RISHIKA MAHESHWARY

9597465769

M

rishikamaheshwary.23bpy@kclas.ac.in



Coimbatore

Profile

Final-year B.Sc. Psychology student with hands-on experience in counselling, psychometric testing, youth awareness campaigns for over 3 years and therapeutic interventions. Completed internships and training in counselling skills, youth mental health first aid, and applied theatre for healing. Experienced in program coordination, facilitation, and outreach, with a strong record of contributing to youth empowerment and mental health initiatives. Passionate about community service, adolescent well-being, and promoting life skills through education and advocacy.

Education

- B.Sc. Psychology 2023 present
 Kumaraguru college of liberal arts and sciences, Coimbatore
- Class XII CBSE (2023): Yuvabharathi public school
- Class X CBSE (2021): Yuvabharathi public school

Language

- English
- Hindi
- Basic Tamil

Skills

Program Coordination & Management: Coordinated Empower mental health campaign (30+ hrs outreach), organized college conclave & IIMUN events

Problem-Solving :Handled real-time challenges in mental health first aid role (Mpower) and during suicide prevention campaign

Critical Analysis :Applied psychometric tools (Wings Within internship) and reflected on casebased counselling training (Barefoot Counsellor)

Counselling Techniques: Exposure to individual and group counselling.

Mental Health First Aid: Trained in recognizing and responding to crises among youth.

Applied Theatre: Skilled in integrating theatre as a medium for education and healing.

Communication & Facilitation: Experienced in engaging with diverse groups, including children, adolescents, and adults.

Empathy & Active Listening: Strengthened through internships and volunteer programs.

Team Collaboration: Worked effectively in multidisciplinary teams.

Adaptability:Engaged in diverse roles from psychometric testing to theatre-based facilitation adjusting to varied youth and community needs

Passion for Education & Youth Empowerment:
Sustained involvement in awareness campaigns,
eco-club initiatives, and youth parliament
activities reflecting commitment to youth
development

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Workshops & Events

- IMUN Organizing Committee Member (2018): Supported in event planning and coordination.
- MovieZen (19th–21st Aug 2021): Co-organized online movie screenings; designed tickets, managed sales, and created an end-to-end student-led event.
- HR'O'HOUR (2022): Awarded a Certificate of Participation for attending an online workshop on Criminal Psychology and Criminal Profiling held on 20th November 2022.
- Youth Parliament (2022): Participated in planning and execution of mock parliamentary debate.
- Suicide Prevention Awarness (2024)- Coordinated classroom outreach sessions across college to promote mental health awareness. Designed posters and presented interactive sessions as part of group campaigns.
- Psych Conclave (2024): Assisted in organizing and streamlining processes.
- Mental Health Awareness Campaign Empower the COPE (2024): Promoted awareness on campus through outreach, workshops, and interactive activities, contributing 30+ hours of volunteer service.

Training & Certifications

- Barefoot Counsellor Training Explore Counselling (30 hours, Jan–Feb 2024)
- Applied Theatre for Healing & Education Rangbhumi (40 hours, Feb 2024)
- Internship Certification Wings Within, Bangalore (Counselling & Psychometrics, 2024)
- Mental Health Awareness Campaign Empower the COPE (2024)
- Youth Mental Health First Aider Mpower (14 hours, valid until Feb 2027)
- Internship Certification HR'O'HOUR (20 hours, 2025, online)

Awards & Recognition

- Shram Daan (2022): Awarded a Certificate of Appreciation for successful participation in Shram Daan, an initiative by On The Go Restaurant, Coimbatore, held from 1st May 2022 to 31st May 2022.
- Mahatma Gandhi Merit Scholarship (2023– 2024) – Awarded for academic excellence.
- Certificate of Appreciation (Mpower)
 December 2024 For promoting mental health awareness on campus.
- Performance letter from HR'OHOUR(August 2025)

