

NIHAREEKA GOGOI

CONTACT

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- Whitefield,Bangalore

EDUCATION

- Bachelor's in psychology ,Karmashree hiteswar saikia college(2020-2023),Guwahati,ASSAM.
- Master's in Clinical psychology, Jain University(2023-2025),Bangalore.

SKILLS

- Interpersonal Communication
- Problem Solving
- Crisis Management
- Creative Thinking
- Team Work
- Fast Learner
- Psychological assessments
- Counselling Techniques
- Adaptability to Change

LANGUAGES

- English
- Hindi
- Assamese



PROFILE

- Motivated Psychology graduate with hands-on experience in student counselling through multiple internships. Skilled in building rapport, providing emotional support, and fostering students' mental well-being. Passionate about creating a positive, empathetic environment where students feel heard, understood, and empowered to overcome challenges.



INTERNSHIP EXPERIENCE

Intern – Inspiron Psychological Well-being Centre, Bangalore.

- Observed and assisted in individual and group counselling sessions.
- Supported psychologists in creating awareness activities for school students.
- Learned basic counselling techniques and documentation.

Intern – Mental Health Settings

- Engaged in counselling and guidance activities at a child guidance center and a rehabilitation center.

- Completed 30-hour Skill-Based Development Program in Clinical Psychology (2024-2025) with grade A, including training in assessment, counseling, and field exposure at education and mental health settings.

- Published a research paper on "Stress and Impulsive buying" in International Journal of Indian Psychology, Vol. 13, Issue 2 (2025).

- CERTIFICATIONS & TRAINING: Certification on 'Capacity Building Training on Life Skills' By Centre for Life Skills Education 4 week training in Counselling Skills & Assessments by Inspiron - conducted on-site assessments in schools using tools like MBTI & Career Interest Survey interacted with students & contributed to awareness sessions on emotional intelligence & well-being; prepared personalized career guidance reports for students.



Key Skills

- Interest in student counselling
- Student support and guidance
- Effective communication and empathetic listening
- Rapport building with students and parents
- Workshop planning and facilitation
- Understanding of psychological principles relevant to student life