

ASTHA SINGH

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asthasingh1002@gmail.com



I am a dedicated third-year B.Sc. Psychology (Hons) student with a strong foundation in psychological concepts and research methods.

Passionate about understanding human behavior and mental processes. Excellent analytical and communication abilities.

Seeking opportunities to gain practical experience in the field. 109, 3rd Cross Road, Sai Enclave Layout, JP Nagar 7th Phase



EDUCATION

Pursuing BSc Psychology{Hons}

PES University

Bengaluru, Karnataka, 560085

Senior Secondary

Sacred Heart Higher Secondary School

Sitapur, Uttar Pradesh, 261001

Higher Secondary

Sacred Heart Inter College

Sitapur, Uttar Pradesh, 261001

SKILLS

- Research and Analysis
- Excellent Written and Verbal Communication
- Critical Thinking
- Microsoft Office Suite (Word, Excel, PowerPoint)
- Organizational & Time Management Abilities
- Collaborative & Quick Learner
- Observational and Active Listening

VOLUNTEER

Psych-a-thon 2024

A 24-hour Psychological Assessment Drive with 150+ assessments

Helped digitising the assessments and data sorting

PES University • March 2024

National Conference "Mental Health Advocacy: Learn, Network, Grow."

INSPIRON Well Being centre, Bangalore • April 2024

Positive Psychology: Unlock Your Inner Self

PES University. April, 2023

LANGUAGES

Hindi, English

PUBLICATION

"Understanding Modern Consumer Mindset and the Psychological Elements Driving It"

Co-authored with Vedika Bhargaw

Published in "Navigating the Shifting Landscape of Consumer Behaviour" 2024, IGI Global

INTERNSHIP

Indian Mental Health and Research Centre

1 month hands on training
(18th June to 17th July 2023)

Fortis Healthcare

Clinical Psychology Intern
(July 2023)

The Mind Matters

Workshop Coordinator

CERTIFICATIONS

- **Research Methodology and Academic Writing with Hands on SPSS**
Ed Maestro, 2023
- **Gatekeeper Training In Suicide Prevention**
NIMHANS (Bengaluru). August, 2022
- **Expressing Emotions through various Art Forms**
(Indra Gandhi National Centre for the Arts). March, 2024
- **Creative Movement Therapy**
Flourish Life School. April, 2023
- **Art-Based Therapeutic Activities**
Flourish Life School. March, 2023
- **Shadow Training**
Your Dost (Bengaluru). March, 2024
- **Positive Psychology: Unlock Your Inner Self**
PES University. April, 2023
- **National Conference 'Mental Health Advocacy: Learn, Network Grow'**
Inspiron. April, 2024
- **Leadership Excellence**
Harvard Square. March, 2023
- **Interpersonal Skills**
Harvard Square, March 2023.