

Oindrila Mukherjee

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Date of Birth: 25.01.1995

Career Objectives:

- To secure a challenging position in a reputable organization to enrich my knowledge and develop skills in order to make significant contribution to the success of the organization.
- To establish a responsible career in the field of education, research and counselling.
- To utilize psychosocial skills and enhance the dynamics of the organization for higher productivity.

Current Position: Pursuing PhD Psychology (2nd year) at Centre for Health Psychology, University of Hyderabad in the field of Behavioural Cardiology.

Education			
Institute	Course	Year of Passing	Aggregate Marks
University of Hyderabad, Hyderabad	M.Sc. Health Psychology	2018	8.95/10 (CGPA)
Christ University, Bangalore	B.A. Triple Majors (Psychology, Sociology, English Literature)	2016	8.21/10 (CGPA)
Christ Junior College, Bangalore	12 th Class (Sr. Secondary)	2013	87%
Shree Swaminarayan Gurukul, Gujarat	10 th Class (Secondary)	2011	9.8/10 (CGPA)
Internships & Trainings			

- **Intern, Kumudini Devi Hospice, Hyderabad** **March'18**
Conducted assessments and interviews with patients and their caregivers to develop biopsychosocial formulations. Appropriate interventions were implemented based on the same. Further, home-care visits were conducted to observe and interact with patients and caregivers in a home-setting.
- **Intern, NCL High School, Mattapalli, Telangana** **February'18**
A community-based rural internship where assessments were conducted on children to examine aspects of memory, attention, semantic interference, goal setting and reading skills. Further, interventions were provided to enhance the same.
- **Intern, Gleneagles Global Hospital, Hyderabad** **Jan-Feb'18**
Developed a biopsychosocial formulation based on every patient's risk and protective factors, after conducting tests and interviews with them. Based on this formulation, appropriate interventions were planned and implemented.

- Intern, Telangana Social Welfare School, Hyderabad** **Sept-Oct'17**
 Conducted assessments on children to examine their level of resilience and contributing factors.
- Intern, Gleneagles Global Hospital, Hyderabad** **July-Sept'17**
 Developed a biopsychosocial formulation based on every patient's risk and protective factors, after conducting tests and interviews with them. Based on this formulation, appropriate interventions were planned.
- Volunteer, Child Rights and You (CRY), Bangalore** **July-Sept'15**
 Collected and analysed health & education-related data of children from 2 slums in order to analyse the functioning of anganwadis in those areas, monitored workings of the 2 anganwadis.
- Intern, Manasa Neuropsychiatric Hospital, Bangalore** **April-May'15**
 Obtained and presented case histories, conducted progress interviewing, conducted Mental Status Examinations, observation of in-patient and out-patient consultations, received training in psychological testing.
- Volunteer, Dream A Dream, Bangalore** **Jan-Feb'15**
 Facilitated Life Skills workshops for underprivileged children.

Academic Projects

- Music Therapy in Chronic Illnesses** **April-May' 19**
 This review paper examined the impact of Music Therapy as a therapeutic intervention in chronic illnesses.
- Stress, Coping and Sleep Quality in University Students** **Jan-March' 19**
 This empirical paper aimed at assessing differences among graduate students, post-graduate students and research scholars with respect to their perceived stress, coping strategies and sleep quality.
- Academic Book Review on Stress Proof the Heart: Behavioural Interventions for Cardiac Patients by Ellen A. Dornelas** **Aug-Oct' 18**
 This academic book review critiques the edited book on behavioural interventions for various cardiac illnesses by summarizing its main arguments, further focusing on its strengths and weaknesses.
- Biopsychosocial Promotive Factors of Post-Traumatic Growth in Cancer Populations** **July-Nov'17**
 This review paper examined biopsychosocial factors that promote post-traumatic growth in individuals with various types of cancer.
- Illness Adjustment and Well-Being in Persons with Chronic Illness** **Aug-Nov'16**
 The research project aimed at understanding the gender differences between men and women

with chronic illnesses in illness adjustment and well-being. Inter-correlations between the various dimensions of illness-adjustment and well-being was also understood.

- **Perspectives and their Repercussions: Testing the relationship between Rape Myth Acceptance and Self-Concept** **Oct'15-Jan'16**

The research project tried to understand the relationship between rape myth acceptance and the self-concept of young Indian women within the age-group 18-28.

