

# SHIREEN DARGAN



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## PROFILE

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Dynamic Psychologist with commitment to advancing mental health awareness and de-stigmatization. Expertise in psychology, teamwork, and research fuels a passion for innovative approaches in therapeutic settings. A strong foundation in humanities enhances the ability to connect with diverse individuals, fostering a compassionate and supportive environment. Eager to integrate creativity and analytical skills in writing and research, aiming to contribute meaningfully to the field while continuously evolving professionally. Embracing challenges as opportunities for growth ensures a dedicated and proactive approach to every role undertaken.

## EXPERIENCE

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November 2023- Current	<b><u>Emoneeds- A Psychiatric Center</u></b> Assistant Psychologist
March 2021- March 2022	<b><u>We Avec U Organization</u></b> Research Assistant and Programme Coordinator
March 2021- May 2022	<b><u>We Avec U Organization</u></b> Part Time Trainee Psychologist
1 <sup>st</sup> January,22- 28 <sup>th</sup> February,22	<b><u>Raising Family Academy</u></b> Psychology Intern
6 <sup>th</sup> July,21- 8 <sup>th</sup> September,21	<b><u>Umang Trust Foundation</u></b> Research Development and Content Writer
19 <sup>th</sup> July,21- 4 <sup>th</sup> August,21	<b><u>Crayons – Super Specialty Clinic</u></b> Psychology Intern
10 <sup>th</sup> May,2021- 5 <sup>th</sup> August 2021	<b><u>Asthra X Media Interactive Pvt. Ltd</u></b> Content Writer
February,2021- April, 2021	<b><u>TaruMitra</u></b> Perception Research Intern
February, 2021- March, 2021	<b><u>Adhyapann: The Skills Hub</u></b> Psychology Intern

19 <sup>th</sup> September, 2020- 18 <sup>th</sup> October, 2020	<u><b>Counsel India Network</b></u> <b>Psychology Intern</b>
10 <sup>th</sup> August, 2020- 10 <sup>th</sup> October, 2020	<u><b>Psychopedia</b></u> <b>Research Trainee</b>
July, 2020 (10 days)	<u><b>Fortis Healthcare</b></u> <b>Student Intern</b>
6 <sup>th</sup> October, 2018- 10 <sup>th</sup> October, 2018	<u><b>National Institute of Technical Teachers Training &amp; Research, Chandigarh</b></u> <b>Neuro Linguistic Programming Trainee</b>

## EDUCATION

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<b><i>Visharad Poorna (BA)</i></b>	Akhil Bharatiya Gandharv Mahavidyala Mandal, Mumbai, India- Bharatanatyam (2017)
<b><i>Undergraduate</i></b>	Panjab University, Chandigarh, India- Bachelors of Arts (Psychology Hons) (2017-2020)
<b><i>Post Graduate</i></b>	Amity University, Noida, UP, India- Masters of Arts (Clinical Psychology) (2020-2022)
<b><i>Post Graduate Diploma</i></b>	Adarsh Rehabilitation Centre for Physically and Mentally Handicapped Children, Bhiwani, Haryana, India- Post Graduate Diploma in Rehabilitation Psychology (2022-2023)
<b><i>Doctorate</i></b>	Chitkara University, Rajpura, India- PhD in Psychology (2024-Current)
<b><i>Certification</i></b>	The University of Pennsylvania- Foundations of Positive Psychology (October 2024) University of Florida- Healing with the Arts (April 2025)
<b><i>Language</i></b>	Alliance Francaise de Chandigarh, India- French <ul style="list-style-type: none"> <li>• B2.1 level (2019-2020)- Studied</li> <li>• A2 level (2022)- Delf Exam</li> </ul>

## SKILLS

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|-----------------------------|---------------------------|----------------------------|
| • Mental Health Counselling | • Teamwork                | • Research and Development |
| • Data Analysis             | • Knowledge of Humanities | • Psychology               |
| • Bharatanatyam             | • Jamovi/SPSS/NVIVO       |                            |

## PUBLICATION AND PRESENTATION

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*Contribution In A  
Book (Role-Content  
Research Team)*

### **Archetypal Journey- Restoration of Forgotten Symmetry**

Authored by Anil Thomas and published in 2022.

[Link Of The Book](#)

*Oral Presentation*

### **Impact of Cyberbullying on Psychological Well Being**

31<sup>st</sup> Convention of National Academy of Psychology 2021-2022, March 4-6, 2022, On "Psychology and Social Justice at the Time of COVID-19 Pandemic: The State, Community, and Individual Perspectives" organized by the Psychophysiology Laboratory, Department of Humanities and Social Sciences, Indian Institute of Technology Bombay.

[Link To Publication](#)

### **Logical Levels and Hierarchy of Ideas**

The world is dynamic, and so are we. In our day to day lives which are dynamic, there are changes which occur. Some changes are easy, some difficult, some last longer, and some shorter. These changes that occur, they happen on some levels called the Logical Levels

[Link to Publication](#)

### **Animal Assisted Therapy: It's implications among disorders, for Therapeutic Practice, and in Health and Well- Being**

*Journal of Psychological Research*

Publication in volume 03 and issue 03, July 2021

[Link to Publication](#)

### **A comparative study of dog owners & non- dog owners in relation with psychological well-being, stress and happiness**

*International Journal of Indian Psychology*

Publication in volume 08 and issue 04, October-December 2020

[Link to Publication](#)

### **Autonomous Technologies for Water Pollution**

[Link to Publication](#)

### **Are Biodegradable Plastics Really Degradable?**

[Link to Publication](#)

### **Deforestation: A major cause for Environmental Crisis**

[Link to Publication](#)

### **Environment and COVID 19**

[Link to Publication](#)

### **Carbon Mapper: The Future of Technology**

## HONORS AND AWARDS

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**May, 2013**

**NATIONAL CONTEST- Chairman Prize** in Semi-classical (Bharatanatyam) group dance junior category at "All India Multi- Lingual Drama, Dance, Music Contest/Fest National harmony" organized by Akhil Bhartiya Sanskrutik Sangh, Pune

**May, 2015**

**NATIONAL CONTEST- Third Prize** in Semi-classical duet (Bharatanatyam) senior category at "All India Multi-Lingual Drama, Dance, Music Contest/Fest Global harmony"

organized by Akhil Bhartiya Sanskrutik Sangh, Pune.

- December, 2015*      **INTERNATIONAL CONTEST- Meritorious Award** in Classical Dance-Duet, senior category (Bharatanatyam) at “5th Cultural Olympiad of Performing Arts” organized by ABSS’s Global Council of Performing Arts & Culture in Bangkok- Thailand
- May, 2017*      **NATIONAL CONTEST- Third Prize** in Classical Dance - Solo (Bharatanatyam) senior category at “All India Multi-Lingual Drama, Dance, Music Contest/Fest Global harmony” organized by Akhil Bhartiya Sanskrutik Sangh, Pune.
- October, 2018*      **ZONAL YOUTH FEST- Third Prize** in Classical Dance - Solo, organized by Panjab University Zonal Youth & Heritage Festival, Chandigarh Zone-B.
- May, 2019*      **NATIONAL CONTEST- Third Prize** in Classical Dance - Solo (Bharatanatyam) senior category at “All India Multi-Lingual Drama, Dance, Music Contest/Fest Global harmony” organized by Akhil Bhartiya Sanskrutik Sangh, Pune.