

Hello.. I'm

KRITIKA

K H A N D E L W A L

I'm your..

S O C I A L W O R K E R



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Anaj Mandi, Muhana Mandi,
Jaipur

ABOUT ME

Dedicated and compassionate professional with a Master's in Social Work (MSW), currently working in multidisciplinary roles across the Psychiatry Department and ICTC, at JNU Hospital. Strong interpersonal and counseling skills with a focus on patient welfare, psychosocial support, and healthcare facilitation. Seeking to leverage my knowledge and experience to contribute effectively in healthcare and mental health settings.

EDUCATION

Degree	Institution	Year
Master of Social Work (MSW)	S.S. Jain Subodh College	2024
Bachelor of Arts (B.A.)	Parishkar College	2022
Senior Secondary	Tagore Vidya Bhawan	2019
Secondary	Tagore Vidya Bhawan	2017

LANGUAGES

English - proficient

Hindi - fluent

COMPUTER PROFICIENCY

Microsoft Office

INTEREST



Exploring new ideas, cultures, and people to broaden interpersonal understanding.



Dance

SKILLS

- Patient Counseling & Psychosocial Support
- Case Documentation and Report Writing
- Health Education & Awareness Programs
- Team Collaboration in Multidisciplinary Settings
- Ethical Practice and Confidentiality Maintenance
- Empathy, Active Listening, and Communication Skills

EXPERIENCE

CURRENT EXPERIENCE - Medical Social Worker **Jaipur National University Hospital, Jaipur** **July 2024 – Present**

PSYCHIATRY DEPARTMENT – JNU HOSPITAL

POSITION: SOCIAL WORKER / MENTAL HEALTH SUPPORT STAFF

- Assisting in patient counseling for psychiatric illnesses.
- Providing psychoeducation to patients and families regarding treatment compliance and mental health awareness.
- Coordinating with psychiatrists and psychologists for patient care management.

ICTC (Integrated Counselling & Testing Centre) – JNU Hospital

Position: ICTC Counselor

- Conducting pre-test and post-test counseling for HIV patients.
- Educating individuals about HIV prevention, transmission, and coping strategies.
- Maintaining confidentiality and providing emotional support to affected individuals.

PRAYAS NGO, JAIPUR & PANCHI FOUNDATION, JAIPUR

During my tenure at PRAYAS NGO, I worked closely with children with special needs (children with disabilities). The intervention focused on enhancing their developmental, cognitive, and adaptive skills through structured activities. My responsibilities included

1. Educational and Life Skills Training

- Teaching basic concepts related to daily life and personal care
- Providing foundational academic knowledge
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2. Creative Development Activities

- Conducting art and craft sessions, including:
 - Drawing and coloring
 - Bag-making
 - Creating simple craft items using accessible materials

3. Play-Based Learning

- Organizing structured and free play activities to promote social interaction, motor skills, and enjoyment
- Using play as a medium to teach cooperation, turn-taking, and emotional expression

4. Holistic Support and Engagement

- Encouraging self-expression through creative tasks
- Creating a supportive and inclusive environment that promotes learning at an individual pace

NAV VIKALP SANSTHAN , JAPIUR

- Conducted detailed clinical interviews and prepared comprehensive case histories of individuals with substance use disorders.
- Developed case formulations based on biopsychosocial perspectives to understand underlying issues and tailor interventions.
- Provided individual counseling sessions focusing on relapse prevention, motivation enhancement, and behavioral change.
- Applied evidence-based therapeutic approaches, including:
 - FRAMES Model (Feedback, Responsibility, Advice, Menu of options, Empathy, Self-efficacy)
 - DARES Technique (Develop discrepancy, Avoid argumentation, Roll with resistance, Express empathy, Support self-efficacy)
 - Motivational Enhancement Therapy (MET) to strengthen clients' commitment to recovery and readiness for change.
- Maintained therapeutic rapport and ensured ethical, client-centered care in accordance with psychological standards.

DECLARATION

I hereby declare that the above information is true to the best of my knowledge.

Date:

Place: Jaipur

(Kritika Khandelwal)