SUBIKSHA BHARATI S

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EDUCATION

- **MSc Psychology** - Jain Deemed to be University SOS, Bangalore (CGPA - 8.0) [2024-2026]
- **BSc Psychology** - PSG College of Arts and Science, Coimbatore (CGPA - 7.2) [2021-2024]
- **HSE** - National Model Matric Hr. Sec. School, Coimbatore (Percentage - 95%) [May 2021]

EXPERIENCE

Psychologist Intern at Innerworld Counselling centre, Bangalore [March 2026 - May 2026]

- Conducted career counselling assessment sessions and MSE for Srtella Mary school students.
- Assisted in case observation, report writing and family counselling documentation.
- Conducted DPDA. Practiced Art Therapy techniques, Play Therapy and Narrative Therapy.
- Created mental health content and engagement materials, like blog, posters and reels for social media.

HR Intern at PVR Cinemas, Coimbatore [June 2025]

- Supported recruitment and onboarding processes
- Maintained and updated employee records using HRIS
- Conducted a job satisfaction survey to gain exposure to employee well-being and work-place issues.
- Assisted with the emloyee welfare program by tracking expenses and drafting excel sheets.

Psychologist Intern at Element H Psychological Support Services, Chennai [May 2023]

- Maintained accurate records of all activities throughout internship period.
- Conducted psychological assessments, including NEO-PI R, and generated detailed reports.
- Presented findings on play therapy to enhance understanding of therapeutic techniques.
- Observed client assessments and therapy sessions throughout the tenure of intership.

PROJECTS

- **Mindscapes - Board Game:** Designed and developed a structured, collaborative board game based on positive psychology aimed at enhancing emotional regulation, adaptive coping skills, and resilience through experiential and group-based learning
- **Dissertation on "Belief in Luck and Its Relationship with Resilience Among Young Adults" :** This dissertation aims to investigate the relationship between belief in luck and resilience among young adults.It explores how an individual's reliance on external factors like luck may influence their psychological resilience in challenging situations.
- **Dissertation on "Escapism and Parasocial Relationships: Examining the Moderating Role of Social Support"**: This dissertation aims to examine the prevalence and gender-based differences in parasocial relationships within specific fan communities, particularly anime and K-pop fandoms. It also examines the influence of social support on formation of parasocial relationship and escapism tendencies.

WORKSHOPS CONDUCTED

- Conducted a training module on time management and goal setting for 7th graders in PTA School. The session aimed to help students understand the importance of planning, time management and goal setting techniques.
- Conducted a corporate training session on Microbreaks for bank employees, focusing on the importance of short, intentional breaks to reduce workplace stress, and enhance overall productivity in a high-pressure work environment

- Conducted a webinar on 'Why people stay in Unhealthy relationships' for yound adults and couples
- Conducted a session on 'Mindfulness and emotional regulation' for medical staff in Excel care hospital, Bangalore

CONFERENCE

- Presented a paper on Belief in Luck and Its Relationship with Resilience Among Young Adults in IKS National Conference

CERTIFICATIONS

- Therapist's Skills Practitioner Course Level 1 -Inspiron Psychological Well being centre 2025
- Positive Psychology Martin E. P. Seligman’s Visionary Scienc , Coursera 2025
- Psychological First Aid , Coursera 2025
- Excel Basics for Data Analysis, Coursera 2025
- Communication in the 21st Century workplace, Coursera 2025

VOLUNTEER EXPERIENCE

- **Little Sisters Of Poor** To provide emotional, psychological, and social support to the elderly residents through interactive activities, psychoeducation, and engagement

SKILLS

- Applied Psychology Skills: Psychological assessments, Data collection, Report writing. Quantitative analysis, SPSS.
- Corporate training : Needs assessment, Drafting training module.
- Interpersonal Skills: Active listening, Presentation skill, Communication skills
- Social Media Management, Video Editing, Poster creation, Blog Writing
- Languages: Tamil, English, Hindi