

LANGUAGES: Assamese, English, Hindi

SKILLS: Software - SPSS, MS Word, MS PowerPoint, MS Excel, Procreate

Others - Social Sciences Research, Editing and Proofreading

INTEREST AREAS: Social work, Education, Mental health projects, Women development and gender issues, LGBTQIA community empowerment, Youth Mental Health, Mental health policy, etc.

EDUCATIONAL BACKGROUND:

▪ **Master of Arts (M.A.) in Psychosocial Clinical Studies**

Ambedkar University, Delhi | 2019 – 2021 | CGPA: 8.37/10

▪ Completed a **Dissertation** on '*The Wish for Single Motherhood: A Psychosocial Study on Why Women Wish to be Single-Mothers*' in Ambedkar University, Delhi. (2021)

The dissertation was completed under the guidance of Asst. Professor Dr Neetu Rana, Ambedkar University, Delhi. The study was a phenomenological, psychodynamic exploration of the wish for single motherhood among young women and looked at the deeply personal as well as inductive psycho-social observations one could derive from the phenomenon.

▪ Received **Merit Scholarship** and **certificate** for excellent scores in third semester.

▪ **Bachelor of Arts (B.A.) in Social Sciences**

Tata Institute of Social Sciences, Guwahati | 2016 - 2019 | CGPA: 7.30/10

▪ Completed a **Dissertation** on '*Factors Affecting Help-Seeking Behaviour of Youth: A Study among College-Going students in Guwahati*' in TISS, Guwahati. (2019)

The dissertation was completed under the supervision of Asst. Professor Monica Kaothala. It attempted to understand the barriers to help-seeking behaviour of the youth, factors influencing such behaviour and possible policy interventions to cater to youth mental health concerns.

▪ Awarded the **Bronze Medal** for '*Best Student in Bachelor of Arts in Social Sciences*' from TISS, Guwahati (2019).

▪ **Senior Secondary School, Humanities**

Gurukul Grammar Senior Secondary, Guwahati (CBSE) | Completed: 2016 | 96.40%

▪ Secured 99% in Psychology in the final exam and practical. Also completed an internship at Ashadeep, Guwahati which involved preparing a case-study.

OTHER ACHIEVEMENTS:

▪ Secured **All India Rank 33** for the subject of Psychology in **GATE 2021**.

▪ Qualified for UGC-NET Assistant Professor/Lectureship in UGC-NET Exam of December 2022.

WORK EXPERIENCES

- **DIBRUGARH UNIVERSITY** | April 2022 – Ongoing
Working as an Asst. Professor in the Centre for Studies in Applied Psychology. I teach a number of papers on the topics of Health and Wellbeing, Positive Psychology, Psychodynamic and Humanistic-Existential Theories, Child and Adolescent Development and so on. I am also currently guiding the dissertation process for one of our students.
- **NEEV Mental Health** | October 2021 – December 2021
Part-time work involving creation of digital illustrations and graphic design content for the organisation's social media handles. I was responsible for coming up with art that reflected the psychological and mental health issues that the organisation was addressing in their work.
- **IJAAZAT FOUNDATION** | August 2021
Organised and hosted a live workshop on Gender Sensitisation for the students and teachers of 88 Sainik Schools across India. The workshop was part of the gender sensitisation initiatives undertaken in these schools since their recent inclusion of female students. The workshop included a discussion on Gender, Sex, the Gender Spectrum, Gender equality and so on and the live stream is available on YouTube.
- **COGNIZAVEST** | August 2020
Was part of a one-month online internship on counselling skills in which we learnt to perform Mental Status Examination, Interview skills, case-history taking and discussed several clinical cases and their preliminary diagnoses. We also discussed Mental Health Laws and were introduced to Cognitive Psychology, all of this under the guidance of RCI Licensed Psychologist Nilisha Aggarwal
- **THE VISIONARIES** | Ongoing
Member of a Delhi-based group of volunteers who audio-record books and texts, volunteer as scribes and offer other assistance for blind students.
- **HABITAT FOR HUMANITY** | Guwahati, Assam | 2019
Conducted surveys across Government schools to understand the available health and hygiene facilities for school children and to assess the adequacy of school-imparted education on these topics. The Surveys were overseen by Dr. Rajdeep Singha, faculty at TISS Guwahati.
- **SAHPATHI 2018** | 2 weeks | Surguja, Chhattisgarh | 2018
(Initiative of economists Jean Drèze and Reetika Khera | In collaboration with the Scheduled Tribes and Scheduled Caste Development Department, Government of Chhattisgarh)
The volunteering programme involved participant observation by living in a female residential school for children from the *Pahari Korwa* tribe of Chhattisgarh (aged 4–10 yrs.). This included engaging in everyday teaching and non-curricular activities with the children, interaction with the school staff and parents, evaluating school infrastructural and curricular needs and areas of improvement. We kept records of our observations, conducted health camps, conducted health, hygiene and sex-education classes and activities, assessed the effectiveness of government schemes like the midday-meal scheme at the ground level, worked in collaboration with local NGOs and presented a report on ways to improve the educational, nutritional and living conditions of the children.
- **SAHPATHI 2017** | 2 weeks | Khunti, Jharkhand | 2017
(Initiative of economists Jean Drèze and Reetika Khera | In collaboration with the Welfare Department, Government of Jharkhand)
The volunteering programme involved participant observation by living in a female residential school under the *Sarva Shiksha Abhiyaan* for Adivasi children in Jharkhand (aged 4–17 years). Our team conducted health camps, everyday teaching and non-curricular activities and also organised gender sensitisation and sex education classes. A report was presented to government officials at the end of the 2 weeks on areas of overall improvement.