



GRUSHA SABNANI

Ψ Psychology Student

PROFILE

Dedicated and compassionate third-year Bachelor of Arts in Psychology student interested in Clinical Psychology. Eager to explore the dynamics of human behavior and its implications on mental health. A strong advocate for mental health awareness and committed to fostering resilience and personal growth in individuals. Seeking practical experiences to contribute to therapeutic interventions and positively impact clients' lives. Driven to promote equitable access to mental health resources.

CONTACT ME

☎ +91 9764446666

✉ grushasabnani1122@gmail.com

📍 Maruti Complex, C Wing, Flat
Number 22, Near Ashok
Theatre, Pimpri, Pune-411017

➤ EDUCATION

MAY 2024
Pune, India

**BA IN PSYCHOLOGY, FERGUSSON
COLLEGE (AUTONOMOUS) (ONGOING)**

Coursework includes:

- Abnormal Psychology
- Cognitive Psychology
- Child and Developmental Psychology
- Industrial and organizational Psychology
- Social Psychology
- Social Dynamics
- Positive Psychology

MARCH 2021
Pune, India

HSC, JAI HIND JUNIOR COLLEGE

Stream: Science
Percentage: 89.67%

MARCH 2019
Pune, India

SSC, JAI HIND HIGH SCHOOL

Percentage: 83.60%

➤ LANGUAGES

Fluent in English, Hindi and Sindhi.
Basic Marathi.

➤ SKILLS

- Strong understanding of psychological theories and principles.
- Empathy and active listening skills Multitasking and time management skills.
- Adaptability and Flexibility.
- Skilled in Conflict Resolution.
- Emotional Intelligence.
- Ability to maintain confidentiality and handle sensitive information.
- Mindfulness and Relaxation Techniques.
- Efficient in Literature Reviews.

➤ PROJECTS

- 2024** **Research, Ongoing research on Protective Factors Against Self-Harm Tendencies amongst Adolescents.**
- 2022** **Research, Mindfulness and Self-Compassion: An Intervention Study**
The main goal of the research was to study the effect of practicing Mindfulness in enhancing Self-Compassion among Young Adults. This was group research consisting of 10 individuals who conducted this research together. The result of the research turned out to be positive as a significant difference was seen in the pre-test and post-test scores of the experimental group post-conduction of mindfulness sessions.
- 2023** **Case Study, Cultural and Regional differences in the development of Adolescents.**
An extensive case study was done on 2 individuals who were 14 years old and belonged to different families with similar financial or socioeconomic backgrounds to see how cultural differences affect their development, thinking, and behavior.
- 2022** **Psychological Test Construction, A Psychological test based on Procrastination was constructed.**
Reliability was checked using internal consistency. Cronbach's alpha score of reliability was 0.938 showing significant reliability. the validity established was criterion validity (concurrent). 'Self-regulation' was selected as a criteria. This criteria was negatively correlated with Procrastination. A significant negative correlation of 0.37 (i.e -0.37) was established using the Karl Pearson coefficient of correlation.
- 2022** **Mental Status Examination, A Beautiful Mind.**
A detailed MSE was conducted on John Nash, the lead character of the movie 'A Beautiful Mind'. This was done by observing the intricacies of his behavior throughout the movie in which he was suffering from Schizophrenia.

➤ EXPERIENCE

- DEC 2023** **SAMYAK DE-ADDICTION AND REHABILITATION CENTER.**
One-month Observership at Samyak De-Addiction and Rehabilitation center, understanding the nuances of Clinical Psychology. Contributing to the Clinic by Conducting De-Addiction lectures and activities for all Patients in the facility.
- OCT 2023** **PSYCHOLOGICAL TEST ADMINISTRATION AND INTERPRETATION.**
- Differential Aptitude Test (DAT)
 - Standard Progressive Matrices (SPM)
 - Marriage Adjustment Inventory
 - NEO-FFI
 - Optimistic-Pessimistic Attitude Scale (OPAS)
 - Study of Values (SV)
 - Sentence Completion Test (SCT)
 - Type A/B Personality test

➤ REFERENCES

Available Upon Request