

Mokshita Singh

Undergraduate Student

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Delhi

EDUCATION

Mahavir Senior Model School 2016 - 2023	Senior Secondary Education (XII)
Keshav Mahavidyalaya, University of Delhi 2023 - Present	Bachelors of Arts Honours in Psychology

WORK EXPERIENCE

	Volunteer Consluenza (Counselling and Training Cell, Keshav Mahavidalaya)
Consluenza 2023-24	<ul style="list-style-type: none">Participated in various phases of discussions centered on the theme "Mental Health is Universal," gaining diverse perspectives on mental health issues.Engaged in blackout poetry sessions, paint-a-face and other activities, utilizing creative expression as a tool for mental health awareness.Actively contributed to discussions on the intersection of gender issues and mental health, understanding the challenges faced by different genders, impact of on interpersonal relationships and examined the crucial connection between human rights and mental health, advocating for mental health as a fundamental human right.
	Volunteer Psyphoria (Annual event of Inpsych)
Inpsych 2023-24	<ul style="list-style-type: none">Psyphoria, an annual event was conducted by Inpsych: The Psychology Society of Keshav Mahavidyalaya, University of Delhi.Engaged in discussions and seminars about the evolving landscape and promising future of psychology, fostering a deep appreciation for the discipline's potential.Gained hands-on experience and knowledge in dream analysis and forensic psychology, enhancing my understanding of these specialized fields.

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Participant |Art Journaling Consistency Challenge

Expresso Art
Therapy
June 1, 2024-
June 10, 2024

- Participates in a 10-day Art Journaling challenge under the guidance of an Art therapist.
- Learned how to engage art with psychologist.
- Learned various application of Art therapy in managing our emotions.
- Gained insight on how to focus on mental well being using art, a much ignored form of creativity.

Intern- Clinical Psychology| Fortis Heathcare | Department of Mental Health and Behavioural Sciences

Fortis
Summer
Internship
1st-15th July,
2024

Participated in sessions covering a wide range of psychological topics, gaining both theoretical knowledge and practical experience.

- Attended sessions on art therapy, sports psychology, AI in psychology, and crisis prevention, gaining insight into diverse psychological approaches.
- Gained insight into Family Therapy and the Third Wave of Psychotherapy approaches, including ACT (Acceptance and Commitment Therapy), DBT (Dialectical Behaviour Therapy), and MBCT (Mindfulness-Based Cognitive Therapy).
- Community and Workplace Mental Health: Studied mental health challenges within organizational and community contexts, emphasizing preventive care and support systems.
- Acquired skills in Case History Taking, Mental Status Examinations (MSE), and building Therapeutic Alliances to foster trust and rapport with clients and engaged in hands-on learning through Case-based Questions, applying psychological theory to practical scenarios.
- Gained a strong foundational understanding of the International Classification of Diseases (ICD-11) and the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) for diagnostic practices.
- Reflected upon strengthening empathy, ethical practice, and integration of traditional and modern psychological approaches, including AI.

Workshop | Unmasking Triggers

MindTribe
2024, August
11

- Participated in a workshop themed at Unmasking Triggers By MindTribe.
- Gained insights into differentiating and understanding different types of triggers.
- Learned strategies for managing emotional responses, improving self-awareness, and fostering emotional resilience.
- Engaged in reflective discussions on the relationship between emotional triggers and mental well-being, focusing on self-regulation as a pathway to healthier interpersonal dynamics.

SKILLS

Management Skills	Creativity
Team Management	Punctuality
Active Listening	Attention to Detail

LANGUAGE

English

Hindi