



ANANYA MURKUTE

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📍 B-9, Sahyadri apartment,
Patparganj, New Delhi

ABOUT ME

A student of clinical psychology, from Amity University, Noida, looking for a reputed organization to work with and practice as a counselling psychologist. My vision is to help people live a better quality of life by helping them to improve their mental and emotional health.

WORK EXPERIENCE/INTERNSHIPS

● May-August (2022)

Interned at Moolchand Hospital, Lajpat Nagar, Department of Mental Health for duration of 4 months(May to August).
Recieved letter of recommendation and certificate of appreciation for the same

● August, 2020

Conducted workshop on 'yoga for Improving Mental Health' for students of 9th class at Amity International School, Mayur Vihar, Delhi (2020)

● July-August(2022)

Assisted in CBT session at Moolchand Hospital under the supervision of Dr. Aprajita Dixit(clinical psychologist)

● Since June 2023

Taken around 80 pro-bono independent counselling sessions at Vandrevala Foundation, an organization dedicated to provide mental health crisis counselling across India

EDUCATION

Masters(Clinical psychology) 2024

Amity University , Noida, Uttar
pradesh

Bachelors(Applied Psychology)

Amity University, Noida, Uttar pradesh
2022

XIITh (2019)

AMITY INTERNATIONAL SCHOOL
Mayur Vihar, Delhi

XTh (2016)

Bal Bharati Public School
Ghaziabad,Uttar Pradesh

SKILLS/HOBBIES

- Graphic Designing
- Creative Writing
- Certified Yoga Instructor
- Certified Signature Analyst
- Creating awareness on social media about mental health through my page. Instagram handle @ananya.murkute

WORK EXPERIENCE/INTERNSHIPS

- **May-June 2022**

Volunteered in taking independent counselling sessions at Kailash Hospital, Noida under guidance of Dr. Ajay Dogra(consultant psychiatrist)

- **July-August(2022)**

Volunteered at NGO working to provide medications and counselling to alcoholics and drug abusers (2022)

- **Since October 2023**

Worked as Mentor Trainer at Institute of Mental Health and Life Skills Promotion, Moolchand Hospital, Lajpat Nagar

CERTIFICATIONS

- Certified Life Transition Counselor And Coach, Udemy (2023)
- Certified Signature Analyst (2023)
- Certified Yoga Instructor(2021)

RESEARCH PROJECTS

- **January -May (2022)**

Made a dissertation on the topic 'How Meditative Practices Enhances Positive Human Qualities'

- **January-April (2024)**

Made a dissertation on the topic 'How Meditation Impacts Empathy and Life Satisfaction in Adults' and published a research paper on the same