

Speeti Sahni

ADDRESS: E-213 GH 14 Shivalaya C.G.H.S.,

Sector-56, Gurgaon- 122011

MOBILE: (M) +91 9873640166

E-mail: sahnispeeti@gmail.com

Objective:

To work in a progressive and growth oriented organization, which provides a conducive work environment that challenges skills, and facilitates opportunities to learn & grow as a professional together with the organization's goals and objectives. Looking for opportunities to apply theoretical understanding of the subject matter and how it can be molded according to the situational demands.

Education Details

Degree	Year	University/School	Academic Performance
M.A. Psychology	2017-19	Department of Psychology, North Campus, University of Delhi	68.17%
Certificate Course in Counselling and Guidance	8-7-2016 to 7-10-2016	Department of Adult, Continuing Education and Extension, Faculty of Social Sciences, University of Delhi	Successfully Completed
B.A. (H.) Applied Psychology	2014- 17	Vivekananda College, University of Delhi	78.01%
Senior School Certificate Examination (CBSE Board)	2014	Cambridge School, Srinivaspuri, Ring Road, New Delhi-110065	92.75%
Secondary School Examination (CBSE Board)	2012	Cambridge School, Srinivaspuri, Ring Road, New Delhi-110065	CGPA- 8.6

Short-term Certificate Courses

- The Science of Well-being, Yale University
- Positive Psychology: Martin E.P. Seligman's Visionary Science, University of Pennsylvania.
- Sleep Deprivation: Habits, Solutions and Strategies, University of Michigan
- Overcoming Imposter Syndrome: Identify The Patterns Undermining Your Confidence, University of Southern Queensland
- Thrive in Trying Times, University of Michigan
- Managing Mental Health and Stress, Coventry University
- COVID-19: Tackling the Novel Coronavirus, London School of Hygiene & Tropical Medicine.
- Coping with the Stress of Coronavirus, Harvard Medical School
- Overcoming Imposter Syndrome: Identify the Patterns Undermining Your Confidence, University of Southern Queensland

Research Experience

- Research Assistant in Innovation Project VC-301 titled ‘*The Grass is not always Greener on the other Side: A Study of Male Marginalization and Victimization*’ 2015-16 sponsored by University of Delhi.
- Dissertation in Undergraduation titled ‘*Sombre Desires and Wild Restraints: Sexual Fantasies in Young Adulthood*’, (2017), University of Delhi.
- Assisted in data collection and coding for a Cross-Cultural Research Project. (Global Survey conducted across 65 countries on different issues like sexual morality, daily life touch, creativity, love, use of facebook by Agnieszka Sorokowska and Piotr Sorokowski of Institute of Psychology, University of Wroclaw, Poland; David Buss, University of Texas, Austin; et al., 2016).
- **Conference Presentations:**
 - i. Sahni.S. (2019). Through the Labyrinth of Indian Sexuality: via Sexual Fantasies 29th Annual Convention of National Academy of Psychology (NAOP), University of Pondicherry, Puducherry.
 - ii. Sahni.S. (2018). Sombre Desires and Wild Restraints: Sexual Fantasies in Young Adulthood, 28th Annual Convention of National Academy of Psychology (NAOP), University of Delhi, Delhi.
 - iii. Sahni.S. (2016). Implicit Attitude towards Homosexuality in the Indian Context. International Seminar on Indian Mind and Social Concerns: An Interdisciplinary Dialogue Ramanujan College, University of Delhi, Delhi.
- **Conferences and Workshops Attended:**
 - i. 28th Annual Convention of National Academy of Psychology (NAOP), University of Delhi (2018).
 - ii. International Conference on Indian Culture and Psychology: A Consciousness Perspective, Swadeshi Indology Conference Series on Indian Mind Science, Department of Psychology, University of Delhi (2018).
 - iii. Swadeshi Indology Conference Series on Indian Mind Science on Indian Mind Science Workshop on Clinical/Counselling- Yoga Perspective (2018).
 - iv. International Seminar on Indian Mind and Social Concerns: An Interdisciplinary Dialogue organized by Ramanujan College in association with NAOP (2016).
 - v. National Conference on Youth in Contemporary Society, Issues and Challenges, Keshav Mahavidyalaya, University of Delhi (2016).
 - vi. National Seminar on Social Harmony and Well Being: Issues and Challenges, Sri Aurobindo College (E), University of Delhi (2016).
 - vii. Conclave on Mental Health Awareness- Living with Dignity (2015), organized by Mental Health Foundation (India) in Association with Department of Psychiatry, All India Institute of Medical Sciences (AIIMS).

Publication

Sahni S, Gupta B, Nodiyal K, Pant V (2016), Attitude of Indian Youth towards Homosexuality, *International Journal of Indian Psychology*, Volume 4, (1) DIP:18.01.168/20160401, DOI: 10.25215/0401.168

Work Experience

- Intern at Sri Aurobindo Society, Puducherry. May-July, 2018.
- Intern at Lady Hardinge Medical College, New Delhi. June-July 2015.

Volunteering Experience

- Master of Ceremony and a member of the organizing committee for the International Conference on Indian Culture and Psychology: A Consciousness Perspective, Swadeshi Indology Conference Series on Indian Mind Science organized by Department of Psychology (2018), University of Delhi.
- Master of Ceremony of Alumni Meet (2017) organized by Alumni Association, Vivekananda College, University of Delhi.
- Master of Ceremony in the International Seminar on Indian Mind and Social Concerns: An Interdisciplinary Dialogue (2016) organized by Ramanujan College in association with NAOP.
- Crew Team Member of Conclave on Mental Health Awareness- Living with Dignity (2015), organized by Mental Health Foundation (India) in Association with Department of Psychiatry, All India Institute of Medical Sciences.

Skills and Competencies

Public Speaking	Communication Skills	Counselling	Microsoft Office
Academic Writing	Interpersonal Skills	Quantitative Research	Qualitative Research
Integral Yoga	Interviewing	Data Collection	Critical Thinking
Team Building and Leadership	Prepare and Deliver Presentations	Psychological Assessment	Psychological Testing

Personal Profile

Date of Birth: 22.07.1996

Marital Status: Single

Hobbies and Interests: Reading, Travelling, Foodgrammer, Gymming

Language Known: English, Hindi and Punjabi

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

Date: 20.07.2020

(Speeti Sahni)