

YOKSHITA

Psychology student with a strong academic background in human behavior, mental processes, and forensic psychology. Passionate about understanding criminal behavior through psychological and social perspectives, with a keen interest in applying these insights within the justice system. Former NCC cadet, demonstrating discipline, leadership, and a commitment to public service. Skilled in behavioral analysis, research, and critical thinking, with a drive to contribute to crime prevention, rehabilitation, and evidence-based policy.



New Delhi, India



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INTERNSHIPS

June 2019

Psychology Student at **FORTIS HOSPITAL** | *Vasant Kunj, New Delhi, India*

- Learned about different types of disorders, correct method of dealing with patients, note taking methods, identifying disorders in children.
- Completed 25 hours of Summer Internship Program.

March 2022

Social Worker at **THE SOCIAL BEINGS** | *New Delhi, India*

- Helped many stray dogs by feeding them and installing water pots.
- Helped kids from slums by educating them basics of life like first aid kit, mathematical operations etc.
- Worked for 4 months.

April 2022- May 2022

Psychology Student at **MIND EASE- Psychological Services and Wellness Center** | *Lajpat Nagar, New Delhi, India*

- Actively participated in learning detailed structure on the basics of psych, case history taking and mental status examination taking, psychiatric disorders.
- Also learned about psychological assessments used in psychiatry.
- Completed 30 hours of Summer Internship Program.

August 2023

Field Intern at **Prayas Juvenile Aid Centre** | *Jahangir Puri, New Delhi, India*

- Conducted fieldwork with juveniles in conflict with law, integrating psychological and socio-political perspectives to analyze behavioral patterns and systemic influences.
- Collected qualitative data through interviews and observations, exploring family structures, community environments, and emotional development to understand pathways to delinquency.
- Contributed to case profiling and research initiatives focused on juvenile justice, rehabilitation, and crime prevention, bridging insights from both psychology and political science.
- Completed field work of 1 month.

December 2024- May 2025

Intern at **National Association for the Blind** | *R. K. Puram, New Delhi, India*

- Learning about audio books
- Familiar with excel, TAB audio player
- Uses of braille language
- Familiar with various equipment used by blind to make life easier like voice clock, audio pressure cooker etc.

WORK EXPERIENCE

Admission Counsellor | *Gaurav Bhatara Law Academy, Greater Kailash-2 M-block, New Delhi, India* | *June 2025*

Psychological Insight & Communication

- **Effective interpersonal communication** — explaining processes, calming anxious students/parents, understanding individual needs.
- **Listening and empathy** — understanding motivations, resolving concerns with compassion.
- **Behavioral observation** — noticing patterns in student or staff interactions, helpful in assessing workplace dynamics later.

Organizational & Administrative Skills

- **Record management** — maintaining databases, documenting all office activity, tracking performance metrics.
- **Process streamlining** — identifying inefficiencies and creating smoother workflows.
- **Attention to detail** — crucial in audits, HR documentation, and performance evaluations in org psych roles.

People & Team Management Exposure

- **Coordinating with multiple departments** (sales, academic, tech)— helps in understanding cross-functional team dynamics.
- **Conflict handling** — resolving misunderstandings or communication gaps among colleagues or clients.
- **Teamwork and collaboration** — supporting team goals while handling individual responsibilities.

Analytical Thinking

- **Problem-solving under pressure** — finding fast, practical solutions during admission cycles or peak seasons.
- **Data-based decision-making** — using records to identify trends or make improvements (just like an org psych uses surveys/data to guide HR practices).

Understanding Organizational Behavior

- **Exposure to internal structures** — understanding how a private education office operates: hierarchy, culture, workflows.
- **Insight into motivation and performance** — observing what motivates different students and staff can translate to understanding employee behavior in organizations.

Time and Task Management

- **Multitasking effectively** — handling student queries, team communication, and records at once.
- **Meeting deadlines consistently** — crucial for handling assessments, reports, and HR-based projects in the future.

EDUCATION

2019

Secondary Education| *Green Fields School, Safdarjung Enclave, New Delhi, India*

- Communication – Speaking clearly, writing essays, giving presentations
- Teamwork – Group projects, sports teams, class activities
- Time Management – Balancing schoolwork, exams, and other responsibilities
- Leadership – Class monitor, school club roles, leading group work
- Problem-Solving – Tackling challenges in studies or extracurriculars
- Responsibility – Meeting deadlines, organizing your work
- Writing – Creative writing, essays, poems, reports
- Art & Design – Drawing, painting, Canva, basic graphic design
- Languages – Fluency in multiple languages like English, Hindi and Punjabi

2021

Senior Secondary Education| *Green Fields School, New Delhi, India*

- Computer Science student

- Adaptability – Adjusting to new subjects, online classes, etc.
- Basic Computer Literacy – MS Word, PowerPoint, Excel, Google Docs
- Typing Skills – Helps with assignments and projects
- Internet Research – Gathering information for schoolwork
- Basic Coding – HTML, Python, My SQL
- Mathematical Skills – Basic operations statistical methods

2022-2025 *present*

Bachelor of Arts in Social Sciences| *Dr. B. R. Ambedkar University, Delhi, India*

- Research Skills – Conducting surveys, literature reviews, data collection
- Academic Writing – Reports, essays, Research papers
- Observation & Interpretation – From fieldwork, interviews, or case analysis
- Time Management – Balancing academics, projects
- Teamwork – Collaborating on group assignments or society projects

2022-2025 *present*

Bachelor of Arts (Hons.) Psychology| *Indira Gandhi Open University, Delhi, India*

- Critical Thinking – Analyzing theories, evaluating sources, solving complex problems
- Data Analysis – Using tools like SPSS, Excel, or basic statistics for reports
- MS Office Suite – Word, PowerPoint, Excel
- Google Workspace – Docs, Sheets, Slides, Forms
- SPSS / R / Excel – For data/statistics

ACHIEVEMENTS

2019

GOLD MEDALIST

- SOF Science Olympiad

2016

GOLD MEDALIST

- Intersection Tug of War

2018

BRONZE MEDALIST

- Junior Volleyball Girls Zonal competition

2025

NATIONAL CADET CORPS- CADET

- Discipline – Trained to follow structure, punctuality, and respect for rules
- Leadership – Experience in leading drills, teams, or group tasks
- Teamwork – Functioning effectively in group settings and under pressure
- Physical Fitness – Stamina, endurance, and awareness of physical well-being
- Communication Skills – Clear verbal commands, coordination, and public speaking
- Crisis Management – Ability to stay calm and act effectively in stressful situations
- Time Management – Balancing academics with regular NCC training and activities
- Resilience & Mental Toughness – Handling physically and mentally demanding tasks
- Civic Awareness & Social Responsibility – Participation in community service, Swachh Bharat, and other initiatives
- Self-Motivation – Willingness to take initiative and accept responsibility
- Art & Design – Painted posters in many events
- Familiar with Weapon Training, Map Reading, Obstacle Training, Field Craft and Battle Craft, Health and Hygiene
- Have a knowledge of different types of weapons
- **Achievements**
 - ‘C’ Certificate holder
 - Attended CATC Camps
 - Second position in Drill competition
 - First position in Group Song competition
 - Completed the ‘Training in self-Defence Techniques’ by *Special Police Unit For Women and Children*