

Who I Am

I am a Clinical Psychologist with a robust background in digital product development, content creation, and qualitative research. With experience across therapeutic practices, academic content, and app development, I bring a unique blend of skills to projects at the intersection of mental health and technology. My career has spanned roles in therapy, product engagement, and qualitative analysis, consistently emphasizing excellence, innovation, and the well-being of others.

In my free time, I enjoy cooking, gardening, and caring for my two cats. I also love reading and watching a variety of shows, with a special interest in storytelling that explores human resilience and complexity.

Who I Work With

I work with clients from diverse backgrounds, particularly adults seeking to navigate mental health challenges, personal growth, or cross-cultural transitions. My goal is to create engaging, accessible experiences, whether through therapy, mental wellness apps, or meaningful content, that help clients and users connect with themselves and their well-being in practical ways.

Areas of Expertise

- Digital Product Development
- Qualitative Research & Analysis
- Mental Health Content Strategy
- App Engagement & User Experience Design
- Clinical Psychology & Therapy

My Approach

I combine clinical insights with technology, leveraging tools like cognitive-behavioral frameworks and evidence-based content to create digital wellness solutions that are user-centered and effective. My work has included designing app-based mental health resources, guiding qualitative research projects, and creating content that resonates with diverse audiences. Fluent in Bengali, Hindi, and English, I bring a multicultural perspective, aiming to foster inclusivity and impact in every project.

Professional Experience

- **Datagain Services** (*March 2022 - Present*)
Qualitative Research Analyst & Project Manager: Lead Analysis Department, oversee qualitative coding, and develop codebooks.
- **Mindpeers** (*May 2023 - Present*)

- Part-time Therapist:* Provide psychological support and counseling.
- **The Manasu Project** (*May 2023 - Present*)
Part-time Therapist: Deliver mental health counseling services.
- **Manah Wellness** (*September 2023 - Present*)
Product Development Specialist:
 - **Led** app appearance, content, and engagement initiatives, increasing user satisfaction.
 - **Curated** mission-aligned content, supporting an engaging user journey.
 - **Optimized** user experience, enhancing app interface and engagement strategies.
- **Concentrix** (*August 2020 - February 2021*)
Seller Care Representative: Managed Amazon seller inquiries.
- **Zucol Services** (*March 2021 - April 2021*)
Academic Content Creator: Created educational content for international students.
- **Praan Foundation & Vandrevalla Foundation** (*January 2021 - November 2021*)
First Responder & Social Media Content Creator: Provided emergency support and developed mental health workshops and social media content.

Education

- **MSc in Clinical Psychology**, Christ University (2021 - 2023)
- **BA in Performing Arts, English Literature, and Psychology**, Christ University (2017 - 2020)

Skills

- Content Creation & Academic Writing
- App Development & User Experience Design
- Qualitative Data Analysis & Research