

MANTASHA

JANTA FLATS, G.T.B ENCLAVE

DILSHAD GARDEN, DELHI - 110093

Contact no. - 8377894497

E- mail - mantashasiddiqui1320@gmail.com

OBJECTIVE

An individual seeking a platform where exploration, learning and performing in the field of psychology could productively come into practice. Post- Graduated with experience in the workplace and research, interested in learning from and contributing to the organization.

CAREER OPPORTUNITIES

- Working as “Psychologist” at “Sensitivity”, a multidisciplinary set up for child and adolescents from 7th April ’22.
- Worked as " Psychologist" in a Private organization - Qause, which works for the development of NGO and their participants (majorly children) from 13th August, 2019 till 31st March, 2020.
- Worked as “ Associate Psychologist” in a mental health -setup - Center for Child and Adolescents Well- Being (CCAW), a multispeciality center for various interventions for children and adolescents from 15th March 2021 till 31st March, 2022.

EDUCATIONAL QUALIFICATION

- Passed Class 10th from GREENWAY MODERN SR. SEC. SCHOOL under C.B.S.E Delhi, 2012.
- Passed Class 12th from GREENWAY MODERN SR. SEC. SCHOOL under C.B.S.E Delhi, 2014.
- Passed Bachelors of Arts (Psychology Honors) from MATA SUNDRI COLLEGE FOR WOMEN under UNIVERSITY OF DELHI, 2017.
- Passed Masters of Arts in Psychology from UNIVERSITY OF DELHI, North Campus in 2019.
- Passed Diploma in “Guidance and Counselling” from NIE, NCERT 2020-21.

CAREER EXPERIENCE

ASSOCIATE PSYCHOLOGIST, at CCAW

- Took One to One cognitive training session through Computerized software of neurodevelopmental disorder diagnosed children.
- Participated in various projects run within the organization like research, internships, training etc.
- Also worked as facilitator and took group sessions of the population of child care institutes.

PSYCHOLOGIST, at Qause

- Conducted One on One counselling sessions with the population of children, adolescents and teachers at different Non-Profit Organisations.
- Conducted various psychotherapies for students suffering from any type of abuse, mental illness or environmental conflict.
 - Generated reports of all the counselling sessions conducted, in order to create a format for the curriculum.

INTERNSHIP

Internship at AYUR GYAN NYAS, from 20th January, 2020 to 20th March,2020, under the initiative with Sleepwell Foundation.

INTERN

Transacted children's workbook on Ethics of Restraints of Universal Ethics Education curriculum with the students of class VIth and VIIth at N.P. Boys Senior Secondary School, Ansari Nagar, New Delhi of NDMC school.

Internship at SPYM- De-Addiction Cum Rehabilitation Centre For Children In Conflict With Law, OHB-II

Sewa Kutir Complex, Kingsway Camp.

JUNE- JULY, 2018.

Supervisor- Chanchal Kumar (Project In- Charge)

INTERN

- Observed counseling sessions of primarily children in conflict with law and drug influence.
- Participated and conducted individual, group & family sessions.
- Prepared case histories using MSE format.
- Conducted Rosenberg self- esteem scale and Beck Depression Inventory

Internship at SANTULAN- The Specialised Centre for Management Of Psychiatric & Alcohol/ Drug Problems. MAY- JUNE, 2018

Supervisor- Dr. Ashwani Kumar, Naresh Mishra

INTERN

- Observed sessions of inpatients and outpatients with disorders.

- Learn assessments of tests, case history taking, group and individual counseling.

Internship at CHILD AND ADOLESCENT PSYCHIATRY DEPT. OF PSYCHIATRY AND DE-ADDICTION
CENTER LADY HARDING MEDICAL COLLEGE and associated hospitals, Shaheed bhagat singh marg.

JUNE-JULY, 2015

Supervisor- Dr. Unni

INTERN

- Observed counseling sessions of primarily children with disorders.
- Learned and observed the administration of various tests and discussion of finding with the guardians.
- Wrote case reports/histories.
- Observation of OPD patients
- Attending informational speech in IHBAS on RORSCHACH TEST, THEMATIC APPERCEPTION TEST.

Internship at ASHA KIRAN, HOME FOR MENTALLY CHALLENGED, DEPTT. OF SOCIAL WELFARE,
GOVT. OF NCT OF DELHI.

DECEMBER, 2015

Supervisor- Dr. B.S. Banerjee & B.R. Raman.

INTERN

- Made care plans and cultural activities for mentally challenged children.
- Made individual interaction with children at home.
- Observed regular check-up under clinical psychologist.
- Assisted special vocational classes and educational classes.

