

# **SRISHTI CHANANA**

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## **CAREER OBJECTIVE:**

- As an organized and dedicated Psychology Post Graduate, I thrive for the challenges of working within a dynamic and a fast paced advanced environment.
- The knowledge acquired from working with the industry's best, it has shaped my ability to adapt quickly, work effectively and efficiently, think dynamically; to perform as a part of a team or independently.

## **EDUCATION:**

- **Schooling:** Convent Of Jesus and Mary, New Delhi
  - ✚ Batch of 2013
  - ✚ XIIth: 88% (Humanities)
- **Graduation:** BA Psychology Hons
  - ✚ Mata Sundari College for Women, Delhi University
  - ✚ Batch of 2016, with an aggregate of 78% (6 semesters)
- **Post Graduation:** MA Psychology
  - ✚ Department of Psychology, Panjab University (Main Campus)
  - ✚ Batch of 2018, with an aggregate of 73% (4 semesters).

## **RESEARCH:**

- Participated in "**GYANODAYA-V**", an undergraduate student research program conducted by the University of Delhi. (December 2014)
- Presented a Research Paper at the "**4th International & 6th Indian Congress Psychological Science Congress - National Association of Psychological Sciences**" (September 2017)
- Published a Research Paper on "**Emotional Regulation and Well-Being among Elderly**"; in: **INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH AND PUBLICATION** (February 2018)  
DOI: <http://www.ijsrp.org/research-paper-0218.php?rp=P747189>
- Participated in **CHILD-SAFETY PROJECT**: an initiative by Sesme to drown into the Psychological aspect of deprived children, which was conducted in four cities Lucknow, Bihar, Hyderabad and Mumbai. (December 2018)
- Published a Research Paper on "**The Impact of Self-Efficacy and Assertiveness among Adolescents**" in: **INTERNATIONAL JOURNAL FOR PSYCHOLOGY AND SOCIAL SCIENCES** (February 2019)  
DOI: <http://phonixcentre.in/journals2019/PIJPS%20Vol.3%20Issue.1.pdf>
- Published a Research Paper on "**The Effectiveness of Self-Perceived Body Image on Emotional Dysregulation Among Adolescents and Young Adults**"; in **International Journal of Education and Psychological Research (IJEPR)** (March, 2019)

### **EXTRA CURRICULAR ACTIVITIES:**

- Participated in “**Spandhan**” (Presentation for the care givers of the patients); Fortis Escorts, New Delhi.
- Participated in the annual fest of the University of Delhi – “**ANTARDHAWANI**” (2014, 2015)
- Participated in “**PAN-AFRICA**” (International Presentation on death and dying); Fortis Escorts, New Delhi (2015)
- Participated in a workshop on “**SUICIDAL PREVENTION**” - Department of Mental Health and Behavioral Sciences, Fortis Healthcare, Gurgaon
- Participated in a seminar conducted by Lady Shree Ram College, Delhi University; “**Psychology at the Edges**” (2015)
- Participated in a seminar conducted by the All India Institute of Medical Sciences on “**Overcoming Schizophrenia**” (2015)
- Participated in a workshop conducted by the Panjab University, Chandigarh on “**Mindfulness Integrated Cognitive Behavioral Therapy (MICBT)**” (2017)
- I used to design various qualifying rounds for the various fests held at the International, Inter/Intra Departmental levels, during the course of my programme.
- Participated in a **Talk at Pravaas** (NGO) for Juvenile Mental health among girls. (October 2018).
- Gave a talk on **Personality Development among Adolescents** at the Gems Modern Academy. (February 2019).
- Participated in an educational activity **COVID-19 AND MENTAL HEALTH : CARING FOR PUBLIC AND OURSELVES** by **American Psychiatric Association** (April 2020)

### **INDUSTRIAL TRAINING:**

- **Fortis Escorts Heart Institute Delhi**

- ✚ The term of the internship is estimated to be 5 months in totality:

- May 2014-June 2014
    - May 2015-June 2015
    - December 2015-January 2016
    - May 2017-July 2017

- ✚ AIM: “To understand how the Psychology department operates on a daily basis”:

- To take up the case studies of the patients
    - Analyze the cases
    - Form actions of intervention
    - Observe the various treating and therapies that were provided to the patients ranging from mild to severe mental illness.
    - The internship underwent in the supervision and guidance of **Dr. Bhavna Barmi; (HOD, Department of Psychology, Fortis Escorts – Heart Institute, Delhi).**

- **Swashrit Society Volunteer**

- ✚ June 2015-July 2015

- ✚ AIM: “Dealing with children of Mental Illness”

- Conducted Mental Health Camps for children who belonged to lower social economic strata's"

## **PROFESSIONAL EXPERIENCE:**

- **Mindtrack**

- ✚ Clinical Psychologist (June 2018-Present)

- ✚ Reporting directly to the Director of the company, I am solely responsible for the understated tasks:

- HEAD: **AGE-WELL PROGRAM** at The Golden Estate
      - ❖ An old age home initiative to uncover any psychological distress and symptoms such as Cognitive Deficits, Depression, Anxiety, Behavioral, Social, Emotional, Personality issues; etc present among the patients.
      - ❖ The focus is on psychological well-being and therapeutic support for any kind of psychological distress and dysfunction.
    - Psychological Counselor overlooking the wellbeing of patients
    - Module formulation for respective workshops being conducted
    - Member of the Research and Development Committee in the organization

**\*References available on request.**