

Jasmine Kaur Bagga

Psychologist

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PROFILE

I'm a psychologist by profession which constantly challenges me to be more insightful and reflective, both in my work and personal life. Owing to my immense interest in the subject, I have a Master's degree in Applied Psychology. Alongside this, I am an avid reader and writer who likes to explore new research and close knowledge gaps. I actively engage in various trainings and workshops to expand my knowledge with real-world experience. I'm outgoing and friendly, with a strong drive to bring about change.

EDUCATION

UGC-NET Qualified

2022

Masters in Applied Psychology (Clinical and Counselling Practice), Tata Institute of Social Sciences

2021 – 2023 | Mumbai, India, GPA: 6.5

B.A. hons. (Psychology), University of Delhi

2017 – 2020 | Delhi, India, GPA: 7.5

VOLUNTEER EXPERIENCE

Group and Individual therapist, Vidya Vardhini Foundation

05.2023 – 06.2023 | Mumbai, India

- I took individual counselling sessions at the NGO. I also conducted Art and Mindfulness-based group sessions for women and older adults.

Core Team Lead, Myndsaga

02.2021 – 06.2021 | Online

- I conducted webinars to raise awareness about Maternal Mental Health by interviewing young mothers, mental health professionals and gynaecologists.

Workshop Coordinator, You're Wonderful Project, IHBAS

03.2019 – 05.2019 | Delhi, India

- As an active member of SPEAK (School project for emotional acceptance and knowledge) campaign, I conducted mental health workshops for students in Delhi.

COURSES

Foundations of User Experience (UX) Design,

Google Career Certificates

11.2023

Mental Health and Psychosocial issues in COVID'19 (Online), NIMHANS

05.2020

Spanish Course, Instituto Cervantis, New Delhi

03.2020

INTERESTS

Systemic, Intersectional and trauma-informed approaches |
Yoga and Mindfulness | Neuropsychology |
Intersectionality | Psychodynamic therapy |
Art and Narrative therapy |
Systemic and trauma-informed approaches

PROFESSIONAL EXPERIENCE

Charismight - Empowering Maritime,

Counselling psychologist and Researcher

02.2024 – present | Navi Mumbai

- The role involves delivering comprehensive counselling services to sea-farers and their families and conducting psychometric assessments as required.
- I am engaged in extensive research on the mental health of sea-farers, with a specific focus on the impact of maritime industry policies on the psychological well-being of sea-farers and their family members.

TNMC & Nair Charitable Hospital, Clinical Psychologist

06.2023 – 04.2024 | Mumbai, India

- Facilitating the Community Mental Health Project for Children and Adolescents.
- Conducting thorough screenings of school students to identify potential mental health concerns and facilitate appropriate referrals to healthcare facilities.
- Delivering informative awareness sessions tailored for educators and students to promote mental health literacy.
- Administering therapeutic interventions, including counselling, within the community.
- Compiling and presenting comprehensive monthly reports to track progress and outcomes.

Ummeed Child Development Center, Observer

08.2022 – 10.2022 | Mumbai

- Participated in case discussions and application of psychological theories for children and adolescents with various disorders.
- Learnt the core concepts and application of narrative therapy practice.

HBT Medical College And Dr. R N Cooper Municipal General Hospital, Intern

04.2022 – 05.2022 | Mumbai

- Conducted personality assessments and IQ tests in the OPD.
- Learnt case conceptualization, case history, MSE and intervention planning.

Indian Institute of Technology, Research Intern

06.2018 – 07.2018 | Kanpur

- Conducted BBIT (Brain-based intelligence test) on school students. This was done as part of the standardization process in India.

RESEARCH EXPERIENCE

The Skin Color Preference of Lighter and Darker Skin Colored Males and Females,

The International Journal of Indian Psychology (August 14, 2021)

Feminist Ideology and Marital Attitudes in Young Adults in India, Masters Dissertation

LANGUAGES

English | Hindi | Punjabi | Spanish

SKILLS

Microsoft Office | SPSS software |
Counselling Microskills | Research | Intersectionality