



# ANNANYA CHAUHAN

**PhD Scholar**

## CONTACT

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## SKILLS

- Teaching & Mentorship
- Critical Thinking
- Leadership
- Research & Analytical skills

## LANGUAGE

- English
- Hindi

## ABOUT ME

As a passionate Psychology scholar pursuing a PhD, I am driven by the profound impact that mental health and emotional well-being have on personal growth. With a blend of academic rigor, teaching experience, I specialize in understanding human behavior, fostering resilience, and creating supportive environments. My goal is to bridge research and practice, empowering students to navigate challenges with confidence and self-awareness also to create a deeper level of self understanding by including psychology not just as a subject in their lives but as a lifestyle itself.

## WORK EXPERIENCE

### Teaching Experience

Mentored students of Bachelors and Masters from last 1.5 years  
. Have expertise in designing and interacting with students.

### Research Experience

Have been working as a PhD scholar since 2 years simultaneously working on Writing and publishing research papers on my topic and other interest areas.

### Counselling and Mindfulness

Provided online counseling sessions to individuals, offering emotional support and psychological guidance.

Assisted clients in managing stress, anxiety, and personal challenges using evidence-based techniques.

## QUALIFICATIONS

<b>University of Patanjali</b>	2017-2020
Bachelors in Yoga Sciences	
<b>HNB Central University</b>	2020-2022
Masters in Psychology	
<b>Qualified NET-JRF in Psychology</b>	2022

**PhD is ongoing from UOP**

### Expertise

- Written a book named "Life's No More a Mystery in 2024"
- Hands on experience and a hobby as well in academic and creative writing
- Teaching and curriculum development
- 1.5yr experience in Online teaching On Youtube For UGC NET Psychology