



# SADDHAVI CHHABRA

## FUTURE MENTAL HEALTH PRACTITIONER

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New Delhi- 110027

### CAREER OBJECTIVES

To pursue a highly rewarding career, seeking a job in challenging and healthy work environment that encourages continuous learning to achieve professional and personal growth.

### ACADEMIC QUALIFICATION

YEAR	QUALIFICATION	INSTITUTION/ BOARD	PERFORMANCE
2022- 2024	Master of Arts (Clinical Psychology)	Chandigarh University, Punjab; University Grants Commission (UGC)	7.53 CGPA
2018-2021	Bachelor of Arts (Honors) Applied Psychology	Sri Aurobindo College (Evening); University of Delhi; University Grants Commission (UGC)	6.7 CGPA
2018	Class 12 (Humanities Stream)	Tagore International School; Central Board of Secondary Education	91.25%
2016	Class 10	Tagore International School; Central Board of Secondary Education	7.6 CGPA

## INTERNSHIPS

- Counselling Psychologist (October 2019- February 2020)

*Aaakar Counselling and Wellness Centre, Punjabi Bagh; by Mrs. Geetanjali Kumar*

Responsibilities included Case history taking, observing special education sessions of ADHD, Psychological Testing and Speech therapies; and other aspects including orientation of various case studies and their management.

- Clinical Psychologist (September 2021- May 2022)

*Psychological Academic Learning Services, Rajouri Garden; by Ms. Deepali Batra*

Responsibilities included taking Case history, observing client sessions undergoing treatment for various disorders. First-hand experience of treatment plan and therapy sessions.

- Psychiatrist (June 2022- August 2022)

*Wee Care Clinic, Hauz Khas, by Dr. Tina Gupta*

Responsibilities included Case history taking, observing sessions, taking MSE and first-hand experience with psychological testing.

## ADDITIONAL EXPERIENCE

- Participated in a webinar on “My 10 KG Plastic: A Campaign for Extended Citizen Responsibility”, this was in association with Sri Aurobindo College (Evening), Delhi University
- Participated in a “National Conference of SDG-4: Aligning Industry and Policy Ecosystem for Quality Education”, held on 5<sup>th</sup> February 2020; organized jointly by PHD Chamber of Commerce and Industry, New Delhi and Sri Aurobindo College (Evening), Delhi University
- Participated in a webinar on “Art of Thesis Writing”, held on 7<sup>th</sup> April 2020; organized by Sri Aurobindo College (Evening), Delhi University
- Participated in a webinar on “Designing Questionnaire: A Research Tool”, held on 14<sup>th</sup> April 2020; organized by Shyam Prasad Mukherji College and Sri Aurobindo College (Evening), Delhi University

- Participated in a webinar on “Strengthening Student Support and Progression”, held on 21<sup>st</sup> April 2020; organized by Keshav Mahavidyalaya and Sri Aurobindo College (Evening), Delhi University
- Participated in a webinar on “Philosophy as a Tool to Success and Happiness in Human Life”, held on 22<sup>nd</sup> April 2020, organized by Sri Aurobindo College (Evening), Delhi University
- Participated in a webinar on “Plastic Pollution: Say no to Single use Plastic”, held on 24<sup>th</sup> April 2020; organized by Sri Aurobindo College (Evening), Delhi University
- Participated in a webinar on “Stress Management and Relaxation through Physical Exercise”, held on 15<sup>th</sup> May 2020; organized by Sri Aurobindo College (Evening), Delhi University
- Participated in a Blood Donation Camp, held on 1<sup>st</sup> August 2020; organized by UNHAD Foundation.
- Participated in a two-day workshop on Cognitive Behavioral Therapy, on 18-19 October 2023; organized by Chandigarh University.
- Participated in the Hypnosis for Wellbeing workshop, held on 26-27 March 2024; organized by Chandigarh University.
- Received a Certificate of Achievement, for CU Projects Expo 2024, for the stall of Psychological Services (Psychometric Testing), held on 6<sup>th</sup> April 2024, by Chandigarh University

### RESEARCH PUBLICATIONS

- Research Paper titled, *“Impact of Social Media on Self-Esteem and Eating Attitudes in Young Adults”* was published in June Edition of International Journal of Interdisciplinary Approaches in Psychology (IJIAP), Psychopedia Journals

### *TECHNICAL SKILLS*

- Proficiency in handling MS Office, high level of competency in Microsoft Word and Power Point.

### *PERSONAL SKILLS*

- Interpersonal skills
- Teamwork
- Creative
- Outspoken and Courageous
- Leadership qualities
- Pottery

### *PERSONAL DETAILS*

<b>DATE OF BIRTH</b>	14 <sup>th</sup> November 1999
<b>MOTHER'S NAME</b>	Mrs. Vibha Chhabra
<b>FATHER'S NAME</b>	Mr. Vishal Chhabra
<b>GENDER</b>	Female
<b>NATIONALITY</b>	Indian
<b>LAGUAGES KNOWN</b>	Hindi and English

### *DECLARATION*

I hereby declare that all the statements and information given by me are true, correct, and complete to the best of my knowledge and belief.

*Saddhavi Chhabra*