

PROFILE SUMMARY

MSc Clinical Psychology graduate, currently pursuing MSc in Occupational and Business Psychology. Skilled in psychological assessment, case history taking, and mental health support. Experienced in conducting therapeutic activities, fostering client rapport, and working within multidisciplinary teams. Empathetic, ethical, and committed to promoting emotional well-being and workplace mental health.

EDUCATION

- MSc Clinical Psychology – Christ (Deemed-to-be University), Bengaluru, India 07/2023 – 03/2025
 - BA Programme (Psychology and Philosophy) – Gargi College, Delhi University 11 /2020 – 06/2023

RESEARCH EXPERIENCE

Defence Institute of Psychological Research, Defence Research and Development Organization, New Delhi, India

- Research Assistant Intern 05/2024 –07/2024
 - Conducted a mixed-method project titled “Investigating the Relationship Between Motivation, Hope, and Resilience among Transgender Individuals”. Designed and administered assessments and interviews, collecting data from 38 participants. Performed quantitative (Jamovi) and qualitative (thematic) analyses, identifying coping strategies. Presented reports and recommendation to DRDO committees.

Chirst (Deemed-to-be University), Bengaluru, India

- Msc Dissertation 02/2024 – 12/2024
 - Conducted quantitative research on “The Relationship Between Imposter Syndrome and Work Efficiency by exploring the moderating role of social support in a sample of 320 IT employees. Administered surveys using validated scales and performed correlation, regression, and moderation analyses using Jamovi. Findings were published in the International Journal of Multidisciplinary Research. (IJFMR)

CLINICAL INTERNSHIP EXPERIENCE

- Bangalore Neuro Centre, Bengaluru 01/2025–02/2025
 - Conducted psychological assessments (MSE, CIS, IPWQ) and maintained structured case data.
 - Spandana Hospital, Bengaluru 06/2024 – 10/2024
 - Logged therapy and VR session data for analysis.
 - Chiranthana Rehabilitation, Bengaluru- 01/2024-03/2024
 - Recorded assessment and behavioral data for research.
 - Manav Rehabilitation Centre, Bengaluru- 08/2023-10/2023
 - Organized patient assessment data for research.

SKILLS

- Research : Literature review, Hypothesis testing, Experimental design, Qualitative Analysis, Microsoft Excel, PowerPoint, Jamovi software.
 - Writing & Communication: Academic writing, Report preparation, Detail-oriented, Team collaboration, Problem-solving.

ACHIEVEMENTS AND PUBLICATIONS

- Publication: “Investigating the Relationship Between Imposter Syndrome and Work Efficiency by exploring the Moderating role of Social Support” [*International Journal of Multidisciplinary Research*, Volume 7, Issue 2 (March-April 2025)]. DOI: <https://doi.org/g895rr>
 - Symposium: Presented findings in “Advancing Psychological Well- Being Across Borders Conference” at SDM Centre, Ujire, India.

REFERENCES

- Dr Harsheeta, Scientist 'D', [Organizational Behaviour Division]
Defence Institute of Psychological Research, Defence Research and Development Organisation (DIPR, DRDO), New Delhi, India
Email: harsheeta.dipr@gov.in
 - Dr Madhu Vanagondi, Professor, (Research Supervisor)
Christ (Deemed-to-be University), Bengaluru, India
Email: madhu.vanagondi@christuniversity.in