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Education

Msc. Psycho-Social Rehabilitation

O.P Jindal Global University
2023-2025

BA (triple majors)- Journalism, Psychology and English Literature

Christ (Deemed to be University),
Bengaluru
2020-2023
CGPA- 8.0

Delhi Public School, Navi Mumbai

Year of completion- 2020
Percentage- 94.3%

Delhi Public School, Bangalore North

Year of completion- 2018
Percentage- 92%

Aastha Khera

Msc. Psycho-social Rehabilitation
(RCI Licenced)

K.E.M HOSPITAL, MUMBAI (Dec'24-Jan25)

Clinical Intern

- **Observed & Assisted in Psychiatric Assessments** – IQ, projective, memory, and personality tests.
- **Conducted Case Histories & Patient Interactions** – Interviewed patients under supervision.
- **Exposure to Diverse Clinical Populations** – Schizophrenia, mood disorders, anxiety, neurodevelopmental disorders.
- **Experience in De-Addiction Ward** – Observed substance use cases, rehabilitation strategies, and psychoeducation.
- **Worked in a Multidisciplinary Team** – Collaborated with psychiatrists, psychologists, and social workers.

RE-ROUTE (Aug'24-Jan'25)

Trainee Therapist

- **Completed 120+ Hours of Counseling** – Gained extensive hands-on experience in client sessions.
- **Independently Conducted Therapy Sessions** – Managed cases with monthly supervision and feedback.
- **Applied Evidence-Based Interventions** – CBT, ACT, and mindfulness techniques in therapy.
- **Worked with a Diverse Client Population** – Supported individuals experiencing anxiety, mood disorders, and adjustment difficulties.
- **Engaged in Supervision & Case Discussions** – Received monthly guidance to enhance therapeutic skills and case conceptualization.

THE PSYCH PERCEPTION (March'24-present)

Co-Founder

- **Built & Expanded a Mental Health Platform** – 4K+ followers and growing, fostering awareness and engagement.
- **Organized & Led 3 Successful Workshops** – Designed and facilitated interactive mental health sessions.
- **Mentored 30+ Students** – Provided guidance on psychology careers, academics, and skill development.
- **Managed Social Media & Content Creation** – Curated informative posts, reels, and interactive content.
- **Advocated for Mental Health Awareness** – Promoted psychoeducation through accessible and student-friendly content.

DHI CLINIC, THANE (June-July'24)

Clinical Intern

- **Conducted History Taking & Mental Status Examinations (MSE)** – Independently gathered client histories and performed MSE under supervision.
- **Facilitated Support Group for Persons with Depression** – Led group discussions, provided psychoeducation, and fostered peer support.
- **Administered & Interpreted Psychometric Assessments** – Proficient in MMPI, Rorschach, and other standardized psychological tests.

Additional Experience:

- **Communications and Content Creator – The Good Route**
 - Created and managed engaging content across platforms.
 - Specialized in content writing for mental health and wellness topics.
- **News Intern – Asiana Times**
 - Researched, sourced data, and wrote multiple news articles.
- **Content Writer – Inkebee**
 - Specialized in academic writing, including SOPs and student-centered content.
- **Assistant Content Developer – The House of Pink Peppercorn**
 - Assisted social media influencer Sonal Aggarwal in content creation and editing.
- **Digital editorial Intern- Times Of India**
 - Engaged with students overcoming physical and psychiatric disabilities, Highlighting narratives of perseverance and academic excellence.

Achievements

- **Published Author – Contributed to two anthologies in Hindi and English.**
- **Extensive Clinical Exposure – Completed rigorous fieldwork in rehabilitation, de-addiction, and psychiatric care settings.**
- **Certified by Fortis Healthcare – Earned multiple certifications through their online internship outreach initiatives in psychology and mental health.**
- **Best Author/Article Award (Asiana Times) – Recognized for outstanding journalism during internship.**

DISTRICT DISABILITY REHABILITATION CENTRE, THANE (Dec’23-Jan’24)

Clinical Intern

- Operating under the *Ministry of Social Justice and Empowerment*
- Observing therapy sessions
- Task engagement
- Psycho-social analysis and in-depth psychological analysis
- Outreach programs, co-ordination and conducting workshops.

INSIGHT MIND CARE CENTRE, MUMBAI (June-July’23)

Clinical Intern

- Assisted psychiatrists & psychologists in *conducting assessments* and contributing to treatment plans.
- Observed and participated in various *therapeutic interventions*.
- Interacted with and developed *clinical intervention plans* for patients with chronic mental illnesses

THE SAFE SPACE PROJECT, BENGALURU (2020)

Mental Health Aid- team lead

- *Developed & Executed Recruitment Strategy* – Led the hiring of specialists for survivors of sexual assault.
- *Managed & Coordinated Team Operations* – Oversaw team dynamics, task delegation, and workflow.
- *Facilitated Team Meetings & Discussions* – Organized essential meetings to ensure smooth collaboration.
- *Strengthened Survivor Support Services* – Enhanced accessibility to specialized mental health care

Research Projects

- *Undergraduate thesis (2023): Effects of abusive households on social and academic development of children. (Quantitative Study)*
- *Paper Presentation(2024): Perceived Parenting Style and Substance Involvement Among Young Adults: A Correlational Research (Quantitative Study)*
- *Dissertation(Masters Thesis) (2025): Rebuilding identity and navigating intimacy after sexual trauma in Indian Adults (Qualitative Study)*