

# KOMAL GYANCHANDANI

106/125, Gandhi Nagar,  
Kanpur, Uttar Pradesh

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komalgc1995@gmail.com

## EDUCATION

- 1. Master of Arts (MA), Psychology** (2016-18)  
Banaras Hindu University, Varanasi, Uttar Pradesh
- 2. Bachelor of Arts (BA), Psychology** (2013-16)  
Jagran College of Arts, Science and commerce, Kanpur, Uttar Pradesh
- 3. All India Senior School Certificate Examination (AISSCE) - Class XII** (2012-13)  
Central Board of Secondary Education, New Delhi

## SKILLS

<b>Software(s)</b>	MS Office Suite – Word, Excel, and Powerpoint, SPSS (Novice)
<b>Clinical skills</b>	Conducting workshops/ awareness sessions. Drafting IEP for special needs children, Independent Counselling and psycho-educating.
<b>Research skills</b>	Data collection, Research Writing, Google Forms, Data Analysis
<b>Management skills</b>	Maintaining case files, Progress Analysis, Team Management
<b>Soft skills</b>	Communication and Interpersonal Skills, Leadership Skills, Team Work, Active Listening, Understanding and Empathy
<b>Language(s)</b>	English, Hindi, and Sindhi

## WORK EXPERIENCE AND INTERNSHIPS

### **Lead Psychologist, Holistic Minds**

[Feb 15- Present]

Leading a team of Psychologists, teachers, writers, overseeing skill development curriculum for schools and Conducting workshops for parents, teachers and schools.

### **Lead Child Psychologist, Mom's Belief - Rays of Belief (Promoted)**

[Aug 19 – Jan 31]

Leading a team of five Child Psychologists, overseeing cases including parental guidance and skill development, Conducting workshops, along with continuing the general roles of Child Psychologist.

### **Child Psychologist, Mom's Belief - Rays of Belief**

[Oct 18 – July 19]

Working on guiding parents on skills development of children diagnosed with Autism, ADHD, LD, GDD, CP, etc, Conducting workshops along with promoting mental health in society.

### **Founder, Pehel-A Beginning (Non-Profit)**

[Feb 18 – Present]

Working towards promotion of mental health through awareness campaigns throughout the country and providing a platform for Mental health.

### **Mental Health Counsellor and Campaigner, Healthy Mantra**

[Jun 18 – Sept 18]

Worked as a mental health counselor and Campaigner at the counseling service (both online and offline) by Healthy Mantra to promote mental health throughout the country.

### **Intern, Indian Institute of Technology-Kanpur**

[Feb 18 – Apr 18]

Project : Using Open sesame for developing experiments on laterality research.

Guide : Dr Ark Verma (Asst Prof of Psychology at IIT Kanpur)

### **Intern, Deva Institute of Mental Health, Varanasi, Uttar Pradesh**

[Jul 17 – Sept 17]

Project : Familiarization of all departments OPD, IPD, PSU and dCAP, taking case histories and case presentations, exposure of psychiatric disorders.

Guide : Pallavi Gupta (MPhil-Psychiatric social work, Executive secretary, Deva Foundation), Dr. Venu Gopal Jhanwar (Dr. Venu Gopal Jhawar, HOD Deva Mental Health care, Director Deva institute)

### **Attendee, Workshop on Experimental Methods of Cognitive Psychology**

[Jun 16 – Jun 17]

Project : Experimental Methods in cognitive science

Guide : Indian Institute of Technology, Kanpur

**Attendee, Workshop on Basic Counselling Skills**

[Jun 16 – Jun 17]

Project : Skill training on basic counselling workshop.

Guide ; Psyuni Trust

**Trainer, Lots of Learning, Kanpur**

[May 14 – Apr 15]

Role included Conducting theme-based summer camps, personality enrichment workshops and vocabulary workshops for children (age group: 2-7 yrs).

**Private Coaching Tutor**

[May 12 – June 16]

Took classes for students from class I-X part-time, both privately as well as under the umbrella of a coaching center in Kanpur.

**PROJECTS****UNDERTAKEN**

1. Relationship between Depression and Religiosity in Old Age under the supervision of Dr. Richa Singh
2. Pehel's Mental Health Awareness Camp, Varanasi coordinated with Deva foundation

**CERTIFICATIONS & PUBLICATIONS**

1. *REBT Practitioner Certification*, The Priority Academy (Accredited by CTAA), Udemy. Mentored by Graham Nicholls.
2. *Relationship between Religiosity and Depression in Old Age*, 27<sup>th</sup> Annual Conference of the National Academy of Psychology, IIT-Kharagpur.

**ACHIEVEMENTS & VOLUNTEER ORK**

1. Member, Americal Psychological Association (APA).
2. Received Appreciation Award for Performance by Mom's Belief within the first 3 months.
3. Served as Sports Convenor for Vasanta College (BHU), Varanasi, India.
4. Active Volunteer for Amrita School for Special Children, Kanpur.
5. Silver Medal in National Tenshinkan Karate Championship.

**PERSONAL DETAILS**E-Mail ID : [komalgc1995@gmail.com](mailto:komalgc1995@gmail.com)

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Date of Birth : August 22<sup>nd</sup> 1995

Passport Details : Indian – Z4171578 valid till March 05, 2028