

# Resham Nawani

 reshamnawani85@gmail.com  8200132135  Bangalore

 <https://www.linkedin.com/in/reshamnawani/>  02-11-2005



## 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, Mount Carmel College, Autonomous** 07/2023 – Present  
Bengaluru

**Senior Secondary, Delhi Public School, Bopal** 04/2017 – 2023  
Ahmedabad, Gujarat

## Internship Experience

**Industrial Organisational Psychology Intern, Heart it out** 09/2025 – Present  
Virtual, Bangalore

- Worked on real-world case studies exploring AI in HR and employee retention.
- Contributed to assignments on interview design, assessments, and data analysis.

**Summer Psychology Intern, Praytana Mentaverse Hub** 05/2025 – 06/2025  
Ahmedabad

- Observed early intervention therapy sessions for children and prepared progress reports.
- Assisted in designing mock therapy sessions and documenting case learnings.

**Psychology Intern, Talk, Heal, Resolve** 12/2024 – 03/2025  
Virtual

- Gained exposure to suicide prevention, aftercare, and first responder training.
- Authored a blog on Navigating Grief and Loss that was published online

**Industrial/Organisational Psychology Internship Trainee, Socially Souled** 02/2025 – 02/2025  
Virtual

- Understanding Workplace behaviour to exploring how psychology shapes work culture.

**PsyExplorer Intern, Heart it out** 08/2024 – 09/2024  
Virtual

- 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".

**Clinical Psychology Intern, Socially Souled** 06/2024 – 08/2024  
Virtual

- Studied various psychological disorders and case examples to understand clinical approaches.
- Engaged in report writing and reflective discussions on human behavior and treatment

**Fundraising Intern, Pawzz NGO** 11/2023 – 12/2023  
Virtual

Raised funds for animal welfare, focusing on shelter and food for stray animals.

## 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, response 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**