



Ankit Kumar Singh

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Objective

1. To serve and nurture the mental health and wellness to all age groups.
2. To provide mental heal, peace and happiness in this fast running Tech-Human society.
- 3.To provide alternate perspective of life in order to have purpose led life over process led life.
4. To strengthen the mind and intellect in order to make it compatible to take rational decisions.
5. To develop a multi-dimensional thoughtful individual to cope up all outstanding issues of his/her life.

Education

LOYOLA CONVENT SCHOOL, RANCHI Class 10 - CBSE BOARD - 10 CGPA	2013
KENDRIYA VIDYALAYA, HINOO , RANCHI Class 12 - CBSE BOARD - 89%	2015
RANCHI UNIVERSITY Bachelor in Science (Zoology) - 74.88%	2019
ISKCON MUMBAI DIPLOMA IN BHAGWATGITA (SPIRITUALITY) -	2022
THE ACADEMY OF MODERN APPLIED PSYCHOLOGY (UK)- KAIN RAMSAY (DIRECTOR) DIPLOMA IN HYPNOTHERAPY PRACTICINER COURSE (UNITED KINGDOM) -	2023
ESL MASTER IN PSYCHOLOGY -	2024

Skills

1. CLINICAL HYPNOTHERAPIST (APPLIED PSYCHOLOGY)-

**SESSIONS TO HEAL MIND , MIND STRENGTHENING EXERCISES, PROPER DECISION MAKING AND OVERALL MENTAL HAPPINESS AND PEACE .
2. ASSOCIATION AND DISSOCIATION. TECHNIQUES.(APPLIED PSYCHOLOGY).
3. PAST LIFE REGRESSION.(APPLIED PSYCHOLOGY).
4. REFLECTION, TALK THERAPY AND SOCRATIC QUESTIONNAIRES. (APPLIED PSYCHOLOGY).
5. FUTURE PACING EXERCISE.(APPLIED PSYCHOLOGY).
6. SPIRITUAL HEALING AND STORYTELLING THERAPY EXERCISE (APPLIED PSYCHOLOGY).
7. MEDITATION AND PERSONAL DHYAN.(APPLIED PSYCHOLOGY).

8. PSYCHODYNAMIC THERAPY .
9. HUMANISTIC THERAPY .
10. COGNITIVE BEHAVIORAL THERAPY .
11. EXPOSURE THERAPY .
12. AVERSION THERAPY.
13. RATIONAL EMOTIVE BEHAVIOUR THERAPY .
14. DIALECTICAL BEHAVIOUR THERAPY - INDIVIDUAL THERAPY AND GROUP THERAPY.
15. BHAGWATGITA INSTRUCTOR.(SPIRITUAL COUNSELING).

Experience

SHRI HARI HYPNOCARE .

Mental Wellness Counsellor.

ISSUES COVERED-

1. ADDICTION.
 - DRUGS ADDICT.
 - ALCOHOLIC ADDICT.
 - TOBACCO ADDICT.
 - SEX ADDICT.
 - MISCELLANEOUS.
2. DEPRESSION, ANXIETY AND TRAUMA.
 - RELATIONSHIP ISSUES.
 - PROPERTY ISSUES.
 - BREAKUP SOLUTION.
 - ACADEMIC PERFORMANCE.
 - JOBLESS .
 - POST PARTUM DEPRESSION.
 - FAMILY COUNSELING.
 - SUICIDAL TENDENCY AND THOUGHTS.
 - DREAMS TRAUMA.
 - OVER EATING.
 - POST ACCIDENT TRAUMA.
 - SLEEP PARALYSIS.
 - PREGNANCY COUNSELING.
 - MEDITATION.
 - CONCENTRATION EXERCISES.
 - ECONOMIC CRISIS COUNSELING.
 - CAREER COUNSELING.
 - MISCELLANEOUS.
3. DECISION MAKING. (INTITUTION > BELIEFS RATIONAL).
4. YOUTH AND ADOLESCENT COUNSELING.
5. CHILD COUNSELING.
6. MARRIAGE COUNSELING.
7. SPIRITUAL HEALING.

8. INDIVIDUAL AND GROUP COUNSELING - WORKSHOPS.

9. SENIOR CITIZEN - LONELINESS AND VIOLENCE COUNSELING.

10. SCHOOL AND UNIVERSITY COUNSELING.

AND MANY MORE.....

SOCIAL -

Worked in COVID as Psychology Support counsellor for COVID patients and family members.

1. ASPIREIAS CLT TECHNOLOGIES PVT LTD.(HYDERABAD)
2. MAHATMA GANDHI FOUNDATION , (HYDERABAD.)
3. MINISTRY OF EDUCATION. (HYDERABAD)

Academics -

Successful Clinical Interventions -

1. Helped CAT qualified students to pass interview for IIMs/IITs.

2. Successful life changing Counseling sessions for Students struggling against Anxiety, depression, suicidal tendency, relationship issues.

3. Effective mentorship against bad habits.
Successfully treated alcoholic addict.

4. And many more.

Bhagwatgita instructor - Spirituality.
Mental healing.

PUBLIC GRIEVANCE (WRITTEN) COMMUNICATION -TO THE OFFICE OF PRIME MINISTER.-

RAISED VARIOUS ISSUES OF PUBLIC IMPORTANCE -

1. CNG AUTO ISSUE.(BHARAT PETROLEUM)
2. LANGUAGE ISSUES IN STATE EXAMS.
3. ROHINI COMMISSION IMPLEMENTATION.
4. MEDICAL COUNSELING ISSUES.
5. PUBLIC HEALTH.
6. AND MANY MORE.

UPSC CAREER - AT GLANCE

1. APPEARED in UPSC PRELIMS - 04.
2. Optional - PSIR.

ROLES EXPECTED -

1. Psychology Counsellor.(All types of cases)
2. Psychology Content Writer.(Present research reports.)
3. Public Relations.
4. Miscellaneous (as required).

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