

Ritika Das

Hooghly, West Bengal, India

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Education

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| Qualified National Eligibility Test | 2024 |
| Adamas University Kolkata , West Bengal Masters of Science (MSc.) in Clinical Psychology, First Class Weighted Average: 7.79/10 (Equivalent to GPA 3.30/4) | 2018-2020 |
| University of Calcutta , West Bengal Bachelor of Science (BSc.) in Psychology, First Class Honors Weighted Average: 5.5/10 (Equivalent to GPA 2.30/4) | 2015-2018 |
| Methodist School , Dankuni Higher Secondary (ISC) Percentage: 82.5% | 2015 |
| Methodist School , Dankuni Secondary (ICSE) Percentage: 72% | 2013 |

Teaching Experience

Teaching Assistant in Adamas University
Assistant Professor in Adamas University

February- November 2024

November 2024-continued

Research Experience

Department of Psychology

Adamas University Kolkata, West Bengal

2019-2020

Masters Research

Guide: Jhilli Das Tewary, PhD , MA

Thesis: A comparative study on Emotional Intelligence and Big-5 Factors of Personality on the Attitude towards Mental Illness among college students residing in rural and urban areas near the city of Kolkata.

- Reviewed papers on Emotional Intelligence, Stigma on Mental Illness and personality factors.
- Worked with study design.
- Collected data through questionnaires.
- Analyzed and interpreted the recorded data.

The Effect of COVID-19 on Migrant Workers

2019

Research Contributor

- Assisted in scale construction.
- Translated scale in native language.
- Helped with data collection

Clinical Experience

PhableCare

Counseling Psychologist

May 2022- Dec 2022

- In hand experience of management and conducting Counseling sessions for patients having chronic disease.
- Conducting webinars on various mental health topics.
- Maintaining the overall well being of the client as Lifestyle Mentor.

Nil Ratan Sircar Medical College and Hospital

Intern Psychologist

Dec 2021- May 2022

Supervisor : Dr. Jayasree Sar , Dr. Asish Mukherjee, Dr. Sayanti Ghosh

- Trained on Mental State Examination (MSE) and Psychometric assessment,

- Provided comprehensive psychological assessments and therapy to patients admitted to the hospital, addressing a wide range of mental health concerns.
- Maintained accurate and confidential patient records, ensuring compliance with hospital and regulatory standards.
- Offering support to patients throughout their hospitalization.
- Facilitate psychoeducation sessions for patients and their families, promoting mental health literacy and fostering a supportive environment.
- Participated in case conferences and planned treatment procedures advocating for the mental health needs of patients.

**Moolchand Hospital, Institute of Mental Health and life skills promotion ,
New Delhi**

Intern Psychologist

August 2020- August 2021

Supervisor: Dr. Jitendra Nagpal & Ms. Aparajita Dixit, PhD, M.Phil.

- Trained on assessment and psychological testing, case history taking and different treatment modalities for different diagnosis.
- Played an integral role in life skills promotion programs, which aimed to enhance the psychological, emotional, and social well-being of patients.
- Worked closely with patients to set achievable life skills goals.
- Monitored their progress, empowering them to take an active role in their personal development.

Nil Ratan Sircar Medical College and Hospital , Kolkata

Student Trainee

May-November 2019

Supervisor : Dr. Jayasree Sar Choudhury

M Phil. , PhD ,

Dr. Asish Mukherjee Head of the Department Psychiatry

Dr. Sayanti Ghosh MBBS, MD

- Delivered comprehensive psychological assessments, diagnostic evaluations, and evidence-based therapy to patients in the outpatient department (OPD), addressing a wide range of mental health conditions.
- Conducted intake interviews, psychosocial assessments, and risk evaluations to determine appropriate treatment modalities.
- Offered psychoeducation to patients and their families, empowering them with knowledge about mental health and available resources.
- Maintained accurate and confidential electronic patient records, ensuring compliance with hospital and regulatory standards.
- Collaborated effectively with a multidisciplinary healthcare team, including physicians, nurses, and social workers, to coordinate care and support for patient's overall well-being.

Relevant Trainings

Orientation to Clinical Psychology for Early Career Professionals 2020

Organizer : Department of Clinical Psychology, National Institute of Mental Health and Neurosciences (NIMHANS)

A two days intensive training on various aspects of Clinical Psychology (Addictive behaviors, Women's Mental Health, Neuropsychological Assessment, Geriatric Neuropsychology, Community mental health, Forensic psychology) for budding psychologists.

Seminar on "Defence Mechanisms & Transference" 2020

Organizer : Healthy Minds World, Bengaluru

A day's workshop on in-depth training on Psychoanalytic relevance during counseling.

Seminar and Awareness Program on "Suicide Prevention" 2019

Organizer : Department of Psychology, School of Social Science, Adamas University

Dedicated to promoting mental health awareness and suicide prevention, I actively participated in a 2-day suicide prevention program. Additionally, I

played a vital role in a suicide prevention drama, and effectively conveyed the importance of mental health support and prevention strategies to a diverse audience.

An Awareness program on “Mental health Literacy and Promotion of Mental health” **2018**

Organizer : Department of Psychology, School of Social Sciences, Adamas University

I actively engaged in an impactful Mental Health Literacy and Promotion of Mental Health awareness program, where I understood the importance of mental health issues and gained practical knowledge about mental well-being promotion. Through this experience, I developed skills in destigmatizing mental health and offering support to individuals in need.

Board Member

West Bengal Mental Health Council of Women’s Indian Chamber of Commerce and Industry (WICCI)

Mental Health Expert

- Work as a policy advisor for the government authorities.
- Conduction of workshops and seminars on Mental Health.
- Mental Health awareness on urban and rural level.
- Making of Digital Content on Mental Health.

Volunteering

Balasore SOS - A team of psychologists all across the nation formed an emergency helpline to help the government of India after a tragic train accident in Balasore, Orissa.

- Actively participated in a crisis intervention.

- Provided mental health support to the families of the injured and deceased.

Workshop

Petal School , Howrah, West Bengal: Conducted a seminar on mental health education for teachers. **July, 2023**

Petal School , Howrah, West Bengal: Conducted a seminar on gender discrimination, sex education and mental wellbeing. **September, 2023**

Additional Information

Tutoring Experience

I am an experienced tutor with a strong passion for helping students excel in biology and psychology. With a tutoring journey that began during high school, I have honed my teaching skills over the years. I specialize in teaching biology and other sciences up to class 10, and I've successfully tutored class 11 and 12 students in psychology. Moreover, I've extended my expertise to college-level psychology, offering guidance to students pursuing their bachelor's and master's degrees. Throughout my years of tutoring, I have developed strong communication and teaching skills, fostering a deep love for learning in my students. My goal is to continue making a positive impact on students' educational journeys by sharing my knowledge and enthusiasm for learning.

Therapy and Counseling sessions

Through my independent counseling practice, I have successfully scheduled and conducted numerous sessions, positively impacting the lives of my clients. My combined academic expertise and practical experience enable me to provide effective counseling services and support to individuals seeking personal growth and mental well-being.

Languages: Native Proficiency in Bengali, Professional Proficiency in English and Hindi.

Interest: I have interests in volunteer work, helping people, cooking, singing, taking care of animals and nature, teaching, traveling, exploring new people and places, zoos ,sanctuary and marine life.