

Curriculum Vitae

Anjali Kumari

Counselling Psychologist & Soft Skill Trainer

Mobile: 8252724589 | Email: anjalikri151@gmail.com



Career Objective

Dedicated and empathetic Academician and Counsellor with experience in providing psychological, academic, and emotional support to students in higher education environments. Skilled in individual and group counselling, crisis intervention, student well-being programs, and collaboration with faculty and administration.

Educational Qualifications

Degree	Board/University	School/Institute	Passing Year	Percentage/CGPA
M.A. in Counselling Psychology	Ranchi University	Ranchi University	2021-23	81.13%
B.A. in Psychology	Ranchi University	Gossner College	2017-20	72.73%
HSC	Jharkhand Board	St. Xavier's College	2015-17	68.2%
SSC	CBSE	Cambrian Public School	2014-15	8 cgpa

Professional Experience

Designation	Institution	Duration	Roles and Responsibilities
Teaching Assistant	Uka Tarsadia University	November 2023 – Present	Teaching Psychology papers, counselling sessions and other departmental works

Major Roles & Contributions:

Counselling Committee Head:

- Provided individual and group counselling to undergraduate and postgraduate students dealing with academic stress, emotional difficulties, and personal challenges.
- Conducted mental health assessments, intake interviews, and follow-ups while maintaining strict confidentiality.
- Designed and delivered workshops on stress management, emotional intelligence, time management, and life skills.
- Assisted students in coping with exam anxiety, adjustment issues, peer pressure, and career uncertainty.
- Collaborated with faculty, administration, and medical professionals for holistic student support.
- Maintained detailed case records, reports, and progress documentation as per institutional norms.

Life Skills Trainer:

- Design, plan, and deliver life skills training programs for undergraduate and postgraduate students in line with institutional objectives.
- Conduct interactive sessions on communication skills, emotional intelligence, stress management, time management, leadership, and teamwork.
- Train students in problem-solving, decision-making, critical thinking, and adaptability required for academic and professional success.
- Maintain session plans, attendance records, reports, and training documentation as per institutional guidelines.
- Support students in developing employability skills including workplace etiquette, professionalism, and career readiness.

International Collaboration Cell Coordinator:

- Coordinate and facilitate international academic collaborations with foreign universities, research institutions, and global organizations.
- Assist in the planning, execution, and monitoring of MoUs / MoAs with international partner institutions in accordance with institute policies.
- Act as a liaison between the institute and international partners for academic, research, training, and exchange programs.
- Coordinate international visits, delegations, and virtual meetings, including scheduling, documentation, and follow-up actions.
- Maintain comprehensive records and databases of international collaborations, agreements, and activities.

New Course Development:

- Contributed to the launch of M.A. Psychology and M.A. Clinical Psychology programs with successful admissions in the inaugural year.

Certification and Training

- Management and Soft Skill
- Fundamentals of Presentation and Presentability

Workshops and Programs conducted

- Life Skills & Personality Development Sessions
- Suicide Prevention Sessions and Awareness Programs
- Exam Anxiety & Performance Enhancement
- Session on Mental Health Sensitization

Research Supervision

Year	Title	University/ Institution	Role
2025-26	Parasocial Relationship and Attachment style among youth	Uka Tarsadia University	Guide
2025-26	Comparative study on Academic Satisfaction and level of Anxiety among Different streams	Uka Tarsadia University	Guide
2025-26	Personality Traits and Learning Styles as Predictors of Academic Achievement	Uka Tarsadia University	Guide
2025-26	Correlational Study Between Social Media Use and Self Esteem, Stress and Anxiety	Uka Tarsadia University	Guide

Research Work

Year	Title
2023-24	A study on the Life Satisfaction among AIDS patients in Ranchi, Jharkhand
2017-20	Equality of Women Attitude among Graduate students in Ranchi, Jharkhand

Conference/Seminar/ Webinar Participation

Organizer	Place	Nature	Title of paper	Level
Department of Humanities, UTU	UTU Campus	Presentation of Paper	Research on Representation of Mental Illness in Indian Cinema	National
The Department of Tourism, Arts, Culture, Sports and Youth Affairs Jharkhand	State Museum Ranchi	Participant	Cultural Impact on Human Behaviour	National

Awards and Recognitions

- National Conference: working committee member
- Hindi Diwas Event In-charge Certificate
- Youth Fest Coordination Certification

Internship

Counselling Intern in CIP, Ranchi, Jharkhand Assisted in counselling sessions under supervision.

- Conducted basic psychological assessments and observations.
- Assisted in history taking in OPD
- Prepared Case Reports under supervision

Skills

- Counselling Skills
- Management Skills
- Problem Solving
- Communication and Interpersonal Skills
- Psychometric Tools & Assessments
- Report Writing & Documentation
- Basic Computer Skills
- Community Engagement

References

Dr. Priyanka Soren
HOD
The Department of Psychology
Gossner College, Ranchi
Contact no- 6200740461

Dr. Abha Ekka
Assistant Professor & Co-ordinator
PGDGC
Ranchi University, Ranchi
Email- agnesh.abha@gmail.com