

Dr. Anupama Sihag



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Near Pili Kothi,
Hisar-125001, Haryana.
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Objective:

Seeking a challenging position which will enable me to continuously learn and explore my potential and capabilities, and simultaneously impart my knowledge and experience, in order to grow as a person and also as a motivator.

Competency Matrix:

- A result oriented professional with extensive counseling experience.
- Wide exposure in Psychological Testing.
- First-rate training and people's management skills.
- Excellent inter-personal and team building skills and lead the team.
- A good positive "Can do" attitude with a strong willingness to learn.

Education:

2016 - 2017 Post Graduate Diploma in Counseling and Behaviour Modification (PGDCBM),
Directorate of Distance Education,
Guru Jambheshwar University, Hisar, Haryana.

2011 - 2016 **Doctor of Philosophy (Ph.D.) in Psychology,**
Kurukshetra University, Kurukshetra, Haryana.

2013 - 2015 **First Division (70%) in Masters of Business Administration,**
(M.B.A.-O.B.), Directorate of Distance Education, Guru Jambheshwar University, Hisar, Haryana.

2001 - 2003 **First Division (69.5%) in Masters of Arts in Psychology,**
Specialization: Clinical Psychology & Organizational Psychology
Panjab University, Chandigarh.

1998 - 2001 **First Division (71.6%) in Bachelor of Arts in Psychology,**
Geography and Mathematics, Government College for Girls - 11, Chandigarh.

➤ **Consultant Career Guidance Expert.**

March 2009-March 2012

**Department of Mental Health and
Behavioral Sciences,
Max Super Specialty Hospital, New Delhi**

Supervisor: Dr. Samir Parikh, MBBS, DPM, MD (Psychiatry)

Duties: To provide career counseling and guidance after assessing the intelligence, interest and personality; to identify the careers in which the individual might succeed, and counsel him/her accordingly. The full process typically involved assessing interests, personality traits and skills determining short term and long term education and training needs; developing effective job search skills; exploring work and family balance and other values identifying and addressing barriers to pursuing career goals identifying career choices, and pathways understanding market trends and employment prospects for the future.

➤ **Counseling Psychologist - Cardiology.**

August 2008 - March 2011

**Department of Mental Health and
Behavioral Sciences,
Max Super Specialty Hospital, New Delhi**

Supervisor: Dr. Samir Parikh, MBBS, DPM, MD (Psychiatry)
Dr. Megha Hazuria Gore, Psy. D.

Duties: Consultation liaison services for cardiac in-patients admitted in the wards and intensive care units for cardiac surgery procedures and angioplasty as well as counseling services for patients coming to the out- patients department for cardiac screening packages at Max Devki Devi heart and vascular institute; provide crisis intervention services for patients and their families as well as supportive counseling services; supervised therapeutic work with clients having varied psychological and psychiatric difficulties in the OPD of the department of Mental Health and Behavioral Sciences; conducting therapy sessions for patients with sex and marriage related problems in the sex clinic as part of a joint initiative by the Department of Mental Health and Behavioral Sciences and Department of Urology at Max Hospital.

Membership:

- National Association of Psychological Science
- Indian Academy of Applied Psychology

Professional seminars and colloquia:

