**EDUCATION**

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| **AMITY UNIVERSITY*****Doctoral of philosophy (PHD Part time) in Clinical Psychology*** **AMITY UNIVERSITY** ***Master of Philosophy (MPhil) in Clinical Psychology*** ***RCI Registered*** | Noida, Uttar Pradesh Jan 2025-28Gurugram, Haryana/ IndiaSep 2024 |
| **CHRIST UNIVERSITY*****Master of Science (Clinical Psychology)*** | Ghaziabad, Delhi-NCR/ IndiaMay 2022 |
| **PANJAB UNIVERSITY*****Bachelor of Psychology (BA) with Specialisation in Psychology*** | Chandigarh / India May 2020 |

**WORK EXPERIENCE**

**Emoneeds, Sector 31**

Gurugram / India

***Clinical Psychologist***

* Worked as a Clinical Psychologist in a psychiatric center, providing comprehensive psychological assessments, diagnosis, and evidence-based interventions (CBT, DBT, MET, ERP) for individuals across all age groups. Collaborated with multidisciplinary teams to develop personalized treatment plans, conducted psychoeducation sessions, and facilitated crisis interventions for acute and chronic mental health conditions.

**Civil Hospital, Sector 10**

Gurugram / India

***MPhil Clinical Psychology Trainee***

*September 2023 – July 2024*

* Managed a broad spectrum of psychological cases, including mood disorders, substance abuse disorders, personality disorders in a civil hospital setting, enhancing diagnostic and therapeutic skills. Worked immensely towards the process disability certification by IQ assesments and Specific learning disability assessments like NIMHAS SLD Battery.
* Practised Cognitive Behavioral Therapy (CBT), Dialectical Behaviour Therapy (DBT) and Motivational Enhancement Therapy (MET) and other therapeutic techniques.

**CogniAble**

Gurugram / India

***MPhil Clinical Psychology Trainee***

*September 2023 – July 2024*

* Conducted comprehensive assessments and evaluations for children with ADHD, autism spectrum disorders, and intellectual disabilities. Worked using tests like CBCL, ISAA, CONNERS scale etc.
* Developed and implemented individualised treatment plans based on diagnostic results and therapeutic goals.

**The Earth Saviours Foundation**

Gurugram / India

***MPhil Clinical Psychology Trainee***

*November 2022– February 2024*

* Conducted assessments and diagnoses for individuals with mood disorders, psychotic disorders, and bodily distress disorders.
* Worked on patients' therapeutic needs using Supportive therapy, Cognitive Behavioural Therapy, Gestalt therapy and more.

**INTERNSHIPS**

**Heart it Out**

Bangalore / India

***Psychology Trainee***

*November 2022– February 2023*

* Collaborated with therapists during observation sessions and case discussions, and prepared detailed sessional reports. Participated in on-ground training through workshops and seminars.

**Vishwas Hospital**

Chandigarh / India

**Psychology Trainee**

*May 2021-June 2021*

* Gained extensive experience in treating clients with OCD and depression. Clinical assessments like the Rorschach Inkblot test, the Thematic Apperception Test was practiced during the internship.

**Training and Certifications**

* **RCI Reg. Clinical Psychologist** (Sept. 2024). **Guidance and Counselling Certification**(UGC May 2019)

**RESEARCH WORKS**

* ***Comparative Study on the Impact of Social Media on the Body Image and Eating Behaviour in Male Indian Adolescent and Young Adults (2022).***
* ***Impact of Binge-Watching on Self-Control, Emotional Regulation, and Mindfulness Among Young Adults (2024).***
* ***Unlocking the heart: soul mandala therapy for aggression and behavioural challenges in a 7-year-old. (2025) Published in MedCrave.***

**Professional Skills**

* **Psychological Assessments: IQ, Personality, Aptitude, Psychological Disorders.**
* **Evidence-Based Therapeutic Practices: CBT, DBT, MBCT, ACT.**
* **Research and Data Analysis**
* **Group Therapeutic Facilitation**