

PREKSHA JAIN



CONTACT

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<https://prathaspitaara.wixsite.com/prekshajain>

prekshajain

LANGUAGE

English

Understand Read Write Speak

Hindi

Understand Read Write Speak

German A2 Certification

Understand Read Write Speak

Gujrati

Understand Read Write Speak

Malayalam

Understand Read Write Speak

TECHNICAL SKILLS

Wix Website Builder

Search Engine Optimization (SEO)

Social Media Marketing

Content Writing & Poetry

Video Editing

Image Designing & Editing

SOFT SKILLS

Time management

Problem solving

Communication

Creativity

Leadership

Quick learner

EDUCATION

POSTGRADUATE DIPLOMA IN ARTS THERAPY

Institute of Holistic Mental Health | 2021-2022

BA IN PSYCHOLOGY, ENGLISH LITERATURE,
PERFORMING ARTS

Christ (Deemed to be University) | 2018-2021

COMMERCE WITH PSYCHOLOGY

Shikshantar School of Learning | 2011-2018

EXPERIENCE

WEBSITE DESIGNER & SOCIAL MEDIA
MARKETER

IdeaX Creative Labs, Singapore | 2021

FOUNDER | CHOCOLATES & GIFTING

Pratha's Pitaara | 2021 onwards

CO-FOUNDER | EDUCATIONAL STARTUP

VIDDWAN | 2021 onwards

DANCE CHOREOGRAPHER & TRAINER;
SCRIPTWRITER

VIDDWAN | 2021

CORE MEMBER- EVENT HEAD

JITO Youth Wing | 2020 onwards

VOCATIONAL TRAINER FOR HIV+
ADOLESCENTS

Snehagram, Krishnagiri | 2018-2021

CHOREOGRAPHER & TECHNICAL MEMBER
THEATRE

Magic Creations | 2019

ACHIEVEMENTS

AUTHOR | 2021

- Published a Book titled "Beginning" as a co-author.
- A Book of Poetry to be published in 2022 written by me.
- Secured first position in the entire Christ University poetry competition and was awarded certification and cash prize.

CERTIFICATED COURSES | 2019-2021

- Completed a Certification of educational Internship and course with Cognizavest for Clinical Psychology.
- Certification for 'Leading Innovation in Arts & Culture' from Vanderbilt University through Coursera
- Completed Certification Course 'Healing with the Arts' with University of Florida through Coursera

RESEARCH | 2018-2021

- Certification for research conducted, presented in the field of Performing Arts and Psychology:
 - International Conference Counselling, Psychotherapy and Wellness jointly organized by the Ontario Institute, University of Toronto and CHRIST University.
Paper Presented- Life skills intervention; A Review of its efficacy on HIV infected Adolescents
 - National Conference Aesthetica
Paper Presented- Distress Tolerance among Adolescent Girls Living with HIV: Dance as a Coping Strategy
 - Dissertation
Paper Presented: Comparative Study: Theatre as a Therapeutic Tool for Audience and Performers With Regards to Catharsis and Rasa theories

SOCIAL WORK | 2020

- Completed a two month internship as a HR volunteer with Aasman Foundation.
- Volunteered at NGO Veera

INTRASCHOOL | 2015 ONWARDS

- Certificate of participation and merit in intraschool debate competitions
- Certificate of participation in intraschool MUNs as a delegate
- Certification of participation 2 years in a row, Shri Utsav.

GERMAN A2 | 2015

Certificate of completion of German till A2 level from Goethe Institute