- **2019-20 activities in GMN College** includes Convenor Women Cell, Member IQAC, Member Career and Placement Cell, Member NSS Advisory Council, Member Career and Guidance Cell, Member Seminar and Research Committee, etc.
- **2018-19 activities** in GMN College includes Convenor Women Cell, Member Admission Committee, Member Discipline Committee, Member NSS Advisory Committee, Member Research and Development Council, Member Career and Placement Cell, Member Internal Complaints Committee against Sexual Harassment of Women at Workplace
- **2017-18 activities** in GMN College includes Examination Duty Member Discipline Committee, Member Decoration Committee and Spot Evaluation
- Female Teacher incharge of **Rajasthan trip** in Feb., 2017 of Kurukshetra University.
- **Proctorial duty** in 30th convocation, Kurukshetra University, Kurukshetra.
- Teacher incharge of **Library Orientation Seminar** for mphil/Ph. D. students of department of psychology, Kurukshetra University, Kurukshetra.
- Set **post graduate level paper** of psychology for different universities Attended lecture by Mr. Subhash Chandra on **“Motivation”** on April 5, 2016 at Guru Jambheshwar University, Hisar.
- Attended one day national conference on **“Recent Trends in Healthcare”** on March 14, 2016 organized by faculty of medical sciences, department of physiotherapy, department of applied psychology and department of pharmaceutical sciences of Guru Jambheshwar University, Hisar.
- Attended workshop on **“How to remain highly positive, motivated and focused to achieve your goal”** organized by PDCPA Institute of Communication Skills and Personality Development on 13th February, 2016 at Midtown Grand, Hisar.
- Attended a workshop on **“Poor School Performance”** organized by Indian Academy of Pediatrics at Sir Ganga Ram Hospital.
- Attended a workshop for the teachers on **“Psychological Problems in Children”** at Bal Bharti Public School, Pusa Road, New Delhi. Topics covered: Learning Disability, ADHD, Anxiety Disorder etc.
- Attended workshop by Dr. Samir Parikh on **“Youth Seeking Role Models: Beware”** on 19th August, 2009 at Max Super Speciality Hospital, New Delhi.
- Attended workshop by Aarti Rustagi on **“Youth Crime Mirroring the Society”** on 10th August, 2009 at Max Super Speciality Hospital, New Delhi.
- Attended workshop on **“Come Back to the Family”** on 13th July, 2009 by Department of Mental Health and Behavioural Sciences at Max Super Speciality Hospital, New Delhi.
- Attended workshop on **“Celebrities: The Human Within”** on 29th June, 2009 by Dr. Samir Parikh at Max Super Speciality Hospital, New Delhi.
- Attended three days workshop on the **“Rorschach Inkblot Test ; Exner System”** from 27th September 2008 to 29th September 2008 by department of mental health and behavioral science max healthcare at MSSH, New Delhi.
- Attended screening of documentary on schizophrenia titled **“The Unreal reality”** at India Habitat Center on 16th of January, 2009.

- Attended workshop on **“Smoking Cessation”** on 24th July, 2008 by Dr Hayden McRobbie and Serena Tonstad (Asia Regional Alliance for the Treatment of Nicotine Dependence).
- Attended workshop on **“Art Therapy”** on July 18, 2008 by Dr. Robin London, organized by Department of Psychology, Max Hospital, Saket , Delhi, India.
- Attended workshops (2008 to 2012) on **“Pro-social Peer Moderator Programme”** by Dr. Samir Parikh at Max Healthcare, New Delhi
- Attended workshop on **“Psychological Factors and Smoking”** by Dr. Samir Parikh and Dr. Sandeep Buddhiraja on 10th July, 2008 at Max Super Speciality Hospital, New Delhi.
- Attended workshop on **“NIMHANS Neuro Testing”** by Ms Arti Rustagi (clinical psychologist) at Max Hospital, Panchsheel, New Delhi.

Lectures Delivered/Workshop Conducted:

