

# Ananyaa mishra

Krishna nagar , delhi  
8299364530 • Ananyaamishra14@gmail.com

## Psychologist

---

As a dedicated and compassionate Counselling Psychologist I am eager to apply my academic knowledge and hands-on experience in the field of mental health to a counseling psychologist position. With practical experience gained through internships under clinical psychologists and psychiatrists, working in addiction centers, child development centers, and supporting underprivileged children, I am committed to providing empathetic, evidence-based care to diverse populations. I am seeking an opportunity to grow professionally, make a meaningful impact on individuals' mental well-being, and contribute to the success of a dynamic healthcare team. I have done my previous internships in Swaroop Rani Nehru Hospital, Allahabad Child Care Development Centre, Civil Hospital and Moolchand Hospital. There I have gained hands-on experience to interact with the patients, taking detailed case history, mental status examination giving psycho diagnostic formulation conducting assessments under supervision.

## Work Experience

---

### **Institute Of Human Behaviour and Allied Sciences**

Mental Health Hospital , Delhi

One month full time Trainee psychologist

- Case history taking
- Mental status examination
- Behaviour therapy
- Psychological assessments
- Psycho education

### **Swaroop Rani Nehru Hospital**

Government Hospital in Allahabad

One month full time Trainee

- Case history taking
- MSE
- MMSE administration
- ECT observer ship

### **Moolchand Hospital**

Private hospital, Delhi

6 months

- Taking detailed case history
- MSE
- Psycho diagnostic formulation
- Conducting assessments under supervision
- using motivational interviewing to patients with Addiction
- Interviewing suicidal patients

### **Allahabad child care development centre**

Allahabad

2 months Trainee psychologist

- Occupational therapy
- Speech therapy
- Play therapy sessions
- Special Education
- Assessments

- Taking case history,
- Assessment
- group sessions ,
- took part in expressive art therapy ,
- counselling sessions,
- innovative teaching sessions,
- JFT sessions

**Royser foundation**  
NGO

March 2025- April 2025

- Case history taking
- Psycho education
- Counselling sessions

## **All of my internships are under psychiatrist and RCI licensed clinical psychologist**

---

As an emerging clinical psychologist with a strong academic foundation and diverse practical experience, I am a dedicated professional committed to promoting mental health and well-being. Having completed internships under both clinical psychologists and psychiatrists, I have gained invaluable exposure to various therapeutic approaches and patient care techniques. My work in addiction centers, child development programs, and with underprivileged children has further honed my ability to provide compassionate and client-centered therapy across different age groups and backgrounds. I am known for my strong communication skills, empathy, and ability to build rapport with clients, creating a safe space for them to explore their concerns. I am deeply passionate about continuous learning and personal growth, and I am eager to contribute my knowledge and enthusiasm to a counseling psychologist role, where I can make a positive impact on individuals' mental health journeys.

## **Education**

---

**Ananyaa mishra**  
University of Allahabad

3 yrs

- Bachelor's degree

**Ananyaa mishra**  
Christ ( deemed to be university)

2 yrs

- MSC ( clinical psychology)

**My Research article focuses on cyber psychology** 2 years  
Parasocial Relationships, Self-Concept Clarity, Immersion, and Screen Time on Social Media Platforms Among Emerging Adults."

- My research focuses on exploring the dynamics of \*\*Parasocial Relationships, Self-Concept Clarity, Immersion, and Screen Time on Social Media Platforms Among Emerging Adults\*\*. This study investigates the influence of digital interactions on identity development and psychological well-being in young adults. I presented my findings at the "National Conference on Psychology in a Globalized World (NCPGW 2025) " held at Jamia Millia Islamia in collaboration with ICSSR and DRDO. The presentation highlighted key insights into how social media engagement shapes the self-concept and psychological experiences of emerging adults in the digital era.

# Community service in sisters of destitute and st. Joseph's hospital

---

Teaching underprivileged childrens Maths tricks Board exam preparation In hospital i taught caregivers gratitude exercises, relaxation techniques (deep breathing techniques ) and meditation to calm anxiety in difficult situations and long term benefits

## Linked in

---

[https://www.linkedin.com/in/ananyaa-mishra-94464a237?](https://www.linkedin.com/in/ananyaa-mishra-94464a237?utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=ios_app)

[utm\\_source=share&utm\\_campaign=share\\_via&utm\\_content=profile&utm\\_medium=ios\\_app](https://www.linkedin.com/in/ananyaa-mishra-94464a237?utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=ios_app)