



NIHARIKA SHARMA

Clinical Psychology Trainee currently pursuing RCI-recognized M.Phil Clinical Psychology.
Expected completion: September 2025.

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Vihar, Phase II, Delhi-110091

LICENCES AND CERTIFICATIONS

- University Grants Commission
National Eligibility Test (UGC
NET) Qualified – June 2023
- Great Experiments in
Psychology
NPTEL – National Programme
on Technology Enhanced
Learning
- Introduction to Cognitive
Psychology NPTEL – National
Programme on Technology
Enhanced Learning

SKILLS

- Client Rapport Building &
Empathic Listening
- Psychotherapy
- Case Formulation &
Treatment Planning
- Psychological Assessment &
Diagnosis
- Clinical Documentation &
Report Writing
- Multidisciplinary
Collaboration
- Research Design & Data
Analysis
- Ethical Decision-Making in
Clinical Practice
- Crisis Intervention & Risk
Assessment

About Me

Clinical Psychologist (in training), currently pursuing an RCI-recognized M.Phil. in Clinical Psychology from Government Medical College and Hospital, Chandigarh. Competent in psychological assessment, diagnosis, and therapeutic intervention across varied clinical populations. Formally trained in diverse psychotherapy modalities—including cognitive-behavioral, psychodynamic, and integrative approaches—as well as psychodiagnostic and psychometric assessments. Committed to ethical, evidence-based mental health care with a research-driven outlook aimed at enhancing clinical outcomes and psychological well-being.

EDUCATION

- M.Phil. in Clinical Psychology** (2023 – 2025)
Government Medical College and Hospital,
Chandigarh, RCI-approved program
- M.A. in Psychology** (2021 – 2023)
Panjab University, Chandigarh
- B.A. (Hons.) in Psychology** (2017 – 2020)
Jamia Millia Islamia University, New Delhi
CGPA: 8.53
- Intermediate (Class XII)** (2016 – 2017)
Vivekanand Public School (CBSE)
Score: 85.7%
- High School (Class X)** (2014 – 2015)
Vivekanand Public School (CBSE)
CGPA: 9.2

INTERNSHIPS

Mindgaps

Conducted
interactive and
curriculum-aligned
classes for
undergraduate
psychology students
preparing for
Master's entrance
examinations

Batra Hospital & Research Centre

Observed
psychiatric
sessions and
documented
patient history

Potentials – Therapy Centre for Children

Assisted
psychologists
in therapy for
children with
neurodevelopm
ental disorders.

Psyche Panacea

Facilitated
career
counseling
workshops for
school students.
Administered
DBDA and
interest tests

EXTRACURRICULARS

- Hosted various inter-departmental/ intra-departmental workshops, seminars and events at Panjab University.
- Anchored for 11th India International Psychological Science Congress.
- Participated in various debates (won first position in zonal debating competition twice and intra school competitions)
- Poem-recitation
- Sports/Athletics
- Participated in community visits to old age homes, orphanages and slums.
- Assisted in arranging donation drives.

PERSONAL DETAILS

- Mother's name: Mrs. Vijay Laxmi Sharma
- Father's name: Mr. Dau Dayal Sharma
- DOB. : 26 February, 2000
- Gender : Female
- Nationality : Indian

LANGUAGES

- English
- Hindi

Scholarly Work:

- **M.Phil. Thesis**
Title: Body Image, Couple Relationship, and Quality of Life in Individuals with Male Erectile Dysfunction
- **M.Phil. Study**
Title: Impact of Parent Psychoeducation Group on Stress, Coping Strategies, and Approach towards Autism among Parents of Children with Autism Spectrum Disorder
- **Master's Dissertation**
Title: Portrayal of Indian Serial Killers in Crime Documentaries: A Content Analysis
- **Undergraduate Research Project**
Title: Bullying Behavior as a Consequence of Social Conformity

Pro-Bono:

- Volunteered for the 11th India International Psychological Science Congress (2022) at Panjab University.
- Volunteered for Queerlifafa, the mental health chapter of Queering in Chandigarh, a community service for queer folx.
- Volunteered with an NGO called CRY (Child Rights and Youth) under a program named 'Aaghaz-e-Taleem'.
- Under the program Aaghaz-e-Taleem 30 underprivileged slum children were taught and provided with basic education like alphabets, counting, etc.
- Fundraising for Aaghaz-e-Taleem.
- Volunteered for workshops on mental health awareness at Jamia Milia Islamia University.