- **Coordinator** of DGHE, Haryana sponsored National Seminar by Women Cell, GMN College, Ambala Cantt. on Feb 23, 2019.
- **Member of Organizing Committee** of DGHE, Haryana sponsored National Seminar by NSS, GMN College, Ambala Cantt. on Feb 22, 2019.
- **State Level Inter-college Declamation** in Association with Department of Management, Commerce and Sociology.
- **National Cleanliness Day** in association with Department of Sociology, NSS, NCC on Jan 30, 2019.
- **Coordinator National Girl Child Day** on Jan 24 2019
- **Coordinator Psychology Association Meet** on Jan 9, 2019
- **Coordinator of Workshop on “opportunity in Beauty and Wellness Industry”** on Jan 12, 2019.
- **Coordinator Departmental Meet of Psychology** on Jan 1, 2019
- **Coordinator Laboratory Equipment Orientation** from Oct 6-8, 2018
- **Coordinator Movie Screening “Taare Zameen Par”** on Oct 8, 2018
- **Coordinator “workshop on Use of Vending Machine” on Sept 5, 2018.**
- **Coordinator “National Deworming Day** on Aug. 31, 2018.
- **Coordinator of “Rakshabandhan-An occasion to celebrate Womanhood”** under the Campaign “Ek Aur Sudhar” by DGHE, Haryana from Aug 23-25, 2018.
- **Coordinator Girl Child Day** on Sept 24, 2018.
- **Cordinator Mental Health Camp** at GMN College, Ambala Cantt. on Aug. 10, 2018.
- **Cordinator Hariyali Teej** at GMN College on August 11, 2018
- Delivered Lecture on **“Good touch Bad Touch”** at GMN College, Ambala Cantt. on July 20, 2018.

- **Member of Organizing Committee** of DGHE, Haryana sponsored National Seminar by Department of Music, GMN College on Mar 22, 2018.
- Coordinator **Hariyali Teej Utsav** on August 11, 2018.
- Coordinator Poster Making Competition, Department of Psychology on Feb 4, 2018.
- Organized **“Skill Building Workshop”** from Feb 1-3, 2018 at GMN College, Ambala Cantt.
- Delivered lecture on **“Dance Psychology”** on June 25, 2016 at Chaudhary Resort, Rajgarh Road, Hisar for the orphanage, Shaishav Kunj KDD students.
- Conducted three days workshop on **“Communication Skills”** from May 19-28, 2016 at Tender Feet School, Hisar.
- Delivered lecture on **“Childhood Disorders – ADHD and Dyslexia”** for teachers of Indus Public School, Hisar on April 14, 2016.
- Delivered lecture on **“Parenting”** on 4th March, 2016 in Veterinary Auditorium, CCS HAU, Hisar.
- Actively participated in **“Offsite Workshop: Unchagaon”** for three days from 5th December 2010.
- Actively participated in orientation program **“Working of Mental Health Practitioners”** for students of Loyola College, Trivandrum starting from 17th December, 2010 at Max Healthcare, New Delhi.
- Actively participated in **“Offsite Workshop: The Tree House”** near Jaipur on 26th October, 2010.
- **“On-site Psychologist: Madanpur Khadar”** for the rag pickers of Delhi suburb areas on 13th October, 2010.
- Appointed as **“Counseling Expert: MCCNC”** i.e. Max Critical Care Nursing Course of Max Super Speciality Hospital, Saket from 28th October 2010 to March 2012.
- Delivered lecture on **“Career Counseling”** at Kamla Nehru College, New Delhi on 24th June, 2009.
- Took extensive lectures on **“Career Counseling”** in various schools of Delhi (NCR) under the supervision of Dr. Samir Parikh.
- **“On-site psychologist”** for Central Government Health Service (CBI) cardiac screening camp on June 15, 2010, New Delhi.
- Took monthly antenatal classes (monthly) on **“Pregnancy and Childbirth – A Psychological Perspective”** in Max Healthcare, Gurgaon from December 2008 to March 2012.
- Data management for **“ISO and NABH”** standards, making the monthly dashboard and dealing with ISO and NABH audits, external as well as internal, from December 2008 to March 2012.
- Talked on various topics like **“Juvenile Delinquency”, “Depression”, “Bullying”,** etc. on radio FM 91.1, New Delhi.
- Talked on topics like **“Depression”** and replied to the queries of the patients LIVE on India TV.

