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|  | Mahima  420/32 Onkar Nagar, Tri Nagar, Delhi-110035  |  mahimaaaron@gmail.com  |  9910953110 |
| Objective | To grow as a mental health professional in the field of Counseling |
| Skills & Abilities | Empathetic and good listener  Action oriented and result focused  Sensitive, accountable and flexible with time  Better in relationship building skills |
| Education | **PG DIPLOMA IN GUIDANCE AND COUNSELLING, OCT,2017 – June, 2018**JAMIA MILLIA ISLAMIA UNIVERSITY, 118 Zakirbagh, Jamia Nagar, Okhla, New Delhi- 110025**MA Applied Psychology, 2013-2015****University of Delhi, South Campus,** Benito Juarez Marg, Moti Bagh, New Delhi- 110021**BA Hons. Psychology, 2010-2013****Jamia Millia Islamia**, 118 Zakirbagh, Jamia Nagar, Okhla, New Delhi- 110025**Senior Secondary, 2010****Rajkiya Pratibha Vikas Vidyalaya,** Shalimar Bagh, Delhi-110088**Secondary, 2008** Rajkiya Pratibha Vikas Vidyalaya, Shalimar Bagh, Delhi-110088 |
| Experience | **MENTAL HEALTH COUNSELLOR, UDAYAN CARE**  DEC,2019- PRESENT  Counselling of children and young adults, Life Skill Workshops, Case discussion with Dr. Deepak Gupta, Adolescence Psychiatric and Ms. Helen Lenga, Counselling Psychologist & Loss & Grief therapist, Australia  **PROGRAMME COORDINATOR, VISHUDDHA FOUNDATION**  NOV,2018- SEP,2019  Awareness regarding Mental Health, Life Skills workshops, Active Listening sessions, Career Counselling, Psychometric Testing, Mindfulness  **PSYCHOLOGICAL FIRST AID VOLUNTEER, TIHAR PRISON**  SEP,2018- NOV,2018  Counseling of 120 inmates and providing psychological first aid to depressed and suicidal inmates with the help of Hamilton Depression Scale and Mini International Neuropsychiatric Interview. This report was used by Prison Authorities to provide further psychiatric help and medicines.  **CAREER COUNSELLOR, U CAN EDUCATION**  JAN, 2016 – July, 2016  Guidance and counselling for undergraduate courses with Comprehensive Interest Schedule to guide the students to decide their field of higher education and vocational guidance. Life skills workshops were also provided on the topic of Time Management  **DISSERTATION, MA, DELHI UNIVERSITY**  DEC-APRIL, 2015  On the topic of “Relationship of organizational culture with work behaviour and job satisfaction”. It was found that positive organizational culture has positive effects on the behaviour of employees and their satisfaction at work.  **INTERN, UDAYAN CARE**  22ND MAY - 28TH JULY, 2014  Conducted a survey on Job satisfaction & work stress amongst 54 employees. This report was used as the base for further research work in post graduation and this was used by Udayan Care to develop HR Policies.  **INTERN, SALAAM BAALAK TRUST**  2012-2013  Teaching and Diagnosis of street children with Developmental Screening Test to examine their developmental progress. This report was used to motivate the parents of children to provide nutritional food and healthy habits.  **STUDENT, JAMIA MILLIA ISLAMIA UNIVERSITY**  2010-2011  Conducted a Survey on corruption over a sample of 100 respondents and calculated Reliability, Validity and Norms |

**ACHIEVEMENT** NTA NET Qualified June, 2019 & June 2020 (Psychology)

**PERSONAL**

**DETAILS NAME** MAHIMA

**SEX** FEMALE

**NATIONALITY** INDIAN

**MARITAL STATUS** UNMARRIED

**FATHER’S NAME** JAMUNA PRASAD

**DATE OF BIRTH** 11-07-1993

**LANGUAGE**  ENGLISH AND HINDI