



CONTACT

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SKILLS

- SPSS
- Active Listening
- Empathy
- Case History
- Assessment Conduction
- Research Writing
- Microsoft Excel (Advanced)

LANGUAGES

- English
- Hindi
- Bengali
- Kannada (basic)

Extra Curricular

I Have experience of around two years as a Freelance content Writer, in various niche's including Mental Health.

RUCHISMITA DAS

PROFILE

I am a final-year student of MSc in Clinical Psychology with a deep passion for advancing my career in the field of psychology. Dedicated to promoting mental well-being, I am committed to making a positive impact on people's lives. As an empathetic listener, I strive to build meaningful connections and provide valuable support. While I possess a solid theoretical understanding of clinical psychology, I am eager to gain hands-on experience to further develop my skills through real-world exposure in clinical settings. My ultimate goal is to enhance my expertise in delivering effective interventions and contributing to the improvement of mental health care.

EDUCATION

- 2023-2025**
- Master of Science in Psychology** (MSc - Psychology)- Surana College, Final Year (Expected Graduation: October 2025)Specialization: Clinical Psychology
- 2020-2023**
- Bachelor of Arts in Psychology** - Maharani Lakshmi Ammanni College for Women Graduated in 2023 with an approximate percentage of 79.9%
- 2019-2020**
- 12th Grade in Commerce**- Kendriya Vidyalaya Sangathan :Passed in 2020 with an approximate percentage of 71.2%

PROJECTS

- Developed a Standardized tool**
Title : Attitude Towards Online Transaction and Safety Scale.
- Outcome:** Developed a standardized and reliable scale for academic and applied use in understanding online transaction behaviors.
- Working Psychological Module (Under Development)**
Title : The Influence of Early Phone Exposure on Cognitive and Emotional Development in Young Children: A Guide for Parental Awareness and Intervention
- Outcome:** To bring awareness among parents and develop appropriate stress management strategies.

INTERNSHIP

- Volunteered at Karnataka welfare association for the blind(2022):** I have volunteered as a psychology student to understand the stress and psychological difficulties faced by specially abled.
- Freebird Psychological services(2024):** As a psychology student, I have gained significant exposure in the clinical field. This internship has helped me gain practical experience in understanding various mental health disorders.
- Hug Care Health Private Limited:** Working in the field of consultation of Counseling Psychology, contributing to mental health care and support to the needy.