

SREE VANSHIKA BEHARA

Phone: +91 8374976831

Email: vanshikabehara@gmail.com

SUMMARY

I aspire to specialize in clinical psychology. Dedicated to continuous learning and contributing to mental health outcomes, my goal is to make a meaningful difference within a healthcare setting.

TEACHING AND VOULENTEER EXPERIENCE:

Mind Matters – Psychoeducation Organization

Volunteer

Location: Manipal, Karnataka

Date: [June 2022 - Present]

- Actively involved in promoting mental health awareness through psychoeducational sessions and activities.
- Collaborated with team members to conduct workshops in schools, colleges, and orphanages to support mental health education.
- *Online Session*
 - Delivered a virtual presentation for children aged 5-10 covering topics related to mental health awareness.
 - Designed age-appropriate content to foster mental health awareness among young children in an engaging and accessible manner
- **In-Person Session**
 - Conducted an interactive session for 11th graders focused on issues related to mental health awareness.
 - Created a supportive environment for adolescents to discuss mental health challenges and develop coping strategies.

PsychPathh

Founder & Content Creator

Date: [October 2024 - present]

- Established a psychology-focused social media page to raise awareness about mental health.
 - Regularly create and share informative content on a variety of mental health disorders.
 - Engaged a diverse audience, fostering an online community for mental health education and support.
 - Demo Classes for 11th and 12th Grade Psychology (*Instructor*)
 - Delivered engaging demo classes on foundational psychology topics for high school students (11th and 12th grade)
 - Designed lessons to capture students' interest in psychology and encourage further study in the field.
 - Successfully simplified complex psychological concepts to improve understanding and accessibility for beginners
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EXTRACURRICULAR:

Spectra

Social Media Member

Location: Manipal, Karnataka

Date: (October 2022 - November 2023)

- Provided media coverage for inter-departmental competitions, delivering quality event documentation and helping showcase student talent.
- Engaged in media promotion for healthcare services, such as blood bank promotions, contributing to social awareness and community initiatives.

MTTN

Social Media Member

Location: Manipal, Karnataka

Date: (November 2022 - October 2023)

- Conducted major media coverage for diverse campus events, including prominent college festivals and student competitions, bringing extensive visibility to events and activities.
- Spearheaded personal projects for the platform during special occasions, enhancing audience engagement and interaction with innovative content and unique project ideas.

MindMatters

Social Media Head

Location: Manipal, Karnataka

Date: (June 2022 - Present)

- Social Media Team Member: Initially contributed as a social media content creator, designing graphics and capturing live coverage of organizational events. Played a key role in crafting engaging visual content that elevated the organization's online presence.
- Social Media Head: Promoted to Social Media Head, taking on additional responsibilities, including managing a team of designers and assisting in developing design strategies and creative direction.
 - Collaborated with the core team on public relations (PR) strategy for events, providing insights and recommendations for effective outreach.
 - Partnered with the content team to brainstorm innovative content ideas and guide the visual design of content.
 - Newsletter Management: Oversaw the production of a monthly newsletter, managing all aspects of its design. Responsible for formatting, layout design, and aesthetic consistency, ensuring a professional and appealing publication that resonates with readers.

EDUCATION:

- **High School:**
DPS-Modern Indian School- Qatar
(2010-2021)

- **Undergraduation:**
Manipal Academy of Higher Education- Manipal,
BSC.Clinical Psychology
(2022-2025)
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CERTIFICATES:

- Introduction to Abnormal Psychology, Wesleyan University
 - Chronically Ill in an Emergency: Why Mental Health Matters, University of Copenhagen, Danish Red Cross, Reference Centre for Psychosocial Support
 - Socially Souled, Clinical Psychology Internship
 - Cognitive Behavioural Therapy & Rational Emotive Behaviour Workshop
 - How to Write and Publish a Scientific Paper (Project-Centered Course), École Polytechnique
 - Fundamentals of Social Media Advertising Meta
 - The Science of Training Young Athletes,
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LANGUAGE:

- English
 - Telugu
 - Hindi
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SKILLS:

- Video editing
- Time management
- Communication
- Problem- Solving
- Presentation
- Team work
- Adaptability
- Mental health advocacy
- Empathy and Compassion