



Dr Smita Ghosh

Psychologist – Researcher – Content Writer – Motivational Speaker – Lifestyle/Mental Health Coach – Soft Skill Trainer – Director Mi Merak

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Website, Portfolio, Profiles

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- <https://www.instagram.com/smitaghosh19/>
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- <https://ghoshsmita.academia.edu/>
- <https://about.me/drsmithaghosh>

Professional Summary

Skilled Psychologist and Happiness Navigator with strong background helping clients overcome personal challenges and cope with triggering situations. Focused on facilitating exploration of issues, developing individualized plans developing important skills and devoted to positively impacting clients.

Successful at delivering support individually and in group settings. Seeks every opportunity to build trust and deep connections.

Versatile Content Writer proficient in researching, writing, and editing diverse content. Works with minimal input to produce engaging, authoritative, and error-free work. Autonomous yet communicative with two-year history of superior performance in remote environments.

Experienced and well-versed in the nuances of steering discussions without forcing decisions. Expert in procedure and running meetings efficiently.

Mental Health and Self-Awareness Coach for youngsters and looking to continue to make a positive impact on corporate operations. Bright insightful and enthusiastic applying 8+ years of Counselling experience to dynamic challenges. Promotes growth and operational improvements as first-rate communicator, organizer and planner. Organized and dependable candidate successful at managing multiple priorities with a positive attitude.

Skills

- Flexible & Adaptable
- Conflict Resolution
- Self-Motivated
- Active Listening
- Integrated Healthcare Models
- Social Work
- Psychology Expertise
- Psychological Interventions
- Community Resources and Education
- Behavior Modification
- Educational Strategies
- Breathing Exercises

Work History

01.2020 - Current

Founder Director

Mi Merak - Ahmedabad, India

- Interviewed, supervised, and motivated trainers to achieve optimal productivity.
- Furthered brand awareness through Social Media and Offline/Online Workshops.
- Proved successful working within tight deadlines and fast-paced atmosphere.
- Used critical thinking to break down problems, evaluate solutions and make decisions.
- Designed and facilitated training courses, aligning new learning development and solutions to organization's strategic goals, mission, and vision.
- Conducted orientation sessions to assess skill levels and areas of strength and weakness.
- Delivered group and individual training covering Leadership, Self-Awareness, and Mental Health areas.
- Evaluated success of training programs and recommended improvements to upper management to enhance effectiveness.
- Assessed skill gaps for employees in various department and developed training courses to meet identified needs.

Few Projects :

Project 1: BAOU

- Content for Elective Subjects (Master Students)
- Electives (Soft Skill and Emotional Intelligence)
- Elective (Research Paper Writing & Media Research)

Project 2: Advocating Empathy

- Research Work
- Blogs/Articles
- Training and Awareness Sessions/Lectures

Project 3: Being Saksham

- Women Empowerment
- Psychological Self Defense
- Financial Literacy

Project 4: Expressive Art

- Workshops (Online/Offline)
- Reducing employee burnout
- Nurturing emotional growth

Project 5: Soft Skill – Job Readiness

- Beyond Academics
- Changing and Adapting Mindset
- Discovering one's Potential
- Framework of Mind

Client History :

- NDIIT (Post Graduate Students)
- Direct Tax Regional Training Institute, Ahmedabad (DTRTI)
- Ahmedabad Branch of WIRC of ICAI
- Healthy Mind Online (India)

08.2016 - Current

Behavioral Counsellor/ Happiness & Life Coach

Anand Niketan School - Ahmedabad, India

- Carried out day-day-day duties accurately and efficiently.

- Identified issues, analyzed information, and provided solutions to problems.
- Exceeded goals through effective task prioritization and great work ethic.
- Used coordination and planning skills to achieve results according to schedule.
- Quickly learned new skills and applied them to daily tasks, improving efficiency and productivity.

Resolving and Tackling Behavioral Issues/Training Life Skills and Emotional Intelligence

- Students Counselling for Behavior Modifications
- Remedial for Special Children (LD and ADHD)
- Value Education (Higher Secondary) students (Understanding and discovery of values and beliefs)
- Teachers Workshop (Stress and Understanding Classroom Management)
- Happiness Coach (Curriculum Design and Training)
- Skills for Adolescence (Curriculum Design and Training)

03.2022 - Current

Ahmedabad Chair(Honorary)

G100 - Ahmedabad, India

- **G100 Vision:** To create an equal, progressive & inclusive environment for women worldwide.
- **G100 Mission:** To provide the thought leadership on what needs to be done for inclusivity, safety, economic & social empowerment of women globally, addressing genders gaps and achieving gender parity within this decade.

