

# PREKSHA JAIN



CONTENT EXECUTIVE,  
SUPPORT & MARKETING

## Contact

- +91 9315338986
- prekshajain@gmail.com
- www.prekshajain.co.in
- prekshajain

## Languages

### 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

## Education

- Post Graduate Diploma in Art Therapy  
**Institute of Holistic Mental Health** |  
April 1 2021- Present (distance learning)
- BA in Psychology, Literature, Theatre  
**Christ Deemed to be University** |  
June 4 2018- 30 April 2021
- Commerce with Psychology  
**Shikshantar School of Learning** |  
9 April 2011- 28 May 2018

## Work Experience

- Content Executive, Support & Marketing  
**HomeTriangle, Bangalore** |  
6 January 2022- Present
- Website Designer & Social Media Marketeer  
**IdeaX Creative Labs, Singapore** |  
21 June 2021- 21 September 2021
- Founder | Chocolates & Gifting  
**Pratha's Pitaara** | 2021- Present
- Founder | Educational Startup  
**VIDDWAN** | 2021- Present
- Core Member- Gurgaon Chapter  
**JITO Center for Excellence** | 2021- Present
- Event Head- Core Member  
**JITO Youth Wing** | 2021- Present
- Dance Trainer  
**VIDDWAN** | August 2021
- Vocational Trainer for HIV+ Adolescents  
**Spandan Project, Snehagram** | 2018- 2021
- Choreographer & Technical Team Theatre  
**Magic Creations** | May 2019

## Soft Skills

Time management  
Problem solving  
Communication  
Creativity  
Leadership  
Quick learner

## Technical Skills

Wix Website Builder  
Search Engine Optimization  
(SEO)  
Social Media Marketing  
Content Writing & Poetry  
Video Editing  
Image Designing & Editing

# Achievements

## ● German A2 | 2015

Certificate of completion of German till A2 level from Goethe Institute

## ● Intra-school | 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.

## ● Author | 2021

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

## ● 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

## ● 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