

Rupashi Narula

rupashi.narula@gmail.com | (+91)9871563235 | www.linkedin.com/in/rupashi-narula-038759151

EDUCATION

IGNOU, New Delhi

MA – Psychology

2024

Percentage: 68.9%

Relevant coursework- Assessment in Counseling and Guidance, Personality Theories and Assessment, Cognitive Psychology: Learning and Memory, Research Methods in Psychology

Amity University, Noida

MBA – HR

2019

CGPA: 8.16/10

Relevant coursework- Organizational Psychology, Economics, Financial Management, Business Communication, Statistics

Lady Irwin College, Delhi University, New Delhi

B. Sc – Home Science

2017

Percentage: 76.5%

Relevant coursework- Child Development, Sociology, Resource Management, Food and Nutrition, Communication

Apeejay School Sheikh Sarai, New Delhi

Secondary Education, 10+2

2014

Percentage: 90.8%

Relevant coursework- Accounts, Economics, Business Studies, Home Science, English

WORK EXPERIENCE

Mindze • Online

Psychological Counselor

Jun 2024 – Present

- Provided one-to-one counselling to over 20 clients, facilitating positive change and improved wellbeing.
- Conducted multiple webinars on life skills, reaching an audience of over 100 participants.
- Achieved a 90% satisfaction rate, demonstrating effectiveness in addressing the needs of the client.

Eduvelocity Global Councils • New Delhi

Life Skills and Activities Counselor

Jul 2023 – Feb 2024

- Conducted psychometric evaluation of over 50 students, providing valuable insights for personalized guidance.
- Designed and conducted 15+ activities that boosted students self-awareness and interpersonal skills.
- Facilitated weekly counseling sessions and workshops, resulting in improved student engagement and academic performance.

CXO Branding • Bangalore

Content Writer and Consultant

Dec 2021 – Jun 2023

- Developed 50+ blog posts on child psychology, garnering over 1000 views on digital platforms.
- Created 20 interactive activities that effectively communicated psychological concepts to children and parents.
- Provided consultations to the employees within the organization, offering expert guidance on psychological matters.

Executive Search • New Delhi

Management Trainee HR

Jan 2019 – Jul 2019

- Carried out end-to-end recruitment processes for IT and non-IT positions across various industries and sectors.
- Managed candidate communications and interactions, including initial outreach, scheduling interviews, and providing feedback.

INTERNSHIPS AND EXTRA-CURRICULAR EXPERIENCES

Pitney Bowes, HR Intern (Dec 2020- Jan 2021)

- Worked on IT recruitment for junior, middle, and senior-level positions and scheduling interviews and coordinating with consultants.

Paras Hospital, HR Intern (May 2018-Jun 2018)

- Audited the files for the NABH Program and calculated Turn Around Time for March and April.

UrHealthy Mind, Psychology Intern (Feb 2021)

- Created content for social media and organized and participated in interactive sessions to create awareness of mental health.

Chanakya Mental Health Services (Aug 2021)

- Created content for social media platforms.

SKILLS

- **Languages:** English (Fluent), Hindi (Native)
- **Technical Skills:** Microsoft Word, Microsoft Excel, Psychological Evaluation, Counseling, Content Writing
- **Certifications:** Introduction to psychology (Coursera)