

RESUME

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DEGREE	DURATION	INSTITUTE/UNIVERSITY	RESULT
Masters of Arts- Applied Psychology	2016 - 2018	Department of Applied Psychology, University of Mumbai	53.57%
Bachelor's in Arts (Psychology & English)	2011 - 2014 (Final Year)	St. Andrew's College, Mumbai, [Maharashtra]	54%
HSC (XIIth) (PCM, Eng., Phys. Edu.)	2011	St. Xavier's School, Jaipur C.B.S.E.	59.8%
AISSE (Xth)	2008	St. Xavier's School, Jaipur C.B.S.E.	61%

Academic activities:

Research projects: One of the key elements that facilitated my interest in research and data analysis were the research projects that I worked on during my graduation and post-graduation.:

- The Role of Socio Demographic factors in the Developmental Path of Autonomy in Young People (2017-18, MA Part II Thesis)
- Pathological Gambling (2013, sixth semester)
- Stress at workplace and work and family balance (2013, sixth semester)
- Survey - To measure - The Fear of Appearing Incompetent (in employees at corporate set ups) (2013, fifth semester)
- BPO Culture in India, its rise and its subsequent downfall (2013, fifth semester)

Additionally, contributed significantly to:

- Selective Memory as a Function of a Dimension of Self-Esteem (2016, M.A. Part I, Psychological Experiment)

- Rejection Sensitivity (2017, M.A. Part I, Psychological Testing)
- Conformity (2017, M.A. Part I, Psychological Testing)

Main Elective Social Psychology, M.A. Part II, Semester 3

Audit Elective Psychometrics, M.A. Part II, Semester 3

Certificate course in Peace Studies conducted by Mahatma Gandhi Peace Centre, University of Mumbai.

WORK EXPERIENCE:

Current Employment:

- **Bayside Media** (26 November, 2018 - 24 March, 2020. Currently freelancing.)
Role: *Psychologist (Counselor)*

Responsibilities included:

Assessments & Counseling: Assessing client students aged 17 to 25 years on aptitude, interest and personality factors using psychological tools. Mapping suitable career options based on results and holding in-person & online counseling sessions with client students and parents or guardians to discuss the same in greater detail where the client's context (familial, financial, emotional factors, etc) is given due attention. Constantly reading and learning about assessments, careers, courses and institutions to facilitate the exercise.

Training & Content Development: Conducted online training sessions in Basics of (Social) Psychology for clients across the country. Developed content for the same (January 2020).

Conducted online training sessions in Basics of Mental Health & Psychology for Corporates for clients across the country. Developed content for the same (June 2020).

Operations: Supporting communication and other needs as required by the company or the clients through a range of tasks.

Internships

- **National Career Service Centre for Differently Abled (VRC)** (October, 2017- November, 2017)
Role: *Student Intern (Official Internship under Mumbai University)*
Responsibilities included: Familiarising ourselves with the history and working of the institution-Interacted with vocational training inspectors-Taking case histories- Took

workshop sessions on various topics such as discipline, punctuality, etc.- Conducted card sort interviews- Motivated students to continue training and apply for suitable career options.

- **St. Catherine of Siena School and Orphanage** (August, 2017- September, 2017)

Role: *Student Intern (Official Internship under Mumbai University)*

Responsibilities included: Taking afternoon sessions for children facing emotional, social and familial distresses, due to reasons including poverty, abuse of certain kinds etc.- conducting activities that involved the children, providing value education and life lessons, observed each child individually for their strengths, weaknesses, tendencies etc. writing an in detail case study of a child considered especially noteworthy for their behavioural tendencies- Conducted the CAT on children individually to understand their socio-emotional development and significant distresses.

- **QTP Arts Management Company** (July, 2014 - August, 2014)

Role: *Intern*

Responsibilities included: Was responsible for searching theatre groups in Kashmir, Madhya-Pradesh and certain other parts of the country, followed by data entry and marketing & promotion of the year end QTP festival. Contributed to miscellaneous and logistics for events, shows and fests in 2014.

Observership

- Sion Hospital - Ward 21 (Ward for psychiatric patients) October 2012.

Role: *Observer (Voluntary)*

Responsibilities Included: Noting observations from patients behavior, complaints and the responses of the doctors- Taking note of the materials doctors use to assess and recommend treatment plans, taking case history, the devices used for treatment and/or assessment and to discuss the findings of a given day with one of the senior doctors at the ward.

Training

- Rigpa Center for Psychological Well-Being (July, 2018 – October, 2018)

Role: *Trainee Psychologist*

Responsibilities Included: Taking initial sessions with school children of Radcliff International School- dealing with the parents and teachers to get information on certain check lists to begin to comprehend the client students' area of problem- Taking sessions with the children later- Writing articles regarding mental well-being, therapy and psychometric testing- Studying theories and past developed tests for assessments, and

creating presentations and items for the same. Assessment Constructs covered during training period:

- Self-Efficacy
- Emotional-Intelligence
- Personality-Inventory

Sampling procedures for the Emotional Intelligence assessment were carried out at official and unofficial levels.

Additional Accomplishments

- Won awards for performances in several plays at college level. (2011- 2014)
- Participated and won several debates and extempore events at St. Andrew's College, Mumbai. (2011- 2014)
- Assistant director and part of the main cast - A Victor's Tale - 2013 (Inter-College Theatre Competition)
- Part of the main cast of the winning play - Hansel & Gretel (An adaptation script) - 2012 (Inter-College Theatre Competition)
- Participated in various sports events at school level including State Level Basketball (2007), Rajasthan.
- Military Training- NCC 'A' Level Certificate 2006