

CAREER OBJECTIVE

A polyglot and psychology journalism student with an interest in graphic design and content writing. As someone who has an eye for aesthetics and design while keeping up with trends, while simultaneously striving for creative effectiveness to help contribute to the growth of the company

WORK EXPERIENCE

Psychology Intern And Counsellor • Internship

At Govt Hospital, Baramula

Jun 2025 - Jul 2025

Observed the patients and conducted history taking , support sessions and certain therapy- activities

Psychology Intern • Internship

Govt Hospital Baramulla , Kashmir, Baramula

Jun 2025 - Jul 2025

- Worked as an intern at Govt. Hospital, Baramulla
- Took case , patient history.
- Observed patients at OPD
- Held support sessions
- Counselling sessions
- Made case history and research

Psychology • Internship

Heart It Out, Virtual

Mar 2025 - Present

- Research regarding various and crucial mental health issues with review of literature
- Making engaging content regarding mental health topic such as reels and insta posts
- Tests and quiz

Fundraising • Internship

Muskurahat Foundation, Virtual

Jan 2025 - Mar 2025

EDUCATION

Bachelor of Arts (B.A.), Psychology

Mount Carmel College, Bangalore

2023 - 2026

Senior Secondary (XII), JKBOSE

Science

2022

St. Joseph's Hr Sec School , Baramulla , Kashmir

Percentage: 83.00%

TRAININGS / CERTIFICATIONS

Nanotechnology And Space Defence

Jul 2024 - Oct 2024

Mount Carmel College, Virtual

Astrophysics And Astronomy

Jan 2024 - Apr 2024

Mount Carmel College, Virtual

Advertising And Media Management

Aug 2023 - Oct 2023

Mount Carmel College, Virtual

PROJECTS

Newspaper and Lab journal for Journalism assignment

Jan 2025 - Feb 2025

[Co author of book Toxic parenting ↗](#)

Dec 2022

SKILLS

- English Proficiency (Spoken)
- Anchoring
- Content Editing
- MS-Word
- Event Management
- Urdu Proficiency(Spoken)
- Hindi Proficiency (Written)
- Calligraphy
- Articulate Storyline
- Social Media Marketing
- Music
- English Proficiency (Written)
- Adobe InDesign
- Proofreading
- Conflict Management
- Kashmiri Proficiency (written)
- Urdu Proficiency(Written)
- Arabic Proficiency (Written)
- Painting
- Storytelling
- Graphic Design
- Creative Writing
- Canva
- Presentation skills
- Video Editing
- Kashmiri Proficiency (Spoken)
- Hindi Proficiency (Spoken)
- Punjabi Proficiency (Spoken)
- Content Writing
- Attention to Detail
- Creativity

EXTRA CURRICULAR ACTIVITIES

- - Content and design head for the history newsletter of my college
 - Delegate affairs of MUN association
 - Member of social media and PR , as well as design of The Carmel beat, college newsletter
 - Design head of Art and decor association at college
 - Part of social media design team in MUN associaton
 - Started a wordpress blog for the history association for the college
- - I have been the Co author of two books, Toxic parenting and splendid kashmir
 - Participated in many quiz and debate competations
- - Core head of Art and decor association at college. Lead various activites and events held in college.
 - Part of film club in Mount Carmel Autonomous College
 - Designed and curated a newspaper with Adobe Indesign. I have a good sense of aesthetics , latest designs and can work with canva as well
 - Has been the part of scoring team in various college events
 - Held panel discussions and worked as a mediator
 - Volunteered for an animal rescue shelter

ADDITIONAL DETAILS

- secured 24th state rank in a state quiz championship.