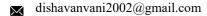
## **DISHA VANVANI**



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in http://linkedin.com/in/disha-vanvani-2702241bb

#### **Education**

2023/08 – 2025 Noida, India	MA Clinical Psychology Amity University, Noida	
2020/11 – 2023/05 New Delhi, India	BA Psychology honors Kamla Nehru College, Delhi University 8.17 CGPA	
2019/04 – 2020/03 Kanpur, UP, India	Class XII Delhi Public School AzadNagar 97.8%	
2017/04 – 2018/03 Mughalsarai, UP, India	Class X Sunbeam School Dulhpur Mughalsarai 86.4%	

#### **Skills Summary**

- Technical Skills: MS Excel | MS Office | Canva
- Soft Skills: Empathetic and active listening skills| Public Speaking| Analytic Thinking | Leadership |
  Emotional Intelligence | Customer Relationship Management | Time Management | Lead Generation & Prospecting

#### **Work Experience**

#### Research and Client Relations Intern at The Psych Hub, Delhi, India (May 2024 – July 2024)

- Clinical Observations & Case Analysis: Assisted in therapy sessions under the supervision of Dr. Shobha Sharma, observing client interactions and treatment planning.
- Psychological Assessments: Conducted preliminary psychological screenings and administered psychological tests to clients.
- Client Management: Maintained detailed case histories and documented therapy progress reports.
- Research & Psychoeducation: Assisted in research on therapeutic techniques and developed psychoeducational materials for clients.
- Workshop & Awareness Campaigns: Helped organize mental health awareness workshops to promote emotional well-being and resilience.

# Behavioral Research and Insights Intern at Mindglass Mental Health Centre, Delhi, India (January 2024 – March 2024)

- Behavioral Data Collection: Conducted structured interviews and psychological assessments to gather qualitative data on client concerns.
- Therapeutic Assistance: Supported therapists in case formulation and intervention planning.
- Client Support & Follow-ups: Maintained records of client progress and assisted in post-session follow-ups to track therapeutic outcomes.
- Stakeholder Collaboration: Coordinated with mental health professionals to optimize assessment and therapy strategies.
- Mental Health Advocacy: Participated in public awareness initiatives to reduce stigma around mental health issues.

#### Client Relations Intern at Mindease, Delhi, India (September 2023 – November 2023)

- Counseling Support: Shadowed clinical psychologists in therapy sessions, gaining exposure to diverse mental health concerns.
- Psychometric Testing: Administered and scored standardized psychological tests under supervision.
- Case Documentation: Assisted in compiling client histories and therapy progress reports.
- Community Engagement: Contributed to mental health awareness programs and support groups for individuals experiencing psychological distress.

#### Psychology Intern at Aashman Foundation (Remote) (April 2021 – October 2021)

- Emotional Well-being Initiatives: Conducted online counseling sessions and support group discussions.
- Research & Development: Assisted in research projects focusing on mental health challenges in marginalized communities.
- Content Creation: Developed educational materials on mental health topics for social media campaigns.
- Community Outreach: Engaged in outreach programs to provide psychological first aid to underprivileged individuals.

## **Research Projects**

## Impact of Generalized Anxiety and Panic Attacks on the personality traits of Young Adults(January 2025- June 2025)

- Conducted a research study analyzing the impact of anxiety and panic attacks on the personality traits among young adults, using quantitative and qualitative methods.
- Identified key correlations between anxiety, panic attacks and personality offering insights on the well-being for young adults.

#### Level of Job Satisfaction Among Delhi University Professors (November 2022 – February 2023)

- Conducted a study on job satisfaction among Delhi University professors, analyzing factors influencing workplace contentment and productivity.
- Collaborated with faculty supervision to design surveys, collect data, and generate actionable insights for enhancing academic work environments.

#### Accomplishments & Extra- Curricular Activities

#### Social Work & Volunteer Experience

## Social Work Intern at Saday Sadev NGO, Delhi, India (January 2024 – April 2024)

- Community Mental Health Programs: Conducted therapy workshops to promote emotional resilience.
- Mental Health Awareness Drives: Organized campaigns to educate different demographics on psychological well-being.
- Event Coordination: Managed mental health advocacy events, collaborating with professionals and stakeholders.

#### Social Work Intern at Umeed - A Drop of Hope (Pan India) (January 2022 – February 2022)

- Counseling & Support: Provided psychological support to individuals from disadvantaged backgrounds.
- Awareness Campaigns: Designed initiatives to spread awareness about mental health issues in rural areas.

#### Green Beans Society, Kamla Nehru College, Delhi University (2020-2023)

Contributed to organizing awareness drives, tree plantation programs, and community cleanup initiatives to promote environmental sustainability

#### **Teaching & Mentoring Experience**

#### Psychology & English Tutor – Independent Mentoring (2023 – Present)

- Taught **Psychology and English** to high school students, focusing on academic excellence and conceptual clarity.
- Provided one-on-one mentoring to students, helping them enhance critical thinking and analytical skills.
- Designed customized lesson plans to improve comprehension and application of psychological concepts.

#### **Certification: 1. Great Experiments in Psychology**

Completed NPTEL course by IIT Kharagpur, scoring 86%, on key psychological experiments and social experiments.

Enhanced analytical skills and understanding of experimental research.

## 2. French Language Proficiency

Completed Level A certification in French from Alliance Française, gaining foundational skills in reading, writing, and conversational French.

## 3. Art Of Living Volunteer

## 4. Introduction to Digital Marketing – Learn Tube.ai (March 2025)

• Gained insights into digital marketing strategies, SEO, and content marketing techniques.

## 5. Getting Started with Microsoft Excel – Coursera (March 2025)

• Learned basic Excel functions, data organization, and entry-level statistical analysis.