

Mehak Nahata

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Location: Bengaluru, India

Education

Mount Carmel College, Bengaluru

- Degree: B.A. Psychology Hons

Smt. Sulochanadevi Singhanian School

- High School Graduate
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Certifications and Training

- First Responders Training
 - Suicide Prevention and Aftercare
 - Basic Level Training in CBT, REBT, and SFBT
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Skills

- Psychological Techniques: CBT, REBT, SFBT (Basic Training)
 - Data Analysis: R, SPSS, Python
 - Languages: Hindi, English
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Experience

Research Intern-IIT Gandhinagar- Rule comprehension researcher | 2025

- Examining cognitive mechanisms involved in rule comprehension and mental model formation in boardgames.
- Designing a structured study to investigate how players interpret, adapt to, and revise rule understanding through gameplay.
- Developed research protocol involving think-aloud tasks, pre/post gameplay comparisons, and reflective strategy mapping.

- Integrating cognitive theories such as metacognitive awareness, epistemic beliefs, and theory of mind to explore reasoning patterns.
- Conducting both qualitative and quantitative analysis, including centrality measures, to track shifts in strategic understanding using R Program.
- Performed KWIC and engram-based analysis to generate concept lists from player narratives and gameplay dialogue.
- Coded an interactive mapping interface using Python and R. to create and visualize evolving concept maps reflecting players' mental models.

Psychology Intern-Talene - Mental wellness establishment | 2025

- Collaborated with clinical psychologists to assist in the identification of mental health red flags and behavioral/emotional concerns among employees in organizational settings.
- Contributed to the development and facilitation of evidence-based intervention workshops, focusing on trigger identification, emotional regulation, and relaxation training techniques.
- Conducted literature reviews to inform the design of mental wellness programs, integrating academic research into applied workshop modules.
- Utilized Google Forms and Qualtrics for structured data collection, including screening tools and workshop feedback.
- Shadowed therapy sessions, observing therapeutic techniques and professional-client interactions to gain applied insights.
- Supported public program coordination and participant management, enhancing communication and logistical efficiency during interventions.

Intern-Muskurahat Foundation – Project Keytaab | 2023

1. Assisted in education and resource distribution for underprivileged children.

Intern-Heart It Out – Psychological Counseling Establishment | 2023

- Worked on marketing strategies and supported mental assistant bot testing.

PR Campaign Head-Children's Audiobook Project | 2022

- Led promotional activities for audiobooks targeting young audiences.

Intern-SESL - Singhania Ed Tech Platform | 2022

- Provided assistance in educational content delivery and management via technical platforms.

Marketing Executive-Hoppin Media | Jan – Sep 2022

- Managed social media accounts, increasing follower engagement, created content on global financial markets and policies for linkedin.
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Research

- Independent paper titled “Relationship Between Conformity, Locus of Control, and Academic Anxiety”
 - Independent paper titled “Relationship Between Perceived Competitiveness and Epistemic Emotions in Academic Settings”
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Publications

Chapter titled: “*Sex Workers and Their Children: Challenges in Education and Mental Health*”, published in book titled “The changing Dimensions of Crime in 21st Century”

Additional Roles

- Psychology Tutor-Teaching 12th-grade students psychology with a focus on conceptual clarity.
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