



## Experience

**Organization:** AMITY UNIVERSITY GURUGRAM, HARYANA

**Period:** 22<sup>nd</sup> February'22 – 16<sup>th</sup> december'24

**Responsibilities:**

- Teaching psychology subjects like Experimental Psychology, Psychology Practical, Industrial Psychology.
- Conducted Behavioral Science Workshops - topics such as Understanding Self for Effectiveness", "Group Dynamics and Team Building", Behavioral Communication and Relationship Management", "Stress and Coping Strategies and Problem Solving and Creative Thinking for students of different undergraduate/postgraduate departments such as Psychology, French and German language and Masters in Business Administration.
- Additionally, held the responsibilities of paper setting for the semester examination, evaluation and checking of examination papers, conduction of practical examination of the students and assisted in several departmental activities such as the Convocation Ceremony.

## Internship

**Organization:** JAYPEE HOSPITAL, NOIDA

**Period:** 17<sup>th</sup> January'20 - 15<sup>th</sup> February'20

**Responsibilities:**

- Examined cases on Panic Attack, Anxiety Disorder with slight symptoms of OCD
- Learned how to formulate diagnoses.
- Observe cases in the IPD such as: Substance Abuse, Intellectual Disability.

**Organization:** JAYPEE HOSPITAL, NOIDA

**Period:** 12<sup>th</sup> May'19 - 12<sup>th</sup> June'19

**Responsibilities:**

- Examined cases on Depression, Post Traumatic Stress Disorder.
- Observe cases in the OPD such as: Dementia, Eating Disorder.

**Organization:** FORTIS HOSPITAL, NOIDA

**Period:** 26<sup>th</sup> December'19 - 10<sup>th</sup> February'19

**Responsibilities:**

- Examined cases on Eating Disorder, ODD, PTSD
- Observed counseling and psychotherapy sessions.
- Learned how to take case reports and formulate diagnoses.

***Organization: VIMHANS HOSPITAL***

**Period:** 19<sup>th</sup> January'18 – 23<sup>rd</sup> February'18

**Responsibilities:**

- Examined cases on ADHD, OCD & ANXIETY DISORDER.
- Observe cases in the OPD and day care center.
- Conducted vocational activities with IPD patients

***Organization: JAYPEE HOSPITAL, NOIDA***

**Period:** 24<sup>th</sup> April'18 - 26<sup>th</sup> May'18

**Responsibilities:**

- Examined cases on Smiling Depression, Major Depressive Disorder.
- Observe cases in the OPD such as: Delirium, Paranoid Personality Disorder.

***Organization: SHANTI MUKAND HOSPITAL***

**Period:** 16 June'17- 08 July'17

**Responsibilities:**

- Examined cases on Depression, Schizophrenia, Bipolar.
- Examined TAT (Thematic Apperception Test)

## Extracurricular Activities

Participated in:

- Currently working in Delhi Counseling Helpline (Mind Piper and Step One)- to provide emotional and psycho-social support to citizen of Delhi who is affected by Covid-19 pandemic.
- Covid-19 and Mental Health: Caring for the Public and Ourselves 19<sup>th</sup> April'20
- Counselling Helpline at Delhi Commission for Protection of Child Rights 7<sup>th</sup> April'20 – 31<sup>st</sup> May'20
- Attended session on “UNDERSTANDING GRIEF AND LOSS” 9<sup>th</sup> May'20 organized by COVID Response.
- Attended session on “GERIATRIC MENTAL HEALTH” 15<sup>th</sup> May'20 organized by COVID Response
- Mental Health Effects of the COVID-19 Pandemic organized by HARVARD MEDICAL SCHOOL, 24<sup>th</sup> May'20.
- Online quiz on Plagiarism conducted by Sant Sohirobanath Ambiyee government college, GOA, 24<sup>th</sup> May'20
- 3-day internship on Expressive Art Based Therapy conducted by Fortis Hospital. 2<sup>nd</sup> June'20 - 4<sup>th</sup> June'20
- Tele-Consultants with Project Step One joined on 28<sup>th</sup> June'20 for year 2020
- Delhi Counseling Helpline- provided emotional and psycho-social support to citizen of Delhi who is affected by Covid-19 pandemic. 29<sup>th</sup> June'20 – 31<sup>st</sup> July'20

## Academic Details

**PhD in Psychology, Amity University Gurugram, Haryana (September 21- Present)**

**BA+MA CLINICAL PSYCHOLOGY, AIPS, Amity University, Noida in 2020 with 6.42 CGPA**

## Personal Details

**Date of Birth:** 16 December, 1997

**Address:** C-72/ 7-B, Nilgiri-I sector 34, Noida

**Languages Known:** English & Hindi

**Marital Status:** Unmarried