

## Contact

anushkatharad9@gmail.com

[www.linkedin.com/in/anushka-tharad-a47b3320a](https://www.linkedin.com/in/anushka-tharad-a47b3320a) (LinkedIn)

## Top Skills

Mental Status Examination (MSE)

Case History Taking

Writing

## Languages

English (Full Professional)

Hindi (Professional Working)

## Certifications

QPR Suicide Prevention  
Gatekeeping Training

GOLD ( KUMITE) -  
INTERNATIONAL OPEN KARATE  
CHAMPIONSHIP

BLACK BELT (1st SHODAN)

ISC

ICSE

## Honors-Awards

WESTERN DANCE (CHIAROS  
QURO)

3RD ALSOC WEST BENGAL  
INTER-SCHOOL KARATE  
CHAMPIONSHIP- 2017

# Anushka Tharad

Trainee Psychologist | Christ MSc Counselling Psychology  
Bengaluru, Karnataka, India

## Summary

Pursuing Masters in Counselling Psychology at Christ University  
Bangalore (Central Campus).

## Experience

Christ State Board School, Bengaluru  
Trainee School Counsellor  
June 2025 - Present (5 months)  
Bengaluru, Karnataka, India

Marga  
Counselling Psychology Intern  
April 2025 - May 2025 (2 months)  
Kolkata, West Bengal, India

Completed 137 hours of intensive internship at Marga – A Mind Wellness Studio. The internship involved a multi-dimensional exposure to therapeutic and psychoeducational practices in the field of mental health.

Key responsibilities and learnings included:

- Observed 60+ counselling sessions.
- Assisted in a workshop on stress for students at INSD ( International School of Design), Kolkata.
- Represented Marga at BNI Dreamz, a business networking event, twice, promoting mental wellness initiatives.
- Supported and observed special educators working with children with neurodevelopmental disorders in clinical and academic settings.
- Conducted 5 hour of supervised therapy with an individual client under the supervision of Founder and Psychologist- Mansi Sanghvi Bhayani.

- Created and presented a 5-session Dialectical Behavior Therapy (DBT)-informed plan, focusing on emotion regulation, identity disturbance, and fear of abandonment in clients with Borderline Personality traits.

This internship strengthened my practical understanding of therapeutic frameworks, session dynamics, and real-world applications of evidence-based interventions.

Christ University in collaboration with the DPCU at Government Child Care Institutions, Bengaluru

Community Service Volunteer – Adolescent Well-being Facilitator

July 2024 - October 2024 (4 months)

Bengaluru, Karnataka, India

Completed 30 hours of community service under the “Adolescent Girls’/Boys’ Well-being Program” at Government Child Care Institutions (Homes for Boys & Girls), Hombegowda Nagar, Bengaluru, under the guidance of Dr. Ngaitlang Mary Tariang (Psychiatric Social Worker and University Chief Coordinator)

- Conducted interactive, evidence-based sessions with adolescents
- Delivered sessions on emotional processing, good touch/bad touch, and prosocial behaviours.
- Facilitated ice-breaking games, physical activities, basic English and math lessons.

This initiative was a joint program between CHRIST University and the District Child Protection Unit (DCPU), Bangalore Central.

Marga A Mind Wellness Studio

10 months

Intern Assistant

August 2023 - March 2024 (8 months)

Kolkata, West Bengal, India

Internship Trainee

June 2023 - August 2023 (3 months)

Kolkata, West Bengal, India

The Young Psychologist

Psychology Content Creator

May 2023 - July 2023 (3 months)

## PsychThere

Psychology Content Writer and Editor

October 2022 - December 2022 (3 months)

Psychthere is a MSME recognized organization which conducts Psychology based Workshops and uses their platform to spread mental health awareness. I worked under their Content Writing and Editing Department. It provided me an opportunity to showcase and honor my writing and editing skills. It helped me enhance my time and team management skills. My consistent and quality work helped me in getting a Letter of Recommendation from the founder of the company as well as becoming their 'Star Intern of the Month' for which I was rewarded.

## QPR Institute India

QPR Suicide Prevention Gatekeeper

September 2022 - September 2022 (1 month)

West Bengal, India

---

## Education

Christ University, Bangalore

MSc Counselling Psychology · (July 2024 - June 2026)

Amity University Kolkata

Bachelor of Arts - BA, Applied Psychology · (September 2021 - September 2024)

Our Lady Queen of the Missions School, Salt Lake

ISC, Humanities/Humanistic Studies · (2006 - 2021)