# Anya Aggarwal

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**• New Delhi-110046**

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| **EDUCATION** | **B.A. (Hons.), Applied Psychology**  Vivekananda College  2022 - 2025  **Senior Secondary (XII), Arts**  Indraprastha International School  (CBSE board)  Year of completion: 2022  Percentage: 95.00%  **Secondary (X)**  Indraprastha International School  (CBSE board)  Year of completion: 2020  Percentage: 91.00% |
| **WORK EXPERIENCE** | **————————————————**  **Social Media Intern**  Aadesh health  Internship • September 2024 – October 2024  **Psychology intern**  Indira Gandhi Hospital  Trainee • July 2024 – August 2024 (1month)  **Volunteer** |

Youth For Mental Health, Virtual

Internship • Apr 2024 - May 2024 (2 months)

**Co-Founder**

Sukoon-ing With Psych, Delhi

Job • Jan 2024 - Present

**Social Media Manager**

Bodhicitta Academy, Delhi

Job • Oct 2023 - Jan 2024 (3 months)

Helped the academy reach their target of 1k followers within 3 months

Used editing and graphic design tools to create content and visuals for social channels.

Tracked social media metrics to determine audience growth rate, volume and reach.

**Director**

Convocare, Delhi

Job • Oct 2023 - Present

Oversaw the production of all creative projects from concept to completion.

**Content Writing**

That Desi Psychologist, Virtual

Internship • Aug 2023 - Aug 2023 (1 month)

Researched psychology-related topics to generate original content.

Developed, edited and proofread content for webpages & digital marketing campaigns.

Edited existing copy for clarity, accuracy and grammar-and style compliance.

**Journalism Intern**

Asiana Times, Virtual

Internship • Jul 2022 - Aug 2022 (1 month)

Developed story ideas based on current events and trends in the media landscape.

Edited articles for grammar, punctuation, and accuracy-of facts.

Posted published pieces to company websites and-social media accounts.

**Media & Public Relations (PR)**

Suvidha Foundation, Virtual

Internship • Jan 2022 - Feb 2022 (1 month)

Compiled contact lists for targeted media campaigns.

Researched industry trends to create content strategies.

Provided support in the implementation of social media campaigns across multiple channels.

**Social Entrepreneur**

Hamari Pahchan, Virtual

Internship • Jan 2022 - Mar 2022 (2 months)

Crafted online fundraising campaigns leveraging social media platforms to champion critical social issues such as proper sanitation and awareness drives, effectively highlighting organizational objectives and engaging donors.

**Content Writing**

One Hope Foundation, Virtual

Internship • Sep 2021 - Nov 2021 (2 months)

Writing content for the official website and research work for the foundation were main task. Topics were based on the recent social issues and climatic changes. The website work also included making pamphlets.

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**SKILLS** Good communication skills

Avid learner

Problem solving attitude

Teamwork and collaboration

Efficient and organized

Event set-up

Team leadership

Research work

Fair Knowledge about graphics and editing

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**ADDITIONAL DETAILS** •Contributed to the World Federation for Mental Health (WFMH), fostering mental wellness initiatives. Held the role of director in the flagship event for WFMH on world mental health day.

•Engaged in workshops and webinars in partnership with organizations like Outlive & YMH, enhancing advocacy and awareness efforts.

•Presented an original research paper in the national conference held at Vivekananda College, University of Delhi.

•Handling and building my own Instagram page (community) aiming at mental health awareness