

# Wijdan Haider

[wijdanhaider1712@gmail.com](mailto:wijdanhaider1712@gmail.com)

+91 9818390769

---

## PROFILE

Enthusiastic and dedicated professional with a strong background in psychology and extensive experience in mental health consulting, therapy, program management, and community engagement.

## EMPLOYMENT HISTORY

### 1. Program Manager / Mental Health Counsellor at Euphoric Meraki LLP (October 2020 - Present)

- Provided individual and group counselling to over 100 clients, improving their mental health and well-being.
- Conducted workshops within the community, increasing mental health awareness.
- Trained over 100 teachers in rural areas, enhancing their ability to support students' mental health.
- Trained over 50 medical staff in rural areas, enhancing their ability to deal with stress and also help their patients in mental health crises.
- Developed and implemented 4+ community programs.
- Coordinated with stakeholders to identify staffing needs and managed recruitment processes, successfully hiring and training 20+ new staff members.

### 2. Research Assistant at IMHANS Srinagar ,UT Jammu and Kashmir June 2023- January 2024

- Conducted preliminary research and data collection, contributing to baseline studies.
- Coordinated and scheduled logistics, ensuring timely completion of research activities.

### 3. Research Fellow at University Of Rochester, New York (June 2018 - August 2018)

- Coordinated logistics for a community research project in Leh Ladakh, ensuring smooth operations.
  - Conducted 30+ personal interviews and focus group discussions, gathering valuable qualitative data.
-

## EDUCATION

**Singhania University, Rajasthan**

M.A Psychology

2023

**Jamia Millia Islamia, New Delhi**

B.A(Hons) Applied Psychology

2020

**Delhi Public School, Srinagar**

Higher Secondary

2013

**Burn Hall School, Srinagar**

High School

2010

---

## SKILLS

- **Counselling and Therapy:** Individual Counselling, Group Counselling, Conflict Resolution, Active Listening
  - **Teaching and Training:** Curriculum Development, Employee Training, Workshop Facilitation, Teacher Training
  - **Research and Analysis:** Research Planning, Data Collection, Academic Writing, Psychometric Testing
  - **Program and Project Management:** Program Development, Strategic Planning, Project Coordination, Stakeholder Management
  - **Communication and Leadership:** Team Building, Team Management, Leadership, Networking, Communication
-