

Eshika Sharma

Psychology Postgraduate

👤 Profile

Motivated and proactive post-graduate psychology student with a strong foundation in understanding human behavior and psychological research. Skilled in active listening, empathetic communication, and working effectively with both individuals and groups. Currently focused on developing professional expertise in applied psychology, with a passion for taking initiative and embracing new challenges.

🎓 Education

Master of Arts in Psychology, University of Delhi

August 2023

Bachelor of Arts (Hons.) in Psychology, Dehradun Institute of Technology

August 2020 – June 2023

Senior Secondary Education (Class XII), Holy Angels Convent School

June 2019

Secondary Education (Class X), Golden Public School

June 2017

💼 Work History

Psychology Intern | Mind Company

- Attended workshops and lectures on key psychological topics, enhancing theoretical knowledge and practical application.
- Observed diverse psychological cases under professional guidance to understand diagnostic and therapeutic processes.
- Prepared detailed case reports, demonstrating analytical and documentation skills.
- Gained exposure to psychological assessment and intervention strategies in real-world scenarios

Intern Psychologist | AIIMS Delhi

July 2024 - August 2024

- Observed and supported over 40 patients with epilepsy, seizures, and Rett Disorder in the Neuropsychology Department at AIIMS Delhi; participated in counseling, case discussions, and treatment planning.
- Assessed intervention effectiveness for dyslexia, helped develop a disability questionnaire, contributed to validity-related research methods, and assisted with AIIMS Gazette indexing.
- Updated neuroscience content on the AIIMS website and organized psychological test materials in the OPD room.
- Learned test administration and scoring like PTI, attended an online EFT session, and deepened understanding of neuropsychological assessments.

Organizational Psychology Intern | Medtoureasy

February 2024 - March 2024

- Implemented a comprehensive HR program covering job analysis, recruitment, performance management, and employee engagement.
- Designed learning and development plans to enhance training effectiveness and boost overall organizational performance.
- Applied strategies to improve employee motivation and retention through targeted interventions.
- Consistently updated LinkedIn profiles to support and streamline recruitment processes.

Counselling intern | Boon Foundation

July 2022- August 2022

- Conducted individual counselling sessions for patients struggling with depression
- Demonstrated active listening skills and a compassionate approach to help patients better understand and manage their depressive
- symptoms
- Assisted in organizing and leading group therapy sessions, and providing a safe space for patients to share and heal.

✔ Declaration

I hereby declare that all the above mentioned information is true and correct to the best of my knowledge.

Details

Muzaffarnagar, U.P. , India

Phone: +91-9548459604

Email: eshikasharma0127@gmail.com

Link

<https://www.linkedin.com/in/eshika-sharma-9506b0206/>

Skills

- Analytical and critical thinking
- Communication
- Adaptability toward work requirements
- Efficient at using MS Word , MS Excel & Canva
- Active Listening
- Multitasking
- Behavior Observation
- Decision-Making