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|  | ESHITHA SAM  BENGALURU, KARNATAKA · 9562477774  eshithasam3010@gmail.com · [www.linkedin.com/in/eshithasam](http://www.linkedin.com/in/eshithasam) |
|  | Postgraduate student in Psychology with *strong analytical, communication, and interpersonal skills.* Experienced in conducting assessments, research, and client-facing interactions, with a proven ability to manage sensitive information and collaborate across diverse teams. Seeking to apply problem-solving, people management, and project coordination skills with a focus on talent acquisition and organizational development. |
|  | Education |
|  | 2024-2026  MSc PSYCHOLOGY (Specialization in Clinical Psychology)  Mount Carmel College, Bangalore  Latest Semester Percentage: 80.8% |
|  | 2019-2022**BA psychology and philosophy** sophia college, mumbai GRADE: A+  CGPA: 9.43 |
|  | 2019 - ISC**HUMANITIES**  PALLIKOODAM, kottayam CLASS 12TH PERCENTAGE: 90% |
|  |  **HR & People Skills:** Empathy, Active Listening, Interpersonal Communication, Cultural Sensitivity, Counselling Skills   **Research & Analytical Skills:** Critical Thinking, Data Analysis, Report Writing   **Tools & Technical Skills:** MS Excel, PowerPoint, Research Tools, Social Media Management   **Project & Collaboration Skills:** Event Coordination, Team Collaboration |
|  | Clinical AND COUNSELLING Psychology InternshipS June 2024  Lourdes Hospital, Kochi   Conducted structured assessments and interviews for Case Histories and MSE, developing strong data-gathering and evaluation skills.   Collaborated with multidisciplinary departments, strengthening coordination and stakeholder management abilities.   Documented detailed case histories, ensuring accuracy and attention to detail in sensitive data handling.  June- July 2025  Solace Neurobehavioral and Child Guidance Centre  Counselling Psychology Internship at the Women’s Cell, Aluva (Kerala Police)  September-March 2025  Mediator Role for Mental health startup- Friend Indeed |
|  | College activities |
|  | * **Core Team – Numerix, Kaleidoscope Festival:** Coordinated event scoring and ensured accurate reporting across multiple teams, demonstrating precision and multitasking. * **Core PR Team – Munsophical:** Managed social media platforms and external communication, building outreach and branding experience. * **Group Project – Developed a Digital Fatigue Scale:** Applied research methodology and data analysis to design and validate a psychometric tool, showcasing analytical and project management skills. * I had taken up an extra credit course on - Women’s empowerment and Business Management in UG and PG respectively. * I have attended courses on Counselling Skills Training, Forensic Psychology Clinical Psychology and Psychiatry(NPTEL) . * My other area of interests lies in Music, Art, Dance, Working out and Swimming. I was also part of my State team for ISC swimming competitions and secured a Third place in 50m butterfly stroke. * Previously I had also taken up a content writing internship for a brand called Aromablend which manufactured Vegan cosmetics to post and curate blogs for their website |