

# Iti Shukla

502, A- Star, Sagar Royal Villas, Bhopal, MP- 462026 | 6266766229 | [itishukla666@gmail.com](mailto:itishukla666@gmail.com) |  
A-20, Vallabh CHS, Near Oshiwara Bus depot, Goregaon (W), Mumbai- 400104

Dedicated Psychologist with 3 years of experience in teaching psychology and counselling clients with strategies to navigate psychological struggles pertaining to academic, work-related, relationship, and familial issues. Offers extensive knowledge of psychological theories and principles, observational skills and empathetic skills. Adept in conducting individual and group counselling sessions, keeping record of sessions and designing management plans. Experienced in mentoring undergraduate and postgraduate students to acquire research skills and learn psychological assessment.

## SKILLS

### PROFESSIONAL SKILLS

Counseling  
Biopsychosocial assessments  
Behavior observation  
Behavior Modification  
Psycho-education  
Psychotherapy  
DSM-V classification  
Psychological assessments  
Report- Writing  
Ethical Skills

### INTERESTS

Clinical Psychology  
Counseling Psychology  
Organizational Psychology  
Cognitive Neuroscience  
Developmental Psychology

### ACADEMIC SKILLS

Student mentoring  
Records management  
Crisp presentations preparation  
Syllabus development  
Academic Planning  
Content writing skills  
Test preparation

### INTERPERSONAL SKILLS

Active listening  
Verbal and Written communication  
Empathy

## EXPERIENCE

### Counseling Psychologist

YourDost – Online Counseling & Emotional Wellness Coach, Bengaluru, KA

12/2016-07/2017

### Key Qualifications & Responsibilities

- Discussing relationship issues, career and academic oriented issues and other problems with clients and assisted them in finding customized solutions with suitable strategies.
- Handling 359 chat conversations and answered 205 messages to assist clients in dealing with issues.
- Refer clients to external resources for additional support.
- Conferred with other counselors in order to analyze individual cases and to coordinate counseling services.

- 
- Applied behavior modification techniques and used humanistic & existential approach for therapeutic interventions.

**Visiting Faculty**

Institute for Excellence in Higher Education, Bhopal, MP

01/2017- 02/2017

**Key Qualifications & Responsibilities**

- Effectively conducted classroom lectures for the subject paper 'Counseling Psychology' based on modules designed for second year students.
- Prepared thorough and comprehensive notes to guide students' learning.
- Successfully completed assigned module assuring conceptual clarity of psychological tests administered in counseling setting.

**Psychology Lecturer**

Jagran Lakecity University, Bhopal, MP

07/2017-05/2018

**Key Qualifications & Responsibilities**

- Taught six courses per semester to graduate and undergraduate students.
- Facilitated group discussions to enhance understanding of psychology concepts and core theories.
- Connected with struggling students to offer additional support and enhance learning.
- Maintained complete and accurate classroom records, including attendance and grades.
- Developed, optimized and implemented course plans to meet specific instructional requirements.
- Utilized range of instructional strategies and multimedia approaches to diversify instruction.
- Worked with students one-on-one to boost skills in weak areas and help grasp new concepts.

**Chegg Tutor**

Chegg India Pvt.ltd.

02/2019- current

**Key Qualifications & Responsibilities**

- Helped students with subject knowledge as well as general abilities in learning, studying and retaining information.
- Answering students' subject specific queries and doubts about fundamental concepts, knowledge and theories from all across the globe.
- Making students understand the assertion and reasons well boosting their conceptual knowledge with the help of elaborated explanations, diagrams, examples etc.

**Counsellor**

Jawahar Navodaya Vidyalaya

04/11/2019 - 30/04/2020

**Key Qualifications & Responsibilities**

- Conduction of individual counseling sessions and group sessions.
- Psycho-educating students on various topics for their benefit.
- Documentation and profile recording for the purpose of counseling
- Handling counseling records of each individual student.
- Mental status examination of students.
- Boosting core life skills through exercises and activities.
- Ensuring safety and security of students in all regards.

**Counsellor**

National Disaster Management Authority

07/2020 – 10/2020

**Key Qualifications & Responsibilities**

- Volunteering for NDMA to counsel Persons tested positive for COVID-19
- Assisting with connecting patients with respective authorities
- Provide psychological first aid to the patients and their caregivers
- Help grieving families to deal with the crisis and hand hold them through the grieving process.

