

Curriculum Vitae

Mrs. Anubhuti Jain

Assistant Professor, Psychology,
Government Degree College, Kuchlai, Sitapur

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Central Rehabilitation Register (CRR) number- **A53834**

Professional Life Member of Indian Association Clinical Psychologists (IACP)- **PLM 600/16/18**

Educational qualification

1. Pursuing Ph.D. in Psychology from University of Lucknow, Lucknow
2. Certificate Course in Early Intervention from Com DEALL, Bengaluru (July 2018-December 2018).
3. Post Graduate Diploma in Yoga (2016-2017)- 67.86% standing first in order of merit from Kundalini Yoga Research Institute, Lucknow affiliated to The Open International University for Complementary Medicines, Sri Lanka (Medicina Alternativa).
4. M.Phil. (Clinical Psychology)- 2016 **72.1% standing first in order of merit (King George's Medical University, Lucknow)**.
5. Qualified UGC-NET examination held in **June 2013** in the subject Psychology (Roll no. 34040046)
6. M. A. (Psychology) – 2013 **76.13% Gold medal for standing first in order of merit (Lucknow University)**
7. B. A. (Psychology, Geography, English) – 2011 **75.89%, (Lucknow University)**
8. Class XII – 2008 **88.33% (Loreto Convent Intermediate College, Lucknow, I.S.C. Board, Delhi)**
9. Class X – 2006 **78.00% (Loreto Convent Intermediate College, Lucknow, I.C.S.E. Board, Delhi)**

Work Experience

1. Working as Clinical Psychologist at District Early Intervention Centre (DEIC) at Dept. of Psychiatry, King George's Medical University, Lucknow from 17.07.17 till 23.06.2021
2. Worked as Counsellor at Drug Treatment Centre, a program of NDDTC, AIIMS, New Delhi, at Dept. of Psychiatry, King George's Medical University, Lucknow from 25.04.17 to 15.07.17

Training

1. Four days training at LLRM Medical College, Meerut, under Rashtriya Bal Swasthya Karyakram (RBSK).
2. One week training at IPGMER & SSKM Hospital, Kolkata at District Early Intervention Centre (Nodal Centre of west Bengal) under Rashtriya Bal Swasthya Karyakram (RBSK).
3. Three weeks clinical training (short term exposure) at School of Mental Health, VIMHANS, New Delhi (2014).
4. Two weeks clinical training at Nur Manzil Psychiatric Centre, Lucknow (2012).

Social Activities

1. Blood donation at Lucknow Nursing Home, Lucknow
2. Vocational training to children of blind school under the aegis of National Association for the blind.

Extra Curricular

1. “Visharad” (five year course) in instrumental music (Tabla) from Bhatkhande Vidyapeeth, Lucknow.

Positions held

1. External examiner for selection of candidates for M.Phil Clinical Psychology and various other graduate and post graduate programs at Amity Institute of Behavioural Sciences (AIBAS), Lucknow, three times till date.

Achievements and Awards

1. Recipient of “Sri Madan Gopal Agarwal Memorial Gold Medal” awarded to the student attaining highest marks in M.A. Psychology examination at University of Lucknow (for the session 2011-2013).
2. Worked as Volunteer during National Youth Day Celebration at Dept. of Psychology, University of Lucknow (2013).
3. Third prize in “Geofest” at Dept. of Geography, University of Lucknow (2010).
4. College Medals for Excellence in Geography & Home Science at Loreto Convent Intermediate College, Lucknow (2008).
5. College Certificate for Proficiency in English & Psychology by Loreto Convent Intermediate College, Lucknow (2008).
6. College Prefect in Class XII at Loreto Convent Intermediate College, Lucknow (2008).
7. First Prize in Hindi Music Competition (Instrumental) at Loreto Convent Intermediate College, Lucknow (2008).
8. Participation in “Expressions” an Inter school competition held at St. Francis College, Lucknow (2008).
9. College Certificate for participation in English Creative Writing & English Elocution by Loreto Convent Intermediate College, Lucknow (2007).
10. Participated in Hurdle Race at Loreto Convent Intermediate College, Lucknow (2007).
11. College Medal for Application in Studies by Loreto Convent Intermediate College, Lucknow (2006).
12. College Certificate for Responsibilities & Helpfulness by Loreto Convent Intermediate College, Lucknow (2003).

