

Sanya

UGC-NET Qualified

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Work Experience and Research

1. Gurukula Kangri (Deemed to be University), Haridwar, Uttarakhand

- Presently Working as an Assistant Professor, Psychology Department at Kanya Gurukul Campus, Dehradun

2. Defence Institute of Psychological Research (DIPR), DRDO, Delhi

- Conducted research on combat stress behaviors seen in soldiers of various countries across the globe under a Scientist F'.
- Thesis officially selected to be displayed in the Library.
- The meta-analysis/ systematic review focused on combat, training, combat stressors, military operations, and various psychological (PTSD, depression, aggression, etc.) and other issues observed.
- The research (ongoing) will enable researchers, military scholars. and leaders to understand soldiers in a better manner and realize policies which optimize their performance.
- **International Conference-**
Paper Abstract Selected for Poster Presentation in International Conference on Optimizing Human Capital of Armed Forces: Psychological Perspective (HCAPP), DIPR, DRDO, Delhi (April 2023)

3. Research on Body Image, Relationships, And, Hope Among Cancer Patients.

- Conducted a high-quality systematic review that study and examine body image, interpersonal relationship, and hope among female cancer patients from a global perspective.
- Inclusion of n=26 studies from the past decade and use of Prisma chart in the methodology.
- The work done will enable researchers, scholars, and professionals to understand, view, or approach breast cancer from a psychological perspective and formulate interventions focusing on the exposures taken for this review.
- **Publication-**
Sirohi, S. & Dangwal, P. (2023). Body Image, Relationships, And Hope Among Cancer Patients. *International Journal of Research Publication and Reviews*, Vol 4, no 4, pp 5162-5173.
<https://doi.org/10.55248/gengpi.234.4.38516>

Educational Credentials

1. **Master of Arts in Clinical Psychology-** Amity University Uttar Pradesh, Lucknow Campus
Amity Institute of Allied Sciences and Behavior (AIBAS)
2. **Bachelor of Arts (Psychology, Economics)-** M.K.P. (P.G.) College, HNBGU
(A Central University), Dehradun, Uttarakhand
3. **Senior Secondary School-** The Asian School, Dehradun (CBSE)
(Science- PCM, Psychology, and Physical Education, 1st Division)
4. **High School-** The Asian School, Dehradun (CBSE)

Achievements

- **UGC-NET Qualified for Assistant Professor** in June 2023
- **First Division with Distinction** in Master's Degree.
- **Gold-Medalist in BA**
- **10 CGPA** in High School.
- **Conducting Personal Counseling.**

Project Experience, Leadership, and Volunteering

- Career Counselling Program and Self-Awareness Campaign (Team Leader)** April 2022
Ankur Yuva Chetna Shivir (NGO), Lucknow, Uttar Pradesh
 - Conducted psychological assessment (MBTI, etc.), psychoeducation, vocational guidance, and holistic development of government school students across the state.
 - Conducted group discussions, counselling sessions, and campaigns.
- Social Media and Content** September 2021
Pehchaan The Street School (Trust), Delhi
 - Promoted the NGO on various social media platforms to help more than 1000 underprivileged children get free education and other resources.
 - Accomplished the mission of fundraising for 7 centres across Delhi NCR.
 - Crafted Blog posts and articles for the official website to aid through content writing.
- Fieldworks from King George's Medical University (KGMU), Kant Brain Centre, and Prabal De-addiction Centre, Lucknow**

Personal Profile

DOB	November 5
Marital Status	Unmarried
Gender	Female
Nationality	Indian
Place	Dehradun

Certifications

- MOOC Courses**
 - **Wicking Dementia Research and Education Centre, University of Tasmania**
 - Preventing Dementia November 2021
 - Understanding Dementia September 2021
 - **Others**
 - Quantitative Methods, University of Amsterdam July 2021
 - Psychological First Aid, John Hopkins University May 2021
 - Understanding Clinical Research: Behind the statistics (Honors Distinction), University of Cape Town May 2021
 - Introduction to Psychology, Yale University December 2020
 - Schizophrenia, Wesleyan University December 2020
- Program**
 - Neuropsychology, Cognizavest November 2020

Skills and Interest Areas

Writing, Research (Quantitative/ Qualitative), Psychology (All Areas), Clinical Psychology, Counseling Psychology, Positive Psychology, Psycho-Oncology, Forensic Psychology, Creative Projects, Content Writing, Canva, Reading, Psychological Testing, Teaching, Working on Case Studies, Volunteering, Time Management, Active Listening, Empathy, Teamwork, Communication, Project Management, MS-Office, Writing Tools (Grammarly, etc.).