**OBJECTIVE**

To apply my knowledge and ideas along with skills to excel in my career and to deliver the best in the organization I work for while adapting their work ethics and culture. Passionate about clinical, counseling and research related fields within psychology.

**ACADEMICS**

**Post Graduate Diploma in Counselling Psychology**  Pursuing

Amity University, Noida

**Sem 1 – 87%**

**B.Sc Psychology Hons.**  2016-2019

CHRIST (Deemed to be University), Bangalore

**Avg. of 81.29% in 6 semesters (Avg. GPA=9.51 /10)**

**First class with distinction**

**12th Grade (CBSE)**  2015-2016

Amity International School, Mayur Vihar, Delhi

**Percentage: 94.6%**

**10th Grade (CBSE)**  2013-2014

Amity International School, Sec 45, Noida

**CGPA: 10.0/10.0**

**ADDITIONAL EXAMS**

**GRE: 311/340**

Quantitative: 154 Verbal: 157 Analytical Writing: 4.5

**IELTS Score (Overall Band) - 8.5**

Reading: 8.5 Listening: 9 Speaking: 8.5 Writing: 7

**GRE Psychology: 720 and 81 percentile**

**INTERNSHIPS & FIELD WORK**

* Service Learning at Christ Special School in Bangalore and taught modules like health & hygiene, road safety, etiquettes etc to children with Autism, Cerebral palsy, Down syndrome (November, 2017 to March, 2017).
* Interned at The Mind Tree (now Vriksha) in Delhi under Dr. Rohit Garg (formerly at AIIMS), and observed patients and took case histories of various psychiatric disorders and other psychological issues, in Delhi (May, 2017 to June, 2017). Also visited the rehab centre, Door of Hope and observed patients with addiction and other psychiatric disorders like Bipolar Disorder, Schizophrenia, and OCD.
* Interned at Niramaya,-The centre for specially abled children and neuropsychiatric disorders, under the guidance of Dr. Sanjeev Kalra, where they used Ayurvedic treatment, Panchkarma and Yoga for psychiatric disorders, in Noida, Uttar Pradesh (May, 2018 to June, 2018). Also went to different schools for special children, to help get a sample for a research project with ADHD and ASD kids by using ayurvedic medicines.
* Provided counselling services at a corporate firm, JustDial, Pvt ltd, Sector-16, Noida to help employees achieve work life balance and to help them with their personal concerns (September, 2019 - January,2020)
* Provided voluntary services at an NGO, “The Earth Saviours Foundation”. Looked after the old age people, counseling individuals with intellectual diabilities under the guidance of the counselor, MsRakhiHanda and helped in organizing awareness campaigns (August, 2019 – November, 2019 and December, 2019 to March, 2020)
* Interning as a research data analyst under the digital and analytics team at "Atmatva Foundation". Helping in bringing measurability and scalability of participant data to understand customers experiences, expectations and shifts (April, 2020 to June, 2020)
* Participated in Marathon for 7 Km. on September 3, 2016 to support Specially-abled children organized by Christ (Deemed to be University), Bangalore, Karnataka.

**ACHIEVEMENTS & LEADERSHIP ROLES**

* Received academic meritorious scholarship in 2nd and 3rd year of bachelors for academic performance
* Received 100% academic admission scholarship at Amity University
* Leader of Mentoring and Counselling Services (MACS) at college and conducted sessions for different classes at undergraduate level, in order to mentor them and guide them. (January,2017 to April,2019)
* Engaged in individual peer-to-peer counselling sessions with students at college under MACS.
* Member of Psychology wing in college and help in conducting and organising events, workshops, guest lectures etc under the psychology cluster.
* Volunteer of CAW (CAPS Assessment Wing), a wing in college for presenting, conducting and evaluating psychological assessments on different constructs. (June,2018 to March,2019)
* Member of the Design wing, in Service learning club, which aims at making modules to be delivered in different organizations, as a part of service learning.
* Won 2nd prize in Psychology Quiz, Mental Floss and Overall Championship at Psyesta, a National level psychology fest at Rajagiri College of social sciences, Kochi, Kerala (7th December, 2018).

