

DISHA VANVANI

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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 – LearnTube.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.

