

ANUSHKA JANGID

R E C E N T P S Y C H O L O G Y G R A D U A T E

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 neha4271322@gmail.com

 Delhi

SKILLS

- Mental health
- Observational skills
- Management
- Strong Communication
- Excellent listening skills
- Psychological Assessments
- Power point

EDUCATION

SECONDARY SCHOOL CERTIFICATE , CBSE

St Mary's Convent Sr Sec School Ajmer Rajasthan (2018 - 2019)
motivated student scored 89.54% in 10th CBSE Central Board of examination

HIGHER SECONDARY SCHOOL CERTIFICATE , CBSE

Maa Bharti Sr Sec School Kota Rajasthan (2020-2021)
Disciplined and hard working student scored 85.54% in 12th CBSE central boards of examination

BS.C CLINICAL PSYCHOLOGY

Amity university , Gurugram (2021-2024)
Completed graduation with dedication and achieved both in academic and co-curricular areas

PROFILE

Empathetic and Hardworking college student with a motivated attitude, and passionate in Psychology with an experience in performing psychological patient assessments, monitoring patients' progress, and maintaining great patient experience and satisfaction. Offers great critical thinking skills and excellent teamwork abilities. Effective communicator seeking a psychology-related work experience. Driven and dedicated work ethic with solid communication and leadership qualities looking to gain experience in clinical and field setup.

EXPERIENCE

INTERNSHIP

Moolchand Kharaiti Ram Hospital , Delhi.

July 2022 - August 2022

- Day to day activities included learning about various psychological tests and how to take case studies of clients.
- Worked with Dr. Nupur Lakhani (consultant clinical psychologist).
- Performed professional psychological assessments in order to identify and document patients' current mental state and condition.
- Attended various seminars, monitored patients' progress.
- Maintained great patient experience and satisfaction.
- Completed administration work and performed other duties as assigned by supervisors.

edishaa psychological approach , Jaipur, Rajasthan .

July 2023 - November 2023

- Weekly activities included learning about various therapy and how to take client's therapy sessions
- Worked with Dr Khushboo Jain (consultant psychologist).
- Performed professional psychological assessments in order to identify and learned various relaxation techniques
- Deeply studied various cases of major disorder

Athena Behavioural Health , Gurugram, Haryana

August 2024 - October 2024

- Gained hands-on experience in psychological assessments such as MCMI, Rorschach, DAPT, and TAT.
- Conducted psychoeducational sessions and facilitated one-on-one interactions with patients.
- Developed a deep understanding of psychological disorders and their management.
- Strengthened time management and organizational skills in a clinical environment.
- Enhanced communication and interpersonal relationship management skills.

CITATION OF INTERNSHIP

This is to certify that Ms. Anushka Jangid , Graduating in B.Sc. Clinical Psychology from Amity University has successfully completed the internship organized by Institute of Mental Health & Life Skills Promotion, Moolchand Medcity, Lajpat Nagar – 3, New Delhi, for 120 hours dated from 11th July 2022 to 11th August 2022 under the supervision and guidance of Clinical Psychologists/Psychiatrist and allied mental health professionals.

The internship program comprised of Learning of case history sessions and psychological assessments, conducting a mental status examination, diagnosis of mental disorders in presented case studies through group discussions, application of theoretical knowledge to come up with intervention strategies and tips on facilitation of psychoeducation for various psychological disorders.

Hereby wishing all the very best in all future endeavours.



Ms. Nupur Lakhani
Consultant Clinical Psychologist
Moolchand Medcity, New Delhi



Ms. Aprajita Dixit
Consultant Clinical Psychologist
Moolchand Medcity, New Delhi



Dr. Jitendra Nagpal- MD; DNB
Program Director - Expressions India
The National Life Skills, Values Education & School Wellness Program
Sr. Consultant Psychiatrist
Incharge - Inst. of Mental Health and Life Skills Promotion
Moolchand Medcity, New Delhi

India's First JCI and Comprehensive NABH Accredited Hospital

CERTIFICATE FOR APPRECIATION

*This is to certify that ~~Mr.~~ Ms. ANUSHKA TANGID..... is hereby recognized for the Outstanding Initiative taken with regards to the **Case Presentation** done at the Institute of Mental Health & Life Skills Promotion, Moolchand Medcity, New Delhi. This academic activity was part of the comprehensive internship.*

Thereby wishing you all the very best in all future endeavours.



Ms. Nupur Lakhani
Consultant Clinical Psychologist
Moolchand Medcity, New Delhi



Ms. Aprajita Dixit
Consultant Clinical Psychologist
Moolchand Medcity, New Delhi



Dr. Jitendra Nagpal
Program Director - Expressions India Program
Sr. Consultant Psychiatrist
Incharge - Inst. of Mental Health and Life Skills Promotion
Moolchand Medcity, New Delhi

India's First JCI and Comprehensive NABH Accredited Hospital



CERTIFICATE OF INTERNSHIP

This certificate is awarded to

Ms. Anushka Jangid

*D/O Mr .Mahesh Chand Sharma on successful completion of internship
from 16 th August to 16 th November which included training sessions,topic
discussions and tasks. Her participation was outstanding and was found to
hardworking, sincere and diligent.*

Internship Coordinator

Pawan Rawat
Founder



Athena Behavioral Health
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Gurgaon – 122001
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Mob.: - +91 9289086193
Email: - info@athenabhs.com
Website: - www.athenabhs.com

Letter of Internship at Athena Behavioral Health

To Whom It May Concern

This is to certify that Ms. **Anushka Jangid** Completed her internship (full-time) from **5th August 2024** to **25th October 2024** at Athena Behavioral Health, Gurgaon. The internship program at Athena Behavioral Health is conducted under the guidance of Dr. Ashish Kumar Mittal.

Her role was of an intern wherein she learned to take case reports, and observed counseling and psychotherapy session, and psycho-diagnostic assessments. She presented herself as a sincere student and a keen learner. She was regular and punctual during the period of the internship.

We wish her all the best for her future.

Dr. Ashish Kumar Mittal

MBBS, MD - Psychiatry (AIIMS) Delhi

Medical Director - Athena Behavioral Health

Dr. Shradha Malik

Managing Director

Athena Behavioral Health