

MEHAK KAPOOR

✉: therapywithmehak@gmail.com | ☎: 9650559088 | Age: 23 | Female

Address: Sector-57, Gurgaon, Haryana

ACADEMICS

Qualification	Institute	Board / University	Year	% / CGPA
MA Clinical Psychology	Amity Institute of Psychology & Allied Sciences (AIPS)	Amity University	2022-2024	8.42
P.G Diploma in Guidance and Counselling (Pursuing)	Centre for Distance and Online Education, Jamia Millia Islamia	Jamia Millia Islamia	2023-2024	
BA Program (Psychology + HRM)	Kamla Nehru College	Delhi University	2019-2022	8.16
XII	Delhi public School, Sector-45, Gurgaon	CBSE	2019	93.5%
X	Delhi public School, Sector-45, Gurgaon	CBSE	2017	8.6

- Received first division in Amity University, Noida 2024
- Received first division in Kamala Nehru College, Delhi University 2022
- Received the scholar badge for academic excellence at Delhi Public School 2019

CERTIFICATIONS / PUBLICATIONS

- Published **Research Paper** titled, “Does stress have a relationship with empathy? A gender comparative study between psychology students.” in International Journal of Research and Analytical Reviews.

WORK EXPERIENCE

Antarmanh Consulting	Associate Counsellor	June'24- Present
Roles and Responsibilities	<ul style="list-style-type: none">Took EAP calls and provided telephonic counselling servicesTook virtual Zoom counselling sessionsHandled various crises casesTook Group SessionsClient Management and Need AnalysisCoordinating mental health and wellness initiativesInvolved in several community outreach programsWrote blogs related to mental healthMade social media content related to mental health, pride month etc (for LinkedIn and Instagram)	

INTERNSHIPS / PROJECTS / LIVE PROJECTS

Dissertation January 2024- April 2024	<ul style="list-style-type: none">Wrote a dissertation titled, “Does stress have a relationship with empathy? A gender comparative study between psychology students.”
Mental Wellness Centre June 2023- July 2023	<ul style="list-style-type: none">Took case histories and mental status examinations of clientsPerformed JPMR on clients
We Avec U February 2023- April 2023	<ul style="list-style-type: none">Awarded 'Best Intern' amongst a group of 20Worked at Karuna Drishti Seva Foundation De-addiction CentreTook case histories and Mental Status ExaminationsPerformed JPMR and expressive arts therapy techniques on clients
Mental Wellness Centre October 2023- November 2023	<ul style="list-style-type: none">Developed counselling skills.Observed clients in clinical and counselling settings.Took case histories and mental status examinations.
AIESEC September 2020- January 2021	<ul style="list-style-type: none">Network with interested students, understand their needs and help them find appropriate internships.

POSITIONS OF RESPONSIBILITY

Lead vocalist, College Band	<ul style="list-style-type: none">Managing and performing in various college fests	2019-22
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Founder and President, Insight-Psychology club	<ul style="list-style-type: none">Hosted intra-school competitions and workshopsOrganised panel discussions with experts (psychologists and psychiatrists) to debunk myths related to mental health.	2018-19
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EXTRA CURRICULAR ACTIVITIES

Music	<ul style="list-style-type: none">Winner of intra-college western vocals competition.Runners-up in battle of the bands	2019 2018
Social	<ul style="list-style-type: none">UPAY, NGO- Worked as a volunteer teacherPotentials therapy centre- Helped psychologists and teachers to prepare the classrooms for children on the spectrum and interacted with themRitva Foundation- worked as a content creator and conducted surveys on college students to understand awareness of menstrual health.Teach Your Talent- Worked as a volunteer music teacherShiksha Kendra- Worked as a volunteer teacher and mentor	2023 2022 2020 2019-20 2017-19
Cultural Exchange	<ul style="list-style-type: none">Member of the Indo-French Cultural Exchange	2017
Interests/Hobbies	<ul style="list-style-type: none">Reading, Singing, crocheting	