



Dimpal Kumari

Phone no: 03259182298

Gmail: dimplekummari10@gmail.com

Address: House no 20, T & T Colony. Morgah Rawalpindi

Dedicated and compassionate psychologist with online and in person experience of empowering individuals to overcome challenges and achieve emotional wellbeing. Also, a highly motivated and accomplished educator with a strong commitment to fostering a positive and inclusive learning environment.

EDUCATION

MS Clinical Psychology

Foundation University Rawalpindi Campus
(2021 –2023)

Major Courses

Psychotherapy	Research design and practice
Psychodiagnosis	Guidance and counselling
Clinical Practicum	

M.Sc. Applied Psychology

National University of Modern Languages
(2018-2020)

Major Courses

Research methods	Abnormal Psychology
Educational Psychology	Clinical psychology
Article writing	Guidance and Counselling

Bachelor of Arts

F.G. College for Women, Kashmir Road, Rawalpindi
(2016-2018)

Major Courses

Applied Psychology	Economics
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F.A

F.G. College for Women, Kashmir Road, Rawalpindi
(2014-2016)

Major Courses

Psychology	Education	Persian
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Matriculation

St. Catherine's Convent Girls High Secondary School ,241 –Aziz Bhatti Road, Rawalpindi
(2012-2014)

Major Courses

Biology	Physics	Chemistry
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EXPERIENCE

Lecturer

University of Wah
(Feb-2025-Present)

Visiting Faculty

Fatima Jinnah Women
University
(Sep.2024-Jan.2025)

Psychology Instructor

Eahana-The Premier Tutors
Online Academy
(Dec.2022-Present)

Coordinator

The Quest Education System
(June.2021-Feb.2025)

SKILLS

- Good communication skills
- Microsoft word
- Microsoft excel
- Microsoft PowerPoint
- Administrative skills

LANGUAGES

- English
- Urdu

INTERESTS

- Book reading
- Social networking
- Attending seminars

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CERTIFICATES/AWARDS

- Certificate of Merit (for good performance) in MS Clinical Psychology
- Certificate of presentation in International Conference on Integrational transfer of mental illness: Patterns of risk and protective factors
- Certificate of participation in 2nd international conference 2021, Understanding hidden disabilities; Creating a resilient and inclusive world
- Certificate of participation in seminar on Self Realization
- Certificate of Focal Person in One Day Workshop on Hands on Training on Psychological Assessment, Dept of Psychology UOW
- Award of Resource Person of One Day Workshop on Foundations of Counseling, Dept of Psychology UOW

PRACTICAL WORK

- Case reports from Benazir Bhutto Hospital (Sep.2019-Nov.2019)
- Psychological assessment report (June.2022)
- Clinical Practicum (Oct.2022-June.2023)

ARTICLE

Impact of Social Media Algorithms on Mental Health Among Youth in Pakistan: A Mixed-Methods Study.

Algorithmic Social Media Exposure, Cognitive Overload, and Psychological Well-Being Among University Students in Pakistan.