

RIYA VASISTH

INTRODUCTION

I am a behavioral science aspirant having a demonstrated knowledge of the multicultural aspects of Psychology and Human resources alongwith counselling and directive skills. I am well equipped with behavioral skills with proficiency managing and directing clients. With the help of my dedication and fluent communication skills, I commit to provide my best and do justice to the job.

TALENT AND SKILLS

- Writing and observing case histories
- Employee management
- Behaviour analysis and counseling
- Team management, leadership and coordination
- Research conduction and interpretation
- English proficiency and fluent communication skills
- MS office and SPSS
- Recruitment and selection

CAREER HISTORY

Learning and Development Executive Packt | June'23 - present

KRAs include conducting training sessions and overlooking learning initiatives as well as managing traction and participation on Communities of Practice.

Human Resource Executive (Employee Engagement) Policybazaar.com | July'22 - August'22

The job role was to foster employee interactions and promote healthy relations. My main task was to increase employee participation for which we conducted Fun Friday activities for them and focused on de-stressing and grievance redressal.

Chief of staff

One Nought One | August'21- November'21

Efficiently handled the recruitment and selection process. I was responsible for managing the team and taking frequent follow-ups, reviews as well as conflict resolution and CRM management

Psychology Intern

MindTribe, Dr. Prerna Kohli | September'21

I worked with the social media team in order to come up with edifying content on therapy which was posted on social media.

Counselling Psychologist

Vandrevala Foundation | June'21 - September'21

Worked on a platform of mental health helpline and provided counseling aid to people via chat and phone calls.

Management Trainee

Korporate Ladders| May'21 - June'21

Carried out day-to-day functions of an HR professional like interviewing candidates, filtering resumes, calling for resumes.

Intern

PowerWithin | June'20 – September'20

Utilized exceptional writing, editing, and proofreading skills to produce engaging and error-free content on Psychology and mental health. Completed thorough research into assigned topics and attended workshops.

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CERTIFICATES

- COVID-19 and Mental health by APA
- Mental Health and resilience during COVID-19 by CTRI
- Coping with the stress of Coronavirus by Harvard
- How to develop emotional resilience during pandemic by Nazaria Foundation
- Anxiety – Practical intervention Strategies On-demand workshop by CTRI
- E- workshop on Research Methodology and Hypothesis
- CTAA accredited professional counseling diploma.

CONTACT INFORMATION

Phone: 9873727277

9315610717

Email:

riyavasisth12@gmail.com

LinkedIn :

[https://www.linkedin.com](https://www.linkedin.com/in/riya-vasisth-a28542136)

/in/riya-vasisth-

a28542136

Mental Health Activist

Manosthiti | May'20 – September'20

Led and managed the content writing team for LinkedIn. Contributed towards content development and social media. Provided with relevant and extensive articles and captions for social media handles.

Junior Psychologist

Moolchand Hospital | 15th May'19 to 30th May'19

Interviewed the patients in order to gain necessary information for case study. Prepared the basic Case history of the patient and introduced them to the breathing practices and thought calendar. Also observed training and counseling sessions and psychometric tests.

ACADEMIC HISTORY

- Amity University, Noida (2021-2023)
M.A. (H) Applied Psychology
- NMIMS (2022-2023)
MBA (HRM)- distance
- Amity University, Noida (2018 – 2021)
B.A.(H) Applied Psychology: **8.33**
- St. Thomas School, Mandir Marg (2016- 2018)
Science (Physics, Chemistry, and Biology)
12th CBSE result: **89%**
- Bal Bharati Public School, Ganga Ram Marg (2016)
10th CBSE result: **9.2 CGPA**