

ANOUSHKA SHUKLA

SUMMARY

Enthusiastic student with superior skills in working in both team-based and independent capacities. Bringing a strong work ethic and excellent organizational skills to any setting. Tackles challenges with positivity and drive to overcome.

CONTACT

+91 9599256873

shuklaanoush@gmail.com

India

EDUCATION AND TRAINING

October 2021 - July 2024

Bachelor of Arts -

Psychology

SNDT University

Pune

CGPA : 8

September 2023

Short Term Certificate

Course - Forensic

Psychology and Criminal

Profiling

International Forensic

Sciences Education Dept.

Pune

July 2021

Senior School Certificate -

Central Board of Secondary

Education, Delhi

87%

May 2019

Secondary School Certificate

- Central Board of Secondary

Education, Delhi

79%

SKILLS

- Fluent in Hindi and English
- Social Media Management
- Active Listening
- Rapport Building
- Critical Thinking
- Data Analysis
- Content Production
- Research Skills
- Behavior Observation
- Cultural Sensitivity

EXPERIENCE

Intern

My Mind Matters | Pune, India

02/2023 - 04/2023

- Developed informational handouts for clients on various topics related to mental health care.
- Performed administrative tasks such as filing paperwork or scheduling appointments.
- Maintained accurate records of client visits, assessments, and interventions provided in accordance with agency policies.
- Attended weekly case conferences to discuss the progress of clients' treatment plans.
- Observed and documented client behaviors during sessions.
- Organized outreach events aimed at increasing awareness about mental health issues among the general public.

ACCOMPLISHMENTS

- Received recognition for the impactful contribution to mental health advocacy, both at the high school and college levels, by fostering a sense of community and promoting mental well-being through innovative and engaging online campaigns
- Established and managed a successful mental health awareness page on Instagram and Facebook during high school, gaining a substantial following and fostering open conversations around mental health issues.
- Served as the Social Media Head for Mental Health Week at SNDT University, orchestrating impactful online campaigns and events to promote mental health awareness and destigmatize related issues among the student body.