

### EDUCATION

Master of Arts in Psychology  
Fergusson College, Pune, MH  
August 2023- Ongoing

Bachelor of Arts in Psychology  
Institute of Technology-World  
Peace University, Pune, MH  
July 2019 - June 2022  
CGPA: 8.91

Higher Secondary Certificate  
Science Marathwada Mitra Mandal  
College of Science, Pune, MH  
July 2017 - April 2018  
Percentage: 75%

Central Board of Secondary  
Education  
Vikhe Patil Memorial School, Pune,  
MH  
July 2016 - April 2017  
Percentage: 87%

### SKILLS

- **SPSS Software**
- Counseling and Therapeutic Techniques
- Community Engagement
- Content Development
- Teaching and Facilitation
- Research and Analytical Skills
- Communication and Social Media Management
- Organizational and Planning
- Team Collaboration
- Time Management
- Observation

### ACHIEVEMENTS

Outstanding Player of the  
Tournament, RFS Pune- CISK Girls  
Under-13 Inter School Youth  
Rugby Tournament (Jan 2014)

Gold Medal- Athletics  
Inter School Sports and Games  
Competition (State Level CBSE  
Competition, Mar 2013).

### PROFILE SUMMARY

- Dedicated master's student in Psychology with a strong focus on clinical psychology and a passion for understanding the complexities of the human mind. Eager to leverage a solid foundation in psychological theory with hands-on research experience, particular in user research and human computer interaction. Committed to advancing mental health through evidence-based practices and contributing to innovative research that enhances our understanding of brain-behavior relationships.

### WORK EXPERIENCE

#### BMT Support Foundation – Research Intern |

- Working on a research project titled 'Psychology of Health'
- Incorporation of both Qualitative and Quantitative research methods.
- Utilized SPSS software to analyze data and conduct statistical tests.

#### Brainberg - Org. Psychology Intern |

- Research and development of programs for teachers and career counsellor according to the NEP guidelines.

#### My Mind Matters - Counseling Intern|

- Conducted case analyses, observed counseling sessions, and prepared detailed reports.
- Gained exposure to deep relaxation therapy, learned about flower-based medicines, and engaged in role-playing as both client and counselor.

#### Emoticons India - Psychology Trainee|

- Managed social media posts on LinkedIn, Facebook, and Instagram. Organized webinars with psychology experts, created presentations, and authored blogs/articles.

#### The Happiness Institute- Psychology Intern |

- Curated courses on success, happiness, emotions, and thought processes, involving thorough research and activity planning.

#### You Got Brains - Psychology Intern|

- Authored two weekly 1000-word articles on psychology topics, gaining insights into promotional activities, management, leadership, and time management.

#### The Soulful Mind - Psychology Intern |

- Explored mental health topics including case history, MSE, Positive Psychology and Women and trauma through informed lens.

### VOLUNTEERING WORK

#### Teaching Assistant | Jazz hand Foundation

Developed and delivered grammar content for a month-long workshop, provided one-on-one sessions and supervised 20 students.

20+ Medals – Athletics  
Intra School Competition Vikhe Patil  
Memorial School (2007-2016).

## PERSONAL DETAILS

DOB: 2nd FEBRUARY 2001  
Languages Known: English, Hindi,  
Marwari and Marathi  
Location: Pune

## Team Member | Ankur Yojana

Collaborated on annual action plan, curated content, designed a brochure, and created a corporate database aligning with CSR goals.

## PUBLICATIONS

### Paper Title:

The Relation Between Delay of Gratification, Self-Efficacy, and Habit Formation Among Young Adults: A Correlational Study"

### Journal:

International Journal of Indian Psychology: -

- Authored paper published in the International Journal of Indian Psychology.
- Conducted a correlational study investigating the relationship between delay of gratification, self-efficacy, and habit formation among young adults.
- Published in Volume 10, Issue 4
- Link to the article: <https://lnkd.in/dFPq7-cj>
- Date of Publication: December 12, 2022