

## EDUCATION

### **B.A. (Hons.), Psychology**

University of Delhi

2020 - 2023

### **Senior Secondary (XII), Arts**

St Thomas School

(CBSE board)

Year of completion: 2020

Percentage: 95.75%

## INTERNSHIPS

### **Psychology**

Fortis Hospital , Delhi

Apr 2021 - Apr 2021

The online internship consisted of a number of topics related to mental health, disorders and coping strategies along with case studies and tasks.

### **Psychology**

Fortis Hospital , Delhi

Mar 2019 - Jun 2019

The psychology internship at Fortis hospital, new delhi offered practical exposure on topics like fields of psychology, neurological disorders and therapeutic techniques .

## POSITIONS OF RESPONSIBILITY

Member of the Social media team, Parindey- The dramatic society of Mata Sundri College, DU

Member of the Debating society of Mata Sundri College, Delhi University

Led the theatre group of my school, St. Thomas' school, mandir marg

Member of the student council of Mata sundri College, Delhi University

Member of the content team of Parindey, the Dramatic society of Mata sundri college, Delhi University

Member of the Dramatics Society- Parindey ( Mata sundri College, DU)

House Captain of the Sarojini Naidu house of St. Thomas' School, new delhi

## TRAININGS

### **Psychology**

MyCaptain, Online

Aug 2020 - Aug 2020

The one month Psychology course included various forms of interactive sessions on topics like self concept, the history of psychology, concepts of intelligence and personality and lastly careers in psychology. The most intriguing part about the

course was that it was complimented with multiple tasks and activities throughout.

## PROJECTS

### **Diwali Festivities.**

Oct 2020 - Oct 2020

I was a part of the organising team of this Diwali event at a nearby orphanage - Udaseen Ashram.

### **Psychology Classes**

Jan 2021 - Present

Psychology classes for students of classes 11 and 12th to impart my understanding of the discipline and enabling them to study it with broader and newer perspectives.

### **Spiritual chanting**

May 2021 - Present

To combat the harshness of Covid-19, I started an initiative wherein I host an online meeting every night allowing people to unwind and gain a sense of calm through the spiritual chanting.

## SKILLS

### **Punjabi Proficiency (Spoken)**

Advanced

### **Punjabi Proficiency (Written)**

Advanced

### **English Proficiency (Written)**

Advanced

### **English Proficiency (Spoken)**

Advanced

### **Hindi Proficiency (Spoken)**

Advanced

### **Painting**

Intermediate

## ADDITIONAL DETAILS

Effective Reading, Listening and Communication skills

Ability to assess situations with utmost accuracy

Remarkable ability to produce ideas which are off the beaten track

Secured the First position in a District level mono act competition