



ANUBHAV.P.S

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ACADEMICS				
Qualification Institute Board / University Year % / CGPA				
MPhil Clinical Psychology	Mahatma Jyoti Rao Phoole University Jaipur	Rehabilitation Council of India	2023	Currently Pursuing
MSc Clinical Psychology	Amity Institute of Behavioral and Applied Sciences, Gurugram	Amity University Haryana	2023	8.13/10
BA English Language and Literature	Sree Narayana Guru College of Advanced Studies, Chempazhanthy	University of Kerala	2021	8.464/10
XII	Kendriya Vidyalaya Pattom	CBSE	2018	75%
X	Kendriya Vidyalaya Pattom	CBSE	2016	10/10

INTERNSHIPS

Vivekananda Institute of Mental health and Neurosciences, Jaipur
2023 - Currently

- Managing the Outpatient department of around 80 -100 patients in a day, involved in their Diagnosis and interventions. Also Inpatient department of 30 to 40 patients. Planning appropriate intervention and therapy
- Testings and Screenings of patients with Schizophrenia, Bipolar disorder, Psychosis, Personality disorders Depression, Anxiety, Sexual disorders, Dissociative disorder, Substance use disorder and child cases (ADHD, ID, MR,Conduct Disorder).
- Conduct IQ testings and manage certification process and rehabilitation.
- Proficiency in CBT, DBT, Play therapy, Mindfulness based CBT, Jacobson Progressive Muscle Relaxation Technique, Schema focused therapy.
- Couple therapy, Family therapy, Individual therapy, Sex therapy, Group therapy has been conducted, Behavioural modification and Building Emotional intelligence resilience in children.
- Gender sensitization (Inclusive) and Queer affirmative therapy and counselling by providing a safe and heard space.
- Maintaining proper case records with case history, test reports and interventions.

VIMHANS NAYATI SUPER SPECIALITY HOSPITAL 2022	<ul style="list-style-type: none"> Observed sessions under Psychiatrists and learnt about various severe medical cases like Psychosis, Epilepsy, Depression, Bipolar Affective Disorder, Schizophrenia. Attended workshop on LGBTQIA+ Maintained the case history file as hard and soft copy. Attended workshops on topics like Personality, ADHD, Suicide prevention, Child psychology and learnt various interventions Learned various tests and their conductions.
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- Attended OPD and IPD cases in the Psychiatry ward.

DR BAKSHI'S HEALTH CARE 2022	<ul style="list-style-type: none"> Observed sessions which included a wide range of clinical cases like OCD, Depression, Anxiety, BDD, ADHD and also worked with couples as well as marriage counseling sessions. Edited and Created a new website as well as portal for the Clinic by adding new sessions and treatment approaches. Also created a new Portal especially for the LGBTQIA+ community. Maintained the case history file as hard and soft copy. We worked on Employee ease programme Learned various tests and their conductions. Created a well organized and researched Modules on Sexual health Studied and referred books on the topics, Shame and Polyamory.
COGNIZAVEST 2021	<ul style="list-style-type: none"> Got the opportunity to understand several disorders as per the ICD and DSM criteria and how to apply the theoretical knowledge from various schools of thought and approaches to psychology in practical aspects of Clinical Psychology. Trained in the entire therapeutic procedure from when a patient arrives to diagnosing and treating them, with the help of clinical case studies and role-play activities.
California Hypnosis Institute, Gurgaon October- December 2021	<ul style="list-style-type: none"> Induced hypnotic state in client, using individualized methods and techniques of hypnosis based on interpretation of test results and analysis of clients' problems. Trained and prepared clients in self-hypnosis conditioning

B-Hub International 2021	<ul style="list-style-type: none"> Worked with students from Bahrain and Oman on various topics ranging from Science and Technology , Robotics and Personal skill development. Maintained the record of more than 150 students on their academic and personal progression.
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CERTIFICATIONS

HYPNOTHERAPY	<ul style="list-style-type: none"> Learned handwriting analysis, signature analysis, self-hypnosis, and corrective therapy.
ART THERAPY & MINDFULNESS	<ul style="list-style-type: none"> Learned Art therapy and Mindfulness, its history, techniques and basic details of both.