Volunteer & Social Work

- Eco Club (2018): Practiced organic farming and created eco-friendly products for sale to parents and classmates.
- Seva Projects (2019): Served food in the school canteen, recycled paper into usable chart sheets, and participated in bus-cleaning drives.
- Shramik Naari Sangh (2020): Awarded a
 Certificate of Appreciation by the Shramik
 Naari Sangh Foundation for my dedicated
 contributions towards supporting
 underprivileged women in Coimbatore.
 Through consistent volunteer efforts, I assisted
 in initiatives aimed at women's empowerment
 and community development, and my
 commitment and dedication were recognized
 as commendable by the organization.
- Bharathiar Special School (2021): Assisted students with special needs in daily academic and activity-based tasks, and conducted a case study.
- Human Animal Society, Coimbatore (2021): Volunteered in animal shelter activities, including cleaning and assisting with the care of dogs.
- Ekal Vidyalaya (NGO) (2022 Present):
 Actively participated in the Pahalgam Attack
 Awareness March and contributed to its
 organization, while also engaging in social
 service initiatives such as distributing food,
 clothes, and essential items at old-age homes.
 Additionally, significantly contributed to
 various drives, campaigns, and community
 programs, assisting in their smooth execution
 and ensuring effective outcomes.



President

Ms. Kavita Maheshwary 90034 99699

Secretary

Mrs. Sapna Chajed 81443 10535

Treasurer

Mrs. Navya Raheja 99430 34754



Vice Presidents (1 & 2)

Mrs. Reena Kothari 99941 17432

Mrs. Urmila Surana 94870 17041

Joint Secretary (1)

Mrs. Preeti Punjabi 98435 90807

Joint Treasurer (1 & 2)

Mrs. Poonam Kapoor 93444 56679

Mrs. Roshni Tejsinghani 78297 58747

Convener

Mrs. Chandeep Anand 98432 26263

Other Members

Mrs. Vidya Ramesh 81227 11135

Mrs. Pallavi Kotecha 96447 57652

Mrs. Beena Shah 94433 22879

Mrs. Suman Punjabi 93642 85254

Mrs. Ram Kumari 94899 93444

Mrs. Banu Rao 82200:37466

Mrs. Rinky Shah 99405 00462

Mrs. Saroj Karnani 96777 61456

Mrs. Usha Devi 98946 70793

Mrs. Santhoshi 88709 55022

Date: 04th September 2025

To Whom It May Concern,

I am pleased to recommend Rishika Maheshwary, who has been an active and dedicated youth volunteer with Ekal Vidyalaya over the past three years. During this time, she has consistently demonstrated commitment, responsibility, and a genuine passion for community service.

Rishika has actively participated in and contributed to a wide range of our initiatives. She played an important role in "Pahalgam attack Awareness March" where her enthusiasm and organizational abilities were evident. She was also involved in visits to old-age homes, where she helped in distributing food, clothes, and other essential items with empathy and care. Furthermore, she contributed significantly to drives and campaigns organized by our team, where her leadership qualities and teamwork skills were appreciated.

As a youth volunteer, Rishika has gone above and beyond in every task she has undertaken. She not only participated but also actively supported the smooth functioning of events, showing initiative and a willingness to take responsibility. Her ability to connect with people, especially vulnerable groups, reflects her compassion and her strong interpersonal skills.

I have been greatly impressed with Rishika's dedication and efforts. I believe she will continue to make valuable contributions wherever she goes, bringing her commitment to social service, her organizational strengths, and her sincere concern for others.

Please feel free to contact me if you require any additional details about her contributions.

Sincerely,

Kavita Maheshwary

President

FTS Coimbatore Mahila Samiti

9003499699

FTS Mahila Samiti

(AFFILIATED TO EKAL ABHIYAN TRUST)







LETTER OF RECOMMENDATION

courses@hrohour.in

TO WHOM IT MAY CONCERN

I am writing to wholeheartedly recommend Rishika Maheshwary for their exemplary participation in the Shadow Counseling Internship organized by HR'O'HOUR. Throughout the duration of this intensive and experiential training program, Rishika Maheshwary demonstrated outstanding commitment, empathy, and professionalism in their approach to learning and applying core therapeutic skills.

