

Khushi Jaiswal

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EDUCATION

Mount Carmel College (Autonomous)

Bengaluru, India

Masters of Science in Psychology

Expected May 2026

Grade in First Semester: First Class Exemplary

Relevant Coursework: Social Psychology, Cognitive Psychology, Bio Psychology, Personality Theories, Health psychology, Sports Psychology, Cyberpsychology, Qualitative and Quantitative Research Methodology

Bachelor of Arts

August 2021- May 2024

Double Major in Psychology and Journalism

Grade: First Class Exemplary

Relevant Coursework: Industrial Psychology, Developmental Psychology, Digital Journalism and Communication, MS Excel, Entrepreneurship, Statistical Methods

WORK EXPERIENCE

APOLLO HOSPITALS

Guwahati, India

Human Resource Intern

June, 2025- July, 2025

- *Supported Full-Cycle Recruitment & HR Operations:* Screened 150+ candidate profiles for nursing and administrative roles, updated CV trackers for 90+ applicants, and managed onboarding documentation in compliance with NABH standards; gained hands-on experience with HR systems including KRONOS, MedMantra, and Excelity. Gained exposure to organizational psychology principles by observing HR strategies in ATS, HRMS, MES employee engagement, team structuring, and performance support systems.
- *Designed and Executed Engagement & Recognition Programs:* Curated a 3-month Employee Engagement Calendar aligned with wellness days, coordinated Foundation Day celebrations for 98 awardees, and designed internal communication posters to promote staff events, demonstrating strong event planning, communication, and stakeholder coordination skills.
- *Conducted Organizational Research & Attrition Analysis:* Led a research project on employee satisfaction, burnout, and psychological distress among nurses, involving tool design (WHO-5, K6+, Single-Item Burnout Scale), digital data collection, statistical analysis, and reporting. Compiled a comprehensive attrition report identifying critical patterns in voluntary and involuntary exits and proposed data-driven HR policy suggestions to reduce turnover.

BANGALORE NEURO CENTRE

Bengaluru, India

Clinical Psychology Intern

June 2024-July 2024

- Trained under Dr. Gopoukumar Kumarpillai, co-author of the NIMHANS Neuropsychology Battery (2004), and assisted in administering and interpreting standardized neuropsychological assessments for over 15 clients.
- Conducted preliminary screenings for 10+ patients, observing and reporting behavioural and cognitive markers.
- Shadowed 20+ clinical sessions to understand diagnosis and therapeutic planning processes.
- Practiced mindfulness-based techniques (e.g., tapping, breathwork) with clients experiencing stress, supporting emotional regulation in at least 5 individual cases.

MYND

Guwahati, Assam

Clinical Psychology Intern

Jun 2023 – August 2023

- Conducted over 35 clinical observations and contributed to patient screening and MSEs under supervision.
- Shadowed 30+ therapy sessions with adolescent and adult clients, guided by Dr. Mythili Hazarika.
- Participated in early interventions for 5+ adolescent clients facing self-esteem and emotional difficulties.

SOBRIETY FOUNDATION

Guwahati, Assam

Clinical Psychology Intern

June 2023-July 2023

- Facilitated daily mindfulness sessions for a cohort of 15–20 inmates at a rehabilitation centre
- Assisted in delivering 8+ psychosocial and career guidance sessions in collaboration with clinical psychologists.
- Collected detailed case histories for over 10 clients to support personalized treatment planning.

ESSAH SCHOOL FOR DIFFERENTLY ABLED CHILDREN

Guwahati, Assam

Special Education Teacher

June 2023-July 2023

- Designed and delivered inclusive learning strategies for 2 children with ADHD, Autism, and Intellectual Disabilities
- Collaborated with speech and occupational therapists in supporting holistic development
- Adapted communication methods to match students' individual learning and behavioural needs

QUEER EDUCATION INDIA

Social Media Logistics Intern

Remote

May 2023-July 2023

- Curated and managed a detailed social media calendar to align content with ongoing initiatives and advocacy goals of the organization.
- Collaborated with cross-functional teams, including content creators, designers, and outreach coordinators to streamline post planning and execution.
- Supported cohesive communication by organizing regular check-ins and ensuring consistency in brand messaging and scheduling across platforms.

HEADSTREAMS

Skills Trainer

Bengaluru, India

March 2022- April 2022

- Assisted facilitators in conducting 7+ therapeutic play-based learning sessions at a government shelter home for 30+ boys.
- Applied trauma-informed practices by actively listening, building rapport, and fostering a safe environment.