Ahmedabad Chair :

- Working on workshop for Women Empowerment
- Campaigns and mentoring for financial literacy
- Motivation for being financially literate
- Used coordination and planning skills to achieve results according to schedule
- Participated in team-building activities to enhance working relationships

09.2021 - Current

National President (Honorary)

WICCI - Women's India Chamber of Commerce and Industry - Ahmedabad, India

Lifestyle and Fitness Council

- Improve community's understanding of mental and physical health/fitness and mind-body connection
- Provide training and opportunities for individuals to identify barriers to fitness and lifestyle related challenges and provide programs and environment that supports and improves resilience for these individuals.
- Improve Self-Perception of Individuals
- To develop positive process, tailor-made to suit agenda of council aim
- Spreading - Art of being Happy
- Finding missing link in our life – SELF with our MIND
- Conducted research, gathered information from multiple sources and presented results
- Developed team communications and information for meetings
- Created plans and communicated deadlines to complete projects on time

04.2020 - 01.2022

Mental Health Volunteer

Poddar Foundation - Gujarat, India

- Tackling and Resolving Various Mental Health Issue, like:
- Job Insecurity

01.2021 - 12.2021

- Anxiety
- Home Stress
- Adjustment Issues
- Fear of losing job
- Working as
- Volunteered with groups and organizations to help make measurable differences for program recipients.
- Displayed sensitivity to cultural and linguistic needs of clients and families served
- Worked collaboratively with other mental health professionals to provide consistent care and minimize diversion
- Applied array of different methodologies to assist patients with therapy

Pageant Groomer/Trainer/Jury

Forever Star India Awards - Jaipur, India

- Monitored participant behaviors throughout training process.
- Maintained energy and enthusiasm
- Mentoring participants for beauty pageant
- Building positive self-image
- Quickly adapted training plans for client needs, keeping timelines, budgets, and desires in mind
- Analyzed team performance and identified opportunities for additional training
- Implemented diverse instructional methods, optimizing trainee engagement
- Introduced standardized training for cohesive learning environments
- Recorded and edited videos to facilitate remote learning

Education

- 11.2021 Ph.D., Counselling Psychology, Sabarmati University - Ahmedabad
- 06.2021 Certificate Course in Leading Change: Go beyond Gamification with Gameful Learning -, University of Michigan - Edx
- 06.2021 Certificate in Emotional Development in Children, Emotional Intelligence (Development in Children), Ddf Social E-Learning - Spain
- 02.2021 Post-Graduation Diploma, Counselling Psychology, Singhania University - Rajasthan
- 02.2021 Diploma, Community Mental Health for Psychologist, Nimhans Digital Academy
- 02.2017 Master of Arts, Counselling Psychology, IGNOU - New Delhi
- 01.2017 Certificate Course in Special Education, Asian College of Teachers - Online

Certifications

Micro Credentials:

- NLP Master Practitioner Certificate
- Certified Positive Psychology Practitioner
- CBT Practitioner
- Happiness Life Coach
- Certificate in Child Psychology
- Counseling Adolescent
- Emotional Development (Emotional Intelligence)
- Gamification

Affiliations

- Indian Science Congress (ISCA)– Life Member (L39631)
- APA (American Psychological Association) – (C2002596327)
- International Benevolent Research Foundation – Bonafide Student (IBRF/177/ORM/2020J)
- Indian School Psychology Association (InSPA) – Life Member (AM/2020/10728)
- Counselors Council of India (CCI) – Life Member (CRN7729099)

Additional Information

Awards

- Indian Psychological Association (IPA)- Academic Excellence Award 2020
- Super Woman 2020 – Forever Star India Awards
- Research Excellence Award 2020 – Institute of Scholars (INSC)
- Excellence Award Women Researcher – National Educational Brilliance Award (NEBA)
- Award for Contribution in Health Awareness – International Education Award
- Top 50 Influencers – GTown Society Magazine
- Remarkable Women 2021 Award
- Appreciation – Humanitarian Excellence (I Can Foundation)
- Award for contribution in Research and Development in higher education – MIMT
- Best Research Paper Presentation - MIMT
- Bharat Gaurav Puraskar and Certificate of Excellence Award 2021 – KTK Outstanding Achievers and Education Foundation
- Mindful Educator of the Year Award 2021- Mind On
- IBRF Young Researcher Award-2021 – International Benevolent Research Foundation
- Super Woman 2021 – Motivational Speaker – FSIA
- Glantor X – 100 Top Leadership Award (Women)

Print Media Achievement

- "India's Most Admired Women In Educational Sector - 2022" – The Knowledge Review Magazine
- Women of Substance Awards 2022 – She Inspire Magazine Special April 2022 Edition
- Famous Social Entrepreneurs 2022 – Hello Womeniya/Jio News
- Dream Builder Award (Page 3 Excellence Award) – Page 3 Lifestyle Magazine March 2022 Issue

Paper Published

Paper Published

- **Emotions A Multidisciplinary Inquiry** (Aura Books International) – A Comparative study of Gender differences on the effect of fear strategies used by Media on mental imagination level of urban adult.
- **ANVESH 2020** (NIRMA University) – The Teen Ink 2 Color Run
- **Psychological Well-being in Pandemic Era** (Child university): The Silent Sufferers: The Effect of Zootors on Aggression Level in Quaranteened Students
- **GAP Bodhi- Taru** (A Global Journal of Humanities) A comparative study of Overt aggression & Moral Judgement in relation to age among Cartoon watchers and Non-cartoon watcher students.
- **International Journal of Scientific & Engineering Research** (IJSER) Empathy as a Classroom Value: A key to social and emotional growth in early Childhood

Languages

English

Hindi

Bilingual or Proficient (C2)

Marathi



Upper intermediate (B2)

Gujarati



Elementary (A2)

Advanced (C1)

Bengali



Advanced (C1)

French



Beginner (A1)