

CURRICULUM VITAE

ADYA AHUJA



JOB INTEREST AREAS

- Life Skills Facilitator
- Child Guidance and Counselling
- Teaching – Home Science

PERSONAL DETAILS

- Address: H.No 1013 , sector 4
Urban Estate, Gurgaon
Haryana
122001
- DOB: 25th October 1994
- Mob #: 9711322919
- Husband's Name: Jatin Pahuja- 9999899973
- Father's Name: Ravi Ahuja- 9810131065
- Email: adya.ahuja@gmail.com.

EDUCATION

- Advanced Post Graduate Diploma in Counselling Psychology **from St. Xavier's College- Autonomous, Mumbai** (Xavier's Institute of Counselling Psychology)- **2017-2018**
- **Thesis Title:** Impact of Media on an Individual's Attention Span
- Masters in Human Development and Childhood Studies from **Lady Irwin College, University of Delhi- 2015-2017**
- **Thesis Title:** Education for Children Living In Slums Of Gurgaon

- Relevant Subjects:
 - * Developmental Disabilities
 - * Care and Wellbeing: Child and Adolescent
 - * Early Childhood: Care and Education
 - * Children, Family and Society
 - * Diversity
- B.Sc (pass) Home Science with majors in Development Communication and Extension, **Institute of Home Economics, University of Delhi- 2012-2015**
- **Bachelors in Education (B.Ed)-** Maharishi Dayanand University
- Class 12 from **Ryan International School, Vasant Kunj**, New Delhi
- Class 10 from **Ryan International School, Vasant Kunj**, New Delhi

SHORT COURSES & TRAINING

- Online Personality Development Course- Udemy
- Workshop on Conscious Parenting
- Seminar on Mental Health
- Group Therapy for 3 Days (learning group therapy through self exploration), Premanjali, Vasai, Mumbai
- Single Day Workshop by Keyoor Joshi from University of Texas (2018)
- Single Day Workshop on NLP(Neuro Linguistic Programming) (2017)
- Seminar on Sexual Abuse (2017)
- Certificate in English from University of Cambridge (distance education)
- Certificate course on Family Therapy and Counselling by *Indian Association for Family Therapy*
- Certificate course in cooking from IIBM, New Delhi
- Mentoring children with Each .One, Teach One
- English co-editor(2013-14) at Institute of Home Economics, DU
- English Editor(2014-15) at Institute of Home Economics, DU
- Workshop on Voice Modulation in Laxman Public School, Hauz Khas

INTERNSHIPS & WORK EXPERIENCE

- Private Practice- Confabwithadya- Online/Offline Guidance & Counseling
- Current- **Open Sky** Sector 5, Part 6 (Working since October 2020)- **Life Skills Facilitator and School Counselor, Life Skills Curriculum Developer**
- **Delhi Public School**, Sector 102, Dwarka Expressway (June 2019 to April 2020)- **School Counselor , Activity Coordinator**
- **Scottish High International School**, Sector 57, Gurugram (December 2018 to June 2019) - **PGT Psychology & School Counselor**
- **Greenwood Public School**, Sector 9, Gurugram (July 2018 to December 2018)- **PGT Psychology & School Counselor**
- Various guest lectures at University of Delhi for undergraduate and post graduate students
- Interned with Young Ladies High School, Mumbai, as a Counsellor
- Interned in an Old Age Home
- Conducted Career Counselling sessions
- Conducted workshops for school children at Young Ladies High School
- Worked with children with special needs and otherwise at RAK Child Study Centre, Lady Irwin College
- Interned as a Special Educator at Scottish High International School, SEN Department
- Worked in depth with a child with Asperger's Syndrome in RAK Child Study Centre
- Organized annual function while also working with children with special needs
- Worked with children living in slum near Tilak Bridge, New Delhi
- Worked on my thesis titled "*Education For Children Living In Slums Of Gurgaon*"
- Teaching intern at ICDS centre at Panjeeri Plant in Gurgaon
- Marketing representative at FERIA, annual festival of Institute of Home Economics, DU (2013,2014,2015)
- Editing for Institute of Home Economics annual magazine, *SURABHI* (2014, 2015)
- Worked for Feminist Approach to Technology as a social media marketer and promoter

ACHIEVEMENTS

- Various good performance certificates for dance competitions in school
- Won laurels for college in dance
- First division in graduation
- Good performance certificates in interschool competitions like: debates, spell-bees, and more
- Passed with merit from University of Cambridge in Examination for English Speakers of Other Languages conducted in school

SKILLS

- Quick learner
- Hard worker
- Diligent
- Calm under pressure
- Team oriented
- Presentation skills
- Good English skills (written and verbal)
- Voice modulating skills
- Good audience etiquette
- Good orator
- Creative
- Student focused
- Relationship building
- Good organizational skills

INTERESTS AND ADDITIONAL INFORMATION

- Theist
- Conducting and planning workshops
- Cooking

- Dancing
- Dance training in Belly dance
- Physical exercise
- Trekking
- Colouring

COMPUTER SKILLS

- MS Office: word, power point, excel
- Social media and email