

Resume

Ms. HARSHA KHANDELWAL

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Dist. Khammam – Andhra Pradesh

Objective: To work with an institute, where I can help people to be Physically Fit & Mentally Healthy for Wellbeing even to overcome disorders/diseases safely with the application of Psychology, Yoga and Alternative Therapies.

Specialization: Clinical Psychology

Academic Qualification:

- M.A in Clinical Psychology from Dev Sanskriti University, Haridwar with 72% in 2011.
- Yoga Instructor Course (YIC) from SVYASA, Bangalore with Distinction in 2010.
- B.A in Yoga, Psychology, English Literature from Dev Sanskriti University, Haridwar with 72% in 2009.
- C.E.C Intermediate (12th) from Sahithi Junior College with 66% in 2006.
- S.S.C (10th) from Margadarshini English Medium School with 72% in 2004.

Clinic Experience:

- * Psychological Clinic during Masters Degree for two years.
- * Yoga Arogya Polyclinic for more than one year during Graduation.
- * Clinic Health Camps

Internship Experience:

- * Post Graduate Internship for three Months at Kathmandu, Nepal.
- * Post Graduate Internship for ten Days at Rudrapur, Uttarakhand.
- * Under Graduate Internship for one Month at Sonipat, Hariyana.

Dissertation: “To Study the effect of Emotional Catharsis and Yogic Aspects in Dance Therapy.”

Research Papers:

#Trained Teachers Training in the Context of Value Based Education in National Seminar at D.S.V.V
#For All Problems, One Solution – Thought Revolution in National Seminar at D.S.V.V
#Effect of Yoga Nidra on Stress in National Conference at Patanjali Yogadham Trust, Haridwar.

Research Projects:

“To Study the effect of Nada Yoga Music on Psychological Wellbeing.”
“A Comparative Study of Risk Taking Behavior among Male and Female.”
“A Study of Job Anxiety among Students of Professional Courses and Traditional Courses.”

Workshops & Seminars Attended:

Workshop on Hypnotherapy & Past Life Regression Therapy
Workshop on Rorschach Inkblot & Intelligence Test.
Workshop on Cognitive Neuropsychology.
Workshop on Ayurvediya Nadi Vigyan.
International Festival on Yoga, Culture & Spirituality.
National Seminar on Indigenous Techniques in Psychotherapy.
National Seminar on Management of Psychological Disorders.

Additional Qualifications:

Hypnotherapy, Past Life Regression Therapy, Counseling, Psychotherapy, Yoga Therapy, Reiki Touch Therapy, Pranic Healing, Crystal Healing, Acupressure, Naturopathy, Diet Therapy.

Training cum Workshops conducted on:

Stress Management
Developing Positive Attitude
Memory Enhancement
Diet Management
Art of Thinking
How to be Healthy

Achievements:

Uttarakhand State Level Selection for National Integration Programme, RGNIYD, Sriperumbudur, Tamilnadu.
Participated in Pre-Republic Parade Camp, Gurgaon, Haryana.
Awarded as ‘Best NSS Volunteer’

Personal Profile: Father's Name – Mr. Satheesh Khandelwal
Mother's Name – Mrs. Anita Khandelwal
Date of Birth – 08.08.1989
Marital Status – Unmarried
Languages Known – Hindi, English, Telugu
Nationality – Indian

Personal Skills:

Social Service, Cooperative, Good Interpersonal Relations, Best NSS Volunteer, Blood Donation, Classical Dance, Acting and Anchoring.

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

Place: Yellandu
Date: 10.11.2012

Ms. Harsha Khandelwal
Clinical Psychologist