

ARZOO

Empathetic, Good Listener, Problem Solver.

DETAILS:

+91 - 9501568080

Patiala, Punjab.

Gmail: arzooghri@gmail.com

LANGUAGES- English, Punjabi, Hindi.

EDUCATION

Master of Philosophy in Clinical Psychology, PGIBAMS, Raipur. (RCI Licensed)	Post Graduate Institute of Behavioral and Medical Sciences, Raipur, Chhattisgarh.	Year I- 66.6% Year II- Result awaited.
Masters in Psychology. (2019-2021)- REGULAR	Punjabi university, Patiala.	8.3 CGPA (With Clinical Psych.)
BA With Honors in Psychology. (2016-2019)- REGULAR	Mehar Chand Mahajan DAV, Chandigarh (Panjab University).	BA-70.25% (Psychology, Sociology, Philosophy) Psychology Hons.-76%
CBSE (Class XII)- REGULAR	Budha Dal Public School, Patiala.	81% (With Psychology)
ICSE (Class X)- REGULAR	The British Co Ed High School, Patiala.	69.16%

CLINICAL INTERNSHIPS & TRAINING

Clinical Psychology Trainee | PGIBAMS, Raipur | Sept 2023–Present

- Psychological assessments, diagnosis, and therapy under supervision.
- Managed diverse cases (mood, psychotic, substance use, personality, neurodevelopmental).
- Active in case conferences, ward rounds, and treatment planning.

Online Clinical & Counselling Internship | Utsaah Psychological Services | 3 Months, 2022

- Online case discussions, report writing, and tele-mental health practice.

ADDITIONAL SECTION

- Minister of Communication.
- Cooking competition awardee.
- Flash Mobs- Actively participated in multiple flash mobs during college and university to raise awareness and reduce stigma surrounding mental health issues and drug abuse.
- Mission Fateh Warrior- Recognized as a Mission Fateh Warrior for exemplary efforts in combating the COVID-19 pandemic and fulfilling civic responsibilities with dedication and commitment.
- Poster Presentation and Competition-Presented a poster at the National Seminar on World Mental Health Day, Department of Psychology, Punjabi University | 10th October 2019.

OUTREACH INTERESTS-

- Bullying & relationship education in schools
- Adolescent sex education
- Child sexual abuse awareness
- Parenting support & guidance
- Promoting emotional resilience in children

- Observed psychometric testing, interviewing, and case analysis.

RESEARCH EXPERIENCE

M.Phil Dissertation | PGIBAMS, Raipur | 2023–2025

“Cognitive Interference, Aggression, and Life Satisfaction in Patients with Schizophrenia and Alcohol-Induced Psychosis: A Comparative Study”

- Designing methodology, administering assessments, and statistical analysis.
- Aiming to inform tailored interventions and psychoeducation.

WORKSHOPS & PROFESSIONAL DEVELOPMENT

- *Somatic Inkblot Test Workshop*, PGIBAMS (April 2024).
- *CRE Programme on Indian Test of Intelligence*, NIEPID (RCI Approved) Certified — Organizing team member (May 2025).
- *Buddy Programme*, Punjab — Developed plays and materials for drug abuse prevention. (2019-2021).
- *Mental Health Awareness* — Led initiatives for World Mental Health Day (2023 & 2024) in Schools, Bhilai Steel Plant and other public spaces.
- *Educational CME Workshop* — Participated in an Educational CME on Certification of Psychiatry (*Thursday Musings*, 33rd Edition), supported by the Indian Psychiatric Society, Odisha State Branch (March 2021).

CAREER OBJECTIVE-

Aspiring Clinical Psychologist committed to ethical, evidence-based psychological assessment, intervention, and community mental health promotion. Dedicated to contributing to the field of mental health in India by supporting diverse clinical populations, advancing research, and spreading awareness to reduce stigma.

CORE SKILLS-

- Psychological Assessment: Projective & Psychometric Tests
- Case History Taking & Mental Status Examination
- Diagnostic Formulation & Report Writing
- Basic Therapeutic Skills (CBT, Supportive Therapy, Psychoeducation)
- Research Design & Statistical Analysis
- Ethical and Evidence-Based Practice
- Community Mental Health Promotion
- Leadership, Teamwork, and Effective Communication
- Teaching

SOFT SKILLS-

- ✓ Empathy & Active Listening
- ✓ Critical Thinking & Problem Solving
- ✓ Professional Ethics & Integrity
- ✓ Organizational & Documentation Skills
- ✓ Adaptability & Continuous Learning

INTERESTS-

- Adult and adolescent mental health
- Psychotherapy and counseling
- Substance use disorders and addiction
- Assessment and diagnosis of psychiatric conditions
- Community mental health awareness
- Research on stigma and mental health