



# SWADHA SHARMA

## PSYCHOLOGY STUDENT

### CONTACT

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Goregoan west, Mumbai, 400104

### SKILLS

- Public Relations
- Teamwork
- Time Management
- Leadership
- Effective Communication
- Critical Thinking
- Stress management

### LANGUAGES

- English (Fluent)
- Hindi (Fluent)
- Punjabi (Basic)

### PROFILE



A dynamic and multi-talented individual with a strong background in performing arts, leadership, and digital media. Proven experience in team coordination, content creation, and event participation. Served as the captain of the school sports team and actively engaged in Model United Nations (MUN) and inter-school debates, showcasing strong communication and leadership abilities. Gained hands-on experience in theatre production while assisting a director at the historic Gaiety Theatre, Shimla. In college, consistently involved in fashion shows, dance competitions, sports events, and inter-class debates, reflecting versatility and enthusiasm. As a long-standing member of the college's social media team, developed proficiency in photo and video editing, content strategy, and visual storytelling. Known for possessing a keen eye for detail, intuitive decision-making, emotional intelligence, adaptability, and a collaborative mindset. During my time in the National Cadet Corps (NCC), I developed a strong sense of discipline, teamwork, and leadership. Engaging in drills, group activities, and community service helped me understand the importance of mental resilience, emotional regulation, and peer dynamics—skills closely aligned with the field of psychology. This experience deepened my interest in human behavior and strengthened my ability to observe, support, and work effectively within groups.



### WORK EXPERIENCE

Peer Support Volunteer – Loreto Convent Tara Hall, Shimla  
Jan 2019 – Dec 2020

- Provided emotional and academic support to junior students during exams and transitional periods.
- Assisted teachers in organizing student welfare activities and awareness campaigns on mental health and well-being.
- Acted as a bridge between students and faculty, promoting a supportive school environment.

Media Committee Member – [NMIMS]  
July 2022 – Present

- Manage and create content for college social media platforms.
- Handle photography, videography, editing, and event coverage.
- Contribute to digital campaigns and promotional content.
- Skilled in Canva, InShot, and basic video editing.



### EDUCATION

#### Humanities

Loreto convent Tara Hall, Shimla, Himachal Pradesh

2023

#### Bachelors in B.Sc. applied Psychology

Narsee Monjee Institute of Management and Science

2026