



# HIMANSHI

**PSYCHOLOGY EDUCATOR & MENTAL HEALTH  
COUNSELOR & ASPIRING CORPORATE WELLNESS  
SPECIALIST**

## CAREER SUMMARY

Psychology professional with hands-on experience in mental health counselling, employee well-being initiatives, and training program facilitation. Experienced in delivering mental health interventions, conducting psychological assessments, and designing awareness programs. Skilled in integrating psychological insights into workplace settings to promote productivity, resilience, and employee engagement. Passionate about supporting inclusive and high-performance corporate cultures.

## EDUCATION

### ➤ Master of Science in Clinical Psychology 2023 – 2025

*MDU University Rothak*

- Gained advanced knowledge in clinical assessment, therapeutic techniques, and psychological research.
- Focused on understanding mental health challenges through evidence-based practices and conducted research on stress and depression among students.

### ➤ Bachelor of Science in Clinical Psychology 2020 – 2023

*SGT University, Gurugram*

- Studied core psychological concepts, including abnormal psychology, psychological testing, and counselling skills.
- Gained hands-on experience in research and psychological assessments through various practical assignments.

## EXPERIENCE

- Psychology Teacher
- Academic foundation August 2024-April 2025
- Delivered lectures on 10 and class Psychology sub.
- Developed course materials and evaluated student.
- Organized seminars and workshops on mental health.

## CONTACT



+91 90138-94300



[Himanshi28012003@gmail.com](mailto:Himanshi28012003@gmail.com)



CRPF flats qtr no 121 dwarka sec  
16B (110078)



.....  
.....

## SKILLS

- Psychological Assessment & Diagnostic Tools
- Counseling & Psychotherapy Techniques
- Academic Teaching & Curriculum Development
- Research Methodology & Data Analysis
- Communication, Patience, and Empathy
- AI-Assisted Presentation Design
- AI-Based Content Ideation & Summarization
- MS Office Proficiency
- Internet Applications & Automation Tools
- Team Collaboration & Multitasking

## CERTIFICATIONS & WORKSHOPS

- Workshop: A workshop on building Happiness (3 days workshop including (ART. Workshop)(creative self expression)(usual workshop)
- National Conference: Recent challenges in psychotherapy and supervision.
- Workshop: on the occasion of world suicide prevention day.
- Achievement: poster making and slogan writing secured 2nd position in poster making on utility, Inclusivity and sign language

## PERSONAL DETAILS

Date of Birth: 28-01-2003

Gender: Female

Languages: English, Hindi

Marital Status: Single

- Nationality: Indian
- Father's Name: Mr. KushalPal Singh
- Mother's Name: Mrs. Rekha Rani
- Permanent Address: CRPF flat qtr no 121 dwarka sec 16B near kakrola village
- 

## INTERNSHIPS



### Clinical Intern

April 2025 - May 2025

*Gyan deep rehabilitation center Haryana*

- Assisted in psychological assessments and therapeutic interventions under professional supervision.
- Conducted patient interviews and documented case histories.
- Collaborated with interdisciplinary teams to develop treatment plans.



### Psychology Intern

April 2022 – July 2022

*The Earth Savior Foundation (NGO)*

- Assisted in conducting surveys and interviews for mental health awareness programs.
- Analyzed data for ongoing mental health projects aimed at underprivileged communities.



### Psychology Intern

April 2021-May 2021

*Empowering Humanity*

*NGO*

- Supported the delivery of psychological assessments and therapies.
- Engaged in case discussions and participated in therapeutic sessions.

## RESEARCH & PUBLICATIONS



Title: sleep quality in relations to mental health among medical students. (institute: SGT University, Gurruugram)

Title: peer pressure on well being (institute: MDU university)