- **Marijuana Consumption and Emotional Well-Being** **Jan-March'16**

The aim of the research project was to find out the difference between consumers and non-consumers of marijuana on emotional well-being.

- **Emotional Intelligence across 3 Generations** **July-August'15**

The research project aimed at finding out whether or not there exists a difference in the Emotional Intelligence of Generation X, Generation Y and Generation Y.

Publications

- Mukherjee, Oindrila (2018). Positive life changes and perceived life-threatening stress among cancer patients – a biopsychosocial perspective. *Journal of Community Guidance and Research*. ISSN 0970-1346
- Mukherjee, Oindrila (2018). Ensuring post-traumatic growth (positive changes in Life) among cancer patients: strategies and interventions. *Journal of Community Guidance and Research*. ISSN 0970-1346
- Book Review on 'Besieged, Voices from Delhi 1857' authored by Mahmood Farooqui published in *Perspectives: One World, Many Paradigms* (2013)

Achievements

- Paper Presentation titled, 'Contribution of Perceived Stress and Coping Strategies towards the Sleep Quality of University Students' at National Seminar on Health and Well-Being organized under UGC-SAP by University of Delhi, New Delhi. (February, 2020)
- Paper Presentation titled 'Stress, Coping and Sleep Quality in Students' at International Conference on Health Psychology organized by Care Institute of Behavioural Sciences, Chennai. (April, 2019)
- Paper Presentation titled 'Children's Understanding of Health and Illness' at International Conference of Indian Academy of Applied Psychology (IAAP) organized by Kurukshetra University, Haryana. (February, 2019)
- Received gold medal for securing 1st rank in M.Sc. Health Psychology (2016-18)
- Paper Presentation at Young Psychologist Competition, a national level psychology conference at Christ University, Bangalore. (January, 2016)
- Winner of Psychology exhibition conducted by Psychology Association, Christ University for 2 consecutive years. (2014, 2015)

Extra-curricular Activities / Others

- Certification in 'Emotional First Aid – Foundation' organized by The School of Happiness (2020)
- Participated in a workshop on 'School Mental Health – Basic Level' organized by YourDOST Academy (2020)
- Participated in 'Expository Essay Writing Competition for COVID-19 Young Writer IAAP Award' organized by Indian Academy of Applied Psychology (2020)
- Participated in a workshop on 'Hypnosis: Basics and Beyond' organized by YourDOST Academy (2020)
- Participated in a one-day workshop on 'Healthy Sleep: Pediatric to Geriatric' (2019) organized by Association of Health Psychologists (AHP) at University of Hyderabad, Hyderabad
- Live Event Coverage of Sukoon – Annual Cultural Festival at University of Hyderabad, Hyderabad (2019)
- Event Coordinator at Sukoon – Annual Cultural Festival at University of Hyderabad, Hyderabad (2019)
- Participated in a one-day workshop titled 'Music Cognition Symposium: Neural, Behavioural, Cultural and Therapeutic Perspectives' at International Institute of Information Technology – Hyderabad (2018)
- Participated in National Seminar on Third Wave Cognitive Behaviour Therapy organized by National Institute for Empowerment of Persons with Intellectual Disabilities (NIEPID), Hyderabad. (2018)
- Participated in a two-day workshop on Cognitive Drill Therapy (CDT) organized by Centre for Health Psychology, University of Hyderabad, Hyderabad (2018)
- Participated in a three-day national seminar on 'Wellbeing Across Lifespan' at University of Hyderabad (2017)
- Participated in a two-day workshop on APA Style and Formatting for Research organized by Christ University, Bangalore (2016)
- Core Member of Center for Academic and Professional Support (CAPS), Christ University (2015)
- Certificate Course in Education (2015)
- Certificate Course in 2D Animation and Web Design (2014)
- Certificate Course in German Language (2014)
- Certificate Course in Basic Theatre (2013)

Strengths

- Research
- Quantitative Data Analysis using IBM SPSS Statistics 20
- Problem understanding and solving ability
- Quick learner
- Leadership
- Reasoning and Analytical Skills.
- Communication
- Interpersonal skills

Areas of Interest

Psychology, Research, Academic Writing, Teaching, Education, Social Work, Language, Travel, Culture, Music, Dance

Languages Known: English, Hindi, Bengali, French

Declaration

I hereby declare that all the information furnished above is true to the best of my knowledge.