

SHUBHANGI KULSHRESHTHA

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EDUCATION

Master of Arts, Psychology

November 2021 – April 2023

Gujarat University

Passed with First Class Distinction with a percentage score of 79.70 % and worked on the dissertation on the topic “A correlational study of social relationship and risk taking among young adults”. Actively participated in workshops and seminars.

Bachelor of Arts, Psychology

August 2018 — May 2021

Sabarmati University

Passed with First Class with a percentage of 82.3. Attended a conference on “Psychological Testing, Counseling and Mental Health” jointly organized by Praachi Psycho-Cultivation Research Association, Psychological Development and Mental Health Foundation, and Mehrizim Foundation at Dakor, Ahmedabad.

EXPERIENCE

September 2022- September 2022

Intern, Hospital for Mental Health

Worked as an intern for 7 days as a part of the university curriculum and observed patients at different wards.

July 2020 - October 2021

Community Ambassador, Light Up (Emotion Matters Foundation)

Spread Mental health Awareness in the community, helped in the outreach program, and promoted emotional well-being and mental health

June 2020 - June 2020

Summer Intern, Youth for Mental Health

Intern for 15 days, completed 100 hours (50 hours for workshops and 50 hours for mental health project). Designed a prevention and promotion module on “Stress and Behavioral Change in Quarantine among College Students”

May 2020- May 2020

Summer Intern, Global Child Wellness Centre

Completed 15 days of online internship in introducing the Basics of psychiatric Assessment and Management

EXAMS QUALIFIED

UGC-NET (2024)

GATE-XH (2025)

PUBLICATION

Kulshreshtha, S. (2025). Investigating the relationship between Mindfulness, Social Networking Addiction, and Resilience among Young Adults. *International Journal of Interdisciplinary Approaches in Psychology*, 3(3), 180-199

SKILLS

- **Research**
IBM SPSS, Jamovi, data entry, quantitative data collection
- **Computers**
Microsoft office 365, google workspace
- **Language**
English, Hindi
- **Other skills**
Active listening, decision making, time management, problem solving

COURSES AND TRAINING

- Completed a 4-week stress management course from IIT Kharagpur, facilitated by Prof. Rajlakshmi Guha (2024)
- Completed 8 hours of Behavioural Therapy training course organized by Sukh and facilitated by Yashi Sonthalia (June 2023)
- Workshop on Rorschach inkblot test conducted by Jayvant Makwana at Gujarat University (2023)
- Participated in a workshop on research methodology at Gujarat University (2023)
- Attended Workshop on “Dream analysis and interpretation” by Radhika Goyal, conducted by Socially Souled (2020)
- Workshop on Anxiety Antidote by Anandita Anand conducted by Enactus, Lady Shri Ram College for Women (April 2020)
- Participated in a 3-day (2 hours per day) internship on Expressive Arts-Based Therapy by Tanushree Sangma, conducted by Fortis Hospital (June 2020)
- Attended Art therapy workshop on “Introduction to Art in Therapy” by Aditi Kaul from Fortis hospital (July 2020)
- Assessment and interpretation of MISIC at Sir Ganga Ram Hospital, Delhi (2019)