

Educational credentials

- Pursuing doctorate in Psychology from Himachal Pradesh University, Shimla-171005.
- Qualified UGC National Eligibility Test (UGC-NET) twice in the subject Psychology.
- Completed M.Phil in Psychology from Himachal Pradesh University.
- Masters in Psychology from Himachal Pradesh University.
- Graduation with Psychology from St. Bede's College, Shimla (affiliated to Himachal Pradesh University).

Professional

- Working as an Assistant Professor (Psychology) at Vallabh Government College, Mandi (Himachal Pradesh) since January 19, 2017.
- Having a Post Graduate Diploma in Clinical Psychology.
- Worked as an intern at Vidyasagar Institute of Mental Health, Neuro and Allied Sciences (Nehru Nagar, Delhi) in the basics of case history taking and MSE, counselling, and psychological formulation, with postings in the out-patient department and the day care centre.
- Workshops attended on basics of psychoanalysis and intelligence testing.
- Worked as a Clinical Psychologist at Dr. Rajendra Prasad Govt. Medical College and Hospital, Tanda, Kangra-176001 (Himachal Pradesh) under Indian Council of Medical Research (ICMR) in the Department of Community Medicine..
- Was appointed as a Clinical Psychologist at the district hospital Chamba (Himachal Pradesh), after qualifying a state level recruitment test for psychologists under the central government scheme of National (Rural) Health Mission (NHM).
- Worked in the Department of Psychiatry, Indira Gandhi Medical College and Hospital (Shimla-171001) as a Psychologist for one and a half years.

Achievements

Gold medallist

Publications

Journals (Research papers)	10
Articles/poems in magazines, newspapers and other platforms	11

Membership

Organization	Membership Id
American Psychological Association	39028287
National Association of Psychological Science	174
National Positive Psychology Association	332
Board of studies member at Himachal Pradesh University (Shimla – 171005) for the subject Psychology.	