13. Full attendance certificate for class-7th (2002-03) by Loreto Convent Intermediate College, Lucknow.
14. Participation certificate in Late Yogendra Jeet Singh Memorial painting competition by Rotary Club Lucknow West & Rotary Club Lucknow City West (2001).
15. Third Prize in Debate Competition at Seth M. R. Jaipuria School, Lucknow (2000).

Academic Activities

1. Delivered an invited talk on “School Readiness” as a part of parent orientation program at Euro Kids School, Gomti Nagar, Lucknow (2018).
2. Organized a three days intensive training workshop on Rorschach Inkblot Test by Dr. Dwarka Pershad in association with Psychowaves (2017).

Publications in Journals/Conferences

1. Jain A., Mahour P., Malhotra HS. & Sharma E. (2020). Memory functioning in ‘good recovery’ stroke. *Alzheimer’s Research and Therapy Open Access*, Vol 3, issue 1.
2. Jain A. & Mahour P. (2018) Behavioural management of trichotillomania with combined motor and vocal tics: A case report. *Indian Journal of Clinical Psychology*, Vol. 45, issue 1, pg. 77-79.
3. Jain A. (2018). Mental health issues in transgender population: A biopsychosocial perspective. *Indian Journal of Health Sexuality & Culture*. Official publication of IISB, India Vol. 3(2), December 2017.
4. Jain A., Singh S. & Agarwal M. (2017). An integrated intervention for the management of an adolescent girl with borderline personality. *Indian Journal of Health and Well-being* Vol. 8, issue 9, pg. 1061-63.
5. Singh P., Jain A., Kar S.K. (2017) Dermatitis Artefacta: A consequence of self-injurious behavior during dissociative amnesia. *Medical Journal of Dr. D. Y. Patil University*, Vol. 10, Issue 2.
6. Jain A., Mishra P.C. (2014) Knowledge and Stigma about Mental Health in Youth. Published in book of abstracts of the “International Conference on Youth, Gender and HIV” conducted by Amity University, Lucknow Campus on 12th and 13th August, 2014.
7. Jain A, Baghel S., Dixit V. (2013) Women & Mental Health. Published in souvenir of the interdisciplinary seminar on ‘Women’s choices: Women’s Realities’ held on International Women’s Day, 8th March, 2013 at Dept. of Psychology, University of Lucknow, Lucknow.

Papers presented

1. Jain A. (2018). Mental health issues in transgender population. Paper presented at 5th National Conference on Society and Well-Being organized by Amity Institute of Behavioural Sciences, Lucknow.
2. Jain A., Singh S. (2017) Combining Family Therapy with CBT for the Management of Impulsive Dyscontrol in a young girl. Paper presented at the International Conference on Cognitive-Behavioural Interventions- India (ICCBI) organized by Indian Association of Cognitive Behavioural Therapy (IACBT) at AIIMS, New Delhi (2017).
3. Jain A., Mishra P.C. (2014) Knowledge and Stigma about Mental Health in Youth. Paper presented at “International Conference on Youth, Gender and HIV” conducted by Amity University, Lucknow Campus on 12th and 13th August, 2014.

4. Jain A, Baghel S., Dixit V. (2013) Women & Mental Health. Paper presented in an interdisciplinary seminar on 'Women's choices: Women's Realities' held on International Women's Day, 8th March, 2013 at Dept. of Psychology, University of Lucknow, Lucknow.

