

Shubhangi Goswami

Counselling Psychologist



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📍 Hennur, Bangalore

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ABOUT ME

A Counselling Psychologist, inclined towards Humanistic Approach with a strong belief in the transformative power of Expressive Therapy, dedicated to eradicate the stigma associated with Mental Health, bringing interdisciplinary perspective to Mental Health and well being. with hands on exposure with clinical setting.

EDUCATION

- HOLY CHILD SENIOR SECONDARY SCHOOL (HSLC 2006-2018)
- MAHARISHI VIDYA MANDIR (HS 2018-2020)
- CHRIST (DEEMED TO BE UNIVERSITY) (BA IN THEATRE STUDIES, ENGLISH AND PSYCHOLOGY, 2020-2023)
- KRISTU JAYANTI (DEEMED TO BE UNIVERSITY) (MSC IN COUNSELLING PSYCHOLOGY, 2023-2025)

WORK EXPERIENCE

Kristu Jayanti (Deemed to be University)

- 2025-2026 (April)

Teaching Assistant, Mentor, Researcher

Byatikram Digital

- 2020-2024

Hosted and managed a talk show "Knowledge Zenith Mind" single handedly for four years.

Host, Event Manager. Currently a free launch anchor.

Intern

- January 2024 - April 2024

St. Mary's English High School, GedanaHalli, Bangalore

Intern

- June - 2024

U-Matter, Guwahati, Assam

Intern

- January - 2025

Pratiksha Hospital, Guwahati, Assam

Intern

- February 2025 - April 2025

Reflection and You, Counselling Centre, Bangalore

Pro Bono Counsellor

- Practiced Counselling under supervision during Masters

SKILLS

- Communication
- Networking

- Empathetic Listening
- Creativity

- Adaptability
- Psychological Research design

LANGUAGES

- English

- Assamese

- Hindi

Additional Qualification

- Trained in Classical Dance (Sattriya) for 18 years
- Trained in Theatre for 17 years
- Completion of art course from Guwahati Artist Guild
- Worked as a Theatre teacher at Assam Down Town School
- Worked as a choreographer at Headsmart preschool
- Worked as a choreographer for the Annual Day of Kristu Jayanti CMI school
- Published an article on Sattriya Nritya, based on a research conducted during undergraduation
- Conducted one-day Theatre workshops
- Led different Theatre Groups
- Active faculty member of Kristu Jayanti Dance Academy (2025-2026)

COMPUTER PROFICIENCY

- Basic Computer proficiency
- Trained in SPSS and Jamovi as a part of academic curriculum
- Trained in Zotero and Mendeley as a part of academic curriculum