



Ananya Saran

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I am a Psychology undergraduate student with a plan to pursue my Masters in Clinical psychology. I enjoy the intersection of psychology and biology which brings to life how the mind and body connect. My ultimate goal is to become a clinical psychologist in a hospital or work setting. Even though we live in an era of technology dominance in every field, I believe the importance towards mental health is underscored now more than ever. Outside its ever-growing relevance, I chose this field because it helps me harness what I truly enjoy - connecting with people, listening well & building empathy, and solving situational problems. My active goal is to gain hands-on clinical experience, while pursuing my educational qualifications.

Educational Background

Jyoti Nivas College,

Autonomous

Bangalore

Bachelors of Science in
psychology

2023-2027

Primus Public School

Bangalore

High-school diploma

2023

Work Experience

Chamberly AB

Psychology Intern

08/2024 - 09/2024

Remote

During my time at Chamberly, I helped analyze user trends with the app whilst engaging with users. I also provided modifications in ideas and techniques to be employed within the app from a therapeutic lens.

Inspiron Psychological Well-being Centre Pvt Ltd

Internship trainee

02/2024 - 03/2024

During my time at Inspiron I received the opportunity to observe numerous conducted therapy sessions, under a licensed psychologist. Along with enriching my knowledge by attending various therapy skills training. I also participated in client intake, case discussions and engaged in mock sessions as well.

Carpediem EdPsych Consultancy

Training Internship

12/2023 - 01/2023

Remote

This was a hands-on program focused on developing applied psychology skills through real life case studies.

Skills & Proficiencies

- Market Analysis
- Interpersonal communication skills
- Fluent in Hindi & English and conversational in French
- Therapy techniques
- Case formulation
- Client Intake
- Client relations
- Organizational behavior
- Applied psychology
- Psychological assessment techniques

Volunteer Work & Certification

Student volunteer

Project Eka Foundation

Aug 2023

Eka is a school for children with special needs. I spent time with these kids and assisted in their day to day requirements including teaching and interpersonal skills

Introduction to advanced cognitive processes

NPTEL and IIT- Kanpur

Sept 2024

Completed an 8 week online certification course