

HELLO, I'M DEEKSHA NAPA

Making room for better urban design by studying human (+ animal)-environment interactions.

EDUCATION

- M.A.** **Clinical Psychology**, Fergusson College (2021-2023)
- B.A.** **Psychology (major) and Design (minor)**, FLAME University (2016-2019)
- IB Diploma Program** Psychology HL, Economics HL, English HL, French B, English Literature SL, Math SL, Biology SL, International School of Hyderabad (2013-2015)

EXPERIENCE

- Jul 2025-Apr 2026** **Senior Researcher, Full-time and Part-time, GRIT**
Mentorship: Guided three undergraduate students through post-occupancy evaluations - (a) ITI Road, (2) The APD as an Evaluation Tool, and (b) The Social Life of Commercial Fronts.
Projects: Translated my post-occupancy evaluation into a print-ready visual report and contributed to a lecture by Dr. Sruthi through the Council of Architecture - Training & Research Centre.
Supervision: Managed five undergraduate interns over a six month period across projects - (a) website revamp, (b) design and visual communication, and (c) project documentation.
- Oct 2024-Jul 2025** **Researcher, Full-time, GRIT**
Publication: Wrote 'Comma: A Look at Touch Through Seating' in the Hakara Journal, a research essay exploring the experience of touch through the lens of designed public-access seating.
Co-founder: Started the Environmental Psychology Society (EPS) to advance awareness of environmental psychology.
Projects: Conducted a post-occupancy evaluation of a public-access urban plaza in Pune; and contributed to a housing research project through field observations, collation and analysis of data, creation of master checklists, and a guidance document.

Feb-Sept 2024

Research Assistant, Part-time, GRIT

Responsibility: On-field data collection for a post-occupancy evaluation of a public-access urban plaza in Pune.

Aug 2023-Jul 2024

Graphic Designer, Freelance

Projects: Brand identity, brand collaterals (visiting cards, letterheads, invoices, envelopes, proposals, websites, and social media assets), logo concepts, Kraft paper packaging, a save the date, and Instagram accounts. <https://super.page/deenapa>

Clients: dn&co., Pineapple Productions, Carer, Jackfruit Solutions, Attitude Makeover, Grandpasush, SS Rice, Amoha Events, Suruchi Photography, Moyra Clothing, and Simulbarie Tea.

Jan-Apr 2023

Intern, Curamind

Responsibilities: Observed sessions, had discussion with the psychiatrist, took case histories, and conducted MSEs.

Deliverables: Case formulations on GAD, Specific Phobia, MDD, Erectile Disorder, and BPD, using different schools of thought.

Oct-Nov 2019

Design and Program Associate, Praan Foundation

Campaigns: Co-created, planned, and executed the 'Share Your Story' campaign, highlighting bottled emotions; and the 'Men's Mental Health' campaign, addressing toxic masculinity.

Product Design: Designed various products for our Campus Ambassador program and Tea and Talk session. <https://www.behance.net/gallery/92300599/Praan-Foundation>

Visual Design: Designed social media collaterals; integrated the brand's designs into the campaign videos; and redesigned our outreach program posters to overcome language barriers.

Jul-Sept 2019

Social Media Marketing Intern, Praan Foundation

Responsibility: Praan's social media presence - researched mental health topics and tailored content for Instagram, Facebook, and LinkedIn, keeping in mind the weekly rhythm of our audience.

Learnings: Refined visual aesthetic and software (Adobe Illustrator) skills through mentorship from Incor's head designer.

May-Jul 2018

Intern, Wellness Hub

Responsibilities: Wrote general assessments and developmental histories; conducted the Schonell Spelling Test and the Diagnostic Tests of Learning Disabilities; and assisted with Social Skills Training, Special Education, and Occupational Therapy

Learnings: Observed Speech Therapy, CARS, VSMS, Speech Language assessments, IQ tests, and Rorschach tests

Deliverables: An observational report, two case studies on clients with ASD, a report on ASD, and a presentation on my findings

Sept-Dec 2015

Teacher's Assistant, International School of Hyderabad

Grades 1 to 5: Assisted with classwork, games and activities, reading A to Z, reading evaluations, worksheet/homework corrections, dictation quizzes, and setting up a book club.

Grade 6: Assisted the Spanish teacher with classwork and worksheet corrections of beginner level Spanish.

Grade 10: Assisted the Math teacher with IGCSE classwork.

VOLUNTEERING

Feb 2023

Counsellor, Klasswise

Responsibility: Provided counselling for school-aged students and their parents, to raise mental health awareness, and focus on holistic development, in line with the NEP.

Event: National Holistic Expo (G20 and Y20)

May 2017

Camp Counsellor, Voice 4 Girls

Responsibility: Taught 40 adolescent girls Public Speaking, Critical Thinking, Female Hygiene, Gender Studies, Constitutional Rights, How to Debate, Life Skills and English.

Deliverables: Two case studies and a report of my findings.

RESEARCH

Post-Occupancy
Evaluation Report

Napa, D., & Javdekar, S. (2026). *Everyday life at a public-access urban plaza* (Vol. 1, *Life in Cities* series). EPS, Pune, India.

**Peer-Reviewed
Journal Article**

Napa, D., & Atmakur-Javdekar, S. (2025). Comma: A Look at Touch Through Seating. *Hakara: A Bilingual Journal for Creative Expression*, (22). <https://hakara.in/comma-a-look-at-touch-through-seating-deeksha-napa-and-sruthi-atmakur-javdekar/>

Masters Thesis

Napa, D. (2022) *Social Anxiety: An Affordance-Based Approach* [Masters Thesis in Clinical Psychology, Fergusson College].

AWARDS

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| 2025 | GRIT Innovation Award, Vilas Javdekar Developers |
| 2018 | Best Research Documentary, Discover India Program |
| 2017 | Dean's Roll of Honour, FLAME University |
| 2015 | President's Gold Seal Award, International School of Hyderabad |

AFFILIATIONS

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| Since 2026 | Core Member, Environmental Psychology Society (EPS) |
| Since 2025 | Network Member, Next Generation Foresight Practitioners (NGFP) |