

EDUCATION

Diploma, Psychology

National Institute Public Cooperation And Child Development (RCI)

2023 - 2024

Master of Arts (M.A.), Psychology

University of Lucknow

2020 - 2022

Percentage: 75.58%

B.A. (Hons.), Psychology

University of Lucknow

2017 - 2020

Percentage: 65.00%

Senior Secondary (XII), Science

ADITYA BIRLA PUBLIC SCHOOL, JAGDISHPUR
(CBSE board)

Year of completion: 2017

Percentage: 77.80%

Secondary (X)

ADITYA BIRLA PUBLIC SCHOOL, JAGDISHPUR
(CBSE board)

Year of completion: 2014

CGPA: 8.80/10

WORK EXPERIENCE

Psychology

Independent, Virtual

Job • Sep 2022 - Present (1 year 6 months)

Since I am now eligible, I have started taking independent sessions, obviously with the continuous support and guidance from my Professors. So far, the reviews have been good.

Freelance Content Writer

Geeks Gyan (Remote), Virtual

Job • Jan 2022 - Present (2 years 2 months)

Started as an intern and got hired by the head of this company due to exceptionally good content writing skills with negligible plagiarism.

The clients have been satisfied with my work.

Any new client, am the one they choose to give the demo work

Psychology

Prabal Drug De-Addiction And Rehabilitation Hospital,
Lucknow

Internship • Aug 2021 - Sep 2021 (1 month)

It was a one-month internship. It was a daily based internship wherein we had to deal with one client for a minimum of 3 sessions and draw conclusions. This was my first experience of handling a patient one-on-one in an offline mode.

Content Writing

Geeks Gyan, Virtual

Internship • Jun 2021 - Jun 2022 (1 year)

It was the first time that I had given a try to "Content Writing" Internship. But it apparently turned out to be great. Seeing my work and sheer dedication, the company later hired me as their Freelance Content Writer.

Poster And Content Creation

QuickDigi, Virtual

Job • Nov 2019 - Nov 2020 (1 year)

It included finding the relevance of day-to-day affairs and news and designing relevant posters and content for confidential clients.

TRAININGS

Cognitive Behavioral Therapy (CBT)

Inpsyche, Online

Jun 2021 - Jun 2021

Learned about Cognitive and Behavioral Therapy. Got Certified and a LOR for performing well in the assignment given.

Acceptance And Commitment Therapy

Inpsyche, Online

Apr 2021 - Apr 2021

It was a 2-hour certification course about Acceptance and Commitment Therapy.

PROJECTS

The impact of Music Therapy on the Psychological Immunity and Well-being of Young Adults

Sep 2021 - Sep 2022

It comes under the "Dissertation" part of my Masters's course in Psychology. The study came out to be good, for which I got amazing comments from my Supervisor as well as the external examiner.

SKILLS

Online Teaching

Intermediate

Content Writing

Intermediate

Music

Intermediate

Creative Writing

Intermediate

**English Proficiency
(Spoken)**

Intermediate

**English Proficiency
(Written)**

Advanced

**Hindi Proficiency
(Spoken)**

Intermediate

**Hindi Proficiency
(Written)**

Beginner

Transcription

Beginner

Voiceover

Intermediate

Proofreading

Advanced

Interpersonal Skills

Advanced

ADDITIONAL DETAILS

Currently the Vice President of the Uttar Pradesh Team of an organization named Ekal Future that comes under Ekal Abhiyan.

A member of the Youth Parliament, Amar Ujala, Lucknow.