Internship at GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI, DELHI SECRETARIAT, I.P. ESTATE UNDER MR. GOPAL MOHAN (ADVISOR OF CHIEF MINISTER), PGMS. JUNE-JULY, 2016.

Supervisor- Mr. Shaleen Mitra

INTERN

- Analyzing and resolving public grievances to the Department of Women and Child Development, Department of Social Welfare and Department for the Welfare of ST/SC/OBC and Minority. ○ Done street survey in collaboration with AIMS on drug abuse.
- Worked on psychosocial intervention for adolescents in low SES environments.
- Rehabilitation awareness and initiative for admissions in Kotla mubarakpur, INA under the supervision of SPYM (NGO).

PRESENTATION

- Presented a paper in NATIONAL CONFERENCE ON PERSPECTIVES OF SUCCESSFUL AGEING, held at MATA SUNDRI COLLEGE FOR WOMEN, DU.

WORKSHOP

- Attended on Walk for Alzheimer's Campaign 2015 by Samvedna Senior Care. On 20th September, 2015 under Archana Sharma, Founder, Samvedna Senior Care Pvt Ltd.
- Attended The World Of Autism by Department of Mental Health & Behavioral Sciences, Max Super Specialty Hospital, on 6th December, 2016.
- Attended The Art Therapy Workshop Organized on 13th October, 2019 at Gautam Buddha University on the occasion of World Mental Health Day by Sonali Saini, Expressive Art Therapist, and UNESCO & CID certified.
- Attended BAREFOOT BASIC COUNSELLING 2019 from 11th November 2019 till 5th December, 2019 at NDMC school by Sanjivini Society for Mental Health.

EXPERIENCE

Worked as English teacher for class 6-8th Chanakya Academy.

- Covered the syllabus and taught English speaking and writing.

VOLUNTEER EXPERIENCE

- Volunteer at SAHYOG WELFARE SOCIETY. From 15 th February, 2014
 - Conducted workshops in various government and private schools.
 - Interactive sessions with kids on sensitive issues.
 - Developed interpersonal, observational, communicable and presentation skills.

- Volunteer at Dept. Of Psychology, University of Delhi from 22 nd to 27 th March, 2018 for International Conference on Indian Culture and Psychology: A Consciousness Perspective, Swadeshi Indology Conference Series on Indian Mind Science by Dr. Suneet Varma (Co- Convenor).

ACHIEVEMENT AND ACCOMPLISHMENTS

- Attended 7 days webinar on “Understanding Counselling Process for Specific Population” organised by the Department of Psychology, Vasanta College for Women, KFI, Rajghat Fort, Varanasi in Association with Bharatiya Counselling Psychology Association.
- Attended 2 days of International interdisciplinary webinar on “Psychology of Crisis & Resilience to Change” on 16th to 17th June, 2020, Organised by the Department of Business Administration, St. Anne’s Degree College for Women, Halasuru, Bengaluru.
- Participated in the National Seminar on “Emotional Management” organised by IQAC and Department of

Psychology, Rajaram College, Kohlapur on 13th June, 2020.

- Secured 3rd position in Psy -Quiz in Psychedelia'17 at Department of Applied Psychology , SRI AUROBINDO COLLEGE(evening), DU. 5th & 6th APRIL, 2017 under Dr. Monika Rikhi (HOD), Dr. Mahesh Kumar Darolia, Mr. Pragyendu.

SPORTS ACHIEVEMENTS

- 2nd Position in Third Senior National Rokit Ball Championship (2015 – 2016) (Men & Women) at, Baba Bakala, Punjab.
 - 3rd Place, Second Senior National Rokit Ball Championship 2014 – 2015 (Men & Women) organized by State Rokit Ball Association, Punjab.
 - 1st Position in Zonal level Sports (2013 – 2014). Participation in Delhi State Junior Volleyball Championship for Boys & Girls (2013).
 - Participation in Central Board of Secondary Education in Delhi (2012).
 - 2nd Position in Zonal Level Sports (2011 – 2012).
 - 1st Position in Zone VI, Delhi School Sports & Cultural Activities Board (2010 – 11)
 - Participation in Delhi State sub Junior Volleyball Championship for Boys & Girls (2010). ▪
- Participated in Khel For India Foundation held at CWG Village Sports Complex.

OTHER SKILLS

Computer Skills MS Word, MS PowerPoint Presentation and MS Excel (Basic)

Personal skills Ability to understand concepts and unleash views.

Welcome different perspectives and find anchors.

PERSONAL DETAILS

Father's Name : Mohammad Jameel

Mother's Name : Fatima Begum

Date of Birth : 20 th Dec 1996

Language Known : Hindi & English

Religion : Muslim

Nationality : Indian

Marital Status : Unmarried

Date:-.....

Place:-..... **MANTASHA**