Archana Srivastava

Email: [palak.archana@gmail.com](mailto:palak.archana@gmail.com) | Contact: +91-727600452 | LinkedIn Profile

Published social poetess|counselling therapist|Women empowerment coach & trianer\*|changemaker|Tarot card reader|Spiritual healer

**Objective**

A dedicated and passionate professional with 17 years of IT consultancy and senior leadership experience, complemented by a recent MA in Psychology. My transition into psychology is driven by a deep commitment to healing and empowering individuals through counseling and positive psychology. I am seeking an internship in counseling psychology to leverage my expertise in social psychology, CSR initiatives, and leadership to contribute effectively to mental health and well-being projects.

**Education**

* Master of Arts (MA) in Psychology

Chandigarh University | 2024

* Specialization in Counselling Psychology and Positive Psychology

-Recognized for excellence in Social Psychology sessions

* Post Graduate Diploma in Business Management (PGDBM)
* Narsee Monjee Institute of Management Studies (NMIMS), Mumbai | 2022
* Bachelor of Technology (B.Tech) in Computer Science and Engineering
* Uttar Pradesh Technical University, Lucknow | 2006
* Tarot Diploma Program
* My Soul School | 19 Jan 2024

Certified Tarot Card Healer, using tarot cards as a tool for spiritual and psychological healing.

**Certifications**

* Certified Scrum Product Owner, Scrum Alliance | 2023
* ITIL Foundation Certification | 2018
* Positive Psychology Practitioner | [Institution and Year]
* Internal Auditor for ISO 14001 Certification, Tata Consultancy Services | [Year TBD]
* Awarded Internal Auditor certification for contribution in training and management of implementing ISO14001 Environmental Management System in TCS Quadra.

**Professional Experience**

*Founder, Poetry Therapy Facilitator*

Khanabadosh – The School of Poetry and Life Skills | 2019 – Present

* Established a platform dedicated to using poetry and life skills as tools for healing and personal growth.
* Conducted over 50 poetry therapy workshops aimed at trauma recovery, emotional expression, and self-discovery.
* Collaborated with NGOs and educational institutions to empower women and underprivileged children through creative expression and skill-building programs.

*Published author-* Chand Hona Tha Charagan Ho Gaye [*https://amzn.in/d/6IdrPdS*](https://amzn.in/d/6IdrPdS)

*Senior Manager, Product Owner, Data Analytics*

MSD India | Nov 2022 – Present

Leading teams for data analysis and automated data pipeline design to support business intelligence dashboards.

Managed product deployment for international clients and facilitated backlog prioritization and refinement using Agile practices.

Oversaw data-driven projects, applying strategic planning and team coordination.

*Various Roles (Assistant System Engineer to Associate Consultant)*

Tata Consultancy Services, Pune | Mar 2007 – Oct 2022

* Progressed through multiple roles, from Assistant System Engineer to Associate Consultant.
* Led high-value projects in data analytics, automation frameworks, and transformation programs, including budgets exceeding $200M.
* Conducted CSR activities, including mental health awareness sessions and community development initiatives.
* Facilitated workshops and training focused on stress management and positive thinking.

**Awards & Recognition**

* *Glantor X’s 50 Under 50 Special Women 2024*: Recognized for leadership and impactful contributions in psychology and social impact. Featured for a journey of resilience, literary excellence, and social impact.
* *FoxStory India’s 100 Inspiring Women 2023:* Honored for bringing social change through poetry and empowering women and underprivileged children with education.
* *Nari Shakti Award 2023*: Awarded by Little India Foundation for contributions to serving underprivileged kids and driving positive social change.
* *Aparajita Award 2022:* Recognized by ScholarTree for appreciating the efforts of strong women across various categories.
* *National Women Pride Award:* Navbharat Rashtriya Gyanpeeth, Pune – 20 March 2022

Recognized for excellence in the field of social writing and impact.

* *Tata ProEngage – Volunteer Award 2019*-2020: Recognized for mentoring two young women as part of the Udyan Shalini Fellowship Program.
* *TCS Maitree – Samwaad Best Story:* Awarded for the best story in the TCS Maitree TechCom event in 2017.
* Multiple awards for Excellence in Social Psychology Sessions during CSR initiatives.

Recognized for Leadership in Mental Health Drives focused on workplace well-being and employee support.

**Volunteering & NGO Work**

Mental Health Volunteer, Udyan Shalini Fellowship

2017 – Present

Provided one-on-one counseling and mentorship to young women, focusing on self-esteem building and career guidance.

Organized mental well-being workshops to promote resilience and positive thinking.

**Skills**

Counselling Techniques

Positive Psychology Interventions

Social Psychology Workshops

Leadership & Mentorship

Emotional Intelligence Training

Project & Team Management

Data Analytics & Transformation

**Interests**

Passionate about integrating Counselling Psychology and Positive Psychology to create supportive, healing environments for individuals.

Strong advocate for mental health awareness and proactive psychological support systems in corporate and social settings.