



Profile Highlights

Licensed in Clinical Psychology Trainee | AIR -1 PGIBAMS Entrance Exam | Net-Qualified | Mental Health Worker | Psychotherapist

Experience

M. Phil. | Clinical Psychology Trainee | Nov 22 - Sept 24

- Practiced Case History Taking, Psychoeducation, Mental Status Examination, Conducting Psychological Assessments, Providing Individual as well as Group Psychotherapy Sessions and Psychosocial Rehabilitation.
- Applying Humanistic and eclectic approach such as Cognitive Behavior Therapy, Mindfulness, Supportive Therapy, and other Third-Wave Therapies.
- Working closely with individuals coping with conditions like Anxiety, Depression, Obsessive Compulsive Disorders, personality disorders, addiction, anger management and stress management.
- Practiced Various Psychological Assessments:
 - Personality assessments such as Rorschach, Thematic Apperception test, MCMI, MMPI
 - IQ assessment such as MISIC and BKT.
 - Neuropsychological assessments like WCST, PGI-BBD, etc.

StanPlus Technologies Pvt. Ltd. | Intern | Jun - Aug 21

- Actively involved in creating presentations and curating ideas to pitch to the clients and stakeholders with complete service package for EAP (Employee Assistance Program).
- Created end to end B2B plan (from agreement formation to onboarding of client) to acquire market in mental health space to expand the business amongst multiple clients.
- Successfully acquired and on-boarded businesses such as “BetterLYF” in the StanPlus portfolio.

HopeQure Wellness Solutions | Intern | Jun - Jul 21

- Worked on detailed introduction of Procrastination containing definition of the psychological issue, symptoms, intents of the tests.
- Analyzed and developed detailed worksheets to address the root cause behind the procrastination.
- Conducted mock EAP sessions on various psychological issues faced by corporate employees such as anxiety, work life balance, low self-esteem etc.

Academic Projects

M.Phil. Dissertation: Comparing the mental set shifting, processing speed and response inhibition among patients with Depression, OCD and Control Group.	2024
Scale Development: Development of scale to measure Resilience among young adults.	Mar - Jul 20
Published Paper: The influence of school residential status on attachment and fear of intimacy among young adults.	2021

Academics

Degree	University/Board	Year	%/CGPA
M.Phil. Clinical Psychology	Post-Graduate institute of Behavioral and Medical Sciences (PGIBAMS)	2022-2024	
M.Sc. Psychology	Indian Institute of Psychology and Research(IIPR)	2019-2021	8.38
B.Sc. Psychology	Banaras Hindu University (BHU)	2016-2019	7.55
12th	Kendriya Vidyalaya (CBSE)	2014	80.8%
10th	De Nobili School (ICSE)	2012	86.6%

Certificates

- Basic and advanced level in Cognitive Behaviour Therapy.
- QPR Gatekeeper Training, QPR Institute, April 2021
- National Workshop on Music Therapy for Stress, Coping and Health, a Salutogenic Focus, Shri Balaji Vidyapeeth University, May 2020
- Workshop on Making Psychology Deliverable to the Society, NAOP and Department of Applied Psychology, Pondicherry University, December 2019
- National Workshop on Scale Development, Rorschach Inkblot and IQ Testing, Banaras Hindu University, Feb 2019.
- Introduction to Music and Movement in Therapy, Fortis Healthcare, August 2020

Technical Skills

- IBM SPSS
- Microsoft Office.

Extra-curricular Activities/ Other Achievements

- Teaching Welfare program in Malviya Child Welfare Committee.
- Bangya Sangeet Parishad Painting 4th year.
- Bangya Sangeet Parishad Singing 2nd year.
- Volleyball and Table tennis sports team.

Positions of Responsibilities

- Ex-Member of Cultural Committee in Banaras Hindu University

Languages known

- English, Hindi and Bengali (intermediate)