The course began with foundational clinical skills, wherein the students were trained in Case History Taking and conducting a comprehensive Mental Status Examination (MSE). These essential tools laid the groundwork for the therapeutic interventions that followed, enabling students to understand their clients from a biopsychosocial perspective.

As the course progressed, Rishika Maheshwary was introduced to several evidence-based psychotherapeutic approaches, including:

- · Cognitive Behavioral Therapy (CBT)
- · Rational Emotive Behavior Therapy (REBT)
- Solution-Focused Brief Therapy (SFBT)
- · Emotion-Focused Therapy (EFT)
- Dialectical Behavior Therapy (DBT)

After acquiring theoretical and practical understanding of these modalities, they applied these interventions under guided supervision in real-client settings, showcasing the ability to tailor approaches to client-specific concerns effectively.

In addition to therapeutic models, Rishika Maheshwary was trained in multiple relaxation and grounding techniques, which included:

- Progressive Muscle Relaxation (PMR)
- · Various Breathing Exercises (deep breathing, box breathing, alternate nostril breathing, etc.)
- Grounding Techniques (5-4-3-2-1 method, sensory redirection, etc.)

These techniques were skillfully integrated into sessions to manage client anxiety, emotional dysregulation, and stress-related responses.

The course also involved intensive Role Play Sessions that simulated diverse client scenarios. These exercises allowed Rishika Maheshwary to build a strong therapeutic presence, refine active listening and rapport-building skills, and respond empathetically to client narratives.

In summary, Rishika Maheshwary completed this shadow counseling course with a high level of professionalism, compassion, and ethical understanding. I am confident that they will be an asset to any clinical, academic, or research setting they chooses to pursue.

Sincerely,
Suisur Lengulora
Srishti Sengupta
Founder & Director HR'O'HOUR







10 August 2025

To Whom It May Concern:

It gives me great pleasure to write this letter of recommendation for Ms Rishika, who is applying FOR THE COLLEGE PROJECT. I have known her for two years in my capacity as a course facilitator for General Psychology and Psychological Statistics in Bachelor's in Psychology programme at the Kumaraguru College of Liberal Arts and Science, Coimbatore.

Rishika is an extremely talented student with tremendous determination and focus. Her versatility of interest across disciplines such as psychology, counselling and theatre is her strength. Her communicative and reflective nature bring unique contributions to the table, adding perspectives and significance. During her internship and volunteering engagements in therapy, psychometric assessments and peer mentoring and training, she has utilized her fullest potential to acquire knowledge and serve the communities. Rishika performed very well in her courses and conducted her psychological statistics project in a collaborative, yet independent and highly resourceful way. Her multidisciplinary approach to the project was commendable. It is no surprise to me that these efforts have culminated in earning her the institution's highest academic scholarship for the year 2023 - 24.

It must be clear that I value Rishika's intellectual contributions extremely highly. She is also a genuinely warm and caring person, who is highly regarded by her peers as well as by members of staff. Her intellect is rare, and I am confident that she will be an asset to the programme. I recommend her enthusiastically and without reservations.

Swathi Priya D
Former Assistant Professor
Department of Psychology
Kumaraguru College of Liberal Arts and Science
Coimbatore
swathipriya.devaraj@gmail.com
Tel. +91 9791906270





PERFORMANCE LETTER



Date: 20th April 2025 to 8th August 2025

Student Name: Rishika Maheshwary

Congratulations on successfully completing the Shadow Counselling Internship from 20th April 2025 to 8th August 2025. Your participation demonstrated your dedication to developing essential psychological counseling and therapeutic skills. Below is your performance summary and progress evaluation.

