

HIMANSHU SINGH

Sector 46, Faridabad, Haryana – 121010

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Professional Summary

Empathetic and dedicated postgraduate in Psychology with a strong foundation in psychological assessment, diagnosis, and counselling. Skilled in in-patient interaction, psychological testing, and therapeutic techniques. Passionate about supporting emotional well-being and mental health in clinical and community settings.

Education

M.A. in Applied Psychology (Clinical Specialization)

Manav Rachna International Institute of Research and Studies, Faridabad

2023 – 2025 | Completed

B.A.B.Ed. (Integrated)

Sanskriti University, Mathura

2018 – 2023 | CGPA: 8.12

Senior Secondary (Class XII)

BNS DAV Public School, Giridih, Jharkhand

CGPA: 8.8

Clinical Internship

Vidyasagar Institute for Mental Health and Neuro & Allied Sciences (VIMHANS), Delhi

Duration: 4 months | **Departments:** IPD & OPD

- Assisted in psychological testing and mental health assessments
 - Independent conduction of psychometric tests like WISC, WIAT, HAM- A,B, WAIS, TAT, CAT, BDI, DAPT, HPT, ISAA etc
 - Observed and supported therapeutic sessions
 - Departmental posting in both ipd and opd
 - Engaged in patient care, case history, and diagnosis
 - Assisted and conducted food mood therapy
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Workshops & Conferences

- Participated in weekly **“FOOD MOOD”** training at VIMHANS Delhi for 4 months.
 - Conducted workshop on **"HEALTHY FAST FOOD"** at VIMHANS, Delhi.
 - Participated in monthly **“COMMUNITY MENTAL HEALTH AWARENESS SERIES”** at IHC.
 - Organised **“BIG FIVE PERSONALITY TEST”** workshop at department of applied psychology, MRIIRS.
 - Participated in **“COMMUNITY HEALTH CAMP”**.
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Core Skills

- Psychological Testing & Assessments
 - Patient Assessment & Clinical Diagnosis
 - Report writing and Documentation
 - Clinical Observation and MSE
 - Stress Management & Self-care Techniques
 - Critical Thinking & Problem Solving
 - Patience & Adaptability
 - Food and mood connection
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DECLARATION:

I hereby declare that the information furnished above is correct to the best of my knowledge and belief.

Place: Faridabad, Haryana

Date: 15/07/2025

Yours Sincerely

Himanshu Singh