

Resume

Name: **Rudrani Mitra.**

Address: **8, R. K.P Deb Road, Ushumpur pally, Agarpara, Kolkata-700109.**

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Career Objective:

To achieve professional excellence in work through process of learning & become an asset for the organization by utilizing my skills and expertise.

Qualifications:

- Studied **First Degree Course in Graphology** at **Kolkata Institute of Graphology**, session 2022-23.
- Studied **Post Graduate Diploma in Disability & Rehabilitation Management (PGDDRM)**, session 2019-20, under **West Bengal University of Health Sciences (WBUHS)**, **Rehabilitation Council of India (RCI)** registered one year course at **National Institute of Locomotors Disability (NILD)**, 2020.
- Completed one year “**Psychiatric Counselling Course**” conducted by **Indian Psychoanalytical Society**, (session 2018-19) Kolkata.
- **Post Graduate (M.Sc.) in Applied Psychology** from **Bethune College, Kolkata** (University of Calcutta) – with **62.9%** in **2017**.
- **Bachelor in psychology (B.Sc. Honours)** from **Victoria Institution** with **56.12%** in **2015**.
- **12th** passed from **West Bengal Council of Higher Secondary Examination** with **84%**, in **2012**.
- **10th** passed from **West Bengal Board of Secondary Education** with **80.25%**, in **2010**.
- Basic knowledge of computer: **MS Office (power point, MS word), Internet.**

Designation, Department and School: Assistant Professor, Department of Psychology, Allied Health Sciences.

Subject Teach:

Clinical Psychology, General Psychology, Counselling Psychology.

Research Interest:

- **Clinical Psychology, Abnormal Psychology, Psychodynamic Psychology, Child & Adolescence Psychology, Cognitive Psychology.**

Work experience:

- Works as an **Assistant Professor, Department of Psychology**, at **Swami Vivekananda University, Barrackpore.**
- Works as visiting **Psychologist** at **The Summit School Barrackpore.**
- Worked as a **Consultant Psychologist** at **NC Health Hub India, 2022.**
- Works as a **Consultant Psychologist** at **Bhalo Theko- Manusher Sathe Manusher Pashe Team** (an online medical and health service initiative).
- Works as a **Mental Health Practitioner** at **Mending Mind-sets.** (An Online Counselling & Psychotherapeutic service).
- Works & Provides **Psychological Counselling services** as well as **practicing** at private chamber.
- Worked as an Intern at **National Institute of Behavioural Sciences (NIBS), P-7, CIT Road, Moulali, Kolkata-700 014.**
- Worked as **Counsellor** at **Education World Society NGO**, Salt Lake, Sector II, Karunamoyee, Kolkata-700091.
- Worked at **Spandan Hospital** as **Psychiatric Counselor.**
- Worked as **Psychology Lecturer** at **Sanjiban College of Nursing.**
- Worked as **Psychology Teacher** (Psy. Honors, Post graduation in Psy. & Class XI, XII).

List of Publications:

1. **Mitra, R.** (2024). Exploring the complexities of persecutory delusions: A case study of patient experiences and treatment outcomes. **International Journal of Research in Psychiatry.** ; 5(1):05-08.
2. **Hatai, T. Bhowmik, A. Mitra, R.**(2024). Influence of Social Media on Depression, Anxiety and Psychological Distress in Adolescents. **International Journal of Psychology Sciences.**2024;6(1): 17-20.

