



# SAKSHI DIDAL

## CLINICAL PSYCHOLOGIST (A)

RCI Registered

### CONTACT

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### EDUCATION

2022-2023

SGT UNIVERSITY, GURUGRAM

- Professional Diploma in Clinical Psychology (RCI Registered)

2020-2022

INDRAPRSTHA COLLEGE FOR WOMEN, DELHI UNIVERSITY

- Masters of Arts in Psychology

2016-2019

LADY SHRI RAM COLLEGE FOR WOMEN, DELHI UNIVERSITY

- Bachelor of Arts (Honors) in Psychology

2016

NEERJA MODI SCHOOL, JAIPUR

- Intermediate

### ACADEMIC ACHIEVEMENTS

- Graduate Aptitude Test in Engineering, 2021, Indian Institute of Technology, Bombay AIR - 104 XH - PSYCHOLOGY
- Class XII - Certificate of Merit in Applied Commercial Art
- Rajasthan State topper (3rd) - Humanities Class XII CBSE - 97%

### PROFILE

A motivated and responsible RCI registered clinical psychologist in India, with a diverse background in mental healthcare. Experienced in working with heal.expert, a mental healthcare startup, as well as in challenging environments such as Tihar Central Jail in New Delhi. Also, have experience working with Indian Institute of Management, Calcutta.

### WORK EXPERIENCE



#### Indian Institute of Management, Calcutta

JULY 2023-MARCH 2024

##### Academic Associate

During my time as an Academic Associate at the Indian Institute of Management Kolkata, I had the opportunity to work closely with respected professors and engage in both research and teaching activities. I assisted with research projects, helped develop course materials, and interacted with students to create a supportive learning environment. This experience improved my research and teaching abilities and gave me a greater understanding of the value of education. Working at IIM Kolkata was a fulfilling experience, where I played a significant role in promoting academic excellence.



#### heal.expert

SEPTEMBER 2021 - MARCH 2022

##### Vertical Head

It is a mental health start-up to provide one stop solution for all mental health related problems. Responsibilities as a vertical head:

- Operations management and process design for the application of heal.expert
- Market and product research - App with in-built video call therapy, AI chatbot, Emotional analysis meter
- Presentations - 32nd annual POMS conference - Telepsychology in the COVID era
- Case workup for ISB, Hyderabad - Mental Healthcare in India

##### Chief Growth Officer

APRIL 2022 - JULY 2022

Responsibilities as a Chief Growth Officer:

- Product analysis, demonstrations, testing, market fit
- Developing product strategy, SOPs for therapists, investor pitches and presentations



#### Tihar Central Jail, New Delhi and Mental Health Foundation of India

MARCH 2021 - SEPTEMBER 2021

##### Psychological First Aid Provider

Worked as a PFA-P under Project SAMARTHAN - Tihar Prison Project, Psychological First Aid Provider for prisoners (PFA-P) in collaboration with All India Institute for Medical Sciences (AIIMS). A first of its kind initiative in India and second in the world after the mental health guide for prisoners by the Pennsylvania State Penitentiary, the PFA-P includes 2 manuals and a screening tool, approved by World Health Organization (WHO).

### SKILLS

- Psychological first aid
- Therapeutic Art
- Psychological Assessments
- Clinical Interviews and diagnosis
- Content Creation & Community Building
- Microsoft office & Canva
- Psychodiagnostics Reports
- Cognitive Behavioral Therapy
- Research Paper Presentations
- Market research
- IBM SPSS
- Product analysis