

# NEHA ROSHNI YOOSHING

## PROFILE



**"When words are both true and kind, they can change the world."**

As a staunch believer in the preceding phrase, I describe myself as a detail-oriented individual capable of innovative thinking, critical decision-making, time management, and research. I will satisfy employment needs and contribute to its progress via diligence and dedication, since I have expertise in teaching, writing, counselling, public speaking, and problem-solving abilities.

## EDUCATION

(Pursuing PhD in Psychology- Integral University, Lucknow)

### **University of Lucknow, India**

- Masters in Psychology- **77.4%**
- Dissertation on "Comparative analysis of Mental Health and Life Satisfaction between Transgender and Cisgender individuals"
- PG Diploma in Garbh Sanskar (Maternity and Counselling)- **75.5%**
- Certificate in Counselling, Soft skills and Integrative therapies-Sujav Foundation (Internship).

### **Avadh Girls' Degree College, Lucknow, India**

- Bachelor of Arts (BA)- **74.6%**

### **La Martiniere Girls' College, Lucknow, India**

- ICSE- **95.4%**
- ISC-**95%**

## SKILLS

- Creative writing
- Verbal and Written Communication
- Public Speaking
- Counselling and Stress/Anger Management
- Detail oriented
- Adaptability and work ethic
- Problem Solving
- Translation skills from English to Hindi and vice versa

## CONTACT



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## ACHIEVEMENTS

- **Qualified the UGC NET exam- 2023**
- **President** of the Literary Society at Avadh Girls' Degree College
- **Head Editor** of the Avadh College Magazine
- **Editor** of the College Magazine at La Martiniere Girls' College)
- **Awarded** the title of "**Silver Tongued Orator**" at Avadh Girls' Degree College- 2020
- **Silver Medal** for contribution to college activities at Avadh College - 2019-20
- **Award** for distinction marks in Psychology in BA (**79%**)- 2018-19
- **Award** for distinction marks in Psychology in BA (**75%**)- 2017-18

## EXPERIENCE

- **Assistant Professor (Psychology)** at Integral University, Lucknow- (2023- present)
- **NET/JRF educator** at Koshika Academy, Lucknow- (2023-present)
- **Communication Skills/English-speaking Trainer** at Bodhisutra (2024)
- **Subject matter expert of Psychology and Academic Writer** at Wordsmith Creations, New Delhi. (2022- 2024).

## PUBLISHED WORK

- **Author of the Edited Book-** "Performance Anxiety Management"
- **Chapters** published in 15 books
- **4 Research papers** published in International Journals
- **Articles published** in the Times of India NIE

## ADDITIONAL ACHIEVEMENTS

- **Guest Speaker** in the One Week International FDP on Integrating AI in Research Writing organized by Ivarin Publications- 2025
- **Guest Speaker** for a lecture on Strategies for Effective Teaching in the Gen-Z era organized by Amity University, Lucknow-2025
- **Guest Speaker** in a Webinar on 'Mastering Workspace Etiquette' organized by Ivarin Literary Club- 2024
- **Guest Speaker** in the 5th International Conference on World Mental Health Week organized by Divya Karuna Organization (NITI Ayog)- 2024
- **Presented a research paper** on "Spiritual Fraud" in a Seminar on World Mental Health Day at Integral University, 2024
- **Presented a research paper** on Digital Detox as an Indian Delegate of NurtureLife at Nepal, 2024
- **Participated in the 14 Day PDP** on educating Sustainable Development Goals through Redesigning Curriculum at Integral University, Lucknow- 2024
- **Participated in 5 Day International Virtual FDP** on Effective Research Writing by Ivarin Publications, 2024
- **Guest Speaker** in the International Webinar on Strategies for Mental Well-Being organized by Praan (Lucknow University) -2024
- **Guest Speaker** in an Interview session organized by Nurture Life (an International Organization for Mental Health Awareness) -2024
- **Co-Convenor** in the International Workshop on Psychotherapies, Integral University, Lucknow- 2024
- **Presented a research paper** on "Analyzing the Role of Teachers in Indian Epics and Scriptures" in an International Conference by Education India Research Foundation-2024
- **Presented a research paper** on "Social and Emotional Learning in the Digital Age" in an International Conference at MATS University, Raipur- 2024
- **Presented a research paper** on "Godmen in Indian Literature" in an International Conference at V.O. Chidambaram College, Tamil Nadu- 2024
- **Presented a research paper** on "Godmen's Faith Healing" in an International Conference at Integral University, Lucknow- 2024
- **Presented a research paper** on "Artificial Intelligence and Refugee Healing" in an International Conference at Integral University, Lucknow-2024
- **Presented a Research paper** on Astrological Myths: Exploring Indian Views on Cosmology
- **Participated in the 7 Day International FDP** organized by GKM College of Engineering and Technology, Chennai-2024
- **Participated in the Faculty Development Program** on "Artificial Intelligence in Teaching and Research Paper Writing, Integral University-2024
- **Participated in the International Faculty Development Program** on Fundamentals of Research in Social Sciences, Integral University-2024
- **Honored by Department of Psychology, Lucknow University and SGPPI medical team** for being the sole Organ Donor from the department having donated entire body organs at age of 17- 2023
- **First Position** in Speech contest in World Mental Health Youth and Public Contest by Nur Manzil and Golden Future-2023
- **Best Presentation** award on Mental Health and Tuberculosis at Lucknow University -2022
- **First Prize** for Poster Making by National Service Scheme (NSS), Lucknow University- 2022
- **Presented Research paper** on 'Crimes against Women' at Lucknow University, Lucknow University- 2022
- **Made the Press release report** as a volunteer for an International conference on Positive Psychology at Lucknow University-2021
- **Won the title of "Miss Avadh"** at Avadh Girls' Degree College- 2020
- **First Position** in Elocution in Inter collegiate Competition- 2020
- **First prize** in the debate by **National Insurance Company Ltd.** -2019
- **First Prize** in the Debate by **SIFPSA -National Service Scheme (NSS)**- 2019
- **First Prize** in Slogan Making Competition by **Election Commission of India**-2019
- **First Position** in Inter collegiate Elocution Competition- 2019
- **Presented a paper** titled-"Women and Gandhi" in Seminar on Relevance of Gandhian Socio-Economic Thought in 21st century-, Avadh Girls' Degree College-2019
- **Elected as the President of the Literary Society** of the Avadh College- 2019
- **Won the title of "Miss Freshers"** at Avadh Girls' Degree College- 2017
- **Sharda Memorial Gold medal** for Excellence in Hindi Literary activities- 2016-17
- **Best speaker of the Hindi Tarunapuri Debate** at La Martiniere Girls' College-2016
- **Elected as the Editor of the Hindi Magazine** at La Martiniere Girls' College- 2016
- **Best Interlocuter award** at National debate at Welham's College, Dehradun-2016