3. **Mitra, R. & Banerjee, D.** (2017). Personality of Dancers and Non-dancers: An exploration. *Indian Journal of Health & Wellbeing, Vol. 8, 1162-1169.*

Workshop/Conference/Seminar/Webinar:

- Participated in **International conference on Advances in Psychology and Disability Management** organized by department of Psychology, Swami Vivekananda University collaboration with NCDC & NSOU.
- Completed Two Months Online Hands on training course titled “**Data Analysis using SPSS 2024**”, conducted by **Rabindrik PsychoTherapy Research Institute Trust.**
- Participated as a Panelist in panel discussion session of the **CME Programme**, on the occasion of **World Autism Awareness Day**, organized by **Indian Psychiatric Society West Bengal Branch, 2024.**
- Participated in the **CME Programme on Psycho-Dermatology: Understanding the Mind-Skin Connection** organized by **PsychoDermatology Association of India, 2024.**
- Conducted session for the occasion of **Student’s Week Celebration**, on “**Life Skills Education Training and Activities**”, at **Belgharia Jatindas Vidyamandir, 2024.**
- Participated in the **CME Programme on “Mental Health is a Universal Human Right”**, conducted by **Indian Psychiatric Society West Bengal Branch, 2023.**
- Participated in the **CME Programme on “Homeless Persons with Mental Illness”**, organized by **Indian Psychiatric Society(West Bengal State Branch), 2023.**
- Conducted session on “**Positive Parenting Skills Training & Gratitude Practicing Techniques**” in Student Leadership Skills Development Program organized by **Khowai NGO, 2023.**
- Conducted session for the occasion of **Student’s Week Celebration**, on “**Prioritizing Academics and Social Emotional Learning in Schools Students**”, at **Belgharia Jatindas Vidyamandir, 2023.**
- Organized session on the “**Importance of Children’s and adolescent’s Mental Health, and impact of their acquired cognitive, social emotional skills on mental health**”, at a **Health Camp** Organized by **The Summit School Barrackpore.**

- Attended Conference **Global HealthCon**, conducted by **Swami Vivekananda University**, Barrackpore and presented paper on “**Influence of Social Media on Depression Anxiety and Psychological Distress in Adolescents**”, 2023.
- Participated as a **Delegate** at the **Webinar** organised by **Indian Psychiatric Society** on **Machine Learning & Artificial Intelligence**,2023.
- Participated in **RCI** approved **Online CRE Training Programme** on “**Introduction and Challenges to Inclusive Education**”, conducted by **National Institute of Locomotor Disabilities (Divyangjan), Kolkata**.
- Participated in Webinar on “**Management of Problem Behaviours in Children with Disabilities**”, organized by **Global Forum of Rehabilitation Practitioner (GFRP)** in association with **National Institute of Locomotor Disabilities (Divyangjan), Kolkata**.
- Participated in 7 days **Faculty Development Programme** on “**Teaching Techniques and Research in Higher Education System**”, Organized by the School of Life Sciences, **Swami Vivekananda University**.
- Attended in **National Conference** on “**Technological Interventions in Life Sciences, Food, Agriculture & Allied Health Sciences- a paradigm shift towards a better future**”, organized by School of Life Sciences, Allied Health Sciences, & Agriculture, **Swami Vivekananda University**.
- Completed **Post Graduate Dissertation** on “ **Personality of Dancers & Non-Dancers: An Exploration.**”
- Completed basic course on **Consumer Behaviour under National Programme on Technology Enhanced Learning (NPTEL)**.
- Completed basic course on “**Psychiatry-An Overview**” under **National Programme on Technology Enhanced Learning (NPTEL)** with **76%**.

Contact:

Full name: **Rudrani Mitra.**

Email address: rudranim@svu.ac.in

Contact no: 8981419270

Gender: Female

Date of birth: 21.4.1994

Qualification: **M.Sc.** in Applied Psychology (University of Calcutta), **PGDDRM** (RCI registration no: A78817), **Certified Psychiatric Counsellor, Graphologist, Mental Health Practitioner.**

Language known: Bengali, Hindi, English.

Strengths: Good communication skills, positive attitude, confident, creative, open to new ventures and ideas, flexible.

Interest: Dancing (completed 4th year in Odissi Dance & 2nd year in Bharatnatyam from Sarabharatiya Sangeet-O- Sanskriti Parishad), listening music, reading book, art.

Declaration: I hereby declare that above information is correct to the best of my knowledge and belief.