

ANJALI NENWANI

Anand | anjalinewani99@gmail.com | 9408397876

Career Objective: As a Psychology Professor, my objective is to leverage my knowledge and skills to the growth and success of your organization as well as the field of Psychology while advancing my own career aspirations. I possess a strong track record of timely and efficient completion of tasks, both as an individual contributor and a team player. I am a dependable and reliable professional, eager to learn and grow with your esteemed organization.

EDUCATION

Indira Gandhi National Open University, New Delhi. **July 2024- Present**
PGDRPC : Post Graduate Diploma (Rehabilitation Psychology) | RCI licensing.

Maharaja Sayajirao University of Baroda, Gujarat **July 2021-May 2023**
Master of Arts | Major: Clinical Psychology | CGPA: 8.18

ILSASS, Sardar Patel University, Anand, Gujarat **July 2018-May 2021**
Bachelor of Arts | Major: Psychology | CGPA: 9.50

WORK EXPERIENCE

Institute of Language Studies and Applied Social Sciences, ILSASS **June 2023 – Present**
CVM University, Vallabh Vidhya Nagar.
Assistant Professor, Department of Psychology

- Instructing diverse students from bachelor's to master's levels, covering general and clinical psychology topics respectively.
- Mentoring students through research projects and dissertations, cultivating critical thinking and research abilities.
- Actively contributing to the field by publishing research and articles, sharing valuable insights.
- Blending academic theory with practical experience by integrating real-world clinical situations into teaching.
- Managed and worked on the University Annual Report and NEP Syllabus.

***Skills Learnt:** Teaching and Communication, Research Mentorship, Ethical Education, Professional Growth, Management.*

HearToHeal Counseling, Freelance **May 2023 – Present**
Counseling Psychologist

- Providing therapy to individuals, utilizing diverse therapeutic methods.
- Completed more than 1500 hours of Counseling using various types of therapies and techniques.

- Implemented personalized treatment strategies aligned with client needs, leveraging a range of therapeutic techniques.
- Produced accurate client reports and diligently maintained necessary paperwork to ensure organized record-keeping.

Skills Learnt: *Content Creation, Session Management, Therapeutic Techniques, Documentation.*

HearToHeal Internship Center

May 2024– Present

Counseling Trainer

- Recruited and trained psychology students as interns, teaching fundamental skills to manage client sessions effectively.
- Provided regular supervision before every intern-led therapy session to ensure quality care and adherence to therapeutic techniques.
- Guided interns in implementing personalized treatment plans for clients, focusing on a range of therapeutic methods.
- Managed over 20 interns, resulting in the completion of 1000+ free therapy sessions for individuals who could not afford mental health services.

Skills Taught: *Client Session Management, Supervision, Therapeutic Techniques, Documentation.*

Counseling Center, Maharaja Sayajirao University, Vadodara

Jan 2022 – July 2023

Psychology Intern

- Conducted assessments of individuals and clients, utilizing various methods including interviews, case histories, and observational techniques to gather relevant information.
- Administered psychological tests to obtain data on intelligence, aptitude, interests, and personality traits. Collaborated with clients to establish goals and develop personalized plans to facilitate personal, social, educational, and vocational growth.
- Developed and implemented individualized treatment plans based on client needs.
- Produced reports on clients and ensured that all required paperwork was accurately maintained. Maintained comprehensive records of client information through session notes, progress notes, recommendations, and treatment plans.

Skills Learnt: *Psychological Assessments, Counseling skills, Career Counseling, Report writing, Therapeutic Alliance.*

GMERS Hospital, Vadodara

Jan 2023 – May 2023

Psychology Intern

- Observed patients in the OPD and wards in the Psychiatry Department of the hospital.
- Interaction with the resident doctors related to the medications provided and patient management.
- Documented patient information with session notes, progress notes, recommendations and treatment plans. Provided therapy to clients with social anxiety, MDD, exam anxiety and marital issues using a compassionate and evidence-based approach.

Skills Learnt: *Observation skills, Patient management, Diagnosis based on symptoms.*

CERTIFICATIONS:

Gujarat State Eligibility Test GSET qualified.

Qualified GSET in the first attempt in January 2023.

RESEARCH PUBLICATION

Ms. Anjali Nenwani (Dept. of Psychology, CVM University), Mr. Kashyap Rajput (Dept. of Psychology, M.S. University), published a research paper, "**Public Harassment and Its Impact on Self-Esteem and Self-Objectification.**" in International Journal of Research in Academic World (IJRAW) in Volume: 2, Issue: 9 (September 2023), Pages: 97-102, Year: 2023, ISSN: 2583-1615. (International) (Peer Reviewed)

RESEARCH PAPER PRESENTATIONS

1. Title of the presentation: Public Harassment and its Impact on Self-Esteem. (Oral Presentation)
Conference: An International Conference for the Role of Psychology, Yoga and Naturopathy for Well-being.
Date: 7-10th September 2023
Location: Mehsana
2. Title of the presentation: To study the effect of Stranger Harassment on the Self Objectification among females. (Brief Oral Presentation)
Conference: 32nd Annual Convention of the National Academy of Psychology
Date: 3-5th March 2023
Location: Ahmedabad University
3. Title of the presentation: Qualitative Analysis on the Effect of Intolerance to Uncertainty on Anxiety, Persistence and Problem Solving Behavior. (Poster Presentation)
Conference: 32nd Annual Convention of the National Academy of Psychology
Date: 3-5th March 2023
Location: Ahmedabad University

SKILLS & INTEREST

- **Lecturing and Presentation:** Delivered engaging and informative lectures on various topics in psychology, utilizing multimedia resources and active learning strategies to enhance student comprehension.
- **Curriculum Redesigning:** Redesigned the syllabus of both Bachelor's according to the NEP norms and Master's for the new nomenclature as demanded by the University, including a certificate course on Child Psychology.
- **Student Engagement:** Fostered an interactive and inclusive classroom environment, encouraging student participation, discussion, and critical thinking.
- **Research Supervision:** Supervised undergraduate and graduate students in research projects, providing

guidance on study design, data analysis, and manuscript preparation.

- **Mentorship and Advising:** Advised and mentored undergraduate and graduate students on academic and career-related matters, guiding them toward their educational and professional goals.
- **Standardized Testing:** Administered a wide range of psychological tests, including IQ, neuro-psychological, personality, aptitude, and projective techniques, having successfully completed 8-10 tests under the guidance of a supervisor
- **Counseling:** Effectively provided therapy to clients struggling with a range of mental health challenges, such as depression, anxiety, self-harm tendencies, domestic violence, and more, under supervision.
- **Communication Skills:** Demonstrated exceptional communication skills by providing effective therapy to a diverse range of clients and managing students of both Bachelor's as well as Masters.
- **Time Management:** Demonstrating exceptional time management skills by successfully managing a full time job as an Assistant Professor as well as freelancing counseling services.
- **Organizational Skills and Documentation:** Proficient in organizing and maintaining accurate and up-to-date records of client-counselor relationships, session notes, progress notes, treatment plans, and reports for psychological testing, alongside the data of students in the college.