



BIDISHA HAQUE



Profile

Experienced Psychologist with a demonstrated history of working in the information technology and services industry. Skilled in Research, Client Counseling, Patient Counseling, Counseling Psychology, and Student Counseling. Strong healthcare services professional with focus in Psychology from University of Calcutta. Further learning and working interests lie in Artificial Intelligence and Machine Learning, Psychoanalytic Studies and Forensic Science.



Contact



44-62, Probodh Mitra Lane, Nimta, Kolkata- 700049.



+917980735697



haque.professional@gmail.com



Education

- Geeklurn | Postgraduation (MS) in Data Science Architect Program | 2022 - Still pursuing
- University of Calcutta | Postgraduate (M.Sc.) in Psychology | 61.7% | 2015
- University of Calcutta | Graduation (B.Sc.) in Psychology (Hons.) | 53.38% | 2013
- West Bengal Council of Higher Secondary Education | Higher Secondary | 63.6% | 2009
- West Bengal Board of Secondary Education | Secondary | 71.38% | 2007



Personal Information

Date of Birth : 11th February, 1992

Marital Status : Unmarried

Nationality : Indian

Known Languages : Bengali, English, Hindi, Punjabi



Social Media



<https://www.linkedin.com/in/bidisha-haque-6234ba148>



Experience

- **Ambuja Cements Limited (Full time: Current)**

PGT (Psychology) & Wellness Counselor

2/9/2022 - Present

~ Teaching Psychology in CBSE curriculum to Higher Secondary students and planning as well as implementing various wellness projects for students, teachers and stakeholders; partnering with mental health related and educational platforms in order to develop the school curriculum for the subject Psychology. Also supporting students on their mental health related concerns in forms of school counseling and career counseling wherever required.

- **Mind Body Resolve (Part time: Current)**

Psychologist

21/7/2022 - Present

~ Psychometric assessment and Psychotherapeutic Intervention in a virtual set up.

- **Mind Nation (Part time: Current)**

Psychologist

29/9/2021 - Present

~ Providing Psychometric assessments and Psychotherapeutic processes for overseas clients (Philippines, Singapore, UAE, Switzerland).

- **Indian Council of Medical Research (Part time: Past)**

Research Assistant (Technical Officer)

25/3/2022 - 30/6/2022

~ Supervising the Data collection process, training the project staffs and analyzing/interpreting data for the research project entitled - "Mental health problems in COVID-19: A multicentric study in Eastern and North Eastern India."

- **Oaktree Connect (Full time: Past)**

Clinical Administrator (Employee Wellness)

23/4/2022 - 19/5/2022

~ Business Operational Management and Client counseling (Clinical); Development of mental health resources and providing psychological assistance to the employees for a Psychiatric hospital based in the United Kingdom.



Professional Qualification

- PGDip Victimology, Victim Assistance & Criminal Justice | 2021 | O.P. Jindal Global University
- PGCert Psychodynamic Studies | 2020 | West Bengal State University
- International Certification on Professional Development on Cognitive Behavior Therapy and its implications | 2020 | Professional Institute of Business | World Emotional Literacy League
- International Certification on Professional Excellence on Psychopathological Disorders in Childhood and Adolescence Behavior | 2020 | Professional Institute of Business | World Emotional Literacy League
- Stress Management and Motivation in the Workplace | 2020 | Professional Institute of Business | World Emotional Literacy League
- International Mastery Certification on Mental Health and Wellbeing | 2020 | Professional Institute of Business | World Emotional Literacy League
- PGCert Criminal Psychology | 2020 | O.P. Jindal Global University
- PGCert Graphology | 2020 | Kolkata Institute of Graphology
- Relationship Counselor International Certification | 2019 | CPDS Agency
- Global Career Counselor Green Belt Certification | 2018 | UCLA Extension
- Practitioner in Neuro Linguistic Programming | 2017 | Mind Masters



Dissertation

Dissertation done titled- " The Effect of Sex Role Identity on The Love Attitude and Outlook towards Same Sex and Opposite Sex Members, " in 2015.



Experience

• Furtados School of Music (Part time: Current)

Psychologist

19/5/2020 - 30/6/2021

~ Development programme and projects on Child Psychology and providing therapeutic consultations.