- Actively participated in the yearly "**School Program**" by Dr. Samir Parikh covering study skills, aggression, media literacy, and risk taking behavior and life skills.
- Onsite psychologist at workshop on "**Substance Abuse in School Children**" for the poor families of Madanpur Khadar, Delhi.
- Psychologist at workshop on "**Stress Management in Nurses**" in Max Healthcare, New Delhi.
- Actively participated in "**Offsite Workshop: Fort Pachewar**" for three days starting from 24th February, 2009.
- Delivered lecture on "**Career Counseling: APJ School**", Saket on 12-13 April 2010 and included parents of 10+1 and 10+2 standard.
- Delivered lecture on "**Career Counseling: Ramjas School**", Pusa Road on 2nd November, 2009.
- Delivered lecture on "**Career Counseling: St. Mary School**", on 31st October, 2009.
- Delivered lecture on "**Career Counseling: DPS**", Vasant Kunj on 28-29 October, 2009.
- Delivered lecture on "**Career Counseling: St. Paul School**", on 26th October, 2009.
- Delivered lecture on "**Career Counseling: Lancers Convent**", on 23rd October, 2009.
- Delivered lecture on "**Career Counseling: DAV School**", East of Kailash on 22nd October, 2009.
- Delivered lecture on "**Career Counseling: Sadhu Vasvani School**", on 21st October, 2009.
- Delivered lecture on "**Career Counseling: Richmond Global School**", Paschim Vihar on 9th October, 2009.
- Delivered lecture on "**Career Counseling: Guru Harkishan Public School**", Karol Bagh on 25th September, 2009.
- Delivered lecture on "**Career Counseling: Shadley Public School**", Rajouri Garden on 22nd September, 2009.
- Delivered lectures on "**Suicide Prevention**", in Kamla Nehru College on 14th September 2009.
- Actively participated in "**Offsite Workshop: Chowkhidhani**" Jaipur from 11th and 12th September, 2009.
- Delivered lecture on "**Career Prospects in Geography and Psychology**" in Kamla Nehru College, New Delhi on 7-8th September, 2009.
- Appeared for **Civil Services Examination** (June 2003 – January 2007), cleared preliminary exam twice.

Research Experience:

- Ph. D. Research 2010-2015. Topic: "**Coping with Occupational Stress and Burnout in Healthcare Professionals: Moderating effect of Emotional Intelligence**".
- M.B.A. Research, 2014-2015. Topic: "**Human Resource Management: Employee Curriculum Vitae**"

Motivation” at Max Healthcare.

Publications:

- Bala, Saroj and Sihag, Anupama (2018). **Child Abuse: Constitutional Provisions and Impact.** Shodh Sameeksha aur Mulyankan.
- Sihag, Anupama and Bala, Saroj (2018). **Need for Pedagogical Innovations.** Research Analysis and Evaluation.
- Sihag, Anupama (2018). **Correlates of Domestic Violence.** Pramana Research Journal. 7(29), 215-18.
- Sihag, Anupama (2018). **Impact of Eating Habits in Hostel Girls.** Chintan Research Journal. 8(31), 448-52.
- Sihag, Anupama (2018). **Attitude towards Internet Usage in Youth.** Sanskaar Chetna. 7(7), 314-18.
- Sihag, Anupama (2018). **Stress in Farmers of Haryana.** *International Journal of Social Sciences Review, In Press.*
- Sihag, Anupama (2017). **“Powerlessness and underparticipation: a comparative study”.** *International Journal of Social Sciences Review, 5(2), 276-278.*
- Sihag, Anupama (2016). **“Aspirants to civil servants: case studies”.** *Indian Journal of Health and Wellbeing, 7(8), 763-764.*
- Sihag, Anupama (2016). **“Factors affecting Employee Motivation for Organizational Effectiveness”.** *Indian Journal of Positive Psychology, in print.*
- Sihag, Anupama (2016). **“Role Overload: Impact on Support Staff of Healthcare”.** *International Journal of Social Sciences Review, 3(4), 593-595.*
- Sihag, Anupama, & Bidlan, J.S. (2015). **“Occupational stress and burnout in healthcare: Case studies”.** *Indian Journal of Health and Wellbeing, 6(1), 117-119.*
- Bidlan, J.S., & Sihag, Anupama (2014). **“Emotional Intelligence among healthcare professionals: Exploring its moderating effect in occupational stress and burnout relationship”.** *Indian Journal of Positive Psychology, 5(1), 37-40.*
- Bidlan, J.S., & Sihag, Anupama (2014). **“Occupational stress, burnout, coping and emotional intelligence: Exploring gender differences among different occupational groups of healthcare professionals”.** *Indian Journal of Health and Wellbeing, 5(3), 299-304.*
- Sihag, Anupama, & Bidlan, J.S. (2014). **“Coping with occupational stress and burnout in healthcare”.** *Indian Journal of Positive Psychology, 5(3), 325-328.*
- Bidlan, J.S., & Sihag, Anupama (2013). **“Occupational stress among healthcare professionals”.** *Indian Journal of Health and Wellbeing, 4(8), 1558-1562.*
- Bidlan, J.S., & Sihag, Anupama (2013). **“An investigation into the relationship between occupational stress, burnout and emotional intelligence among healthcare professionals”.** *International Journal of Education and Management Studies, 3(4), 427-430.*

