



# BHAVISHYA SARAF

## STUDENT

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Rajat Vihar  
Noida, Uttar Pradesh

## ABOUT ME

As a motivated college student pursuing a degree in applied psychology, I am eager to apply my academic knowledge and skills to real-world challenges. My coursework has equipped me with a solid foundation in leadership and basic computer skills, and I have gained practical experience through the internships I have done. I am enthusiastic about contributing to this field and further developing my expertise in this area.

## EDUCATION

**BA(Honss) Applied Psychology**  
Gargi College, University Of Delhi  
2023-2027  
(Currently Pursuing)  
**12th**

**Army Public School, Damana, Jammu, J&K**  
2022

**10th**

**Army Public School, Damana, Jammu, J&K**  
2020

## WORK EXPERIENCE

● 2024 - Present  
NGO: Prayan Foundation  
**HR Department**  
It is a 6 month internship offered by Prayan Foundation which was founded by students of Delhi University. I am currently working as an HR in this NGO.

● 2024  
Company Name : Corizo pvt. ltd.  
**All India Psychology Camp Internship In  
Collaboration With NIMHANS**  
In this internship we studied from experienced psychologists and at the end we had to submit a major and minor project of our own. We learned many things including certain analysis and diagnosis of diseases in addition to the therapies associated with them.

● 2024  
Company Name : Younity.in  
**Growth Ambassador**  
It was a 45 day internship in which we had to sell the courses offered by the company. This internship was extended for a month for those with good performance in which I was included and I also received a LOR from the CEO.

● 2024  
**RESEARCH PAPER**  
**TOPIC: To study the correlation between social media  
addiction and loneliness during later adulthood**  
Me and my teammates created a research paper under the supervision of our professor Dr. Poonam Phogat. We presented a qualitative study during the Gargi Psychology Conference(2024) and a quantitative study during the Christ National Conference (2024).

## EXPERTISE

SLIDE PRESENTATION

GRAPHIC DESIGNING

BASIC COMPUTER SKILLS

## LANGUAGE

English

Hindi

Kashmiri