• Teleperformance (Full time: Past)

Assistant Manager (Global Wellness: Trust & Safety)

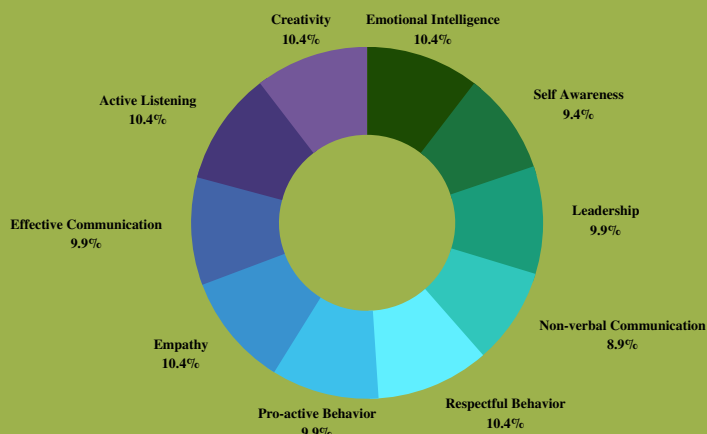
6/4/2020 - 22/4/2022

~ Providing support and assistance to the Content- Moderation industry by the use of my professional knowledge and skills. I have been able to deliver the following-

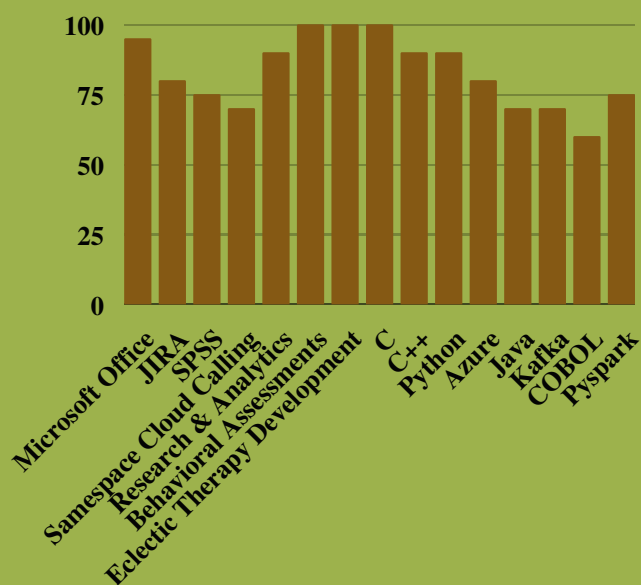
- Track the hours and type of Wellness spent at each department at an executive level
- Measure the Input and Output of the Wellness Programs
- Conduct counseling sessions ,Group sessions
- Track attendance of the services delivered
- Support the site in creating a culture where staff wellness is paramount
- Conduct or facilitate training sessions or seminars for wellness and fitness staff.
- Execute fitness or wellness sessions, such as yoga, meditation, aerobics, strength training, or aquatics, ensuring a diversity of class offerings in collaboration with EE Team.
- Collect Feedback for enhancing wellness programs
- Conduct opinion surveys or needs assessments on floors
- Track attendance, participation, or performance data related to wellness events.
- Work closely with delivery teams to ensure active participation for wellness programs.
- Conduct seminars and workshops, activities with teams on regular basis
- Conduct boardroom sessions, seminars on how to keep personal life balance, stress management, anger management, strategies on enhancing coping skills etc.
- Drive Continuous Improvement Initiatives
- Communicate with the management team on a regular basis to discuss observations and insights
- Design customized workshops based on the nature of the work and design activity-based workshops
- Psychometric assessments
- Maintain Dashboards
- Monitor health of employees
- Conduct research in Wellness
- Design Wellness Framework
- Development of Habituation Program for the Egregious Content
- Activity Planning
- Inter-Departmental Liaison
- Handle High Risk Cases
- Active Learner of Courses by L&D: Cleared Lean Six Sigma and DMAIC or Yellow belt Course'
- Engagement in the activity conducted by Employee Engagement Team
- Global Trainer in the field of Wellness
- Conduct Psycho-educational programme on Suicide Prevention, World Mental Health Day, Resilience, Self Concept and Coping etc
- Behavioral Management
- Grief Counselling