Conferences attended/Paper Presented:

- Presented a paper on “Women Psychology” in DGHE, Haryana sponsored National Seminar by Women Cell, GMN College, Ambala Cantt. on Jan 23, 2019.
- Presented a paper on “**Need for Motivation towards Healthy Behavior: A cleanliness Perspective**” in DGHE, Haryana sponsored National Seminar by NSS, GMN College, Ambala Cantt. on Jan 22, 2019.
- Presented Paper on “**Pedagogical Innovations: Promoting Creativity in Teaching**” in 54th National and 23rd International Conference of Indian Academy of Applied Psychology (Feb 14-16, 2019).
- Presented paper on “**Lessons of Attachment and Anger Management from Bhagavad Geeta**” at Rajiv Gandhi Government College, Saha on Dec 19, 2018.
- Presented paper on “**Comprehensive Analysis of Personality: An Ayurvedic Perspective**” in a seminar on Science and Ayurveda at Gandhi Memorial National College, Ambala Cantt.
- Attended Science Awareness Programme at GMN College, Ambala Cantt. on Feb. 10, 2018.
- Presented paper on “**Internet Usage in College Students**” in 5th International and 7th Indian Psychological Science Congress from Oct 26-28, 2018 at Punjab University, Chandigarh.
- Presented paper on “**Intellectual Property Rights and the Psychology of Creativity**” at GMN College, Ambala Cantt. on Mar 30-31, 2018.
- Presented paper on “**Instrumental Music and Concentration in Studies**” and “**Music: A stress Management Therapy**” in GMN College, Ambala Cantt. on Mar 22, 2018.
- Presented paper in International Conference on Positive Psychology on the topic “**Personality Correlates of Social Networking**” at Department of Applied Psychology, GJUS&T, Hisar from Mar 9-10, 2018.
- Presented online paper on “**Aggression in Youth Today**” at IAHRW, International Conference by Bharti College, Delhi University on Feb. 20-21, 2018.
- Presented paper on “**Personality of Revolutionaries: Bhagat Singh**” at GMN College, Ambala Cantt. on Jan 31, 2018.
- Attended ICSSR sponsored two-week national workshop on “**Capacity Building Programme for Social Science Faculty Members**”, from June 5 – June 18, 2017, in Kurukshetra University.
- Attended two day national workshop on “**Data Analysis using SPSS**” from March 20-21, 2017 in Kurukshetra University.
- Attended National Seminar in Ch. Ishwar Singh Mahavidhyalya, Dhand on 28th Feb., 2017 and presented paper on “**Coping with Stress and Burnout in Adolescents**”.
- Attended 8th HSB Annual National Conference, GJUS&T, Hisar from 10-11 February, 2016 and presented paper on “**Powerlessness and Lack of Workers’ Participation in Management**”.
- Attended ICPAS 4, Goa from January 26-28, 2016 and presented paper on “**Revenue Assurance: Measures to control revenue leakage in organizations**”.
- Attended ICPAS 4, Goa from January 26-28, 2016 and presented paper on “**Positive Medical Schooling: Need to strengthen the Role of Mental Health Practitioners in Medical Schools and Healthcare**”.

