

CAREER OBJECTIVE

I am passionate about psychology and am pursuing it as a career. I believe that good mental health is essential to a fulfilling life, and I want to help others achieve it. I am eager to contribute to the field of social work, while gaining hands-on experience and advancing my professional growth.

WORK EXPERIENCE

Psychology Internship • Internship Jun 2024 - Jul 2024
Socially Souled, Mumbai
I completed a one-month internship at Socially Souled. During that time, I acquired knowledge of hypnotherapy, CBT, MSE intake, relaxation techniques, and the empty chair technique. I also gained hands-on experience with exposure therapy, music therapy, dance therapy, and other modalities.

EDUCATION

Bachelor of Arts (B.A.), Arts 2023 - 2025
Bharatiya Vidya Bhavan's College
Senior Secondary (XII), Maharashtra State Board Of Secondary And Higher Secondary Education 2022
RD&HS National College Mumbai
Percentage: 69.90%

TRAININGS / CERTIFICATIONS

Advance Counselling Course
Dec 2024 - Present
Bhartiya Vidya Bhavan's, Virtual
I am currently enrolled in an advanced psychology course. In this course, I am studying psychological disorders in depth. I am also learning about the various treatment options for these disorders.

Counselling & Clinical Psychology
Jun 2024 - Jul 2024
Socially Souled, Mumbai
Completed my 1 month internship at socially souled organisation. Learned hypnotherapy, CBT, MSE intake, relaxation techniques, empty chair technique and got hands on experiences such as exposure therapy, music therapy, dance therapy and many more

Basic Counselling Skills
May 2024
Bharatiya Vidya Bhavans, Virtual
The course I completed provided me with the basic counseling skills necessary to practice as a psychologist. I also acquired knowledge of various disorders and learned how to handle them as a psychologist. In addition, I earned a certification and a mental health ambassador batch through this course.

Advance Tally Prime
Aug 2023 - Present
G-tec Keerti Computer Institute, Bandra

MS-Excel
Aug 2023 - Oct 2023
G-tec Keerti Computer Institute, Bandra
I have completed advance MS-excel with MSCIT

SKILLS

- MS-Office
- Psychology
- Hindi Proficiency (Written)
- English Proficiency (Written)
- Effective Communication
- Canva
- English Proficiency (Spoken)
- Hindi Proficiency (Spoken)

EXTRA CURRICULAR ACTIVITIES

- Through my school, college, and internship, I have had the opportunity to visit several orphanages. I also participated in a rally for human rights. These experiences have ignited a passion in me to work with children and help those in need.

ADDITIONAL DETAILS

- I am certified in two areas of psychology. Under the guidance of my supervisor, I facilitated a hypnotherapy workshop. I also hold certifications in singing and makeup, which are hobbies that I enjoy.