

## CAREER OBJECTIVE

I believe in learning in all possible manners at using my skills to deliver the best possible results, but with the justified pay of course. I want to work where my skills are respected and I get to learn something everyday.

## WORK EXPERIENCE

### Psychology Trainee • Internship

Aug 2024 - Oct 2024

National Institute Of Mental Health And Neuro Sciences (NIMHANS), Bengaluru, Bangalore

As a part of the Advanced Diploma (RCI) Course, a 2 month internship had to be done. Here at NIMHANS, I had been placed at the Child and Adolescent Psychiatry OPD, it gave a great exposure to learn.

### Cognitive Behavioral Therapist

Sep 2022 - Present

Independent, Virtual

Go trained and certified in CBT during COVID-19 and started taking supervised sessions. It helped me polish my skills, so here I am taking independent sessions with a good feedback record.

### Content Writer

Jan 2022 - Present

Geeks Gyan (Remote), Virtual

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 • Internship

Aug 2021 - Sep 2021

Prabal Drug De-Addiction And Rehabilitation Hospital, Lucknow

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 • Internship

Jun 2021 - Jun 2022

Geeks Gyan, Virtual

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

Nov 2019 - Nov 2020

QuickDigi, Virtual

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

## EDUCATION

### Psychology

2023 - 2024

National Institute Public Cooperation And Child Development (RCI)

### Master of Arts (M.A.), Psychology

2020 - 2022

University of Lucknow

Percentage: 75.58%

### B.A. (Hons.), Psychology

2017 - 2020

University of Lucknow

Percentage: 65.00%

### Senior Secondary (XII), CBSE

2017

ADITYA BIRLA PUBLIC SCHOOL, JAGDISHPUR

Percentage: 77.80%

### Secondary (X), CBSE

2014

ADITYA BIRLA PUBLIC SCHOOL, JAGDISHPUR

CGPA: 8.80/10

## TRAININGS / CERTIFICATIONS

### **Cognitive Behavioral Therapy (CBT)**

Jun 2021

Inpsyche, Virtual

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

### **Acceptance And Commitment Therapy**

Apr 2021

Inpsyche, Virtual

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 pf 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            | • Music                        | • Content Writing               |
| • Creative Writing           | • English Proficiency (Spoken) | • English Proficiency (Written) |
| • Hindi Proficiency (Spoken) | • Hindi Proficiency (Written)  | • Transcription                 |
| • Voiceover                  | • Proofreading                 | • Interpersonal Skills          |
| • Canva                      |                                |                                 |

## **EXTRA CURRICULAR ACTIVITIES**

- Uttar Pradesh Vice President of Ekal Future Team

## **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.
- Have been a National Level Athlete
- Have been a State Level Badminton Player