

NIRDESHIKA JAIN

Personal Details:

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ACADEMIC CREDENTIALS

Sr.No	Degree	Specialization	University/Board/School	Year	%/CGPA/Grade
1	M.A Part 2 SEM-III and IV	Psychology	Shreemati Nathibai Damodar Thackersey Women's University	2022	8.57 CGPA
2	M.A Part 1 YEAR SEM- I and II	Psychology	Shreemati Nathibai Damodar Thackersey Women's University	2021	8.76 CGPA
3	B. A	Psychology	The Assam Royal Global University	2020	9.08 CGPA
4	12 th	Arts	Central Board of Secondary Education (CBSE) Sarala Birla Gyan Jyoti (SBGJ)	2017	84.8%
5	10 th	-	Cental Borad of Secondary Education (CBSE) Sarala Birla Gyan Jyoti (SBGJ)	2015	7.2 CGPA

WORK EXPERIENCE

Femfirst organization (*Counselling psychologist*) (March 2023- Present)

- The role requires providing mental health assistance to the undergoing postpartum women by supporting their various changes in life both psychologically and emotionally.
- The nature of the job requires to deal with all the women of all ages and with their various concerns by building an empathetic understanding and rapport, without a stance of judgment and allows them to express their issues in a safe and secure environment.

Fettle organisation (*Counselling psychologist*) (April 2023- April 2024)

- Conducted individual and group therapy sessions for clients with diverse backgrounds and needs.
- Assisted in developing treatment plans and conducting therapy sessions under supervision
- Facilitated psychoeducational workshops on topics such as stress management and self-care.

Saint Francis D'Assisi Senior Secondary School (*School Counselor*) (August 2022 – August 2023)

- The role requires providing mental health assistance to students, teachers and employees by supporting their psychological and emotional wellbeing. Apart from the above, my role required me to conduct :
- Individual/ Group Counselling by establishing rapport at the beginning.

- Personalized goals/activities that help them manage their issues in an appropriate manner.
- Conducted activities/workshops for the students to help understand important topics such as stress management, anxiety management, safe and unsafe touch, positive mental health and much more
- Facilitated referrals for domain experts as and when needed for a particular student- such as referring them to occupational therapists, clinical psychologists, speech therapists and the like.

Worked as an intern at Disha Counseling Centre (September 2020)

- Observed the work of a career counselor dealing with children who were not confident with their career decisions and were having problem selecting a right career for themselves. I had in-depth talk with parents who were just as confused about their children career and tried to understand what problems parents and child face in this path

Worked as a part of training counselor under the Talk It Out forum (September 2020-November 2020)

- The sole purpose of Talk It Out was to talk and chat with people about their day to day and minor mental health problems like anxiety, nervousness, sleep issues, etc and helped them come up with a solution for it.

Worked as an intern for 6 months at AAJI care center Versova, Mumbai (December 13th- 14th April, 2021-2022)

- Interacted and conducted activities for geriatric patients suffering from Alzheimer, Parkinson, Dementia and Depression.
- Learned to plan and implement activities for each patient and dealt with their concerns.
- Done a one to one counselling with elderly population.

INTERNSHIPS, WORKSHOPS AND CERTIFICATIONS

- Completed a 50-hour internship program (14 Days) in **Clinical Psychology** (July, 2020) which included online classes, application-based assignments, reading and critical analyses of relevant research papers and an experiential project under the Fortis National Mental Health Program with the organizations Fortis Healthcare and Sukoon Health, Mumbai.
- Completed 30 days of digital internship program in **Basic Skills of Counselling and Rehabilitation** (August, 2020) with AATMAN Counselling and Rehabilitation Centre, Bhopal.
- Completed a one-day workshop on **Rorschach Inkblot Test** (February, 2020) at the Composite Regional Centre (CRC) for Persons with Disabilities, Department of Disability Affairs, Ministry of Social Justice and Empowerment, Govt. of India, Guwahati Medical College and Hospital, Guwahati, Assam.
- Completed one month **Pre Marital Counseling** (July, 2021) at Cognizavest LLP under Shakshi Grover
- Completed one-day session in **Career counselling** under Disha Counsling Centre
- Completed a course in **Emotional first aid** (April 2020) under The School of Happiness
- Completed six months' **Internship Training in Geriatric population** at AAJI care center under Neha Chaurasia which included observer ship, mental activities, interaction with elder populations and team building activities.

SKILLS:

- Proficient in various therapeutic modalities, including CBT, DBT, and psychodynamic therapy.
- Strong communication and interpersonal skills.
- Ability to maintain confidentiality and ethical standards.

- Excellent problem-solving and decision-making abilities.

ACHIEVEMENTS

- **Silver Medalist** in B.A. Psychology, Department of Psychology at The Assam Royal Global University.
- Secured **first position** in Semester 3 and 4 at The Assam Royal Global University and acquired monetary scholarship reward.

ADDITIONAL DETAILS

- Conducted *research* on “**To Understand The Relationship Between Stress and Anxiety Among Undergraduate and Examine The Gender Differences**” as a part of my BA Psychology coursework
- Conducted *research* on “**Mindfulness Meditation, Happiness and Subjective Well Being**” as a part of M.A Counseling psychology course.
- Took part in various dance competition and attended various dance workshops
- Completed five years of Kathak course under the professional guru Pt. Bipul Das
- My hobbies include dancing, cooking and reading. I also love to travel, explore new places, cultures and interact with new people.

Place: Guwahati

Date: 31-01-2024

(Nirdeshika Jain)