Conferences and Workshops Attended

1. Participated in national webinar on "Happiness: Different Strokes on Canvas of COVID-19" organized by Department of Psychology, University of Lucknow, Lucknow (2020).
2. Participated in lecture on 'Mental Health Promotion' organized by Faculty of Science, G.S.R.M. Memorial P.G. College, Lucknow (2020).
3. Participated in International Web Seminar "Current Global Scenario and India: Challenges, Prospects and Role" jointly organized by Bhartiya Shikshan Mandal and Shodh Dhara.
4. Presented a paper titled 'Role of strengths and defenses in maintaining psychological homeostasis during COVID-19' in International Web Seminar "Current Global Scenario and India: Challenges, Prospects and Role" jointly organized by Bhartiya Shikshan Mandal and Shodh Dhara. (2020)
5. Participated in 45th Annual National Conference of Indian Association of Clinical Psychologists (NACIACP) organized by National Institute for the Visually Handicapped (NIVH), Dehradun (2019).
6. Participated in three days CRE Programme on "Communication Assessment and Management Intervention Strategies for Autism Spectrum Disorder (ASD)," organized by Composite Regional Centre for Skill Development, Rehabilitation and Empowerment of PWDs, Lucknow (2019).
7. Participated in 3rd International Conference on Cognitive Behavioural Interventions- ICCBI 2018 organized by SGT University, Gurugram (2018).
8. Participated in the 5th National Conference on Society and Well-Being organized by Amity Institute of Behavioural Sciences, Lucknow (2018).
9. Participated in two days CRE National Conference on Rights of Persons with Disabilities Act, 2016 organized by Dept. of Visual Impairment, Dr. Shakuntala Mishra National Rehabilitation University, Lucknow, in collaboration with NIEPMD (2017).
10. Participated in three days CRE workshop on Learning disability and its management organized by Indian Association of Health, Research and Welfare at Medanta Medicity, Gurugram. (2017)
11. Participated in one day hands on training workshop on "Thematic Apperception Test" and "Children's Apperception Test" organized by Dept. of Psychology, University of Lucknow (2017)
12. Participated in one day pre-conference workshop on "Emotion Regulation Therapy" facilitated by Dr. M. Manjula (NIMHANS) organized by Indian Association of Cognitive Behavioural Therapy (IACBT) at AIIMS, New Delhi (2017).
13. Participated in the "International Conference on Cognitive-Behavioural Interventions- India" (ICCBI) organized by Indian Association of Cognitive Behaviour Therapy (IACBT) with the theme "Culturally Responsive CBT: Prospects & Challenges" at AIIMS, New Delhi (2017).
14. CME cum Workshop on "Non Pharmacological Management of ADHD: Focus on Behavioural Parent Training" on 6th May 2017 held at Department of Psychiatry, King George's Medical University, Lucknow, U.P.
15. Participated in CME on "Skill Building in Management of Autism with A focus on Parent Training" held at Dept. of Psychiatry, King George's Medical University, Lucknow (2016).

16. Participated in two days intensive training workshop on Clinical Hypnosis conducted by Jini K Gopinath held at Lucknow organized by Psychowaves in association with Indian Society of Clinical & Experimental Hypnosis (2015).
17. Participated in First Integrative Workshop on “Spasticity Management in Cerebral Palsy” organized by Institute for Child Development and Mother’s Love Welfare Society (2015).
18. Participated in one day seminar titled “Revisiting Women’s Mental Health” conducted by Dept. of Psychiatry and De-addiction Centre, Lady Hardinge Medical College, New Delhi in collaboration with Department of Health, New Delhi Municipal Corporation on 1st August, 2015 at New Delhi, India.
19. Participated in two days “International Conference on Youth, Gender and HIV” conducted by Amity University, Lucknow Campus on 12th and 13th August, 2014.
20. Participated in National Workshop on “Gestalt Therapy” at Amity University, Lucknow Campus on 24th -25th August 2013.
21. Participated in Three Day Training on “Rorschach Inkblot Test” at Samartha- Centre for Psychological Health on 1st -3rd July 2013 at Lucknow.
22. Power Point Presentation on “Love & Attachment” in Positive Psychology Seminar at Dept. of Psychology, University of Lucknow (2013).
23. Participated in National workshop on IBM SPSS Statistics at Dept. of Psychology, University of Lucknow (2012).
24. Participated in one day workshop on Child & Adolescent Counselling at Dept. of Psychology, University of Lucknow (2012).
25. Participated in a seminar on “World Environment Day” at Dept. of Chemistry, University of Lucknow in Collaboration with UNESCO (2012).
26. Participated in ten days Sanskritik workshop for Russian Language at University of Lucknow (2010).
27. Participated in one day workshop on “Teenage Day” at Dept. of Paediatrics, K.G.M.U., Lucknow (2007).

Personal details

Date of Birth	:	30 th November, 1990
Father’s Name	:	Mr. R. K. Jain
Mother’s Name	:	Mrs. Laxmi Jain
Husband’s Name	:	Mr. Harshit Rastogi
Sex	:	Female
Marital Status	:	Married
Nationality	:	Indian
Languages known	:	Hindi, English

Declaration

I hereby declare that all the details furnished here are true to the best of my knowledge.

Place: Lucknow

Date: 14.08.2021

Anubhuti Jain