

Shrayasi Roy

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Dedicated Wellness Coordinator with a focus on managing comprehensive well-being programs. Experienced in strategizing and executing diverse activities and workshops, aiming to promote healthier lifestyles. As a former HR Counselor, proficient in candidate engagement and exit interview management, excelled at enhancing employee satisfaction and organizational success through skillful strategies and development.

Work Experience

Wellness Coordinator

Floating Numbers Digital Solutions

September, 2023 - Present

- Managing a holistic wellness program that encompasses various aspects of well-being
- Organizing and overseeing health and fitness initiatives and events for staff members.
- Strategizing and executing a wide array of activities, workshops, guest speakers, workshops, one-on-one training, and health assessments aimed at promoting healthier lifestyles.
- Devising marketing and communication strategies to promote wellness and fitness programs across the entire organization.
- Gathering and analyzing participant data, monitors class attendance, and tracks equipment inventory to ensure thorough program evaluation.
- Collaborating with the associate director in formulating budgets, policies, and operational procedures pertaining to the wellness program.
- Conducting informative presentations and training sessions for educational purposes.

HR Counselor

AceNgage Infoservices Private Limited, Bangalore:

January 2022 - June 2022; July 2022 - September, 2023

- Achieved significant improvement in candidate engagement and joining ratios by implementing candidate experience strategies
- Conducted comprehensive post-exit interviews with former employees from various organizations to gather valuable insights and identify areas for improvement
- Applied expertise in renege analysis to effectively analyze data and identify patterns, contributing to enhanced decision-making processes
- Collaborated with renowned companies such as Wells Fargo, ABB, and UNext to deliver successful outcomes and drive organizational growth
- Consistently met tight deadlines and excelled in fast-paced environments, showcasing exceptional time management and prioritization skills
- Demonstrated proficiency in both independent work and collaborative teamwork, effectively contributing to group tasks and achieving collective goals

- Developed strong communication and organizational skills through active participation in group assignments, ensuring smooth work flow
- Exhibited high levels of initiative and creativity in overcoming challenges, showcasing adaptability and resourcefulness
- Played an integral role as an effective team player, providing support and guidance to fellow team members to promote a collaborative work environment
- Utilized critical thinking skills to break down problems, evaluate solutions, and make informed decisions, contributing to effective problem-solving
- Demonstrated expertise in effectively handling objections and resolving conflicts related to potential risk concerns, ensuring smooth operations and mitigating potential issues
- Successfully implemented creative solutions to resolve complex problems, consistently delivering impactful outcomes

Researcher

West Bengal State University, North 24 Paragana, West Bengal

January 2020 - March 2021

- Extended dissertation work by expanding data collection efforts to enhance the research's potential for publication
- Authored and prepared a manuscript titled "The Role of Mental Imagery in Obsessive Compulsive Disorder: An Explorative Study"
- Devised effective data collection strategies and ensured high data quality to maximize the validity of research findings
- Employed advanced theories and methodologies to analyze and interpret experimental results
- Conducted precise quantitative analysis of specific research data, facilitating accurate reporting and insightful conclusions

Clinical Psychology Intern

August 2018 - September 2019

Calcutta National Medical College & Hospital (Calcutta Pavlov Hospital)

- Proficient in diagnosing and treating a wide range of psychological disorders including Psychosis, Neurosis, and Mood Disorders
- Skilled in providing therapeutic support to children facing Neurodevelopmental and Impulse Control Disorders
- Extensive expertise in addressing Relationship and Career issues, offering guidance and solutions to individuals seeking assistance
- Specialized training in Cognitive Behavior Therapy and Mindfulness Based Therapy, employing evidence-based techniques to promote positive change and personal growth

Skills

Candidate Engagement, Exit Interview Management, Knowledge of Psychological Theories, Client Management, Conflict Resolution, Quantitative Analysis, Presentation Skills, Time Management, Coordination, Communication Skills, Teamwork Skills, Interpersonal Skills, Management Skills, Planning & Organizational Skills, Customer Service Skills.

Education

Master of Arts: West Bengal State University, North 24 Paragana, West Bengal	May 2017- August 2019	Specialization in Clinical & Counseling Psychology 70.33% (CGPA: 4.53)
Bachelor of Arts: Bangabasi College, University of Calcutta, Kolkata	April 2014- March 2017	Honors in Psychology 60%
Higher Secondary Examination (WBCSE) Baghbazar Multipurpose Girls' School	January 2012- February 2014	Humanities: 63%
Secondary Examination(WBSE) Saraswati Balika Vidyalaya & Shilpa Shiksha Sadan	January 2002- February 2012	General Studies: 60%

Internship

Clinical Psychology Internship (Online) Fortis Mental Health Program

April 2021

Online Course

Know Thyself- The value and Limits of Self-Knowledge- The Unconscious

Course Instructor: Mitchell Green, Professor of Philosophy- The University of Edinburgh

Platform: Coursera

Diploma in Human Resources (HR)

Issued April 2023 Platform: Alison

Learning Outcome:

- Acquired knowledge of the key skills and responsibilities of a Human Resource Manager.
- Gained understanding in general recruitment, selection, training, and appraisal processes.
- Developed insights into employee separation and termination procedures.
- Attained perspectives on managing and retaining employees effectively.
- Learned strategies for managing the 'process of change' within an institution.

Human Resources in the Food Service & Hospitality Sector

Issued July 2023 Platform: Alison

Learning Outcome:

- Developed understanding of staff recruitment issues commonly faced by HR Managers today.
- Learned about the significance of job descriptions in advertisement and interview processes.
- Explored various recruitment options for finding suitable employees.
- Gained insights into effective interview questions, techniques, and approaches.
- Acquired knowledge of employment procedures, including human rights concerns, and effective new employee orientation.
- Developed an understanding of the benefits of employee training for the organization and staff, along with procedures for effective employee performance evaluation.

Research Work

Experimental Work (Published)

Title: Effect of Tunneling and Broadening of Frequency on Ability of Unfilled Time Judgment

Journal: Indian Journal of International Psychology: 2018, 6(2)

Project Work

Title: Social & Work Life: Through the Lens of Base Level Employees of Jute Factories & Their Dependents

Dissertation Work (Published)

Title: The Role of Mental Imagery in Obsessive Compulsive Disorder

Journal: Indian Journal of Mental Health: 2021, 8(3)

Honors & Awards

- Annual Prize Distribution Ceremony 2018- Third Prize: Department of Psychology, Batch 2014-2017, Bangabasi College- August 2018
- Smt. Ramala Ghosh Smriti Puroskar- First Prize: Bangabasi College Alumni Association, Batch 2014-2017, Bangabasi College December 2017

Certification

Pro Social Peer Moderator Program

Fortis National Mental Health Program- May 2021

Anxiety Practical Intervention Strategies

Crisis & Trauma Research Institute (CTRI) April 2021

Introduction to Psychotherapy, Art in Therapy, Fashion Psychology, Music & Movement in Therapy, School Psychology, Psycho-onchology, Bully to Buddy program

Fortis National Mental Health Program 2021

Training on Understanding & Working with Incest & Child Sexual Abuse Survivors

RAHI Foundation December 2019