INTERNSHIP COMPONENT	STUDENT PERFORMANCE
Supervision	А
Therapy	А
Overall	A

Suisor Sengujora

SRISHTI SENGUPTA

Founder & Director HR'O'HOUR

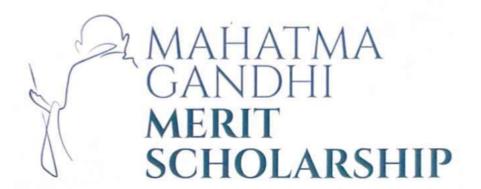












WE ACKNOWLEDGE THAT

RISHIKA MAHESHWARY

FIRST YEAR, B.SC. PSYCHOLOGY

has been awarded MAHATMA GANDHI MERIT
SCHOLARSHIP on October 1, 2024, instituted by
Kumaraguru Institutions in recognition of his/her meritorious
performance during the academic year 2023 - 2024.

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Dr.VIJILA EDWIN KENNEDY Principal Kumaraguru College of Liberal Arts And Science Shri, SHANKAR VANAVARA

Shri, SHANKAR VANAVARAYAR Joint Correspondent Kumaraguru Institutions





CERTIFICATE OFINTERNSHIP

This Certificate is Proudly Awarded to

RISHIKA MAHESHWARY

for the successful completion of Shadow Counselling Internship at Hr'o'Hour comprising 20 hours from 20th April 2025 to 8th August 2025.

Suisent Sengupta

Srishti Sengupta
Founder & Director HR'O'HOUR











CERTIFICATE OF ACCREDITATION

Rishika Maheehwary

is Accredited by Mpower as a YOUTH MENTAL HEALTH FIRST AIDER

after successful completion of training and assessment.

This 14-hour course teaches adults how to assist youth who are developing a mental health problem or in a mental health crisis.

Necyphila

Dr. Neerja Birla

Founder and Chairperson Mpower

YMHFA Instructor: Ms. Vishakha and Ms. Annina Batch Date: 27th and 28th February, 2024 Date of Expiry: 26th February, 2027





ADITYA BIRLA EDUCATION TRUST

CERTIFICATE

OF APPRECIATION

This certificate is awarded to

Rishika

for dedicating 30 hours to promote mental health awareness across the college campus

We appreciate your spirit of service

Date: 31st Deumber 2024



Ms. Parveen Shaikh

Vice President - Operations, Mpower

Certificate of Completion of Internship



To whomsoever, it may concern

This certifies that _	Rishik	a Maheshwary student in 11 year,
B.sc [Psycholo	gyl	from kumaraguru college, coimbatore
has completed	days	_ internship with Wings Within from
02-12- 2024	to	20 - 12 - 2024
Wings Within is an	organizati	on catering to end-to-end solutions in the area of
Emotional Wellnes	s, Special l	Education, Life Skills Coaching, Psychological
Assessments, Resea	rch and tra	aining.

During this period, the student has been involved in individual counseling sessions and shadow counseling for both children and adult clients. Student has received multiple exposures to a large client base. Student has observed, assisted in many therapeutic interventions. Student has also learned psychometric assessments like ISAA, Childhood disorders & Interventions therapies

Rishika Maheshway is committed, hardworking, energetic and is ready to learn new things and is highly responsible for the assigned work. Student has worked under the guidance of the Lead Psychologist of the Organisation.

Dr.Padam Kanwar Bhati (Ph.D)

Psychologist (A90999) Managing Director





OF COMPLETION

THIS IS TO CERTIFY THAT

COMPLETED FOUNDATIONS OF ASSESSMENT: UNDERSTANDING DEFINITIONS, PROCESSES AND ETHICAL CONSIDERATIONS WORKSHOP CONDUCTED BY ARUN SELVARAJ CONSULTANT & CLINICAL PSYCHOLOGIST (RCI) ON JANUARY 3RD, 2025 RISHIKB MAHESHWARY ___HAS SUCCESSFULLY



DEPARTMENT OF PSYCHOLOGY

WORKSHOP

3RD JANUARY 2025



EXPLORE COUNSELLING

CERTIFICATE OF TRAINING

This is to certify that Mr/Ms____

RISHIKA MAHESHWARY

has successfully completed 30 hrs of Barefoot Counsellor Training conducted

from 24th Jan to 1st Feb 2024

Dr. Vasuki Mathivanan

Founder - Explore Counselling Registered ACA Supervisor

Dr. Veenavani

Facilitator



INTERSECTIONALITY OF HEALING AND EDUCATION CERTIFICATE COURSE ON APPLIED THEATRE IN Certificate of Completion

joyously participated and completed 40 hours of training in Applied Theatre This is to certify that RISHIKA MAHESHWARY of II BSc Psychology studying at the Kumaraguru College of Liberal Arts and Science, Coimbatore has in Intersectionality of Healing and Education from 05 February - 09 February 2024.

