

HADIYA

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New Delhi, India.

Highly motivated and dedicated post graduate in Applied Psychology, seeking a challenging opportunity to make a positive impact on the lives of individuals struggling with mental health issues and contribute to the field of psychology, securing an entry-level position to leverage comprehensive theoretical knowledge and hands-on experience in psychological assessment, counselling, and research. Positioned to make meaningful contributions towards enhancing mental health and well-being across diverse communities through a commitment to excellence and innovation.

WORK EXPERIENCE:

Internship in clinical psychology from Jamia Hamdard Hospital, New Delhi.

- Assisted senior clinical psychologists in conducting psychological assessments and administering various psychometric tests.
- Participated in individual and group therapy sessions, applying therapeutic techniques under supervision.

Certifications:

- Managing Emotions in Times of Uncertainty & Stress.
- Positive Psychiatry and Mental Health.

Research work / Dissertation:

- Exploring the attitude towards sex education among college going students in relation to their family environment.

Relevant Projects:

- Literature review on “Orthorexia nervosa” An intense preoccupation on eating "pure" and "clean" meals is the growing eating disorder, which is characterised by an obsession with healthy eating.

EDUCATION:

Master of Arts (M.A) in Applied Psychology

CGPA – (1st SEM 8.7, 2nd SEM 8.6 , 3rd SEM 8.67)

4th Sem - Final result awaited

Sharda University, Greater Noida.

Bachelor of Arts (B.A.)

CGPA – 7.9, Feb 2022.

University of Kashmir, Srinagar.

Higher Secondary School, Class 12th

CGPA – 82.5, May 2014.

Presentation Convent Higher Secondary School, Srinagar.

SKILLS:

- Strong understanding of psychological theories and principles
- Proficient in administering and interpreting psychometric assessment
- Evidence-based therapy techniques
- Crisis intervention and risk assessment
- Psychological Assessment and Testing
- Strong interpersonal and active listening abilities
- Empathy and compassion in dealing with individuals from diverse backgrounds

Personal Details:

- **Father’s Name:** Mr Tariq Ahmed Dar
- **Languages:** English, Urdu, Hindi, Kashmiri.
- **Hobbies:** Photography, Dancing, Singing, Gardening.
- **Current Address:** JVTs garden, Chattarpur, New Delhi, India.
- **Permanent Address:** 9A, Alfarooq Colony, Jawahar Nagar, Srinagar, J&K.