

NIDA IRSHAD

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PROFESSIONAL SUMMARY

Results-driven Psychology and Sociology undergraduate pursuing a Diploma in Business Intelligence & Analytics. Skilled in research, communication, and project coordination with hands-on experience in mental health and clinical settings. Adaptable team player with strong analytical and problem-solving skills.

KEY SKILLS

- Data Analysis (Excel, Power BI, R)
- Research & Reporting
- Psychological Assessment
- Workshop Design & Facilitation
- Event & Team Management
- Content Writing & Editing
- Adaptability
- Stakeholder Communication

PROFESSIONAL EXPERIENCE

Manasa Neuropsychiatric Hospital — Intern

Collaborated with professionals to collect and document client case data, enhancing accuracy and communication. Contributed to team discussions for process improvement and reporting.

Heart It Out — Intern

Supported execution of workshops and events reaching 30+ participants. Designed educational content and facilitated community outreach, improving engagement rates.

EDUCATION

Mount Carmel College, Bangalore — B.A. Psychology & Sociology (2022–2025)

Mount Carmel College, Bangalore — PUC Education (2020–2022)

Mount Carmel College, Bangalore — PGD in Business Intelligence & Analytics (2025–2026)

CERTIFICATIONS

- Psychological First Aid & First Responder Training — Heart It Out
- Industrial Psychology, Anxiety & Stress, School Counselling, Trauma & Grief, Counselling Psychology, Anger Management — HR 'O' HOUR

PROJECTS

- “Interesting, but why?” — Research-driven blog exploring diverse topics with weekly posts showcasing analytical writing and SEO skills.
- Correlation Between Attitudes Toward Substance Use and Loneliness — Research study using standardized questionnaires to identify behavioral patterns.
- Comparative Study on Burnout — Statistical analysis using t-tests to compare burnout in HR and law professionals, suggesting workplace well-being improvements.

EXTRA-CURRICULARS

- National Cadet Corps — Sergeant (2 yrs in high school), Corporal (3 yrs in college). Demonstrated leadership and organizational skills.