

Q) Why are you perusing the selected program?

In this fast-growing world of competition and desire, somewhere we have started compromising with our mental well-being. Dealing with daily hassles, handling up the relations, managing work and financial account has dismantled us unknowingly and had bogged us with stress. So, to slow this down, I want to provide solution to help others to have positive lifestyle. I want them to hold on and live for happy selves. Through this program I aspire to learn various techniques and methodologies to identify and diagnose various mental illness/problems. I wish to have better understanding about human psyche and human behavior. After educating myself, I wish to use my knowledge to practice effective therapies to cope with various mental health issues.

I also aspire to make use of positive psychology and religiosity to stabilize the overwhelming emotions. I want to study and explore the fascinating world of unconsciousness. I will apply the knowledge gained to discover the new techniques to cope, which include, implementing positive psychologically combined religiosity that is very close to one's mind. I wish to resolve more and more mental health issues by implementing the existing therapies and to come out with some new one for this ever-dynamic world.

An Applied Psychology from TISS which has a distinguished tradition of preparing mental health workers will help me deliver in today's fast-changing world and pursue my dream of becoming professional Mental-Health Consultant capable of treating disorders in a competitive environment while contributing to the society's welfare. There are several reasons for choosing TISS. Due to TISS's strong emphasis on research and methodology, I am highly attracted. The well-experienced faculty and diversity in the university is also a significant reason. TISS has everything that I am looking for to get my expertise in. Moreover, I am confident that I have the skills, knowledge, and abilities that this university has been looking for in a student.

Q) Write your biographical Sketch (300 words)

I, Miss Amrita Jain, 21 years old, hailed from an ordinary Indian family am very passionate and curious girl. I completed my primary education at my native place at Bhavan's B.P. Vidya Mandir, Nagpur. For the higher secondary, I opted for science stream and developed interest in human behavior. As a student I was always someone who was curious about all the captivating and intriguing things about the human psyche and brain which drew me even more towards its mechanism and hence helped me choose my majors subject as psychology. I have served as a 'First Aid' incharge in class 9th. I had represented my school at various sports tournaments at district and national level in the game of kho-kho. Sportsmanship has forced me to look at everything from all directions and have broader perception towards life. I have been awarded 'Rajya Puraskar' under Scout/Guide Programme. I participated in creative-writing competition where I learned to be empathetic to protagonist and control emotions creatively.

I did my graduation from Fergusson College, Pune pursuing degree in B.A.(Psychology) with minor subjects as Financial Mathematics and Economics. I am a dedicated undergraduate student with excellent interpersonal and logical reasoning skills. During my college days I was an active volunteer in the National Service Scheme (NSS), sociology departmental fest 'VIVIDHA' and college cultural departmental fest 'SPANDAN'. During graduation, Abnormal Psychology fueled my interest in its domain. I would like to further explore this field and identify various roles available.

I have worked as Program Manager in the mental health startup company called 'Heal.Expert'. This made me vigilant about the remarkable technologies available in psychology and its real-life applications. It gave me insights on programs existing across the globe for the betterment of mental-health and handling stress in the professional world like EAPs and College programs. I completed my

internship in 'Healing Dove Foundation' as Life Skill trainer and worked for NGO called 'Umeed India Foundation'.

In the short run, I would like to pick-up one of these roles, based on the understanding that I would develop during my master's and make meaningful use of the experience and knowledge gained ensuring personal as well as professional growth.

Q) Mention any work done by you relevant to the field of study selected by you.

In respect to applied psychology I have done the following work:

1) Internship – Heal.Expert – 4 months

I have completed my internship at 'Heal.Expert' for the duration of 4 month (24 August 2021-31 December 2021). This internship has strengthened my professional aptitude and given valuable insight into technology and psychology. Our internship was facilitated by Mr. Vishwadeep Tehlan (Founder and CEO, Heal.Expert). 'Heal.Expert' is a mental health start-up aiming to build an application to bridge a gap between mental health workers and seekers. In today's world of digitalisation, it is providing the solution for mental well-being online. The internship consisted of various tasks like market research, app testing, research on prevailing problems in mental health, writing letters to the concern authorities, technology and psychology, detailed study of various mental health disorders with existing therapy programs, employee assistance program (EAP) programs (work stress), college programs for well-being, emotional profiling for various disorders, making UI/UX for the app profile etc. Later, I worked as Program Manager for the company which included various task like keeping a track on all the projects going on within the company. Interacting with various vertical heads and keeping an update. It also includes scheduling meeting and weekly debates. I was a mediator between the vertical heads and CEO.

2) Internship – Healing Dove Foundation – 3 months

I have completed my internship at 'Healing Dove Foundation' for the duration of 3 months (5/07/2021 to 5/10/2021). During this period, I was a Life Skill Trainer Intern under the supervision of Ms. Vidhi Nanda (Program Manager) for Healing Dove Foundation. As a life skill trainer, I was closely involved in conducting sessions on life skills and how to administer perpetually for NGOs that the foundation connected with. Healing Dove Foundation works for implementing sustainable strategies to facilitate holistic development (psychosocial and economic) of marginalized communities across the globe. It helps to organize a youth-to-youth mentorship campaign in the hopes of providing the marginalized youth groups with adequate guidance and upliftment required for the career path the individual seeks. They assist their beneficiaries by guiding them for financial induction, academic and industrial training in the hopes to help every individual develop holistically and become self-sufficient.

3) Research- "Emotions Regulation and Executive Functioning."

We worked on research report on "Emotions Regulation and Executive Functioning: Does emotional regulations affects executive functioning?" under the guidance of Mr. Anil Sawalkar (HOD, Psychology Department, Fergusson College). The study focuses on how Emotional Regulation affects Executive Functioning, either positively, negatively or null. The sample constitutes a total of 90 boys and girls, aged 18 to 25 years old, selected using proportionate random sampling. For Executive Functioning, Executive Skills Questionnaire - Revised (ESQ-R) was administered (Developed by Julia Strait and Peg Dawson in 2019 which is a 25-item scale). For Emotional Regulation, Emotional Regulation Questionnaire (ERQ) a 10 item self-report measure

developed by Gross and John in 2003 was used. Both the tests were administered to all the participants. Descriptive Research Design was used in the research. The Non-Parametric Mann-Whitney U-test stated, as a result, that there is no significant difference between males and females. Then the Spearman coefficient was used to find the correlation between the two variables. Therefore, results showed that Emotional Regulation and Executive Functioning do not show any correlation and the null hypothesis was accepted.

4) Test Construction – Social Anxiety Scale

We have prepared a 20-item psychometric test “Social Anxiety Scale” under the guidance of Anil Sawalkar (HOD, Psychology Department, Fergusson College). The test has Cronbach’s Alpha score= 0.914 which confirms its reliability and the Criterion Validity of 0.683 with the sample size of 200 people.