

EDUCATION

Masters In Counseling Psychology

Amity University, Noida

2023 - 2025

B.A Psychology (hons)

Dr.B.R.Ambedkar University

2020 - 2023

CGPA: 8.13/10

Senior Secondary (XII), Arts

Ahlcon International School, Delhi

(CBSE board)

Year of completion: 2020

Percentage: 95.50%

Secondary (X)

Ahlcon International School, Delhi

(CBSE board)

Year of completion: 2018

WORK EXPERIENCE

Teacher

Planet Spark, Virtual

Job • Feb 2024 - Jun 2024 (5 months)

Taught students to master the art of public speaking through child psychology pedagogy.

TEACHER VOLUNTEER

Manjil NGO Center, Noida

Internship • Jan 2024 - Apr 2024 (4 months)

Taught students from 2nd to 10th grade and worked with strong mindset to make a possible change in learning ability and academic performance of children.

Associate Trainee Counsellor

UDGAM: A MENTAL HEALTH CARE AND REHABILITATION CENTRE, Delhi

Job • Nov 2023 - Present (9 months)

Working part time as an Associate Trainee Counsellor under the guidance of a licensed counselling psychologist. Also, supervising individuals with mental health issues and challenges. Moreover, interacting with clients and making reports.

Counselling Psychology Intern

Amar Jyoti Charitable Trust (Research And Rehabilitation Centre), Delhi

Internship • Sep 2023 - Oct 2023 (1 month)

Worked and Assisted in Child Guidance clinic, Speech therapy, Occupational therapy, Special education and Early Intervention Programme.

Counselling Psychology Intern

Counsel India, Delhi

Internship • Jun 2023 - Jul 2023 (2 months)

Key learning includes Stress Management techniques, Counselling skills with emphasis on Family, Relationship in Social psychology.

Clinical Psychology Intern

Expressions Children Homes Organisation Of India (Moolchand Hospital), Delhi

Internship • Jan 2023 - Jan 2023 (1 month)

Learnt about Case history, psychological assessment and application of theoretical knowledge along with Crisis Management. Visited Moolchand Hospital for field work.

Psychology Subject Matter Expert (SME)

Vedantu, Virtual

Internship • Oct 2022 - Dec 2022 (2 months)

Providing solutions for US\UK based textbooks, content creation, solutions development, rectification of inaccuracies in the existing content.

Counseling Intern

Karma Centre For Counselling & Wellbeing, Delhi

Internship • Aug 2022 - Nov 2022 (4 months)

Learnt to conduct online counselling sessions. Fostering Strong interpersonal and communication skills. Collaborating with experienced mindsets.

Counseling Psychology Intern

UDGAM: A MENTAL HEALTH CARE AND REHABILITATION CENTRE, Delhi

Internship • Nov 2021 - Mar 2022 (4 months)

In depth study about the psychological disorder. Observation of Autistic and ADHD child cases under the guidance of consultant clinical psychologist.

Clinical Psychology Intern

Fortis Healthcare (Online), Delhi

Internship • Jul 2021 - Jul 2021 (1 month)

Insightful sessions of psychiatric disorder and conceptual intellectual learning under the guidance of Dr. Samir Parikh.

POSITIONS OF
RESPONSIBILITY

Active society member - TERRA: The Environmental
Society of Dr. B.R Ambedkar University, Delhi (2021-
2022)

TRAININGS

Emotion Focused Therapy

udemy, Online
Apr 2024 - Jun 2024

Workplace Neuroscience

Counsel India, Delhi
Feb 2024 - Mar 2024

Solution Focused Brief Therapy

Krsh Welfare Foundation, Delhi
Jan 2024 - Feb 2024

Cognitive Behavioural Therapy (Advance)

Indian Counselling Services, Delhi
Aug 2023 - Oct 2023

Yoga Psychotherapy- A New Approach Of Healing

PSYGA (MSME Registered), Delhi
Mar 2023 - Apr 2023

Psychotherapy

Indian Counselling Services, Delhi
Feb 2023 - Apr 2023

Relationship Counseling

Cognizavest, Online
Oct 2022 - Dec 2022

Positive Psychology

Coursera (The University Of North Carolina At Chapel
Hill), Online
Mar 2022 - May 2022

Introduction To Psychology

Coursera (Yale University), Online
Apr 2020 - Oct 2020

SKILLS

MS-Word

Advanced

Online Teaching

Advanced

Content Writing

Advanced

Psychology

Advanced

MS-PowerPoint

Advanced

MS-Excel

Advanced

Subject Matter Expert (SME)

Advanced

Time Management

Advanced

Search Engine Optimization (SEO)

Advanced

English Proficiency (Spoken)

Advanced

English Proficiency (Written)

Advanced

Creative Writing

Advanced

ADDITIONAL DETAILS

- 1) MERIT SCHOLARSHIP BY DR. B.R Ambedkar University for 8.75 SGPA in fourth semester.
- 2) MERIT SCHOLARSHIP BY DR. B.R Ambedkar University for 8.00 SGPA in second semester.