



# VANSH VATS

## UG PSYCHOLOGY STUDENT

### CONTACT ME



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### ABOUT ME

I am a Bachelor of Psychology (Honours) student passionate about enhancing mental health. My academic background, coupled with experience in crisis counseling, mental health advocacy, and research, has equipped me with strong skills in empathetic support and effective intervention. I am focused on applying my expertise to make a meaningful impact in the mental health field.

### SKILLS

Research Skill  
Data Collection  
Content Creation  
Session Observation  
Case Taking  
Crisis Counselling  
Basic Counselling Skills

### LANGUAGES

English  
  
French  
  
Hindi

### EXPERIENCES

#### Iwill-2024 (1 Month)

##### Research Intern

My role involved research and development, application testing, and providing feedback. As part of it, I collaborated with my team via an internal communication tool and managed follow-up calls and emails with stakeholders to gather feedback and ensure everyone stays informed.

#### Meta-Mental Aura- 2024 (1 Month)

##### Social Media Intern

During my internship, I created and managed engaging social media content to promote mental health awareness, consistently met engagement goals, and collaborated with my team to develop innovative ideas for spreading awareness.

#### Parindey Foundation-2023-Current (11 Months)

##### Junior Trainee

At the Parindey Foundation, I engage in diverse responsibilities, including detailed case observation, report formulation, and content creation for social media to promote mental health awareness. I also contribute to a newsletter program by suggesting relevant topics, conducting research, and collaborating to present findings. Additionally, I supported questionnaire design for a study on "Mental Health Awareness and Counseling Among Young Adults in India" and facilitated the implementation of various assessment scales.

## EDUCATION

Bachelor of Psychology  
Kr Mangalam University  
Sohna, Haryana  
2022-2025

Presidium School  
Gurgaon, Sector-57  
Stream- Commerce

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## Certifications

- Trauma Counseling Workshop:  
All About Psychology
- Human Resources (TAREEQA)  
GLOBAL SOLUTION
- Cognitive Therapy workshop: All  
About Psychology
- Mental health and well-being  
teens: Coursera
- Mental health festival certificate:  
Mental Health Foundation India

### **Vandrevala Foundation-2023(1 month)**

Crisis Counselor Volunteer

I completed a one-month voluntary internship as a Crisis Counseling Intern at the Vandrevala Foundation, where I developed skills in counseling, suicide prevention planning, risk assessment, and stress and anxiety management techniques. This experience greatly enhanced my understanding of mental health dynamics and crisis intervention strategies.

### **Fortis Healthcare (15 Day)**

Online Clinical Psychology Intern

This 15-day online internship deepened my understanding of psychology, enhanced my skills in psychological tests and personality assessments, and provided valuable insights from industry experts.

### **Chetna Society (6 months)**

Event Coordinator

I served as an active member and event coordinator for the Chetna Society at my university during the even semester, contributing to organizing and managing events effectively.