medical Sciences (NIMS), Jaipur

Internship Title: Trainee Clinical Psychologist

Brief Description:

- ✓ Taking Case History of the patients in the outpatient and inpatient department
- ✓ Administering Psychological Assessments such as rating scales, projective tests, cognitive tests, personality tests based on the case history
- ✓ Management planning and taking therapy sessions

- **Organisation:** Approach Autism Society

Internship Title: Trainee Clinical Psychologist

Brief Description:

- ✓ Responsible for rapport building with children and taking case history
- ✓ Administering psychological assessments on children such as rating scales, intelligence tests

- **Organisation:** Gautam Hospital and Research Center, Jaipur

Internship Title: Trainee Clinical Psychologist

Brief Description:

- ✓ Taking Case History of the patients in the outpatient and inpatient department
- ✓ Administering Psychological Assessments such as rating scales, projective tests, cognitive tests, personality tests based on the case history
- ✓ Management planning

- **Organisation:** Gram Tarang, Bangalore
Internship Title: Trainee Clinical Psychologist
Brief Description:
 - ✓ Worked for government schemes for social welfare.
 - ✓ Daily and weekly record management and maintenance.
 - ✓ Assisted in making pitch decks and applying for governmental contracts for Gram Tarang with Dassault.
- **Organisation:** Stepping Stone School, Bangalore
Internship Title: Intern
Brief Description:
 - ✓ Observation of ABA technique
 - ✓ Observation of behaviour of children with Autism
- **Organisation:** Cadabams, Bangalore
Internship Title: Intern
Brief Description:
 - ✓ Observation of patients with various psychological disorders
 - ✓ Taking case history of the patients
 - ✓ Administration of Rating Scales on patients
- **Organisation:** Ram Manohar Lohia Hospital, Lucknow
Internship Title: Intern
Brief Description:
 - ✓ Observation of symptoms in patients with various psychological disorders and psychiatric problems
 - ✓ Taking case history of the patients
- **Organisation:** Richmond Fellowship Society, Lucknow
Internship Title: Intern
Brief Description:
 - ✓ Observation of behaviour of patients with psychological disorders
 - ✓ Conducting various activities with the patients

EDUCATIONAL QUALIFICATION

Qualification	University/ School	Graduating Year	Percentage/ GPA
M.Phil Clinical Psychology (RCI Registered)	Amity University, Rajasthan	2021	8.2 SGPA
M.Sc Psychology	Acharya Institutes, Bangalore	2018	8.6 CGPA
B.A. Hons Applied Psychology	Amity University, Lucknow	2016	80%
Senior Secondary School	La Martiniere Girls' College, Lucknow	2013	93%
Higher Secondary School	St. Agnes' Loreto Day School, Lucknow	2011	81%

CERTIFICATION COURSES/PROFESSIONAL WORKSHOP COURSES

- Certified Trauma Focused Therapist, Training by Anaahat Psychotherapy, April 2024
- National Annual Conference of Clinical Psychology Society of India, NIMHANS, August 2023
- Certified course on Mindfulness Based Cognitive Therapy (MBCT) Practitioner Course, 2023
- Certified course on Cognitive Behavioural Therapy (CBT) Practitioner Course, 2023
- Workshop on Intelligence Tests Amity University, Rajasthan, 2021
- Workshop on Scoring and Interpretation of Rorschach Inkblot Test held by Fortis, Delhi, 2020
- Workshop on Reiki Level 1 held in Acharya Institutes, Bangalore, 2017
- Data Analytics Certified Program held by Business Toys Pvt Ltd, 2018
- HR Analytics Certified Program held by Business Toys Pvt Ltd, 2018

CONFERENCES/ SEMINARS ATTENDED

- Faculty Development Program on Outcome Based Education, held by Acharya Institute of Graduate Studies, 2024
- National Workshop on Three Approaches to Psychotherapy with Female client: Cognitive, Emotion-based and Psychodynamic sessions, held NIMHANS, 2024
- Workshop on POCSO- Mental Health and Legal Aspect, held by Center for Violence against Women and Mental Health, NIMHANS, January 2024
- Multidimensional Approach to Gender Justice, held by Durga India, January 2024
- Webinar on Mindfulness- Key to Happiness held by Amity University, Rajasthan, 2021
- Seminar on Mind, Meditation and Stress Management held by King Gorge's Medical University, Lucknow, 2015

RESEARCH GRANTS

- Prepared and applied a research proposal for CSIR ASPIRE, 2023

ACHIEVEMENTS

- External Examiner at Kristu Jayanti College for the subject Individual Counselling Skills, December 2023
- External Examiner at Kristu Jayanti College for the subject Skills in Clinical Practice, May 2023
- External Examiner at Kristu Jayanti College for the subject Neuropsychological Assessment, April 2023
- Achieved Gold Medal in Masters of Science in Applied Psychology in 2018.
- On-merit Scholarship from Amity University in 2013

CO-CURRICULAR ACTIVITIES/ PARTICIPATION

- Junior and Senior Diploma in Kathak dance (2005)
- Participated in elocution, group singing, dance competitions, basketball.

PERSONAL DETAILS

Parent Name: Mr. Amit Agarwal

Birth: 09/10/1994

Address: Chander Nagar, Alambagh Lucknow, Uttar Pradesh- 226005