We wish

RISHIKA

a wonderful future ahead



CHETNA MEHROTRA
FOUNDER - RANGBHUMI



CERTIFICATE

Of Participation





Proudly Presented to This Certificate is

Rishika Maheshwary

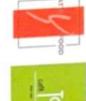
for participating in the online workshop on " 20-11-22 " organized by HR'O'HOUR criminal Psychology & criminal Profiling

FACILITATOR

Suisan Deugnfora

Srishti Sengupta FOUNDER & DIRECTOR HR'O'HOUR











SHRAM DAAN

THIS CERTIFICATE IS AWARDED TO

Ms. Rishipa

AN INITIATIVE BY ON THE GO RESTAURANT, COIMBATORE FROM In lay 2012 TO 31m May 2022 FOR SUCCESSFUL PARTICIPATION IN SHRAM DAAN

DATE: 415 June 2012

Authorized Signatory





CERTIFICATE OF RECOGNITION

This is to recognize Ms. RISHIKA MAHESHWARY (Grade 11), a student of Yuvabharathi Public School, for her active and fervent participation during the conduct of Movie-ZEN, a film festival and fundraising initiative undertaken by the department of Mass Media Studies, held from the 19th to the 21st of August, 2021.

She played a key role in the distribution and creation of the tickets for the event.

Principal
YUVABHARATHI PUBLIC SCHOOL
Coimbatore - 641 108



of appreciation



Is proudly presented to

Rishika Maheshwari

aged 14 years, from Coimbatore for her contribution as a volunteer for our NGO Shramik Naari Sangh. Her hard work & dedication are commendable & she has helped us make an impact to the lives of under-privileged women. We really appreciate her efforts.

BOSKY BAVISI

TRUSTEE

MARCH 31, 2020

Date





MODEL UNITED NATIONS INDIAN INTERNATIONAL

Certificate of Appreciation

THIS CERTIFICATE IS AWARDED TO

RISHIKA ANURAG M.

FOR ORGANIZING THE

AT INDIAN INTERNATIONAL MODEL UNITED NATIONS COIMBATORE 2018

IN THE CAPACITY OF ORGANIZING COMMITTEE

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DIRECTOR GENERAL

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SECRETARY GENERAL



UNIVERSITY

COIMBATORE CHOICE BASED CREDIT SYSTEM GRADE CARD

Folio No. C 375350

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Passing minimum for P.G. course is 50% of Maximum (in ESE and Total separately)
ESE: End semester Examination, CIA: Continuous Internal Assessment.
XXX: Not Secured Passing Minimum

Coimbatore - 641 046. Date: 05/09/2024 Nelapo





UNIVERSITY

COIMBATORE CHOICE BASED CREDIT SYSTEM

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Passing minimum for P.G. course is 50% of Maximum (in ESE and Total separately)
ESE: End semester Examination, CIA: Continuous Internal Assessment.
XXX. Not Secured Passing Minimum

Coimbatore - 641 046. Date: 06/05/2024

Controller of Examinations 1/c

0251977



रजि. नं. Regn.No. M223/55167/0105

केन्द्रीय माध्यमिक शिक्षा बोर्ड CENTRAL BOARD OF SECONDARY EDUCATION

अंक विवरणिका सह प्रमाण पत्र MARKS STATEMENT CUM CERTIFICATE सीनियर स्कूल सर्टिफिकेट परीक्षा, 2023 SENIOR SCHOOL CERTIFICATE EXAMINATION, 2023



