

CURRICULUM VITAE

Name : **Komal**

Profession : Clinical Psychologist (RCI registered)

CRR No : A73312

Father : Mr. Krishan

Mother : Mrs Kanta Devi

Marital status : Married

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Language Known: English, Hindi



Academic Qualifications

Ph.D (Clinical Psychology): S.G.T. University, Gurugram. **(Pursuing)**

M.Phil (Clinical Psychology): Pt. B D Sharma, University of Health Sciences, Rohtak.

RCI Accredited

M.A. (Applied Psychology): Maharshi Dayanand University, Rohtak.(79.45% marks)

B.A. (Psychology Hons): Maharshi Dayanand University, Rohtak.(84.15% marks)

Accomplishments

- Participated in various Science Exhibition college/district level and secured position 1st, 3rd and as best explainer.
- Received Certificates of Merit during college for distinguished performance in all semesters.
- Actively participated and attended in
 - ✓ Health Awareness and Psycho-education programme.
 - ✓ TED^x IIM Rohtak

Clinical exposure

- 2 months of internship/training was completed during M.A.
- Till the time during M.Phil Clinical Psychology on more than 2000 patients psychological assessment and psychotherapy were done under expert's supervision.
- Founder and Director of **PARIVARTANAM** Mental Health Clinic, Rohtak.
- 3years and 11 months work experience as a consultant Clinical Psychologist (**RCI Registered**) at **PMHC,Rohtak**.
- 3 times appointed as an outside expert (Psychologist) for conducting skill test of the candidates applying for the admission in UG program in **Dada Lakhmi Chand State University of Performing & Visual Arts, Rohtak**.
- Currently providing services of Psychological Counselor related to mental health of

students, teaching and non teaching staff members of **Matu Ram Institute of Engineering & Management**.

- 1year of Work experience as Clinical Psychologist at **World Medical College, Jhajjar**.
- Currently providing services of Psychological Counselor related to mental health of students, teaching and non-teaching staff members of **Adarsh Sr. Sec. School, Madina**.
- Worked with Online Platforms like **Tata 1mg** And **Practo** as a clinical psychologist.
- Currently Providing Services with **VIE Classes** for the HPSC Psychology students and providing services related to mental health of students, teaching and non-teaching staff.

Presentations of paper

- **“Subjective well being of internet addicts and non-addicts: a comparative study”**. Presented in **International Conference** on Youth and Well Being held on 11-12 November, 2016 at Guru Jambheshwar University of Science & Technology, Hisar, Haryana.
- **“Perception of parents towards their children with disability”**. Presented in National conference on Positive Attitudes and inclusive Space: Silver Bullets for the Development of Person with Disabilities held on February 21, 2017 at Govt. College, Bhiwani, Haryana.
- **“Marital adjustment, level of frustration and helplessness in purchased brodes of Haryana”**. Presented in Silver jubilee National Conference of Indian Association for Social Psychiatry held on 16-18 November, 2018 at Institute of Mental Heath, Pt. Bhagwat Dayal Sharma University of Health Sciences, Rohtak, Haryana.
- **“Self concept as related to helplessness and frustration among private and government**

job employees”. Presented in National seminar on Mental Health at work place held on 1-2 June, 2019 at Institute of Mental Health, Pt. Bhagwat Dayal Sharma University of Health Sciences, Rohtak, Haryana.

- **“Differential, Inique and Indirect association of Happiness and Meaning in Life in Patients with Depression”**. Presented at The 1st International Online Conference on Happiness & Positivity. PERMANAND: Philosophy, Psychology & Physiology Of Happiness held on September 28-30, 2022 at Amity University, Lucknow Campus.
- **“Psychological Lessons Enshrined In bhagavad Gita”**. Presented at the national Conference on Bhagavad Gita: An Eternal Repository of Multi-Disciplinary Lessons for Mankind held on 5-6 May. 2023 at FGM government College, Adampur.

Workshops attended

- **Understanding the process of Psychotherapy**, at Institute of Mental Health, Pt. Bhagwat Dayal Sharma University of Health Sciences, Rohtak, Haryana.
- Workshop on **Pain Management**, At Silver jubilee National Conference of Indian Association for Social Psychiatry held on 16-18 November, 2018 at Institute of Mental Health, Pt. Bhagwat Dayal Sharma University of Health Sciences, Rohtak, Haryana.
- Raising awareness on Autism spectrum disorder, Organised by Association of Child Neurology and Department of Paediatrics, PGIMS, Rohtak, Haryana.
- CRE webinar on **Positive Psychology Interventions in Clinical Psychology**, at SGT University, Gurugram.

- CRE webinar on **Augmentative and Alternative communication for children with CP and Multiple Disabilities**, at Amar Jyoti Sansthan, Azamgarh, Uttar Pradesh.
- CRE Workshop on **Joining Hands Against Child Abuse and for Child Protection**, at Nehru Hospital, PGIMER, Chandigarh.
- CRE Workshop on **Dream Analysis and Intervention**, at Department of Psychiatry, Postgraduate Institute of Medical Education & Research(PGIMER), Chandigarh.

Dated: 6th June, 2025