



**MANAV RACHNA UNIVERSITY, FARIDABAD**  
Sector 43, Aravalli Hills, Manav Rachna Campus Rd, Faridabad, Haryana 121004



**Ms. Mitakshara Medhi**

**Designation:** Assistant Professor

**Qualifications :** MA in Psychology, UGC-NET qualified

**Email:**mitakshara.fbss@mriu.edu.in

**Experience:** 03 Years

**Research Interest :** Counselling, and intervention and mental health among vulnerable populations

**Expert Talk Delivered**

1. Topic titled "Understanding Emotions". Department Orientation at Graphic Era University, Dehradun, on 22nd September, 2020.
2. Topic titled "Causes of students' stress and its effects on their academic happiness". Interactive Webinar organised by the Social Nexus Foundation (NGO), on 3rd January, 2021.
3. Topic titled "Breathe; it will be fine". Interactive webinar organised by There For You Foundation in association with NSS Atma Ram Sanatan Dharma College, University of Delhi, on 26th February, 2021.
4. Topic titled "How to support your near ones during these tough times". Interactive webinar organised by There For You Foundation in association with NSS Atma Ram Sanatan Dharma College, University of Delhi, on 9th May, 2021.