**RESEARCH EXPERIENCE**

* Poster Presentation at the International Symposium and National Conference of ARDSI on Dementia at the Indian Institute of Sciences, Bangalore, Karnataka, of a poster titled, “Emotional Regulation in Individuals with Dementia and their Caregivers: A Systematic Review” (14th- 16th September, 2018).
* Paper presentation at Synthesize: An International Interdisciplinary Conference on Business studies and Social Sciences at CHRIST (Deemed to be University), Bangalore of a paper titled, “A Conceptual Paper on Role of Attachment Styles in the Expression of Cute Aggression” (18th and 19th December, 2018).
* Paper presentation at Creosentio: A Conference on Gender and Psychology, Challenges and Issues in 21st Century organized by Callosum, the Psychology Forum and by Jain University, School of Humanities and Social Sciences, Bangalore on a paper titled, “Cyberbullying Coping Styles Across Gender Among Undergraduate Students” (1st and 2nd March, 2019).
* Paper presentation at National Seminar on Positive Childhood and parenting in contemporary times at Amity Institute of Psychology and Allied Sciences, Amity University, Noida on a paper titled, “Positive Parenting Intervention Techniques to Improve Cognition And Behavioural Issues Among Special Needs Children” (27th September, 2019)
* Completed Bachelor’s dissertation work under the guidance of Dr Smitha Baboo (double PhD) at CHRIST (Deemed to be University), titled “Role of Attachment Styles and Neuroticism in the Expression of Cute Aggression” (March,2019)
* Completed research work in the area of cognitive psychology (decision making), on the paper titled, “Framing and Magnitude Dependent Loss Aversion for Valuation of Lives in Medical Trials” under Dr Sumitava Mukherjee at IIT-Delhi, in Humanities and Social Sciences department (1st May to 31st July, 2019)
* Poster presentation for NAOP (National Academy of Psychology) on “Framing and Magnitude Dependent Loss Aversion for Valuation of Lives in Medical Trials” under the theme of cognitive psychology in Pondicherry University (20th -22nd December, 2019)
* Paper presentation for NAOP (National Academy of Psychology) on “Relationship Between Cute Aggression, Neuroticism And Attachment Styles” under the theme of personality psychology in Pondicherry University (20th -22nd December, 2019)
* Attended an International Conference on Solution Focused Practices 2018 & Annual Meet of ASFPI-I at CHRIST (Deemed to be University), (13th- 15th December, 2018).
* Published an article titled, “Importance of Emotional detox” for the October 2019 edition of Psychologs Magazine- India’s first psychology Magazine (September, 2019)

**CERTIFICATE COURSES**

* Certificate Course in “Reading the works of Freud and Jung” at CHRIST (Nov 2016 to Mar 2016)
* Certificate Course in “Cognitive Behavioural Therapy”, at CHRIST (June 2017 to Sept 2017).
* Certificate Course in “Writing for Speech Acts” at CHRIST (Deemed to be University), (Nov 2017 to Mar 2017)
* One-Day Certificate Workshop on Electrophysiology at Axxonet Brain Research Laboratory, Bangalore (Dec 15, 2017).
* Course on Quantitative analysis using SPSS at CHRIST (Deemed to be University), (June, 2018)
* Online Certificate Course in “Understanding Clinical Research: Behind the Statistics” from University ofCapetown on Coursera (Sept, 2018).
* Trained in Basic Molecular biology course in Helix BioGenesis Labs, Noida which included techniques like the quantification of genomic DNA using DPA method, how to operate PCR machines, Nano drop quantification machine, how to make agarose gel and run it under UV ray for gel electrophoresis (17th October to 31st October, 2018).
* One day certificate workshop on Mild Intellectual Disability conducted by an NGO from Netherlands (27th Nov, 2018)
* Course on Qualitative analysis using NVivo under Centre for Advanced Research (CART) at CHRIST (Apr, 2019)
* Pursuing online certificate course in “Dog Emotion an Cognition” from Duke University on Coursera (October, 2019)

**WORKSHOPS**

* Anomalistic psychology, Axxonet electrophysiological workshop, Child sexual abuse and prevention, Clinical history taking and psychopathology, Creative writing as a therapeutic tool, Cultural psychology, Depression and Anxiety workshop, Draw a person test, Dream analysis workshop, Forensic psychology and crime investigation workshop, Increasing awareness about mental well-being and psychological health, JPMR workshop, Mindfulness, spirituality and flow, Music therapy, Neurolinguistic programming, Neuromarketing, Panel discussion on mental health among Gen- X and Y, Parapsychology, Psychological well-being and mental health, Sexual disorders and sex addiction, Solution focused practices, Sports psychology, Suicide and crises intervention, Wabi-Sabi: the appreciation of imperfection and impermanence.