**Honorary Faculty**

Institute for Excellence in Higher Education, Bhopal, MP

04/11/2020 – 19/01/2021

**Key Qualifications & Responsibilities**

- Engaging online classes for undergraduate students pursuing BA(Honours) Psychology.
- Mentoring students to acquire research skills and practical work.
- Training students for conducting psychological assessments and tests.
- Guiding students in career planning and providing informational support.
- Continuous assessments of acquired knowledge.
- Assisting in curriculum development.

**Guest Faculty**

Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha (Maharashtra).

21/01/2021 – 30/08/2021

**Key Qualifications & Responsibilities**

- Engaging online classes for undergraduate students pursuing BA Psychology and MA Clinical Psychology
- Conducting practical classes and teaching the utility, administration and interpretation of psychological tools and assessments.
- Guiding students to carry out research dissertations.
- Continuous assessments of acquired knowledge.
- Assisting in curriculum development.
- Setting examination papers for both undergraduate and postgraduate classes.
- Looking after library material and psychology lab for the department.

---

**EDUCATION AND TRAINING****Master of Arts: Clinical Psychology**

2013-2015

Barkatullah University- Bhopal, MP

- Scored 75%
- Major in Clinical Psychology.
- Class Representative (CR) of the class
- Ranked in Top position of department.
- Dissertation: A Correlational study of Job satisfaction and Work motivation among special educators at Composite Regional Centre (CRC), Bhopal
- Bhopal Memorial Hospital & Research centre, Bhopal :
  - Underwent internship in Psychiatry ward of wherein assisted in history taking of patients and their provisional diagnosis.

- Drafted reports on the basis of administered psychometric tests on patients and interpreted the results of the test.
- Composite Regional Centre, Bhopal :
  - Volunteered and learnt the identification and assessment of delays in developmental milestones of children by observing psycho-motor, language and cognitive development of children with disabilities. Assisted in assessment of behavioral and social functioning of children with the help of psychological tests.

### **Bachelor of Arts: Psychology (Honours)**

*2010-*

*2013*

Institute for Excellence in Higher Education, Bhopal

- Scored- 78%
- Major in Psychology & Minor in Sociology
- Member of Academic committee
- Worked as a Peer Mentor
- Topper of the batch (IEHE, Bhopal) (2013)
- First prize in Role-playing in Departmental Fest (2013)
- First prize in Poster making in Departmental fest (2011)

### **Class XII**

*2009- 2010*

St. Joseph's co-ed school, Bhopal –CBSE Board

- Scored 73%
- Awarded for Academic Excellence in Psychology
  - Secured 90% in Psychology ( Highest in the state)

### **Class X**

*2007-2008*

Christukula Mission H.S. Secondary School, Satna– ICSE Board

- Scored 62%
- First Prize in Moral Science writing competition(2006)
- First prize in Group song competition (2003)

## **CERTIFICATIONS & DIPLOMA**

**National Institute for Mental Health and Neurosciences (NIMHANS), Bangalore**

*2020-present*

**Diploma in Community Mental Health: NIMHANS Digital Academy**

- A three-month long diploma to focus on mental health assessments and interventions
- Scores- 91.25%

**UGC- National Eligibility Test (NET), 2020- Psychology**

- Qualified a national level examination for lectureship with 56%
- Held in 2020- June session

**ICMR- Indian Council of Medical Research, 2020- Social Sciences**

- Qualified a national level examination for research scholarship with 56.4%
- Held in 2020- December

**National Psychological Corporation, Agra (UP) Certification****17/07/2020 to 21/07/2020**

Applying SPSS for Educational and Psychometric Data Analysis

**NIMHANS Digital Academy****16-04-2020**

Online training of Psychologists for providing brief and basic Psychological care in the context of COVID-19

**National Institute of Public Cooperation and Child Development Western Regional Centre, Indore**

Sensitization Programme on Child Protection Issues for School Officials

*16-12-2019 to 19-12-2019***Navodaya Leadership Institute, Puri**

Induction Training for newly engaged counselors (Bhopal Region)

**13-01-2020 to 18-01-2020****UGC- National Eligibility Test (NET), 2017- Psychology**

- Qualified a national level examination for lectureship with 61.71%
- Held in 2017 for 2016-december session

---

**Additional Information**

- Published an article on "Mahatma Gandhi's Views on Social Thoughts: A Psychological Perspective" for the National Seminar organized by Sarojini Naidu Govt. Girls PG (Autonomous) College, Bhopal.
- Drafted and carried out research titled "A Correlational study of Job satisfaction and Work motivation among special educators at Composite Regional Centre (CRC), Bhopal"

---

**Other Interests**

- Sketching
- Painting
- Writing quotes

---

**Languages**

- 
- English – Fluent
  - Hindi - Native