

CURRICULUM VITAE

Aradhya Sharma

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Address: D-19, First floor, Eldeco Residency Greens, Greater Noida, Uttar Pradesh- 201310

OBJECTIVE: Completed MPhil in Clinical Psychology seeking professional opportunity to widen my potentials and gain exposure and help those in need of mental health services and spread awareness for the same.

EDUCATION

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|-------------------------------------|--|---|-------------------------------------|---|
| Under-Graduate | Gargi College, Delhi University | 2018 | BA (Hons) Applied Psychology | 79% |
| Post-Graduate | Christ Deemed to be University | 2020 | MSc. in Clinical Psychology | 1st semester- 79% 2nd semester- 73% 3rd semester- 76.36% 4th semester- 65% |
| NET | University Grants Commission (UGC) | Qualified for Assistant Professor (Psychology) | | |
| MPhil in Clinical Psychology | King George Medical University, Lucknow | Ist year- 65% Final year- Passed | | |

ACADEMIC ACHIEVEMENTS:

- Completed a course on 'Psychological first aid' through John Hopkin's University via Coursera (online) on 6 July 2020.
- Cleared UGC NET 2020 for psychology for Assistant Professor (June 2020)
- Completed MPhil in Clinical Psychology, King George Medical University, Lucknow

EXPERIENCE:

- Attended the conclave on mental health awareness- living with dignity by Mental Health Foundation (MHF) on 10th October 2015.
- Attended workshop 'Cognitive Behavioural Therapy' with special focus on common childhood mental health disorders on 21st December 2015.
- Attended workshop 'Emerging challenges in depression and suicide with focus on adolescents and youth' at Moolchand on 29th December 2015.
- Active member of the Initiative for mental health awareness India (IMHAI) for the session 2015-2016.
- Successfully completed my internship at Gautam Hospital and Research centre, Jaipur under Dr. Shiv Gautam from 1st June 2016 to 15th July 2016.
- Presented a paper on 'Brand and self-esteem' at 3rd International and 5th Indian Psychological Science Congress in Chandigarh from 28th September 2016 to 30th September 2016.
- Completed my externship at Fortis Hospital, Okhla road (April 2017).

- Attended ‘Expressive Arts Workshop’ at Gargi College from 24th February to 28th February 2018.
- Actively involved in the events of the ‘Gargi Psychology Association’ from 2017 to 2018.
- Nominated as the mentor of Initiative for mental health awareness (IMHAI) in Gargi College in 2018.
- Participated in NAAC seminar-‘Mentoring the teacher-mentors: capacity building programme’ on 19th and 20th January 2018.
- Completed externship from 10th March 2018 to 13th March 2018 at Mind Vriksha under Dr. Rohit Garg.
- Secured the first position at IIPR, Bangalore in Psychology quiz in March 2019.
- Interned at Ram Manohar Lohia Hospital, Delhi from 26th April 2019 to 26th May 2019 with exposure to MSE and case-history taking and dealing with clients with various mental conditions like anxiety, depression, schizophrenia, mood disorders and substance abuse, learning disabilities and developmental disorders.
- Participated in National level psychology fest (Stimuli, 2019) at Kristu Jayanti College, Bangalore held on 18th September 2019 and secured the third position for the quiz.
- Worked as an intern at CARE (Chemical Addiction Rehabilitation Education), Bengaluru and dealt with clients facing substance-abuse related issues and familiar with Motivation Enhancement Therapy and Cognitive Behavioural therapy from 6th June 2019 to 26th September 2019.

- Presented my research paper ‘The effect of poor sleep on working memory and recall mediated by music among young Indian adults’ at World Psychology Conference in Mumbai on 23rd February 2020.
- Interned at Spandana Psychiatric Centre, Bangalore from 12th November 2019 to 6th December 2019 with exposure to MSE and case-history taking and dealing with clients with various mental conditions like anxiety, depression, schizophrenia, mood disorders and substance abuse.
- Interned at Suvitas centre in Bangalore from 7 December 2019 to 28th February 2020 with exposure of dealing with clients’ mental health in a post-hospitalization setup.
- Completed Summer Internship 2020 for Fortis hospital, New Delhi (Online)
- Attended ‘Expressive Arts Therapy’ by a certified UNESCO therapist on 12th July 2020.
- Attended ‘Dream Interpretation’ workshop conducted by You Got Brains on 26th July 2020.
- Completed online internship ‘Criminal Psychology’ conducted by Psychoshiksha (July 2020).
- Published the paper ‘The effect of poor sleep on working memory and recall mediated by music among young Indian adults’ in Indian Journal of Indian Psychology
- Worked as a Research Associate at Gautam Buddha University, for a research project named “Psychosocial rehabilitation for juveniles” from January 2021 till October 2021.

- Worked as a Research Associate at Indian Institute of Foreign Trade, for a research project named “Happiness among school children during COVID” from October 2021 till November 2021.
- Presented paper as a first author on “Video Game Training as an intervention tool for children with ADHD” at Indian Association of Clinical Psychologists Conference in February 2023.
- Presented a review paper as a second author on “Varied psychosocial interventions for eating disorders and dominance of different modalities of treatment” at Indian Association of Clinical Psychologists Conference in February 2023.
- Presented a review paper as a second author on “Is vigilance a cognitive ability or a personality trait?: Implications for Assessment and Therapy” at Defence Institute of Psychological Research Conference in April 2023.
- Currently working at YOURDOST as a Clinical Psychologist taking virtual therapy sessions
- **SKILLS:** *Computer skills* which include MS EXCEL, MS WORD, SPSS, MS POWERPOINT, Communication skills, Knows ENGLISH, HINDI and basic FRENCH. *Social skills* include being sensitive to other people’s opinions and attitudes and being empathetic. Throughout my training period, I have interned at various settings- hospitals, rehabilitation centres and I am skilled in the processes of case-history taking, MSE, rapport formation and psychotherapy.

- My exposure to the research domain was during undergraduate and post-graduate and during my role as a research associate. Possess knowledge in the techniques of data collection, statistics used and basic concepts in research including ethical considerations.

REFERENCE

Name: Dr. Shiv Gautam

Contact no: 9829053050

Designation: Psychiatrist

Gautam hospital & research centre

Jaipur

DATE: 12 February 2024

PLACE: Greater Noida