

# SHEETAL K. KANDOLA

+91 7304619733(INDIA)

+12286272291 (USA)

[sheetalkandola@gmail.com](mailto:sheetalkandola@gmail.com)

## SKILLS

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- Fluent in English, Hindi and Punjabi & Basic knowledge of French, Spanish & Italian
- Experience in implementing, monitoring & evaluating projects in social development & global mental health
- Excellent organizational and interpersonal skills for working remote or collaborating effectively with a diverse team
- Trained in conducting qualitative research and in using data analysis software for quantitative data (SPSS) and qualitative (NVivo)

## EXPERIENCE

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### Research Consultant (remote)

**Yamuna Valley, India**

#### Burans (A community mental health organization)

**Jan 2022 – Aug 2022**

- Capacity building with health workers for implementing projects around women's empowerment & mental health
- Designed, managed supervised large-scale awareness programs for youth and women on mental health and life skills
- Implemented, designed, and trained staff on qualitative and quantitative research methods & public health initiatives
- Conducted in-depth interviews (IDIs) and focus group discussions (FGDs) with stakeholders to illustrate outcome stories
- Created, designed and implemented training on essentials of coaching curriculum for Burans staff and health workers
- Delivered training on yoga for mental health to 50+ community health workers and Burans staff
- Created & published policy brief on mental healthcare in rural Uttarakhand to appeal to policy makers for support and aide
- Monitoring and evaluation of Burans staff, community health workers, networking with public officials, and management of new initiatives

### Project Manager

**Rishikesh, India**

#### Global Interfaith WASH Alliance (GIWA)

**June 2020 –Dec 2021**

- Developed & managed the United Nations Populations Fund (UNFPA) project for Life Skills Education (LSE). Organized over 100+ youth to become peer educators and held events, workshops related to the environment, health, and gender.
- Managed and supervised team of 10+, created a system of weekly meetings, agenda, minutes, and project management tools for team to communicate effectively and be clear about objectives and goals of work.
- Implemented, designed, and trained staff and youth leaders on a life skills curriculum to empower over 50+ youth groups
- Overseeing of M&E activities, assisting in grant writing, spearheading projects, and design & management of initiatives

### Researcher & Sexual Health Educator

**New Orleans, USA**

#### Institute of Women and Ethnic Studies (IWES)

**June 2018 - Dec 2019**

- Taught and evaluated a trauma-informed, human rights rooted sex education curriculum in middle schools
- Implemented, facilitated various yoga & mindfulness interventions for women in recovery with trauma & substance abuse
- Completed a qualitative research project examining the intersection of education, mental healthcare and the juvenile justice system to aide in the development of creating a trauma task force for the charter school system in New Orleans.
- Research, design and evaluation of the Global Early Adolescent Study (GEAS), a randomized control trial (RCT) examining the effectiveness of two distinct Sex Ed curriculums in New Orleans.

### Research Manager

**Chandigarh, India**

#### Post-Graduate Institute of Medical Education and Research (PGIMER)

**May 2017-2018**

- Supported a research study examining the prevalence of adolescent problem behaviors
- Collaborated in designing interventions focused on school based mental health in North India
- Collected, organized and analyzed data for scientific reporting for ICMR (Indian Council of Medical Research)

### Clinical Coordinator

**Chon Buri, Thailand**

#### Safe House Thailand

**Feb-April 2017**

- Created a database for patient in-take on pre and post psychometric testing outcomes & managed a recovery program

- Taught and conducted workshops on psychoeducation, yoga and meditation and gained clinical experience

### **Project Manager**

#### **Addictions Research Group (ARG) at Sangath**

**Goa, India  
July 2015 –2016**

- Planned, implemented, monitored and evaluated the clinical, admin and research aspects of two major global mental health research projects funded by Grand Challenges Canada (GCC) in India.
- Implemented the use of a project management tools, to communicate, collaborate and connect.
- Trained and managed researchers to use Microsoft & SPSS for data entry and chaired weekly team meetings with staff of 10+
- Conducted qualitative interviews and focus group discussions with survivors of domestic violence. Analyzed quantitative data and presented data to the team fortnightly
- Aided in developing resource materials to train lay health workers (LHWs) delivering counseling sessions.

### **Manager & Healthcare Operator**

#### **Premier Medical Connect (PREMEDEX)**

**Atlanta, USA  
Jan 2012-2013**

- Collected and organized data using surveys on patient’s experience in hospitals after they had been discharged
- Created and implemented a quality assurance manual for training new employees
- Aided company in marketing by developing a website, creating a social media platform, and calling CEOs in hospitals

## **EDUCATION**

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### **Indian Law Society (ILS) & World Health Organization (WHO)**

**Pune, India**

#### **Post-Graduate International Diploma in Mental Health, Human Rights and Law**

**2017-2018**

*Dissertation: Arrested Development: Juvenile Justice and Mental Healthcare in the United States of America*

### **London School of Hygiene and Tropical Medicine & King’s College London (Joint Program)**

**London, UK**

#### **Master of Science, Global Mental Health**

**2013-2015**

*Dissertation: Psychosocial Interventions for Children in Post-Conflict Settings: The Case of Parent Teacher Associations (PTAs) in Burundi*

### **Emory University**

**Atlanta, USA**

#### **Bachelor of Social Sciences, Major: Anthropology & Human Biology**

**2009-2011**

### **Oxford College of Emory University**

**Oxford, USA**

#### **Associate’s Degree in Science**

**2007-2009**

## **REFERENCES**

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**Dr. Lisa Richardson**, Supervisor at the Institute of Women and Ethnic Studies (IWES), [lrich@iwesnola.org](mailto:lrich@iwesnola.org)

**Dr. Richard Velleman**, Supervisor at Sangath, [r.d.b.velleman@bath.ac.uk](mailto:r.d.b.velleman@bath.ac.uk)