

# BHAVISHYA DAHIYA

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## PERSONAL DETAILS

Delhi  
bhavishyaa21@gmail.com, +919910767211

## PROFILE

Highly motivated psychology student with a strong academic background and hands-on experience in research projects. Demonstrated ability in data analysis, critical thinking, and effective communication. Passionate about applying psychological knowledge to enhance individual and community well-being. Seeking opportunities to further develop skills in a professional setting and contribute meaningfully to the field of psychology.

## EDUCATION

<b>B.A. Programme</b> Banasthali Vidyapeeth Banasthali Vidyapeeth	2019 – 2022
<b>M.A. Psychology</b> Kurukshetra University	2022 – 2024

## PROJECTS

<b>Homophobia Scale</b> <ul style="list-style-type: none"><li>led research on homophobia, examining its origins and forms.</li><li>Focused on impacts on LGBTQIA+ communities, linking homophobia to depression, anxiety, and suicidal tendencies.</li></ul>	2020
<b>Literature Review Biopsychological aspects of PCOD and PCOS</b> <ul style="list-style-type: none"><li>Empirical Research found significant psychological issues among participants, including body dysmorphia, mood disturbances, and untreated depression.</li><li>Concluded that mental health is crucial in managing PCOD/PCOS.</li></ul>	2022

## INTERNSHIPS

<b>Psychology Intern</b> Pehchaan The Street School, Delhi <ul style="list-style-type: none"><li>Providing assistance in organizing and facilitating psycho educational workshops.</li><li>Organizing group therapy sessions for children.</li><li>Conducting Sessions on weekends to boost kids' mental health.</li><li>Maintaining positive and safe environment for kids.</li><li>Keeping record.</li></ul>
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Trainee Psychologist

Anamkaaruh Therapy Care & Counselling, Delhi

- I engaged in sessions regarding the basics of counselling micro-skills, therapeutic modalities, trauma-informed care, queer affirmative care, diversity in therapy, and grief Counselling among other skills in the therapy space, from experienced therapists.
- Role-play sessions were conducted weekly, where the mentors gave insightful feedback.
- I am also conducting pro bono therapy sessions under weekly group supervision.

SKILLS

Data analysis

R Programming

Flexibility and adaptability

Interpersonal and communication skills

Critical thinking

Active listener and empathetic

Report Writing

LANGUAGES

English

Hindi