

Sarika Dhingra

Dynamic and dedicated individual, looking out for opportunities to work with an overarching aim of improving mental wellbeing of those associated.

dhingrasarika20@gmail.com

9643409040

New Delhi, India

linkedin.com/in/sarika-dhingra

EDUCATION

MPHIL CLINICAL PSYCHOLOGY

National Forensic Science University (INI)

08/2023 - Present

MA Psychology

University of Delhi (Indraprastha College of Women)

07/2021 - 05/2023

Specialization in CLINICAL PSYCHOLOGY

- Test Construction and Standardization

BA (h) Psychology

University of Delhi (Keshav Mahavidyalaya)

07/2018 - 07/2021

Percentage: 71

Courses

- Counselling Psychology
- Social and Applied Social Psychology

Higher Secondary

DLDAV Model School

04/2017 - 05/2018

Percentage: 96.2

INTERNSHIP EXPERIENCE

Psychological First-Aid Provider

Mental Health Foundation (India)

05/2022 - 08/2022

Tihar jail, New Delhi

Achievements/Tasks

- provided psychological first-aid to tihar jail inmates
- devised task for improvement of their mental health

Intern

National Human Rights Commission

02/2022 - 03/2022

New Delhi

Achievements/Tasks

- Won first position for the research paper titled, Feedback Mechanism: Human Rights Advisory on Right to Food Security and Nutrition.
- Gained holistic perspective about human rights from various eminent speakers.

Human Resource Intern

Youth India Legal Solution

01/2022 - 04/2022

Remote, New Delhi

Achievements/Tasks

- Conducting Recruitment Interviews
- Maintaining employee record

SKILLS

Primary Research

Secondary Research

Strong Interpersonal Skills

MS Office

Listening and Communication

Critical Thinking

VOLUNTEERING

The Rising People Welfare Society (06/2019 - 07/2019)

- Teaching underprivileged children
- Mentoring students beyond academic requirements

CERTIFICATES

Clinical Psychology-Fortis Mental and Behavioral Department (07/2020 - 07/2020)

Remote, New Delhi

Counselling Training Programme- A Whole School Approach to mental Health (06/2023 - 06/2023)

Organized by SIMHA, TISS a virtual training programme.

LANGUAGES

English

Native or Bilingual Proficiency

Hindi

Native or Bilingual Proficiency

INTERESTS

Cooking

Painting

Music

Reading