**Dr. Nitasha Pandey**

Clinical Psychologist

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**CURRICULUM VITAE**

## Educational Qualification

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| --- | --- | --- |
| **Qualification** | **University/Board/ Institute** | **Year** |
| PhD  Thesis: Comparative study of Mental Health quality of life and Global Adjustment among HIV positive and normal population. | Patna University | 2012 |
| M. Phil in Medical and Social Psychology  Dissertation: Prospective memory in patients with bipolar affective disorder. | Central Institute of Psychiatry (**CIP**),  Ranchi University | 2007 |
| Master in Psychology  Dissertation: Self-control and emotional adjustment among women with different marital status and levels of responsibilities. | Patna University | 2003 |
| Bachelor in Psychology | Patna Women’s College  Patna University, | 2000 |
| Intermediate | Patna Women’s College  Intermediate Council  Bihar | 1997 |

**Teaching experience:**

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| --- | --- | --- | --- | --- |
| Institute | Designation | Subjects Taught | Level | Year |
| Institute of Mental Health, Amritsar | Clinical Psychologist | Introduction to Psychology  Abnormal Psychology  Psychological Assessment  Psychotherapy | Undergraduate 2nd year.  Postgraduate 1st year and 2nd year | 2008-2013 |
| Schoolguru (Now known as Teamlease Edtech Limited) | Faculty | Cognitive Psychology  Social Psychology  Abnormal Psychology  Counseling Psychology | Graduate  Postgraduate | 2016- 2020 |
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**Seminars, Webinars and Informal Lectures Conducted:**

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| --- | --- | --- |
| Type of Presentation | Topic | Type of Group |
| Seminars | Examination Stress Management | School Students  Students in Army Cantonment |
| Seminars | Parenting | Parents in school  Parents in Army Cantonment |
| Seminars | Stress Management | Corporate Groups |
| Webinars | Emotional Aspect in Pregnancy | Corporate Groups |
| Webinars | Smoking Cessation  Schizophrenia | Corporate Groups  Bachelor’s students |
| Informal Lectures | Mental Health | Rural and Suburban Groups |

**Professional Engagements:**

|  |  |  |  |
| --- | --- | --- | --- |
| Institute | Designation | Roles and Responsibilities | Year |
| Self Employed | Clinical Psychologist | * Psychological assessment * Psychotherapy | 2020- till date |
| Schoolguru (Now known as Teamlease Edtech Limited) | Faculty | * Taking recorded online classes * Conducting live online classes * Conducting webinars * Content development | 2016- 2020 |
| United Healthcare India Pvt. Ltd. | Consultant Psychologist | * Doing counseling of the members of the programs * Helping with content writing for the programs * Conducting seminar and workshop for the members | 2014- 2016 |
| Institute of Mental Health | Clinical Psychologist | * Patient care on outpatient and inpatient level * Making diagnosis and constructing management plan * Using psychodiagnostic tool for personality analysis, diagnostic clarification and therapy * Administering intelligence testing for I.Q. assessment * Conducting individual psychotherapy, group therapy, family therapy and marital therapy. * Behavior management with the help of behavior modification techniques * Doing MR counseling and other forms of counseling * Taking part in case work ups and management of psychological problems in health camps * Conducting classes on psychology for B.Sc. (medical) MBBS and M.sc (nursing) | 2008-2013 |
| Sudbhawna (N.G.O.) | Project Coordinator | * Making programs for health awareness in rural and suburban areas. * Execution of health programs. | 2007-2008 |
| Jeevak Heart Hospital | Consultant Clinical Psychologist (on call) | * Screening cases for co morbid psychiatric illness in outpatient and inpatient department. * Psychological assessment of patients. * Psychological management on inpatient and outpatient basis. * Pre surgery and post-surgery counseling of the patient as well as the family members of the patient. | 2007-2008 |
| Sudbhawna (N.G.O.) | Assistant project Coordinator | * Planning and coordinating the awareness programs for imparting information related to mental health, literacy and other social issues. * Worked for uplifting the position of women in the down trodden areas. * Coordinated in blood donation camps under banner of Sudbhawna(NGO). | 2004-2005 |
| Anne Besant High School | Consultant Psychologist (on call) | * Assessing children’s intelligence and aptitude for academic purposes. * Management of problems related to conduct, attention, academic stress and other age related problems. * Addressing parents for making them more equipped for handling problems of childhood and adolescence. | 2003-2004 |

**Book written and Published:**

* “Let’s talk about the N word “ (Has been on Bestseller List on Amazon and has 4.5 Rating)

**Podcast**

o Hosts a podcast named "The better truth".

**Research Activities:**

* Self-control and emotional adjustment among women with different marital status and levels of responsibilities.
* Prospective memory in patients with bipolar affective disorder.
* Comparative study of Mental Health quality of life and Global Adjustment among HIV positive and normal population. (Published in Research Journal of History ISSN No. 0975-3672. Vol.VII, July-Dec., 2012 & Jan-June, 2013, No.-1&2)

### Languages Known:

Proficient in speaking English and Hindi

**Psychotherapy Philosophy:**

My idea is to simplify human mind and the understanding of it. Being the empathic person that I am, it comes naturally to me to listen and understand the client’s perspective of the situation. I am a firm believer that you cannot treat what you can’t understand, so after thorough understanding of the problem I plan the most suitable targeted approach to treating the issue. I aim to give relief to the client in shortest duration possible and ensure that the result is long lasting.

I give the best result in one-on-one therapies but I also am equally equipped to handle group sessions. I am equally proficient in conducting Cognitive Behavior therapy as well as Rapid Transformation therapy.

**Teaching Philosophy:**

My philosophy is based on a proposition that “Teaching is about Learning”. This means that to improve teaching I must focus on the learning needs of the future that will be shaped by today’s students. I believe that all teaching opportunities should be founded on the idea of individual inquiry by the student. This principle makes education a learner centered process, not one that is teacher centered. My philosophy of teaching is to provide a classroom environment where students are encouraged to express their own ideas and participate in their education experience. I want my students to enjoy the interaction in my classroom and to be challenged by the intellectual discussion of course material. I attempt to call on each student by name and to know a little about his or her background. When I know my students, they feel valued and enjoy the experience of participating in my class.

In all of my teaching experience, graduate and undergraduate, I've tried to keep two things in mind: first, that although coverage of material is crucial, it's more important to teach students skills than things, and secondly, that students learn skills best through an interactive teaching style that demands their participation and challenges their abilities.

When I develop a syllabus or a lesson plan, I always begin by asking myself what my students should know and be able to do at the end of the class, and then move on to designing the actual class content. For example, if I want my students to understand the practical implication of a theory then I would go for a practical experimental approach than the lecture method.

I believe that informal assessment is as crucial as formal assessment. These assessments allow me to gauge the pace and efficacy of my lessons, help specific individuals, and also helps in making adjustments to the lesson where needed. This constant informal assessment also reveals misconceptions that students may bring into a class, which, in turn, facilitates discussions

and resolutions.

I also plan on having my own course evaluation worksheets on which I can take feedback from the students occasionally during the semester on how to make their classroom experience more rewarding.

### Personal Details:

Name  : Dr. Nitasha Pandey

Father’s Name : Dr.R.C. Pandey

Husband’s Name : Mr. D.P. Sharma

Date of Birth : 14th January 1981

Sex : Female

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### References:

1. dr. B.L. goel

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1. dr. kriteshwar Prasad

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Nitashapandey