

# POOJA JANGHU

## BUDDING PSYCHOLOGIST

To gain experience by working in the diverse field of psychology, eager to learn and has a keen interest in the field of counselling and clinical psychology.

### CONTACT

-  (+91) 9870312200
-  janghupooja16@gmail.com
-  Chandigarh University, Mohali, Punjab
-  H.no.,- 472, Sector-103, Gurugram, Haryana

### WORK EXPERIENCE

Tulasi Healthcare - Psychiatric Hospital and Rehabilitation Centre - Intern (June 2022)

Youth India Foundation - Content and Marketing Intern (June 2020)

Inside Out Mental Health Clinic, Pitampura — Intern (June 2020)

Fortis Healthcare and Sukoon Health - Clinical Psychology Intern (July 2020)

### DECLARATION:

I hereby declare that all the above details are true to the best of my knowledge and belief.

(POOJA)

### EDUCATION

Chandigarh University, Mohali — M.A.  
Psychology July 2021 - June 2023  
SGPA: 9.00 (Semester 3)

Ramanujan College (Delhi University), Kalkaji —  
B.A. (hons) Applied Psychology July 2018 - May  
2021 CGPA: 8.338

GEMS International School, Gurugram — XII  
(Commerce) March 2018 Percentage: 93.00 (Best  
of 4)

### ACHIEVEMENT

Poster Presentation in UGC Conference on the research paper  
"Relationship of Physical and Mental Health with Stress and  
Happiness in Young Adults of Delhi NCR amid COVID-19

Dissertation on "Romantic Attachment Styles and Conflict  
Management among young adults".

### SKILLS

- Self-Awareness
- Communication
- Active Listening
- Patience
- Empathy
- Non-Judgemental
- SPSS

### LANGUAGES

- English
- Hindi

### INTERESTS

- JPMR
- Research
- Yoga
- Self-Talk