Interpersonal Skills



Technical Skills



Projects

- " Does Gender Stereotyping Affect Consumer Memory? An Exploratory Study " | Poster presentation in Centenary Conference on Psychology- An initiative by University of Calcutta, in 2015. This study was intended to measure the effect of different gender stereotypes among the participants affecting their consuming nature
- " In Search of the Character: A Comparative Study on Psychological Perspective of Theatre and Movie Artists " | Paper presentation in the National Conference organized by Kazi Nazrul University, in 2019. This study investigated the area of identification of self with the character played by Theatre and Movie Artists.
- " Perception of Role of Sex in an Intimate Relationship: A Case Study of Young Urban Woman " | Poster presentation in International COWAP Conference organized by Modern Academy of Continuing Education, in 2019. This study was intended to identify the emotional connotation and its nature of conflicts in intimacy and sexual relationship.
- " Impact of Marriage as Traditional Institution on Conflicts of Women: The Explorative Study " | Paper presentation in the Annual Conference of International Association of Young Psychologists (IAYP) organized by Jindal Institute of Behavioral Science, in 2020. The study was intended to explore the nature of conflicts in Pre and Post- Marital Status of Women.
- " Perfectionism is Becoming the New Normal " | Paper presentation in the Webinar organized by Professional Institute of Buseiness, Dhaka, Bangladesh, in 2020. This was a brief study on the behavioral outcomes during the Coronavirus affect.



Experience

- Moner Alo (Full time: Past)**

Psychologist

16/12/2019 - 5/4/2020

~ Psychometric assessment and Psychotherapeutic processes in a clinical set up.

- Indian Council of Medical Research (Full time: Past)**

Psychologist

12/10/2017 - 31/7/2019

~ Behavioral assessment and Psychotherapeutic procedures of children spanned from 6 years to 23 years, along with their families, when required.

- Mitra Soft (Full time: Past)**

School Counselor

1/7/2016 - 31/8/2017

~ Counseled institutional students to maintain good mental health especially during Pre-pubertal, Adolescence and Post-Pubertal conflicts.

- Institute of Psychiatry (Full time: Past)**

Interviewer

17/10/2015 - 16/6/2016

~ Interviewing the people from the different rural populaces of West Bengal regarding their mental health.



Industrial Exposures

- Clinical Research Intern in Consolidated Continuing Education & Professional Training (CONCEPT), since 2017.
- Listener Intern in 7 Cups of Tea, since 2017.
- Visiting Software Trainer in Asansol Engineering College | 11/7/2022 to 15/7/2022.
- Visiting CSE Trainer in Techno International College, Batanagar | 27/7/2022 to present.



Achievements & Awards

Best Paper Award

Issued by Kazi Nazrul University, November 2019

The paper was titled- "Effective Role of Media in Mental Health Awareness among Working and Non-Working Women"



Publications

- Autobiographical Memory Retrieval Triggered by Colors: A Study on Painters and Non- Painters, published in National Journal of Psychology, in 2016.
- The Consortium on Vulnerability to Externalizing Disorders and Addictions (c-VEDA): An Accelerated Longitudinal Cohort of Children and Adolescents in India, published in the journal Molecular Psychiatry, in 2019.
- Effective Role of Media in Mental Health Awareness Among Working and Non-working Women, Published in Conference Proceedings Journal by Kazi Nazrul University, in 2020.



Technical Training Experience

- Visiting Software Trainer in Asansol Engineering College | 11/7/2022 to 15/7/2022.
- Visiting CSE Trainer in Techno International College, Batanagar | 27/7/2022 to 7/8/2022.
- Visiting Software Trainer in Meghnad Saha Institute, Kolkata | 28/8/2022 to 31/8/2022.
- Contractual IP Trainer in Ambuja Public School Rabriyawas | 1/9/2022 to 6/3/2023
- Contractual IP Trainer in Ambuja Vidya Niketan, Ambuja Nagar | 1/1/2023 to present
- Visiting Javascript and Python-SQL trainer in JIS Kalyani | 15/3/2023 to present.



Declaration

I hereby declare the above mentioned information is correct up to my knowledge and I bear the responsibility for the correctness of the above mentioned particulars.



Signature

Bidisha Haque.

