

# Mahima Das

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## SKILLS

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- Project Management, Teamwork, Effective Communication, Teaching, Leadership
- Languages known- English (Fluent), Hindi (Fluent), Bengali (Native)
- Proficient in MS Word, Excel, PowerPoint, Project, Suite; intermediate in SPSS, JAMOVI and AMOS, beginner in R and Python.

## RESEARCH INTERESTS

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My research focuses on the psychological impacts of childhood trauma, particularly its influence on emotional outcomes, negative behavioural and health outcomes. I employ quantitative research methods with a focus on SPSS, AMOS and R for statistical analysis. Prospective areas of inquiry include substance and illicit drug abuse, moral injury, trauma, coercion and violence, with an emphasis on trauma-informed and culturally sensitive applications. My work seeks to inform both psychological theory and clinical practice, with long-term contributions to research, assessment, and intervention development for marginalized and high-risk populations

## EDUCATION

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**University of Sussex** *September, 2026*  
**Masters in Research in Psychological Methods**

**Bengaluru City University, Indian Institute of Psychology and Research** *August, 2024*  
**Master of Science, Psychology (CGPA- 8.98)-3<sup>rd</sup> Rank in University**

**University of Calcutta, Asutosh College** *August, 2022*  
**Bachelors of Science (Honours), Psychology (CGPA- 7.865)**

## RESEARCH EXPERIENCE

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**University of Sussex** *September, 2025-Present*  

- Course Representative in Student Union
- Active Listening Volunteer (Nightline)
- Events Officer in Psychology Society
- Working with Dr. Faith Matcham (THRIVE lab) on digital interventions for alcohol via AI, VR and wearables.

**Mahindra University** *June, 2025- September, 2025*  
**Research Assistant (Remote)**  

- Working on Black Swan funded project “Resilience in structured hardships.”
- Wrote a systematic review on effects of hardship on gratitude.
- Recruited and managed 28 participants over 30 days for 3 hardship tasks- collected interviews and transcribed them to complement the quantitative data.

- Cleaning, sorting and analysing data using SPSS and writing academic paper to disseminate the findings.

### **CHI for Trauma and Well-being**

#### **Research Assistant (Remote)**

*June, 2025- Aug, 2025*

- Worked on the project “Illness Burden of Trauma”.

### **Trauma Group, Stanford University- Hebrew University of Jerusalem**

*2024- Present*

#### **Research Assistant (Remote)**

- Working on two projects, one related to sibling sexual abuse- cleaning and sorting of a dataset of around 3000 data, currently writing a research paper on that; another on Arabic dyads.
- Working on a scale for the construct and using SPSS AMOS for validating CFA models.
- Presentation on new topics in weekly lab meetings and grant writing.

### **Indian Institute of Psychology and Research- Astara Clinic**

#### **Research Assistant (On-site- Bengaluru)- Funded project**

*May, 2024- July, 2024*

- Contributed to a retrospective prevalence study on child maltreatment among Indian emerging adults.
- Conducted data collection, sorting and cleaning.
- Focused on ethical field practices and sensitivity to vulnerable populations.
- Worked on the academic paper.

### **EMOJAR**

#### **Research Assistant (Remote)**

*July, 2020- November, 2020*

- Wrote blogs related to psychology and articles for monthly issue of emojar magazine.

## **PROFESSIONAL EXPERIENCE**

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### **Caregiver**

*November, 2025 - Present*

#### **Aurora Community Care**

- Provide overnight supervision, reassurance, and safety monitoring for clients in their homes.
- Assist with personal care, mobility support, and medication prompts while promoting independence.
- Conduct regular welfare checks, respond to emergencies, and document observations for care continuity.

### **University Lecturer and Departmental Administrative Officer**

#### **St. Anne's Degree College for Women, Bengaluru**

*September 2024 – March 2025*

#### **(On-site)**

- Taught master's-level coursework including Psychometry, Psychotherapy, Theoretical Perspectives of Psychology, and Organizational Behavior.
- Conducted hands-on training in SPSS, supervised scale development projects, and mentored students through dissertation work.
- Incorporated intersectional, trauma-informed pedagogy across teaching modules to encourage critical and inclusive thinking.
- Supervised 5+ students in scale development.
- Organized events and workshops for over 50+ people.
- Handled job posting and monthly departmental newsletter.

