

WORK EXPERIENCE

Psychology • Internship Pukaar Foundation Global, Virtual	Aug 2024 - Sep 2024
1. Participated in research project. 2. Topics Covered: Psychotherapeutic techniques, Psychological & Clinical assessments, Counselling techniques, Clinical disorders, Mental Status Examination (MSE). 3. 120 hours of training.	
Human Resources (HR) • Internship Nexlance, Virtual	Jul 2024 - Sep 2024
Content Writing • Internship Kshitiksha Foundation, Virtual	Jun 2024 - Jul 2024
Journalism • Internship TV 18 Network, Bangalore	Jun 2020
• I learnt to write contents for broadcast media. • I built my proofreading skills.	
Psychology • Internship Family Fellowship Society For Psychosocial Rehabilitation Services, Bangalore	May 2018 - Jun 2018
•Got an opportunity to build my team player skill. •Learnt about various therapies like art, group, play, interpersonal, animal assisted, horticulture, bibliotherapy.	

EDUCATION

Master of Science (M.Sc), Clinical Psychology JAIN UNIVERSITY SCHOOL OF SCIENCES	2024 - 2026
Bachelor of Arts (B.A.), Journalism, Psychology And Optional English T-John College CGPA: 8.53/10	2017 - 2020
Senior Secondary (XII), Karnataka Board Christ Academy Junior College Percentage: 95.00%	2017
Secondary (X), ICSE Lorven Public School Percentage: 88.50%	2015

TRAININGS / CERTIFICATIONS

HR Recruiter Jul 2024 - Present Nexlance, Virtual • Post job opportunities. • Screening resumes. • Scheduling interviews. • Conducting interviews. • Hiring suitable candidates. • Onboarding. • Training. • Handling team.	SEO Sep 2023 Great Learning, Virtual
Content Marketing Sep 2023 Great Learning, Virtual	Writing Skills Sep 2023 Great Learning, Virtual
Digital Marketing Sep 2023 Great Learning, Virtual	

PROJECTS

WEBINAR

Apr 2020

Attended an online Webinar on 'Literature Galvanizing the Attitude and Glorifying the Journey of Life' by Prof. Rajkumar Laxman Kadam.

NATIONAL CONFERENCE

Apr 2019

Participated and presented research paper, 'Re-reading of the Existing Mythical Figures' in National Level Conference on Literatures of Resistance: Voices of the Marginalized.

DIGITAL MARKETING

Feb 2019

Attended one day workshop on Digital Marketing in Presidency College.

VOLUNTEERING

Aug 2018

I have volunteered to carry out a 'Mental Health Awareness Program'.

NATIONAL SEMINAR

Feb 2018

I have attended a national seminar on Trends and Challenges in Journalism.

SKILLS

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|------------------------------------|--------------------------------|---------------------------------|
| • English Proficiency (Written) | • English Proficiency (Spoken) | • Kannada Proficiency (Written) |
| • Kannada Proficiency (Spoken) | • Hindi Proficiency (Written) | • Hindi Proficiency (Spoken) |
| • Telugu Proficiency (Spoken) | • MS-Word | • MS-PowerPoint |
| • Effective Communication | • Teaching | • Canva |
| • Search Engine Optimization (SEO) | • Content Writing | • Content Marketing |
| • Problem Solving | • Interpersonal Skills | • Time Management |
| • Research and Analytics | • Subject Matter Expert (SME) | • MS-Excel |

EXTRA CURRICULAR ACTIVITIES

- Student Coordinator of Placement Cell in college. • Worked as coordinator for one year. • Screening resumes. • Conducting mock interviews.
- 1. Content writer • College newspaper and magazine for 3 years. 2. Editor • College newspaper and magazine for 2 years. • One year as associate editor and one year as editor-in-chief.
- Student Coordinator of Counselling Cell in college. • Mock counselling sessions. • Attended workshops on counselling.
- Organised conferences in college.
- Student coordinator of events in inter-collegiate fest - meme writing and pixelography

NATIONAL SEMINAR cum WORKSHOP

Jan 2020

Attended a two day National Seminar cum Workshop on 'Understanding National Security Challenges for Defense Journalism Practice'.

HYPNOTHERAPY

Mar 2019

I have participated and successfully completed Level-1: Basic Integrated Clinical Hypnotherapy.

NATIONAL SEMINAR

Feb 2019

Attended National Seminar on Trends and Challenges of Media and Films.

NATIONAL CONFERENCE

Mar 2018

I have participated in National Conference on Media and Psychology.