



RITIKA MALIK

PSYCHOLOGY MAJOR

+91 9205329463

ritikamalik.cp@gmail.com

<https://www.linkedin.com/in/ritika-malik-7975b4184/>

SKILLS

- Research Publishing
- Creative Writing
- Editing and Proofreading
- Critical Thinking
- Quantitative Knowledge
- Clinical Reasoning
- Ethical Understanding

PERSONAL SKILLS

- Attention-to-detail
- Empathetic Outlook
- Multitasking
- Verbal & Presentation skills
- Active Listening
- Active Communication

LANGUAGES

- English
- Hindi
- Punjabi
- German

ABOUT ME

Committed psychology student with a longstanding interest in the field since 10th grade. Experienced in conducting research alongside professors, and highly skilled in writing and publishing written content. I am dedicated to gaining hands-on experience with patients, under experienced mental health professionals. Seeking to deepen my understanding of the practical needs and challenges faced by individuals at the grassroots level.

WORK EXPERIENCE

Mental Health Foundation India (MFHI)

Counsellor Intern

Delhi

June 2024

- Conducted advanced mental status examinations for patients presenting with neuropsychological disorders.
- Implemented cognitive enhancement activities aimed at improving patients' higher order abilities.
- Assessed and monitored treatment efficacy from initial evaluation to comprehensive treatment completion.
- Acquired practical experience working with patients across a spectrum of socioeconomic backgrounds.

Cyber Panthers

Content Writer

Chandigarh

February - June 2024

- Authored comprehensive biographies of prominent personalities, and analyzed and streamlined reports to optimize the website's technical configuration, content relevance, and link popularity.
- Collaborated with senior management to maintain high-quality writing standards, increasing their SERP rankings to a 54% better position within 2 months.
- Generated authentic and efficient content by utilizing softwares like WordPress, Blogger, and Canva.

HausXperiences

Content Head/ Social Media Manager

Delhi

August 2022 - September 2023

- Spearheaded diverse responsibilities from managing social media strategies, crafting compelling content, and implementing critical protocols within a newly founded Event Management Firm.
- Boosted brand exposure and engagement through effective social media campaigns, by raising the participation rate of verified individuals from 20% to 95%.

Healing Nest Foudation

Content Writer/ Counsellor Intern

Delhi

June - July 2023

- Specialized in developmental disorders, gaining practical experience with children affected by these conditions.
- Enhanced understanding of therapeutic interventions such as occupational, language, and speech therapies through practical exposure and supervised learning experiences.
- Strengthened expertise in managing neurodevelopmental challenges and intellectual disabilities.
- Conducted rigorous observations of therapy sessions, proficiently translating therapeutic interactions into meticulous technical and scientific reports.



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SKILLS

- SEO Proficiency
- Blog & Copy Writing
- Wordpress
- Campaign Drafting
- Time Management
- Graphic Designing
- UI & UX Designing

PERSONAL SKILLS

- Adaptable
- Analytical Thinking
- Client - Oriented
- Time Management
- Flexible
- Active Communication

Society For Promotion of Youth & Masses (SPYM)

Counsellor Intern

January - February 2023

- Diligently facilitated over 200 structured individual and group counseling sessions under experienced clinical supervision.
- Tailored therapeutic interventions resulting in a 90% client satisfaction rate, fostering a supportive environment for personal growth and well-being.
- Conducted over 50 thorough psychological assessments using standardized techniques, maintaining meticulous clinical records to support evidence-based treatment.

Fortis Hospital

Counsellor Intern

September - October 2019

- Executed administrative work and managed corporate duties under a dynamic team of experienced psychiatrists and professionals to deliver high-quality counseling services to a diverse caseload of patients.
- Executed a role in content creation and dissemination, developing informative resources, articles, and educational materials on mental health topics for both internal staff and external audiences.

ACADEMIC CREDENTIALS

Chandigarh University, India

June 2024

Bachelor's degree with Honours in Psychology

- First Class with Distinction
- Academic Achievements: 1st Position(s) in Literary competitions, University Scholarship Award

ACHIEVEMENTS

Research Proficiency: Actively engaged in the authorship of two research papers, demonstrating a comprehensive grasp of research methodologies and analytical techniques. Cultivated advanced skills in information retrieval, critical analysis, and scholarly writing through a 12-year-long pursuit of research as a personal passion.

Literary Excellence: Earned top honors in numerous poetry, spoken poetry, and literature competitions, reflecting a keen mastery of linguistic expression and creative storytelling.

All-Rounder Acumen: Established a well-rounded profile early on, balancing academic pursuits with a fervent commitment to sports, embodying a holistic approach to personal development and achievement.

Innovative Endeavors: Currently involved in the development of a patent, highlighting an ability to leverage creativity and technical expertise in addressing real-world challenges.

Publication in Anthropology: Successfully contributed to the academics with published work alongside other famous authors.