### **Remedial Educator (Intern and Full-Time)**

**Anugrah Siksha Kendra, Bengaluru (Remote)** *February 2023 – August 2024*

- Trained and worked in educational remediation for children with learning disabilities.
- Applied evidence-based techniques in personalized education plans.

**Trainee Counsellor**

**That Happiness Project, Hyderabad (Remote)**

*April, 2024 – January, 2025*

- Conducted over 40 supervised counselling sessions with emerging adults facing anxiety and interpersonal difficulties using low intensity CBT and ACT techniques
- Applied skills in active listening, case formulation, and use of assessment tools.

**Internship Trainee**

**AIESEC India , Kolkata, India (Remote)**

*August, 2020- January, 2021*

- Worked as a Team Member in OGT ( Outgoing Global Talent) as a Sales Executive and was involved in direct Customer Service and interaction.
- Lead assistance in event managements, in events like Youth Speak Forum and such.

## **VOLUNTEERING**

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**Service User Representative**

*December, 2025- Present*

**Change Grow Live**

- Listen to service users and represent their views to the wider service team.
- Share feedback with staff and contribute to decisions about service development and improvement.
- Communicate any changes or actions taken as a result of user feedback to the service community.
- Work collaboratively with Change Grow Live staff and engage with the wider local community to strengthen user involvement.

**Open Science Officer- UPA Journal**

*November, 2025- Present*

**The Undergraduate Psychology Association**

- Creating open science guides for authors of UPA journal
- Conducting workshops to encourage open science
- Managing registered report pipeline

**Active listening Volunteer**

*September, 2025- Present*

**Sussex Nightline**

- Trained to be a listening volunteer (14 hours)
- Completed waking nights to cater to callers and giving Nightline approved services and listened to callers following the principles.

**Clinical Intern**

**Caring Minds , Kolkata**

*August, 2022- October, 2022*

- Participated in regular client observation under 4 clinical psychologists to improve observation skills.
- Participated in administering psychological test battery for clients and scoring of psychometric tests like IQ (WPPSI, WISC, WAIS), MBTI, IPDE, DSMD, CAARS, SCARED, BDI, BSDS and such.

## **PRESENTATION**

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**Das, M.** (August, 2025). Childhood Trauma and Alexithymia in Indian Emerging Adults: A Stratified Analysis. (O presentation). Psychedelics 2025—2nd Annual National Conference of Psychology, NSHM. Kolkata, India.

**Das, M., Unnikrishnan, S., & Sibey, A.** (November, 2023). MEDIA VIOLENCE AND ANXIETY: A META-ANALYSIS ON THE OUTCOMES OF AGGRESSION BASED ANXIETY. (Oral presentation). National Conference On Unraveling The Psychological Tapestry: Exploring Diverse Fields and Career Paths. Pilathara, Kannur, India.

**Das,M.** (February,2021). Gender Security and Pandemic. (Oral presentation). IIHSG International Conference 2021. (oral, virtual).

## **WORKSHOPS AND TRAININGS ATTENDED**

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- Workshop on Swift Solutions for Technology Addiction-2, SHUT Clinic, NIMHANS Centre for Well-Being (2024)

## **GUEST LECTURES AND PANEL ENGAGEMENTS**

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- **Guest Lecturer**, St. Anne's Degree College for Women, Bengaluru Topic: Empowering minds: Motivation and Coping Strategies (2024)  
Invited to conduct a session for advanced learners of BBA on motivation, Stress and coping strategies.
- **Panel Moderator**, Indian Institute of Psychology and Research, Bengaluru Topic- Beyond the Diagnosis: Uniting Psychology and Oncology (2024) Moderated an institutional panel featuring students on bridging psychology and oncology on the basis of causes, prevention, care and awareness.