यह प्रमाणित किया जाता है कि

This is to certify that

RISHIKA MAHESHWARY

अनुक्रमांक

Roll No. 20662101

माता का नाम

Mother's Name BHARTHI MAHESHWARY

पिता/संरक्षक का नाम

Father's / Guardian's Name ANURAAG MAHESHWARY

विद्यालय

55167 YUVABHARATHI PUB SCH SOMAYAPALAYAM COIMBATORE TN

School 55167 YUVABHARATHI PUB SCH SOMATAPALATAM COMBATOTIC

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PSYCHOLOGY	059	030	089	EIGHTY NINE	B1
SOCIOLOGY	075	020	095	NINETY FIVE	A1
MASS MEDIA STUDIES	053	040	093	NINETY THREE	B1
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परिणाम Result PASS

दिल्ली Delhi

दिनाक Dated : 12-05-2023

परीक्षा नियंत्रक

Controller of Examinations

सह-शैक्षिक उपलब्धियां : सह-शैक्षिक एवम् अनुशासन क्षेत्र में ग्रेडिंग विद्यालय द्वारा अपने स्तर पर बोर्ड द्वारा जारी प्रारूपनुसार प्रदान की जाती है। Co-Scholastic achievements : Grading for Co-Scholastic and Discipline area is being issued by the school as per format prescribed by the Board. परिवर्तित विश्य कोड में, परीक्षा परिणाम 100 अंकों के अंतर्गत दिया गया है। In the changed subject code, the test result is given under 100 marks. 0512589



Regn.No. M121/55167/0069

केन्द्रीय माध्यमिक शिक्षा बोर्ड CENTRAL BOARD OF SECONDARY EDUCATION

अंक विवरणिका सह प्रमाण पत्र MARKS STATEMENT CUM CERTIFICATE माध्यमिक विद्यालय परीक्षा, 2021 SECONDARY SCHOOL EXAMINATION, 2021



यह प्रमाणित किया जाता है कि This is to certify that RISHIKA MAHESHWARY अनुक्रमांक

Roll No. 20171298

माता का नाम

Mother's Name BHARTHI MAHESHWARY

पिता/संरक्षक का नाम

Father's / Guardian's Name ANURAAG MAHESHWARY

Date of Birth 06/10/2005 6TH OCTOBER TWO THOUSAND FIVE

School 55167-YUVABHARATHI PUB SCH SOMAYAPALAYAM COIMBATORE TN

की शैक्षणिक उपलब्धियां निम्नानुसार है has achieved Scholastic Achievements as under :

	9	SNIGHT	स्थितीय ग्रेड			
विषय कोड SUB. CODE	विषय SUBJECT	लिखित THEORY	आं. मू. IA/ प्रा. PR.	योग TOTAL	योग (शब्दों में) TOTAL (IN WORDS)	POSITIONAL GRADE
184 085 241 086 087	ENGLISH LNG & LIT. HINDI COURSE-B MATHEMATICS BASIC SCIENCE SOCIAL SCIENCE	071 067 065 062 074	020 020 020 020 020	091 087 085 082 094	NINETY ONE EIGHTY SEVEN EIGHTY FIVE EIGHTY TWO NINETY FOUR	A2 B1 A2 A2 A1

संक्षिप्तयों का अर्थ : Abbreviations

AB : अनुपस्थित Absent

IA: आंतरिक मूल्यांकन Internal Assessment

प्रा./PR.: प्रायोगिक/Practical

ER : अनिवार्य पुनरावृत्ति सभी विषयो में Essential Repeat in all subjects

दिल्ली Delhi

दिनांक Dated: 03/08/2021

परीक्षा नियंत्रक

Controller of Examinations

सह-शैक्षणिक उपलब्धियां : सह-शैक्षणिक एवम् अनुशासन क्षेत्र में प्रेडिंग विद्यालय द्वारा अपने स्तर पर बोर्ड द्वारा जारी प्रारूपनुसार प्रदान की जाती है। Co-Scholastic achievements; Grading for Co-Scholastic and Discipline area is being issued by the school as per format prescribed by the Board.