



# PUSHPA PRASAD

Whitefield, Bangalore

Email ID : [flyingpushpaprasad@gmail.com](mailto:flyingpushpaprasad@gmail.com)

Mobile No. : 7903544920

---

## EXPERIENCE

---

(1-7-24 – Current)

Counsellor and DR

Deltic

(17-7-2023 - 16-8-2023)

Internship

Maarga

Super Speciality Psychiatric Hospital.

People Tree Hospitals

(2-6-2021-30-8-2021)

Internship

clinical psychology internship

program By chanakya institute

## Research

1.Effects of Menstruation on General Wellbeing , Anxiety and Depression. (2022)

2.Impact of menstruation on emotional regulation, Body Image and Gender Consciousness. (2023)

3.Metacognition and Burnout among Mental Health Professionals (2024)

Other works :-

Published her poem The War Cry in the 15 anthology entitled "Phantasmagoria"  
"compiled by Ms. Riya Mary Peter (2021)

---

## **EDUCATION**

---

(2022-2024)

Master's in Science - Clinical Psychology

First class with Distinction (8.4 CGPA)

Jain university (Deemed to be)

School of Allied Healthcare and Sciences.

Karnataka, Bangalore

(2019-2022)

Bachelor's in Science - Psychology

First Class with Distinction (83% overall)

Madras university

Dr MGR Janaki college of arts and science for women.

Chennai, Tamil Nadu

(2019)

Higher Secondary in Science stream (BPC + NCC)

Sunshine prep/high School

NCC B Certificate

---

## **ACHIEVEMENTS AND OTHER ACTIVITIES**

---

- Awards and certificates in the field of poetry and photography.
- Hosted several events during the course of school and college.
- Conducted and Presented several Presentation (PPTs) as a part of Academic Activities.

---

## **SKILLS**

---

- Effective Communication
- Problem solving and Conflict management
- Counselling and Therapeutic Approaches
  - Applied Behavioural Analysis Therapy.
  - Cognitive Behavioural Therapy
  - Insight Oriented Psychotherapy
  - Couples and family Therapy
- Planning, Organizing and Management skills
- Proficient in English and Hindi
- Other languages (verbal communication)  
Bengali, Punjabi, Tamil , Maithili.

---

## OTHER ACTIVITIES

---

Webinars and workshops

-Overcoming insecurities and building character in quarantine.

By counselling Chennai

(28-5-2020)

-Webinar on Alzheimer's-lets talk about dementia

By GRT college and school of nursing

(24-9-2020)

Introduction to forensic hypnosis

(13-6-2021)

By (Adha Goval (Socially souled)

Workshops/extra lectures

•-Psychoanalysis in India

(28-8-2020)

-The Humanistic Approach: Personality & Psychotherapy

(6-9-2020)

-Obsessive Compulsive Disorder

(13-9-2020)

-Theories in Developmental Psychology

(4-10-2020)

All by prateek sharma