

# SHRESHTHA NEGI

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## OBJECTIVE

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Postgraduate in Psychology with hands-on experience in human resources, psychometric assessments, and Content writing aiming to apply behavioral insights and analytical tools to support recruitment, employee well-being, and organizational effectiveness.

## SKILLS

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- Research & Analysis.
- SPSS.
- Clinical & Counseling.
- Critical Thinking.
- Content Writing.
- MS Office.
- MS Power BI.
- ERP/LMS

## EXPERIENCE

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Content Writer.

**PsychoLogs Magazine | New Delhi**

Oct. 2024 – Feb. 2025

- Developed psychology-focused content for digital platforms, online magazine, and website, resulting in a 25% increase in site engagement.
- Scripted and recorded promotional and educational materials including news articles, enhancing brand visibility and contributing to the educational value and outreach of UPS Education.
- Maintained and organized content-related data and records to streamline and support the editorial workflow.

Human Resources Intern

**Acmegrade | New Delhi**

Aug. 2024 – Oct. 2024

- Collaborated with teams for candidate sourcing and screening based on communication and interpersonal skills.
- Led internal projects focused on HR communication, using MS Teams for team coordination and Power BI/Excel to track employee engagement, productivity, and performance metrics.
- Assisted in recruitment operations by designing custom application forms (Google Forms) and deploying psychometric assessments for role-based screening.
- Conducted online assessments and evaluations to support data-driven hiring decisions across departments.
- Supported HR leadership in managing policy documentation and compliance, including handling grievances in accordance with labor laws and workplace safety protocols.

Clinical Psychology Intern.  
**Centre for Well-being and Psychological  
Research Group | New Delhi.**  
Jun. 2023 – Jun. 2023.

- Completed Clinical Psychology Internship under the supervision of Mr. Naseem Ahmad (Consultant Clinical Psychologist).
- Gained proficiency in case history taking, MSE, and basic counseling skills.
- Trained in Psychological First Aid and conducted tests such as TAT, CAT, Rorschach, and others.
- Actively participated in role plays and practical applications of tests and interventions.

Psychology Intern.  
**Punah: Santulan Aarunya | New Delhi.**  
Oct. 2021 – Oct. 2021.

- Gained comprehensive exposure to all aspects of clinical psychology under the supervision of clinical psychologists and psychiatrists.
- Shadowed therapists during sessions and studied various client cases.
- Acquired skills in MSE (Mental Status Examination) and therapeutic interventions.
- Observed the application of hypnotherapy and its effectiveness in treatment.

Clinical Psychology Internship  
**Fortis Healthcare | New Delhi.**  
Jul. 2021 – Jul. 2021

- Gained exposure to core clinical practices under the mentorship of experienced psychologists.
- Completed Mental Status Examinations (MSE) and administered standardized psychometric assessments and personality tests.
- Developed practical insights into diagnosis, case history taking, and client-centered approaches in therapeutic settings.

Content Writing.  
**Budding Psychologists | New Delhi.**  
Jan. 2021 – Mar. 2021

- Specialized in mental health awareness and psychoeducational content creation for the official site.
- Researched and authored engaging blog articles on diverse mental health topics tailored for students and early-career professionals.
- Created visually appealing content and infographics to enhance readability and social media engagement.
- Assisted in digital marketing initiatives, including content promotion, SEO optimization, and audience engagement strategies.

## EDUCATION

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**Master of Arts (MA) – Psychology.**

2022 - 2024

Hemvati Nandan Bahuguna Garhwal Central University (HNBGU)|  
Srinagar.

**Bachelor of Science Honours (B.Sc. Hons) – Applied Psychology.**

2019 - 2022

Manav Rachna International Institute of Research & Studies| Faridabad.

## CERTIFICATION & LEARNING

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- **MS Power BI Desktop** – Udemey
- **Art Therapy** – Fortis
- **Counselling and Psychotherapy** – SPM College, Delhi University & Fortis
- **Psycho-oncology** – Fortis
- **CBT Coach Practitioner** – Udemey
- **Sports Psychology** – Fortis
- **Introduction to Psychology** – Yale University
- **Assertiveness Training** – Therapy by Saachi
- **Psychological Assessment and Training** – Therapy by Saachi