

EDUCATION

MPhil Clinical Psychology <ul style="list-style-type: none">• SGT University	2023-Present
UGC NET <ul style="list-style-type: none">• Qualified For Assistant Professor	June 2023 210/300
MA Psychology – Health & Culture <ul style="list-style-type: none">• University of Delhi	2020- 2022 CGPA: 8.068
BA (Hons) Psychology <ul style="list-style-type: none">• University of Delhi	2017- 2020 CGPA: 8.378

EXPERIENCE

M.Phil. Clinical Psychology trainee <i>SGT Hospital</i> <ul style="list-style-type: none">• Providing individual therapy, family therapy• Administering psychological assessments• Postings in other departments & community outreach programs	<i>August 2023 – Present</i>
Jr. Psychologist <i>MindTribe</i> <ul style="list-style-type: none">• Took online counseling sessions and group therapies• Conducted training sessions, workshops and delivered research presentations• Member of onboarding team for new joiners, mentor for group therapies• Interviewer for Technical Interviews of candidates• Wrote blogs and managed the records of the cases we track• Managed mock counselling sessions, affirmation group and cluster meetings	<i>June 2022-July 2023</i>
Intern <i>P'Psych Care</i> <ul style="list-style-type: none">• Participated in psychology virtual classes and role plays• Observed and performed online counselling session• Performed follow up session on virtual mode with patient• Prepared psychology content; recorded 1 video and delivered 3 Facebook live on organization's social media platform	<i>September 2021- November 2021</i>
Intern <i>Trainer - Purti Sharma, Psychologist (RCI CRR-A62952)</i> <ul style="list-style-type: none">• Learned case history taking, mental status examination, various tests, different disorders, etc.	<i>September 2020- October 2020</i>
Intern <i>Moolchand Medcity</i> <ul style="list-style-type: none">• Observed case history taking session, special education session• Took case history taking sessions• Participated in classes and orientation for various case studies and their management	<i>June 2019</i>
Intern <i>Mental Health Foundation (India)</i> <ul style="list-style-type: none">• Attended workshops, interactive sessions, OPD & IPD visits, Institutional Visits• Worked in a Community Project on Mental Health.	<i>June 2018</i>
Part Time Teacher <ul style="list-style-type: none">• Teach school (class 6th to 12th) & undergraduate psychology students	<i>2019 - Present</i>

POSITIONS OF RESPONSIBILITY

MEMBER, REPERTOIRE COMMITTEE <i>International Conference on Holistic Health: Exploring Interconnected Realms of Well-being, SGT University</i>	<i>September 2024</i>
--	-----------------------

MEMBER, ORGANISING COMMITTEE
Psychology Fest, Mata Sundri College for Women, DU

February 2020

MEMBER, ORGANISING COMMITTEE
Kindness is Contagious Campaign, Mata Sundri College for Women, DU

September 2019

ACHIEVEMENTS & RESEARCH

Expert Speaker at Panel Discussion on Mindfulness at Workplace, Focus, Flow & Flourish held at SGT University	2024
Presented a paper “Impact of Exercise on Satisfaction With Life and Happiness” in <i>International Conference on Holistic Health: Exploring Interconnected Realms of Well-being</i>	2024
Expert Speaker at Panel Discussion Uniting Voices, Igniting Change held on International Women’s day at SGT University	2024
Masters Dissertation: “Three Good Things Intervention for Parent-Child Relationship: A Pilot Study”- funded	2022
Published paper: “Smartphone Addiction and Mental Health: A Cross Sectional Comparative Study on Depression, Anxiety, Stress, Self-Esteem and Satisfaction with Life” in <i>The International Journal of Indian Psychology</i>	2021
Coached 50 + Psychology Undergraduate students of Mata Sundri College for Women, University of Delhi in SPSS	2020
Presented & Published paper: “Customer satisfaction, customer relationships and motivation: Integrative Analysis” in <i>International Conference on Recent Advances and Challenges in Finance and Marketing for New India @ 2022</i>	2019
Published paper: “Courage: An important virtue” in <i>IAHRW International Journal of Social Sciences Review</i>	2019
1st Prize - National PsyQuiz, National PsychOLYMPIAD	2016

OTHER COURSES, WORKSHOPS & CONFERENCE

NAME	INSTITUTE / PROVIDER	YEAR
Interpersonal and Social Rhythm Therapy (IPSRT)	3C Institute	2025
Interpersonal Psychotherapy	University of Toronto (Coursera)	2025
Psychological First Aid	Johns Hopkins University (Coursera)	2022
COVID-19: Helping Young People Manage Low Mood and Depression	University of Reading (Future Learn)	2022
Counselling Skills Certificate Course (Beginner to Advanced)	The Academy of Modern Applied Psychology (Udemy)	2021
Introduction to Self-Determination Theory: An approach to motivation, development and wellness	University of Rochester (Coursera)	2021
5 th Online Skills and Training Workshop on SPSS	Heera Psychology Testing, Research and Consultancy Pvt. Ltd.	2021
Practicing Gratitude Teach-Out	University of Michigan (Future Learn)	2020
Introduction to Psychology: The Psychology of Learning	Monash University (Future Learn)	2020
Intellectual Property Rights	Mata Sundri College for Women, University of Delhi	2019
Second Fortis Annual Psychology Conference	Fortis	2018
Administration, Scoring & Interpretation of The Rorschach Inkblot Test	Expressions India, Moolchand Medcity	2018
Case Psychopathology Adult History Taking	Expressions India, Moolchand Medcity	2017
Recent Advances in Psychopathology of Adolescent Behavior	Expressions India, Moolchand Medcity	2017
Cognitive Behavioral Therapy - Special Focus on Midlife Crisis	Expressions India, Moolchand Medcity	2017

SKILLS

TECHNICAL SKILLS: Psychotherapy, Psychological Testing, Client Handling, Content Creation, Understanding of Ethics, Quantitative Research

SOFTWARE PROFICIENCY: SPSS, MS Word, MS Excel, MS PowerPoint, Google Workspace

SOFT SKILLS: Communication, Report Writing, Management, Teamwork, Creativity, Patience, Work Ethic, Attention to Detail