

Resham Nawani

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Career Objective

An enthusiastic and curious undergraduate pursuing psychology and sociology, eager to learn about human behaviour in workplace culture and personal well-being. My goal is to apply my background in psychology and sociology to create a positive impact in areas of organisational development, employee well being as I continue to grow through experiential learning and research.

Education

BA Psychology and Sociology, Dual Majors, <i>Mount Carmel College, Autonomous</i>	07/2023 – Present Bengaluru
Senior Secondary, <i>Delhi Public School, Bopal</i>	04/2017 – 2023 Ahmedabad, Gujarat

Internship Experience

Industrial Organisational Psychology Intern, <i>Heart it out</i> <ul style="list-style-type: none">• Worked on real-world case studies exploring AI in HR and employee retention.• Contributed to assignments on interview design, assessments, and data analysis.	09/2025 – Present Virtual, Bangalore
Summer Psychology Intern, <i>Praytana Mentaverse Hub</i> <ul style="list-style-type: none">• Observed early intervention therapy sessions for children and prepared progress reports.• Assisted in designing mock therapy sessions and documenting case learnings.	05/2025 – 06/2025 Ahmedabad
Psychology Intern, <i>Talk, Heal, Resolve</i> <ul style="list-style-type: none">• Gained exposure to suicide prevention, aftercare, and first responder training.• Authored a blog on Navigating Grief and Loss that was published online	12/2024 – 03/2025 Virtual
Industrial/Organisational Psychology Internship Trainee, <i>Socially Souled</i> <ul style="list-style-type: none">• Understanding Workplace behaviour to exploring how psychology shapes work culture.	02/2025 – 02/2025 Virtual
PsyExplorer Intern, <i>Heart it out</i> <ul style="list-style-type: none">• Attended workshop on first responder training, suicide prevention and aftercare and counselling skills.• I had the opportunity to engage in various activities and projects including writing an article on "Navigating Grief and Loss".	08/2024 – 09/2024 Virtual
Clinical Psychology Intern, <i>Socially Souled</i> <ul style="list-style-type: none">• Studied various psychological disorders and case examples to understand clinical approaches.• Engaged in report writing and reflective discussions on human behavior and treatment	06/2024 – 08/2024 Virtual
Fundraising Intern, <i>Pawzz NGO</i> <p>Raised funds for animal welfare, focusing on shelter and food for stray animals.</p>	11/2023 – 12/2023 Virtual

Academic Projects

Comparative Study on Burnout among Two professions

09/2025 – 09/2025

Assessed Oldenburg Burnout Inventory on two professions Business and Corporate and analysed the results.

Learning Styles Inventory

Administered and analyzed learning preferences of 20+ student participants.

Loneliness in Young Adults

Studied differences in loneliness among men and women aged 20–30.

Mental Health Survey

Designed and analyzed a survey on mental health challenges faced by college students.

Case Study on Adolescent Behavior

Administered Adjustment Inventory for School Students and EPQR personality test; prepared a detailed case report.

Certificates

Cognitive Behavioural Therapy Program – Hr'o'hour, Bangalore (Nov 2024)

Attended a workshop on Cognitive Behavioural Therapy.

Participated in National Level Psychology Symposium

Participated in national level symposium on Being Psychologist- Health, Help and Happiness : The Indian Scenario organised by Montfort College, Bengaluru

trauma-Informed Care Workshop – Therapy by Saachi, Virtual (Nov 2024)

Participated in Trauma Informed Care workshop, learned about PTSD, types of trauma, reponse to trauma.

Understanding Memory – Wesleyan College via Coursera (Aug–Sep 2023)

Completed a course on Memory, learned about types of memory through movies.

Skills

- Problem Solving
- Active listening
- Canva
- Research
- Time Management
- MS Excel
- Communication

Extra Curriculars

Core Design Team Member – Human Development Association, Mount Carmel College

Member – Rotaract Club, MCC and Art and Decor Club

Volunteer – Psychology Symposium (logistics & coordination)

Portfolio

The Mindful Daily, *Psychology and Well Being Blog*

Navigating Grief and Loss, *Published Article (Heart It Out)*

The Plant Serenity, *Blog on Plants and Gardening*