



# RITIKA PAL

- 📍 Gurgaon
- 📞 8851647930
- ✉ ritikapal665@gmail.com

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## SUMMARY

I want to work and help in mental health issues and emotional difficulties. Where I learn new skills set by learning how to work in a hospital setting and expand my knowledge. I worked with, anxiety, depression, and behaviour issue children and related to psychological disorders

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## SKILLS

- Team Spirit
- Positive Attitude
- Discipline in work
- Responsible
- Good Interpersonal Skills
- Initiator
- Hard Worker

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## EXPERIENCE

**CLINICAL PSYCHOLOGIST, 05/2023 - 05/2024**

***UNDER DR. NATASHA KHULLAR FROM MEDANTA THE MEDICITY, GURGAON***

- Taking history, doing assessment and give diagnose also, psychological assessment and counseling with CBT and Relaxation therapy, neuro related assessment and counselling, taking group session every Sunday of dementia patient, taking online sessions, making weekly and monthly reports for dementia patient, individual counselling and relaxation therapy.

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**CLINICAL PSYCHOLOGIST, 02/2023 - 05/2023**

***JIWAN DHARA HOSPITAL***

- Counselling and assessment for migraine patient, psychological assessment and counseling with CBT and Relaxation therapy.

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**STUDENT COUNSELLOR, 11/2022 - 01/2023**

***VELS GURGAON***

- Study and update student records, prepare and present reviews on progress, complete assessments, analysis of results and providing them with feedback, cooperating with parents and teachers as well as other interested parties, conduct group and individual counseling sessions to assist students with their concerns.

**FLOOR ASSISTANT THERAPIST, 04/2022 - 10/2022**

**LEARN AND PLAY SCHOOL**

- Study and update student records, complete assessments, analysis of results and providing them with feedback, cooperating with parents and teachers as well as other interested parties, doing activities with child ADHD, Autism child, making weekly and monthly reports for the student.

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**PSYCHOTHERAPIST, 03/2021 - 03/2022**

**NAI KIRAN DRUG REHABILITATION CENTRE, GURGAON**

- Counsel and supported to patients suffering from drug or alcohol dependency, educate families in the best ways to help in the recovery process, and work with both in patient clients and those participating in out patient programs.

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**EDUCATION AND TRAINING**

01/2023

**ADVANCE.DIPLOMA IN CHILD GUIDANCE AND COUNSELLING**

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*AMITY UNIVERSITY, Gurgaon, 01/2022*

**M.SC. CLINICAL PSYCHOLOGY**

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*AMITY UNIVERSITY, Gurgaon, 01/2020*

**B.A.(H) APPLIED PSYCHOLOGY**

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*VICTORIA GIRLS.SENIOR.SECONDARY.SCHOOL, Delhi*

**HIGH SCHOOL**

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*NIMS, Jaipur*

**PHD- CLINICAL PSYCHOLOGY**

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**ACCOMPLISHMENTS**

- A STUDY OF PERSONALITY AND QUALITY OF LIFE: CORRELATION ANALYSES
- <https://www.ijhsss.com/volume-x,-issue-iii,-may-2024-.html>
- LIFE SATISFACTION AMONG GENERATION X AND MILLENNAILS: EMPRICIL ANALYSIS
- <https://www.ijhsss.com/volume-x,-issue-iii,-may-2024-.html>
- A CORRELATION STUDY OF EVE TEASING AND SOCIAL ANXIETY ON YOUNG ADULTS
- RESEARCH PAPER DONE IN 2019, 2021 AND 2022

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**ACTIVITIES**

- BADMINTON
- DANCE

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**HOBBIES AND INTERESTS**

- Social work at Nai Kiran Society
- Social work at Earth saviour foundation