

VITHIKA RAHUL

20

Nil 5 FIRST FLOOR MALVIYA NAGAR NEW
DELHI

9871057666

vithikarahul@gmail.com

OBJECTIVE

My outstanding academic preparation and excellent organizational skills aid in my ability to be a successful mentor. I possess strong leadership and communication skills that help me to interact well with school faculty, parents and other key educational stakeholders. I am an empathic listener and dedicated to nurture the potential of children by creating a positive learning environment for my students.

EDUCATION

Sno	Examination	Year	University	% of marks	Regular/ Distance Education Mode
1.	X	1992	Maharaja Sawai Man Singh	71	Regular
2.	XII	1994	Maharaja Sawai Man Singh	75.8	Regular
3.	B.A	1997	Maharani's College	I Div	Regular
4.	M.A	1999	Rajasthan university	I Div	Regular
	B.Ed.	2008	IGNOU	I Div	Distance
	PG diploma in guidance and counselling, NCERT	2000	NCERT	I Div	Regular

PROFESSIONAL EXPERIENCES

1. 2001-2003

Taught Psychology in Amity International School, Saket

2. 2003-2007

Worked as school counsellor as well as psychology teacher in Birla Vidya Niketan, Pusha Vihar

3. 2007-Present

I worked as HOD Psychology at DPS R.K Puram from 2007-2018.

Presently working as senior most faculty Psychology in DPS R K Puram

PROFESSIONAL SKILLS

- Excellent Knowledge Of Psychology With Expertise In Personal And Career Counselling
- Empathic listening and communication skills, helping me to build rapport with parents, students and staff members.
- Critical thinking and complex problem-solving skills helping me to take appropriate, fair and wise decisions.
- Set up psychology departments in schools like Amity International and Birla Vidya Niketan

SKILLS & ABILITIES

- ☐ I started psychology club in DPS R K Puram that organizes various activities ranging from Power point presentation to quizzes, essay writing, poster making, and panel discussions etc. for students.
- ☐ **Frequent Teacher training workshops** have been conducted under my supervision to introduce innovative methodologies in teaching.
- ☐ Workshops like **dance therapy and creative art therapy** have been organized for students for enhancement of their knowledge and interest in the subject.
- ☐ I have organized **anti-bullying workshop** was for class VI at DPS RK Puram.
- ☐ For increasing student's participation ANNUAL EXHIBITION for psychology have been organized.
- ☐ MOSAIC the annual psycho socio fest was started in 2010. It is organized every year with full zest and enthusiasm where more than 40 schools participate.
- ☐ **Psyche-Express the annual psychology** magazine provides a forum for students to discuss various issues and opinions.
- ☐ I have done my **Guidance and Counseling Course from NCERT in 2000**. This is a very prestigious course with limited seats for which an all India level examination was conducted followed by an interview.
- ☐ I am a part of **CBSE examination helpline that helps students to deal with stress especially during examination**. Since 2004 I have been helping students to cope up with stress. For this I have also been called as subject expert by various news channels like LOK SABHA channel, DD National, Mirror Now.
- ☐ As an expert I have been giving my advice during examination to different newspapers.
- ☐ Along with teaching students I have been a responsible citizen by raising my voice against some sensitive issues

such as obscene advertisement and I have tried to prevent such ads from being published in the newspaper.

- While doing my post-graduation I was helping children suffering from Cerebral Palsy with profound retardation at Disha in Jaipur.
- I am also registered in the Directory of guidance and counseling Personnel prepared by NCERT.
- Involve in Psychological and Behavioral counseling of classes XI and XII

SEMINARS AND CONFERENCES

- Presented paper on **‘positive teaching to nurture creativity among children’** at **4th International conference on Psychology and Allied Sciences at Goa in 2016.**
- Attended Counselling skill enrichment programme conducted by NCERT, Delhi. I was the only participant invited from Delhi.
- I have been invited as a panelist for the "National Launch Ceremony of "School Cyber Security Program" held at Ansal University.
- Organized talk on "Identifying Clinical Problems in School children and their Management". The talk was delivered by experts Dr. Sameer Guliani and Ms. Aditi Kaul.
- Organized a 6 days counseling workshop for training in guidance and Counselling with Indian Association of Health, Research and Welfare.
- Panelist on bullying behavior exhibited in schools organized by VIMHANS at Indian Habitat center.
- Conducted sessions with Parents and students on Importance of Career planning at Ramjas School R K Puram.
- Conducted workshop on using Multiple Intelligence theory in classrooms.
- Conducted sessions Counselor training session with Etasha

- **Awarded for my services in the field of Guidance and Counselling with Global Education Promotion Council on 24/11/2018**
- **Part of counselor's team MANODARPAN project started by MHRD for psychosocial support for mental health and wellbeing**

PROFESSIONAL SUMMARY

Being in the field of education for almost 19 years I have been actively contributing my services to this field. I am also modifying and growing as a learner as I strongly believe that that education is about unlearning and learning.