

Vishakha Kulratn

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SUMMARY

Psychology graduate with a strong academic background and a passion for mental health, counselling, and research. Currently pursuing a PG Diploma, skilled in psychological assessment, research, and content development, with a keen interest in supporting individuals through evidence-based practices.

EXPERIENCE

Research Assistant

Ehsas Health Solutions and Services

December 2023 - January 2024, Gurugram, Haryana, India

- Performed effectively in various research, development, and support roles.
- Organised research findings for presentations, workshops, and seminars.
- Developed accurate and clear training modules and content.

Psychologist Trainee

Child Development Centre / Vardhaman Mahavir Medical College & Safdarjung Hospital

September 2023 - November 2023

- Gained expertise in psychosocial assessment and management of children with special needs, including global developmental delay, intellectual disability, autism spectrum disorders, and ADHD under supervision.
- Actively participated in weekly Child Development Centre (CDC) teaching sessions.
- Administered psychological assessments and provided diagnoses for 150+ patients.
- Taught neurodevelopmental disorders to first-year MBBS students.
- Acquired proficiency in the neurodevelopmental psychological evaluations.

Trainee Psychotherapist

The Mind Garden

June 2023 - July 2023

- Hands-on learning techniques and theories.
- Cognitive Behavioural Therapy (CBT).
- Eye movement desensitisation and reprocessing (EMDR).
- Trauma-informed therapeutic practice.
- Art and play therapy.
- Drama therapy.

Clinical Observership

Institute of Human Behaviour and Allied Sciences (IHBAS)

March 2023 - April 2023

- Completed observership at the Department of Psychiatry.
- Shadowed psychiatrists on rounds in the male, female, and dual-diagnosis wards, including a visit to the psychiatric ICU.
- Observed doctors in the outpatient department (OPD) as they noted patient histories, provided diagnoses, and prescribed medications.
- Accompanied in the wards and OPD, with specific visits to the child ward and the Electroconvulsive Therapy (ECT) room.
- Interviewed patients diagnosed with schizophrenia for a case report.

Research Intern

All India Institute of Medical Sciences (AIIMS), New Delhi

January 2021 - September 2021

- Contributed to developing and implementing an e-health intervention aimed at preventing and managing **gaming disorder** among college students.
- Assisted in data collection, participant engagement, and digital health education for a randomised controlled trial funded by the **Indian Council of Medical Research (ICMR)**.
- Gained hands-on experience in **digital mental health interventions**, behavioural addiction research, and technology-enhanced clinical care.
- Collaborated with a multidisciplinary team of psychiatrists, psychologists, and public health professionals at India's premier medical research institute.
- Developed insights into applying **digital therapeutics** for youth mental health and substance use prevention.

Peer Moderator

Fortis Hospital

May 2020 - June 2020

- Led interactive peer discussions and workshops for adolescents on critical mental health topics, fostering open dialogue and self-awareness.
 - Facilitated sessions on **gender sensitivity**, promoting respect, empathy, and inclusive attitudes among youth.
 - Conducted modules on **aggression management**, teaching emotional regulation and conflict resolution techniques.
 - Promoted **media literacy**, helping peers critically evaluate digital content and reduce vulnerability to misinformation.
 - Addressed **risk behaviours in youth**, emphasising informed decision-making, safety, and mental health awareness.
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EDUCATION

Postgraduate Diploma in Guidance and Counselling

Jamia Milia Islamia • 2024 - present

Bachelor of Arts with Honours in Applied Psychology

Gargi College, University of Delhi • 2020 - 2023 • 7.811

AWARDS & HONORS

Certificate of Merit

Central Board of Secondary Education • 2020

- Scored 100% in psychology in CBSE Class 12th board exams and awarded with Certificate of Merit for outstanding academic performance and for being among the top 0.1% of successful candidates in Psychology
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SKILLS

Strong knowledge of psychological assessments

Communication skills

Experience with Literature review

Trained in Psychological First Aid (PFA)

Ability to collaborate effectively
