

MISHIKA

ASPIRING CLINICAL PSYCHOLOGIST

CONTACT

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24th March 1998

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PROFILE

Empathetic, motivated, and passionate Psychology student with an experience in performing psychological patient assessments, assisting in psychotherapy, monitoring patients' progress, and maintaining great patient experience and satisfaction. Offers great critical thinking skills and excellent teamwork abilities. Effective communicator seeking a psychology-related job opportunity.

PROFESSIONAL SKILLS

- KNOWLEDGE OF PSYCHOLOGY
- PATIENT ASSESSMENT
- OBSERVATIONAL SKILLS
- RESEARCH SKILLS
- MS EXCEL
- MS POWERPOINT & WORD

SOFT SKILLS

- EMPATHY
- COMMUNICATION SKILLS
- PROBLEM-SOLVING
- CRITICAL THINKING
- GOOD TEAM PLAYER

WORK EXPERIENCE

-Ahmedabad University (July 2024- Present)

Working as a Counselor and Wellness Coordinator.

Provided individual counseling and therapy to students on personal, academic, and psychological concerns.

Maintained confidential daily reports on counseling sessions and interventions.

Contributed to training and coordination of the *Student Mitra Programme* promoting peer support.

Assisted in planning and execution of university events under the Dean of Students.

Collaborated on planning and implementation of the *Peer Support Programme*.

Helped organize "*Glow in the Dark Yoga*" to promote wellbeing among students and faculty.

Assisted in organizing various outreach events conducted by the Wellness Department.

-SkillsforUs (May 2023-June 2024)

Worked as a Psychosocial field officer.

Working with students of grade 1-8 imparting them Life Skills lessons.

Counseling of school students on various issues.

Preparing daily report and assessment of students based on the data

- OUTGOING
- PASSION FOR PSYCOLOGY
- HUMAN RESOURCE MANAGEMENT

EDUCATION

Banaras Hindu University

2021-2022

P.G. Diploma in Counseling, Guidance and Psychological Intervention 8.56 CGPA

Banaras Hindu University

2019-2021

Masters in arts (Psychology)

Specialization in Clinical Psychology
8.64CGPA

Banaras Hindu University

2016-2019

Bachelors in arts (Psychology) 7.85 CGPA

Central Hindu Girls School

2014-2016

Percentage: 86.6%

LANGUAGES

ENGLISH

HINDI

-Ranchi Institute of Neuro Psychiatry and Allied

Sciences, Kanke, Ranchi (January 2023- February 2023)

Prepared Mental Status Examination Report of the patients.

Collected daily data and counselling of Ward patients.

-MindTribe (Nov 2021- January 2023)

Worked as a Junior Psychologist. Conducted Individual, Family and Couples counseling using eclectic approach under supervision.

Conducted Technical Interview for hiring new Interns.

Mentored New interns.

Wrote blogs and article for social media.

Conducted Workshop.

Formulated Self-Assessment Quiz.

Formulated and mentored Group Therapy on Anger Management

INTERNSHIP

International Model United Nations

2020 JUNE - 2020 JULY

The internship was of getting different tasks of social media promotions as well as to get IMUN online conference referral.

CERTIFICATES

NPTEL (EMOTIONAL INTELLIGENCE)

2020 JAN - 2020 MARCH

This course was designed to sensitize the participants about the concept, theory, and applications of emotional intelligence. I got to know the added advantage of EQ the software of the brain over the hardware (EQ). The awareness about the credo of emotional intelligence developed insights into self-regulation and realization of one's optimum potentials for better performance. We came to know about many unknowns of life, which further helped us to enhance their awareness to be effective on our roles.

NPTEL (PSYCHOLOGY OF LANGUAGE)

2020 SEPT – 2020 NOV

The objective of this certification was to understand the psychological processes involved in Language production, acquisition, and comprehension. We were taught how words and sentences are formed, spoken, and understood. Also, how language as a cognitive function plays its role in overall cognition.

WORKSHOP

DEPT. OF MENTAL HEALTH AND BEHV. SCIENCES,

FORTIS

2020 JUNE – 2020 JUNE

Participated in a 3-day workshop on Rorschach-Exner System

VASANTA COLLEGE FOR WOMEN, B.H.U.

2020 MAY – 2020 MAY

Two days national webinar on relevance of mental health during COVID-19 in association with BHARTIYA COUNSELLING PSYCHOLOGY ASSOCIATION

UNITED NATIONS (UN75)

2020 MAY 27

Certification in Psychological contribution to building bridges among and within Nations in association with THE PSYCHOLOGICAL COALITION OF NGOS HAVING CONSULTATIVE STATUS WITHIN THE UN ECONOMICAL AND SOCIAL COUNCIL.

N.S.S COLLEGE OF COMMERCE AND ECONOMICS,

MUMBAI

2020 MAY 27

One day national webinar on impact of COVID-19 Pandemic on Health Sector of Maharashtra State

DEPARTMENT OF CLINICAL PSYCHOLOGY, KATEEL

ASHOK PAI MEMORIAL INSTITUTE OF ALLIED HEALTH

SCIENCES

2020 MAY 27 – 2020 MAY 29

Two days national webinar series on Internet Addiction and Carriers in Psychology in Association with IQAC

RAMANUJAN COLLEGE, DELHI UNIVERSITY

2020 JUNE 01

National Webinar on transformational mindset – Innovating Minds for Success

MAA NARMADA MAHAVIDYALAYA, DHAMNOD

2020 MAY 26

One day National Level Webinar on The Role of Positive Thinking in Current Perspective.