

SAKSHI ARORA

✉ sakshiarora@iisc.ac.in; arorasakshi752@gmail.com

☎ +91 9871700815

📍 Delhi, Bangalore

Personal Summary

With a keen interest in interdisciplinary neuroscience research and a strong academic background in Psychology, I am continually seeking opportunities to enhance my research skills. Over the last three to four years, I have engaged in multiple research projects, presented papers at conferences in University of Delhi and IIT-Kanpur, competed in national-level research paper competitions, and cleared national level research exams to demonstrate my skillset.

Education

University of Mumbai

Master's in Clinical Psychology

9.46

University of Delhi

Bachelor's in Applied Psychology

8.18

K.R. Mangalam World School

High School (Medical Stream)

92%

Experience

Center for Brain Research, Indian Institute of Science

Researcher

March, 2023 -

March, 2024

Currently working on projects pertaining to risk factors (sleep, frailty) in cognitive impairment. Assisting PIs and Co-PIs in the inter-disciplinary project titled, "Developing deep learning models using AI/ML techniques on structural and functional brain MRI in dementia research"

University of Illinois Urbana-Champaign

Research Intern

August, 2022 -

February, 2023

Worked as a Research Assistant for inter-disciplinary research projects in the area of Consumer Psychology, Social Psychology, Public health, and US Healthcare.

Terracotta Learnings

Facilitator

July, 2022 -

October, 2022

Conducted weekly workshops in Schools on developing leadership skills, communication skills, spreading mental health awareness, etc.

Chegg

Psychology Subject Expert

March, 2022 -

Present

To resolve students' Psychology related doubts and queries by giving detailed, easy to understand answers using appropriate analogies.

University of Mumbai

Subject Matter Expert

December, 2022 -

Feb, 2022

Contributed as an expert of Psychology and Hindi, for a Research Project at University of Mumbai (Mumbai University Personality Inventory by Belhekar & Bhargava), that takes a psycho-lexical approach to understand personality in Hindi speakers.

August, 2021 - December, 2021	Mom's Belief Clinical Intern <ul style="list-style-type: none"> • Developed effective discharge plans for clients to help maintain positive health outcomes. • Analyzed and assessed the clinical data to assist senior Child Psychologists. • Created, reviewed and delivered content, with latest research, to support the module's training and implementation.
June, 2021 - August, 2021	TurnUp, USA Research Intern <ul style="list-style-type: none"> • There was a mix of collaboration and independent work that used to run every week with team meetings and a new task to be completed each week. • These tasks span a variety of areas, including participating in civic actions, working on voter turnout projects, performing targeted outreach, engaging in advocacy and activism, finding and participating in volunteer opportunities together, in addition to doing activism-related research, writing, and reflection.
May, 2021 - June, 2021	Team Everest Curriculum Development Intern <ul style="list-style-type: none"> • Curated content for English curriculum to aid volunteers in teaching English to underprivileged children.
February, 2021 - April, 2021	Manathon India Research and Development Department Coordinator <ul style="list-style-type: none"> • Created plans and communicated deadlines to complete projects on time. • Used MS Office, Google Workspace and other software tools to create content • Worked on a research project on "Assessing level of mental health awareness in Indian population" along with my research team. • Handled three units under R&D department and worked with content unit in unison.
July, 2018 - August, 2018	Amar Jyoti Clinical Intern <ul style="list-style-type: none"> • Worked with groups and organizations to help make measurable differences for program recipients (especially, children) • Assisted Child Psychologist, Special Educators, Speech Therapist & Occupational Therapists. • Administered psychological tests (on children aged between 2-16 years), assessed MSE and Case History

Projects	
Poor sleep quality is a predictor of physical and psychological health indicators in overweight and obese ageing Indians	
Jan, 2024	
Under process	
Association of Vitamin B12 deficiency and Diabetic Status with Cognition in Community Dwelling Rural Indians	
December, 2023	
Presented a poster in Indian Institute of Technology, Kanpur (IIT-K)	

Understanding the experiences of students with Chronic Bedtime Procrastination

Jan, 2022- May, 2022

Master's thesis

Conducted In-Depth Interviews with the participants using IPA methodology

Development of Patriarchal Attitudes Scale for Indian Population

A 34-item multi-dimensional scale, comprising 6 dimensions, for assessing patriarchal attitudes (for ages between 18-45 years) among Indian population.

Exploring Sexism in Emerging Adult Population

Oct 2020 - Jan 2021

Minor Research Project as a part of Curriculum

Interpersonal processes within a clique: Implications for personal growth

Jan 2020 - Jun 2020

Bachelor's level dissertation- the research was conducted to identify cliques using sociogram, and to understand interpersonal processes within cliques using Focus Group Discussions.

Understanding the lifeworld of Tibetan Refugees in India

Jan 2020 - Apr 2020

Conducted IDIs and used NVivo for qualitative data analysis

Stigmatisation of Mental Health Issues

May 2019 - Aug 2019

Paper was accepted by Holistic Healing Foundation of India. Paper presented in National conference at Shyama Prasad Mukherjee College, University of Delhi.

Social Anxiety and Internet Usage

Jan 2019 - Mar 2019 (2nd Runner up)

Presented in a research paper presentation competition at IP college, University of Delhi.

Skills

Academic writing

SPSS and R

Psychological testing

Python for data cleaning and analysis using Jupyter

OpenSesame for designing experiments

MS Office & Google Workspace

Strong interpersonal and communication skills

Achievements & Awards

GATE Qualified 2022 & 2023; NET Qualified 2022

Other National level exams- Cleared CIP Ranchi entrance test; Secured 2nd rank at IPU for Advance Diploma in Child Guidance and Counselling; Secured 1st rank at Jamia Milia Islamia for Advance diploma in Counselling Psychology

Promoted to the post of Research & Development Department coordinator at Manathon India

Secured 2nd rank in Psychology Quiz at Center for Brain Research, IISc; Secured 2nd rank in Psychology quiz competition at IP college, University of Delhi Secured 3rd rank in Research paper competition at IP college, DU

Certificate Course on Research and Data Analysis, University of Delhi- June 2020

Workshops :

Behavioural Modification at Sir Ganga Ram Hospital on Behavioural Modification (2018); Clinical Psychology, Psychotherapy, CBT, Queer Affirmative Therapy, Psycho-oncology, Suicide Prevention, Art Therapy, Rorschach Inkblot Test, and Thematic Apperception Test at Fortis, Noida (2020-21); Neurophysiological techniques at CBR, IISc.