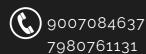
# **LAVANYA JHA**

#### CONTACT





lava.300599@gmail.com



Usha Niwas, 18 D, Anand Palit road, Kolkata 700014

#### **SKILLS**

- interpersonal communication
- analytical skills
- research skills
- management
- writing

### **LANGUAGE**

- Hindi (mother tongue)
- English (fluent)
- Bengali (speaking)
- German (basic A1 level)
- French (basic 3rd language)

# PROFESSIONAL PROFILE

I am fascinated by people and communication patterns and aspire to make human interaction and personal connections easier. I am an avid learner and can work well under pressure

# INTERNSHIP AND WORK EXPERIENCE

# Institute of Psychiatry-Intern (1st August 2022 - 3rd September 2022)

· orientation in case history taking, mental status examination and psychological assessments, etc.

# **Ummeed Counselling and Consultancy Services - Intern** (7th February 2022 - 26th February 2022)

· ·covered concepts related to Positive Psychology, behavior therapy, enhancing skills for mental health professionals, counselling in school scenario, adolescent counselling and goal setting.

Reference- +91 9433744078, Pinky Bannerjee, Counselling Psychologist

# Footzila Football Club- Manager

(April 2018 - January 2019)

 managed operational tasks including inspection of facilities, preparing inventory, reports and activity lists, hired and oversaw training of staff, coordinating with all departments and planning for special events

Reference- +91 8088001755, Chirantan Ghosh, Managing Director

# **DSHED Fashion Store- Store Manager** (September - November 2018)

- · Worked with owner to formulate the brand and visuals, directed operations of store, meeting customer needs in store, ensuring profitability, customer satisfaction and cost-effective store operations.
  - Job left due to store closure

Reference- +91 7338824678, Harigopal Dutta, Store Owner

#### BestDeal Financial Services- Financial Intern

(1st September 2016 - 17th August 2017)

- Account Reconciliation
- Monthly journal entry preparation

Reference- +91 7715972727, P Shankar, CFO

# VOLUNTARY EXPERIENCE AND LEADERSHIP

- In 2014, I was a part of a group that conducted a survey of 100 domestic families about the upbringing of their children using selfreports.
- · Participated in college cultural activities and won accolades
- Participated in college social activities like Suicide Prevention Day event and visited child and elderly homes as part of Independence Day programs (2017-19)
- National Consumer Rights Commission-

Certificate of membership for the post of Reporter & Content writer, Bangalore, Karnataka State. ID Card No.

NCRC/DEL/2588/13/KA/003, valid up to 24/07/20.

 Foundation certificate course on career counseling through ICCCa 15 credit course spread over 2 days through a virtual conference

## **EDUCATION**

#### Frank Anthony Public School (2005-2011)

• Won several accolades in Karate, Art, Drawing and Dance.

#### The Heritage School (2011-2017)

- India Grade X 79%
- India Grade XII of 76%
- Captain of the Heritage Girl's Football team from (2015-17),
- Editor of the Cookery club (2015-17).

#### Indian Institute of Psychology and Research (2017-2021)

- B.A in Psychology, Marketing and Economics
- CGPA- 7.42; Grade A First Class with Distinction

#### Chinmaya Vishwavidyapeeth (2021-2023)

- MSc Applied Psychology
- CGPA- 8.03; Grade A
- Dissertation Paper presentation- Family Incivility and Adjustment among Adolescents
- Interned for one day ever week at Adarsh Charitable Trust- a school for differently abled children (September, 2022-December 2022)