

ADISHTA BHARDWAJ

READY TO LIFT YOUR BANNER AS A CLINICAL PSYCHOLOGIST

+91 9594827027 • adishtaab@gmail.com



Young and dynamic professional, possessing the ability to acclimatize to ever-changing situations, with experiential knowledge of 'psychological testing and assessment' at Mumbai hospitals • Patient and an empathetic listener with high personal standards and exemplary abilities with proficiency in oral, written and interpersonal communications

INTERNSHIP

**Gokuldas Tejpal Hospital (CST) and Balaji Hospital (Byculla)
October-December 2019**

- Conducted Case History and MSE
- Administered and assessed various psychological tests like Thematic Apperception Test, Rorschach, Minnesota interphasic personality inventory (MMPI), Millon Clinical Multiaxial Inventory (MCMI) and various other scales
- Drafting Psychological reports

PUBLISHED & PRESENTED PAPERS OF RESEARCH

1) [Relationship Between Body Image, Gender Difference and Self Esteem Among Adolescents.](#)

[Published in the International Journal of Indian Psychology (ISSN 2348-5396), Vol. 8, Issue 2, April-June 2020]

2) Relationship between stressful life events, Cognitive Impairment and Depression in a Geriatric Population

[Published in the Stress Management Professional: An international Journal (ISSN 2347-9124), Vol. 51, Jan-June 2017]

3) A Study to Compare the Interpersonal Interactions of Adolescents to The Interactions of Adolescents with Their Virtual Friends

[At the Centenary Conference of Psychology in India, Calcutta University, October 2015]

EDUCATION

<u>Name of Board</u>	<u>Institution</u>	<u>Programme/course</u>	<u>Year of passing</u>	<u>Percentage/Grade</u>
Mumbai University	R.D and S.H National college	Master of Arts (Clinical Psychology)	2018-2020 (currently pursuing)	Awaiting Results
Mumbai University	V.E.S. College of Arts, Science and Commerce	Bachelor of Arts (Psychology)	2015-2018	A
Higher Secondary Education (HSE)	Swami Vivekanand Junior College, Chembur	Science	2013-2015	59%
Secondary Education (ICSE)	Pawar Public School, Bhandup	-	2012-2013	75%

TECHNICAL SKILLS

MS Office • SPSS (Statistical Package for Social Sciences) • PSPP

21ST CENTURY SKILLS

Strategic Planning • Decision Making • Adaptable • Tactful & Articulate • Problem Solving skills • Team Player • Influencing skills • Empathetic • Patient Listener

OTHER SKILLS:

Public Relations:

Conducted **PR campaigns** for events in Cultural festival in College.

Assistant Editor of the College Magazine:

Wrote articles for the college magazine “Vivek” and was the assistant editor of the magazine

Leadership skills:

- Student Co-ordinator of the Economics Association in F.Y.B.A
- Student Representative of the Psychology Association in F.Y.B.A
- Lady Representative in S.Y.B.A



CENTENARY CONFERENCE ON PSYCHOLOGY – AN INTERNATIONAL EVENT

9th – 11th October, 2015

Organized by :

Department of Psychology & Department of Applied Psychology, University of Calcutta



Certificate of Participation

Certificate of appreciation presented to Dr. / Prof. / Mr. / Ms. ADISHTA RAMESH BHARDWAI
for participating as a Delegate at the Centenary Conference on **Psychology – An International Event** to mark
100 Years of Psychology in India organized by Department of Psychology and Department of Applied Psychology,
University of Calcutta for Paper Presentation / Symposium / Keynote Speech / Special Address / Chairing a Session / Co-
Chairing a Session / Judging a Session / Rapporteurship a session held during 9th–11th October, 2015, at Kolkata, India.

Title of the Paper Presented: A STUDY TO COMPARE THE INTER-PERSONAL INTERACTIONS OF ADOLESCENTS WITH PARENTS
TO THEIR INTERACTIONS WITH THEIR VIRTUAL FRIENDS.

Prof. Sugata Marjit
Vice Chancellor
University of Calcutta

Prof. Nilanjana Sanyal
Chairperson

Prof. Jayanti Basu
Dr. Sonali De
Organizing Secretaries

Prof. Anjali Roy
Dr. Tilottama Mukherjee
Joint Organizing Secretaries

Prof. Mallika Banerjee
Prof. Swaha Bhattacharya
Conveners



Jain University
Department of Psychology
presents

A Two-day National Conference
on

PSYCHOLOGY IN THE TRANSFORMING WORLD

MARCH 9 & 10, 2018

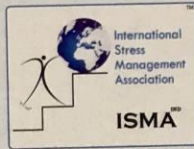
Certificate of Participation

This is to certify that Prof./Dr./Mr./Ms. ADISHTA RAMESH BHARDWAI
from V.E.S. COLLEGE OF ARTS, SCIENCE & COMMERCE Participated/Presented Paper/Poster
titled RELATIONSHIP BETWEEN BODY IMAGE AND SELF ESTEEM AMONG
YOUNG ADULTS
in the two-day National Conference on Psychology in the Transforming World,
organized by the Department of Psychology, Jain University, Bengaluru.

Dr. Asha Rajiv
Director, School of Sciences

Dr. Smitha Baboo
Conference Convenor

Dr. Guneet Inder Jit Kaur
Conference Convenor



International Stress Management Association^{IND}
(Affiliated to Federation of International Stress Management Association)

CERTIFICATE


This is to certify that


Adishta Ramesh Bhardwaj

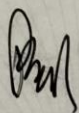
has participated in 3rd International Conference on
STRESS MANAGEMENT (ICSM 2016)

and presented paper on
Relation between stressful life situations, cognitive impairment and depression in A geriatric
population

Conducted on
4th - 5th Nov. 2016 at Pune, India


Dr. Parag Kalkar
Co- Chair: ICSM 2016
Director, SIOM, Pune


Dr. B. Udaya Kumar Reddy
Chair: ICSM 2016
Director, ICSMP, Australia


P.V.R.K. Prasad, IAS (Retd.)
Chairman
ISMA^{IND}, Hyderabad

(ICSM 2016 was conducted by ISMA^{IND} in association with Sinhgad Institute of Management, Pune, India)

www.isma.org.in