

## EDUCATION

## St. Xavier's University, Kolkata | MA Psychology | Specialization : Clinical Psychology

July' 22 – May'24

- **Achievements:** Awarded Gold Medals for exceptional academic performance and achieving top marks in both the first and third semesters of Master's studies.
- **Participation:** Organized campus-wide mental health and suicide prevention awareness events, incorporating film screenings, interactive activities, and games to educate and engage adolescents and young adults.
- **Learnings:** Gained practical experience in administering and interpreting **psychometric assessments** across age groups, such as IQ assessments (DST, VSMS, VAIS), cognitive screening tools (MMSE, PGIBBD, WCST), anxiety scales (BAI, STAI-AD, IPAT), and personality tests (EPQ), along with projective tests like RIBT and TAT.
- **Research Work:** Conducted an 8-month research work during Master's studies on the **effect of affirmations and gratitude on one's psychological well-being**, with intensive use of statistical techniques like t-tests, correlation analysis, and one-way ANOVA.

## Jagran Lakecity University (JLU), Bhopal | BA. (Honours) Psychology

July'19 – May'22

- **Achievement:** Served as Class Representative for the 2019-20 academic year, overseeing class management, assuming leadership roles, organizing activities, and ensuring smooth communication between students and faculty.
- **Participation:** Engaged in academic initiatives such as the National Symposium on Abortion Politics and Social Justice, volunteered at COVID-19's Societal Impact conference & completed a 1-month internship addressing **Psychological Well-Being among Police Personnel**.
- **Research Work:** Acquired 6 months of research experience during my Bachelor's studies, conducting a **comparative study on state and trait anxiety among postgraduate and undergraduate students**, using statistical tools such as t-tests and correlation analysis.

## St. Joseph's Co-Ed School, Bhopal

May'07 – Apr'19

- **Started** volunteering with the Bhopal I Clean Team in 2012, focusing on the **Swachh Bharat Mission** by leading efforts to clean local areas, educate the public, and enhance spaces with creative mandala art and colorful designs.
- **Began** volunteering with Ansh Happiness Society in 2017, and took on a leadership role in organizing cultural events "Mehfil" (music) and "Kaafile" ([nukkad natak](#)) while helping **youth explore career paths**, offering **social internships**, & promoting **rural life experiences**.

## WORK EXPERIENCE

## All India Institute of Medical Science (AIIMS), Bhopal | Project Technical Support

Nov'24

Data Collection | Data Analysis | Psychological Intervention Delivery | Report Preparation.

## Podar International School, Indore | Wellness Teacher cum Special Educator

Jun'24 – Oct'24

Counselor | Special Educator | Wellness teacher | Life skill coach | Career Counsellor

- Conducted classroom observations focusing on students' social interactions, academic performance, and emotional well-being, gathering insights to support tailored interventions and development. With that, Facilitated career counseling for students, offering personalized guidance on career choices, academic direction & long-term goal achievement strategies.
- Offered counseling to students by providing **emotional support** and worked on stress relief signs of academic stress by providing strategies to manage stress through mindfulness, relaxation exercises, and prioritization. Also worked with students to strengthen their relationships with parents by identifying key issues and recommending practical ways to improve family dynamics.
- Worked closely with children with ADHD, Autism, and Learning Disabilities, developing **individualized improvement strategies** and offering consistent support to aid their learning and development. Autistic children Identified sensory sensitivities and adapted to the classroom environment by creating sensory-friendly areas to reduce overstimulation.
- Delivered teacher training focused on **creating inclusive classrooms**, where teachers learned strategies to support students with special needs like ADHD and Autism, alongside their typically developing classmates.

## INTERNSHIP

## Mind Plus Life | 5 weeks | Counselling Psychology

May'21 – June'21

- Gained experience in counseling, proficiency in client management, and understanding the integral stages of the Counseling process. Additionally, I developed knowledge of various therapeutic techniques beneficial for the healing process during counseling sessions.

## Psyche and Beyond | 5 weeks | Clinical Psychology

April'20 – May'20

- The internship in Clinical Psychology was done with a focus on theoretical learning. Acquired key skills in conducting MSE, Case Studies, and Client handling. Participated in numerous case discussions to expand knowledge and critical thinking abilities.

## Healthchamp | 5 weeks | Child Psychology

Aug' 20 – Sept '20

- Completed an internship in Child Psychology, gaining valuable experience in play therapy, vocational learning, and developmental care. Acquired significant knowledge of the importance of Psychoeducation.

## EXTRA-CURRICULAR &amp; INTERESTS

- **Volunteering with Anant Mandi** started in 2019, helping organize platforms for organic farmers, natural product makers, and artists to promote their work, raising awareness, and contributing to the success of several startups. This role strengthened my event management skills, teamwork, communication abilities, and creative thinking.
- **Started Tiny Terrace in 2020**, a startup designed to promote indoor plants for health benefits and eco-friendly gifts, encouraging a sustainable lifestyle. Gained expertise in marketing strategies, communication, and the significance of health and wellness in daily life.
- **Hobbies and Interests:** Passionate about music (singing and playing the synthesizer), Kathak dancer, and maintaining a healthy lifestyle through Yoga, **Self-Discipline**, and Fitness Activities.

- **Strengths:** Expertise in content writing, social work, communication skills, and coordination abilities.