PROJECTS

UNIVERSITY OF KERALA	<ul style="list-style-type: none"> Detailed project work and research on the topic, "The Cultural History of Venad with A Special Focus on The Contributions of Attingal Palace" 2021 under the University of Kerala.
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UNIVERSITY OF KERALA	<ul style="list-style-type: none"> Detailed project work and research on the topic, “Media and the rise of new language Varieties in India: A close study of the rise of Hinglish and Manglish”, And presented the paper in the Christ College, Vizhinjam, under the University of Kerala.
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WORKSHOPS	
WORLD SUICIDE PREVENTION WEEK <i>Galgotias University</i>	<ul style="list-style-type: none"> Coordinated the workshop organized by Kaleidoscope a unit of Dr Bakshi’s Health Care on the topic, “World Suicide Prevention week” for the students and faculties.
EMOTIONAL WELLBEING <i>CanCare Support</i>	<ul style="list-style-type: none"> Conducted a workshop on the topic, “Stress and Burnout” under the initiative Emotional wellbeing for the Doctors and Health workers Taught them Anchor technique, Square box breathing technique and Guided Meditation. Conducted Brain gym.
THE IMPORTANCE OF CYCLING <i>Indus Cycling Embassy</i>	<ul style="list-style-type: none"> Conducted a Workshop in The First International Bicycle Festival of India on the topic, “Cycling and its mental health benefits” As well as mediated a workshop on the topic, “Pedaling towards Mental wellbeing” by a Cognitive Neuropsychologist.
Covid -19 HEALTH ISSUES AND SOLUTIONS THROUGH AYURVEDA	<ul style="list-style-type: none"> Participated in the webinar organized by P. G. & Research Department of Commerce, St. Peter's College, Kolenchery in association with IQAC on the topic “Covid -19 Health Issues and Solutions through Ayurveda”.
JUDICIAL <i>Center of Legal Excellence</i>	<ul style="list-style-type: none"> Participated in the e-Conference on “Impact of Judiciary on Democracy and Criminal Justice System” organized by Center of Legal Excellence.

POSITIONS OF RESPONSIBILITY

CLASS REPRESENTATIVE of AIBAS, Amity Haryana	<ul style="list-style-type: none"> Managed the class of 100 students in their academic submissions and plannings. Assisted the faculties in organising events, seminars and activities. Recorded the daily activities, and planned events, headed the Placement cell of the department.
VOLUNTEER & MEMBER NAZ FOUNDATION, DELHI PRIDE PARADE & QUEER SOCIAL NGO, JAIPUR	<ul style="list-style-type: none"> Worked with Queer Organisations as a Member as well conducted events, workshops, seminars Volunteered and Participated in the Delhi and Jaipur Queer Pride Parade in two consecutive years Experience with Queer Members as well as Transgender Community
ORGANIZER AND MEMBER OF INDUS CYCLING EMBASSY	<ul style="list-style-type: none"> Organized various National and International events, competitions and seminars on topics ranging from Mental health,Nature and Social life. Bicycle Ambassador under BYCS, Amsterdam. The Executive coordinator and Organizer of The first ever International Bicycle festival of India, “Cyclolsavam”.
MEMBER OF PSYCHARCH	<ul style="list-style-type: none"> A mental health initiative by students of Amity University

VICE PRESIDENT OF YOUTH INDIA PANCHGAON CHAPTER	<ul style="list-style-type: none"> Organized various events and conducted interviews.
ORGANIZER AND MEMBER OF DELHI UNIVERSITY DEBATE CLUB	<ul style="list-style-type: none"> Organized various debate and elocution competitions
CAMP MASTER AT BCAMP	<ul style="list-style-type: none"> Worked with Bhub International, India's first co-learning & Kerala's biggest co-working space with students from Oman and Bahrain.

SKILLS

- Languages: English (fluent), Hindi (fluent), Malayalam (native)
- Soft skills: Interpersonal communication, leadership, active listening, critical thinking, mindfulness
- Hard skills: Microsoft Office, Basic photo and video editing

ACHIEVEMENTS

- Dhai Akhar **Indian Postal Service** District Level winner of Letter writing competition
- **Syndicate Bank** Vigilance Awareness Week Intercollegiate elocution Competition Winner 2018
- Vangmaya **Best Journalist Award** 2019
- **Kerala University Youth festival** 2020 - Hindi recitation third prize and Hindi Elocution Second prize
- National Level Asian parliamentary Debate winner 2021
- Speaker at Yuv Vani, **Akaashvani**

EXTRA CURRICULAR ACTIVITIES

COMMUNITY SERVICE - Volunteered for various NGOs and Organizations like **World Wide Fund (WWF)**, **Sustera India**, **Thanal**, **Pallium India**, **Kerala Olympics**.
 Volunteered as well donated in the Flood camp set under the **District Collector of Trivandrum** during the Kerala Floods.
 Conducted a Community outreach programme under AIBAS in a village on the topic "Say NO to Tobacco".

PARTICIPATIONS	Participated in State level Science Olympiad as well as State level MaaRs Spelling bee competition - Participated and secured prize in various Competitions ranging from Elocution, Debates, Poetry recitation in Hindi and English. - Participated in workshops and seminars.
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