VOLUNTEERING

ROAD TO UTOPIA

Artist Management- Mayabazaar

Bengaluru, India

July-September, 2024.

- Collaborated with a team of 10+ members to assist in the selection and onboarding of 20+ singers and performers for stage performances at Mayabazaar 2024.
- Managed end-to-end artist coordination, serving as the primary point of contact for 50+ performers, overseeing scheduling, tech checks, and real-time coordination to ensure a seamless event experience.
- Contributed to event operations in both Mayabazaar 2024 and 2023, taking responsibility for artist management in 2024 and previously assisting the stalls team in logistics, setup, for 150+ stalls, contributing to smooth operations and improved attendee experience.

U&I TRUST Bengaluru, India

Community Volunteer

November, 2024

- Volunteered with U&I to contribute toward youth empowerment and education, helping bridge the information gap for students from under-resourced communities.
- Delivered a career and aspirations workshop to 40+ students at a government school, focusing on life skills and vocational awareness.
- Facilitated awareness on diverse career paths and educational choices, using relatable examples to inspire and motivate young learners.

ROLES OF RESPONSIBILITIES

- **Head of the logistics team** of PG Psychology Association, The Cortex Collective. (2025-2026)
- **Writer in the College Newspaper, The Carmel Beat** (2023-2024)
Authored over 5 published articles covering campus events, social issues, and student perspectives, contributing to consistent content engagement across the student body.
- Part of **Core team** of Women Cell, Journalism Association, Psychology Association, Humanities Association (2022-2023) in college.
 - Collaborated with 15+ team members across 4 student bodies to plan, organize, and execute departmental events, workshops, and awareness campaigns, impacting 200+ students' campus-wide.
 - Contributed to the selection and onboarding of new core members, ensuring fit with organizational goals and team dynamics
- **President** of Media Club in school and have led the organizing team of Women's Day Celebration in school for 3 years
Led a team of 10+ students in planning and executing creative campaigns and events, reaching over 300 students and staff annually

UNIVERSITY PROJECTS

HUMOUR APPROPRIATENESS TEST

Dec 2024

- Designed and validated a psychological tool to measure the perceived appropriateness of humor used by young adults (ages 18–26); data collected from 125 participants
- Achieved strong psychometric reliability: Split-Half Reliability = 0.906, Adjusted Reliability via Spearman-Brown Formula = 0.951, and Cronbach's Alpha = 0.926

- Developed items to assess humor across categories such as self-deprecation, socio-cultural inappropriateness, and contextual relevance

EXPLORING POSITIVE HUMOUR USE IN COLLEGE-LEVEL ENGLISH TEACHERS

April 2025

- Conducted qualitative research on humour in English and Communication Studies classrooms, identifying 7 key themes through interviews with educators.
- Highlighted humour's pedagogical value in enhancing engagement, comprehension, and teacher-student rapport, while also supporting educator well-being.
- Emphasized ethical and contextual sensitivity, recommending structured training to promote inclusive and effective use of humour in teaching.

COMPARATIVE STUDY ON BURNOUT: COMMUTING vs. TELECOMMUTING EMPLOYEES

April 2023

- Conducted a comparative study examining burnout, exhaustion, and disengagement between Remote and work-from-home employees
- Identified significantly higher overall burnout in telecommuting employees (mean score 39.8) versus daily commuters (35.7), attributing it to extended work hours, isolation, and reduced feedback mechanisms

ATTITUDES TOWARD INCLUSION OF TRANS WOMEN IN WOMEN'S SPORTS

Dec 2023

- Investigated perspectives of 60 young adults (ages 18–30) regarding the inclusion of trans women in competitive women's sports
- Applied chi-square analysis ($\chi^2 = 14.8$, $df = 2$, $p < 0.01$), revealing a statistically significant trend supporting inclusion and highlighting the need for equitable and inclusive policy development.

ADDITIONAL

Technical Skills: Microsoft Office, Basic Knowledge of SPSS, Python, Java, MySQL

Languages: Fluent in English, Assamese, Hindi; B1 Proficiency in German

Certifications & Training: Online Course in Advances in Strategic Human Resource Management (NPTEL), Statistics in Psychological Research (American Psychological Association), Preparing to Manage Human Resources (University of Minnesota) Psychological First Aid (Johns Hopkins University), Understanding Memory: Explaining the Psychology of Memory through Movies (Wesleyan University), Gender Studies (Centre of Extended Education, MCC), Play and Human Development (Headstreams)