

AYUSHI BHARDWAJ

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Dedicated mental health professional with refined interpersonal and multitasking skills. Looking for a psychologist job with theoretical knowledge and skill set for the same. Seeking to help individuals undergoing emotional, intra/inter-personal and psychological distress. Also providing guidance regarding social behavior, and mental and physical health.

KEY SKILLS

Analytical thinker	Communication	Culturally sensitive
Quick learner	MS office suite	Adaptable

EDUCATION

DEGREE	INSTITUTE	YEAR
MSc Clinical Psychology	University of Mysore (Mysore)	2021
PGD Yoga therapy	Mysore Vivekananda yoga education and research institute (World Yoga Alliance- Mysore)	2021
B.A Performing arts, English literature, psychology	Christ University (Bangalore)	2019
PUC	Chethana PU college (Deeksha- Bangalore)	2016
HIGH SCHOOL	Vyasa International School (Bangalore)	2014

PROJECT EXPERIENCE

Viveka Hospital- Mysore (2021): Interned as a psychologist. Responsible for assessment, case studies and follow up sessions of clients.

Chhattisgarh Health Department (2021): Volunteered as a counsellor for providing online counselling and assessments for COVID positive patients.

Iskon association- Bangalore (2019): Running of a theatre summer camp and provide training for children aged 5-15 to showcase their talent in the field of performing arts.

ESPA- Performing arts academy- Bangalore (2019): Training students for a musical whilst preparing and encouraging them in the field of performing arts.

Puppetry workshop- Christ university (2018): Administration of a puppet making and interactive teaching workshop to provide knowledge on interactive teaching methodologies to B.Ed. graduates for effective teaching of pre-primary grades.

WORKSHOPS

Odanadi foundation (2021): Attended a workshop on the issue of child and women trafficking, their safety, intervention and mental health.

Nirikshe special school (2020): Attended a workshop for understanding and working with children with learning disability and special needs.

Dalai lama institute of higher education (2020): Attended seminars on universal ethics.

Aesthetica (National Conference on Changing Dimensions of Creative Expressions in Performing Arts-2018): Presented a paper on "Theatre and Child Development".

CERTIFICATE AND VALUE-ADDED COURSES

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| • Adolescent problems and guidance | University of Mysore, Mysore |
| • Nutrition and healthy lifestyle | University of Mysore, Mysore |
| • Identifying early signs of psychosis in adolescents and young adults | Stanford University School of Medicine, edX |
| • Art entrepreneurship | Christ University, Bangalore |
| • Holistic education | Christ University, Bangalore |

ADDITIONAL

- Active participant in inter and intra-collegiate fests (Christ University).
- Performed in a theatre event organized by National School of Drama
- In charge and organizer of baptizer (National Theatre Festival) at Christ University.
- Olympiad participation in Math, Science and Creative and Analytical skills in school.
- Active participant in sports events in school.

PERSONAL DETAILS

Date of birth: 19 June 1998

Languages: English, Hindi, Telugu & Kannada- conversational

Interests: Painting, Dancing, Reading, Travelling