- Attended ICPAS 3, Noida from September 25-27 September, 2014 and presented paper on ***“Career Counseling: A Step towards the Appropriate Career Choice”***.
- Attended ICPAS 2, Hisar from September 21-22 March, 2013 and presented paper on ***“Role of Post-Operative Counseling in Cardiac Patients”***.
- Attended ICPAS 1, Hisar from September 25-25 November, 2011 and presented paper on ***“Parent-Teacher Meet (PTM)-Preventing Conduct Problems”***.

Awards and Honours:

- Awarded by ***Jila Yuva Vikas Sangathan*** for contribution as Convenor, Women Cell, G.M.N. College. Jan 20, 2019.
- ***Prof. Deepak Bhat Award*** for best paper of scientific session series II at 54th National and 23rd International Conference of Indian Academy of Applied Psychology (Feb 14-16, 2019).
- Completed **Faculty Development Programme** on “Art of Teaching with Latest Technology based on Google Forms and Google Classrooms” from Nov 22 to Dec 15, 2018.
- Award of Appreciation for blood donation on Feb 20, 2018 at GMN College vy PGIMER, Chandigarh.
- Won second position in Chatti Race in Annual Athletic Meet of GMB College in 2017-18.
- Completed **Orientation Course** from UGC-HRDC, GJUS&T, Hisar from November 20, 2017 to December 16, 2017 with A grade.
- Secured ***“first rank”*** in Panjab University, Chandigarh in the M.A. Psychology (Previous) in July 2002.
- Secured ***“second rank”*** in Panjab University in the M.A. Psychology (Combined previous and final years) in July 2002.
- Recipient of ***“Academic Achievement Awards”*** for excellence in scholastic performance during all years of schooling.
- Served as the ***“Wing Prefect”*** for the year 1999 – 2000 in Government College for Girls, sector 11, Chandigarh.
- Served as the ***“President of Geography Association”*** for the year 2000 - 01 in Government College for Girls, sector 11, Chandigarh.
- Secured ***“third rank”*** in History and Culture of Punjab for the year 1999 in Government College for Girls, sector 11, Chandigarh.
- Secured ***“first rank”*** in History and Culture of Punjab for the year 2001 in Government College for Girls, sector 11, Chandigarh.
- Obtained ***“first prize”*** in 100 m and relay race.

Other professional skills:

- Proficient in Microsoft Word, Microsoft Excel, Microsoft Power Point.

- Proficient in handling ISO and NABH dashboards and handling audits.
- Proficient in use of SPSS.

Personal Particulars:

Date of Birth: 27/08/1980
Marital Status: Married, one kid
Languages Known: English, Hindi

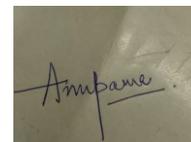
References:

- **Dr. Samir Parikh**, MBBS, DPM, MD (Psychiatry),
Director, Department of Mental Health and Behavioral Sciences,
Fortis Healthcare, New Delhi.
- **Dr. C.R. Darolia**, Professor and Proctor, Department of Psychology,
Kurukshetra University, Kurukshetra, Haryana.
- **Dr. Megha Hazuria Gore**, Psy. D.
- **Dr. Anurag Mishra**, MBBS, MD (Psychoanalysis),
Chief of Psychoanalysis, Department of Mental Health and Behavioral Sciences, Fortis Healthcare,
New Delhi.
- **Dr. J.S. Bidlan**, Professor and Chairperson,
Department of Psychology, Kurukshetra University, Haryana.

Declaration:

I hereby declare that the information given above is true and to the best of my knowledge.

Date: 26/02/2019



Anupama Sihag