



Contact

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[Anmol Singh](#)

Education

2021

Masters of Psychology

Panjab Univesity

2019

Bachelors of Arts

Panjab University

Contributions

Mar 23 - Present

Member at **Women's Indian Chamber of commerce and industry**,
Chandigarh Psychological well-being council

Dec 21 - March 22

Volunteer at **United well-being Foundation**

Skills

Cognitive Behavioral Therapy
Rational Emotive Behavior Therapy
Problem-solving
Communication
Data Collection

Reference

Mr. Sanmeet Sandhu

Head – Training & Development,
Thapar Institute of Engineering & Technology

Email - sidhusanmeet@thapar.edu

Phone No. - 9501409198

Anmol Singh

Counseling Psychologist

I am a dedicated professional with a strong passion for Counseling Psychology, committed to fostering wellness and driving enhanced productivity. Through my evolving journey in this field, I aim to provide effective solutions that empower individuals to overcome challenges and achieve their full potential.

Experience

- O.P. Jindal Global University** Oct 2023 - Present
Counselor
 - Leading comprehensive counseling services at JGU, fostering a supportive and inclusive atmosphere for mental well-being among students and staff.
 - Orchestrating efficient emergency services, ensuring swift responses to critical situations, and bolstering overall safety and security while managing administrative tasks with keen organizational acumen.
- Chitkara University** Mar 2022- Oct 2023
Student Counselor
 - Led comprehensive mental health support initiatives for a university community of 3,500 students, 200 faculty, and 350 staff, conducting individual and group counseling sessions while ensuring compliance with ethical and legal standards.
 - Collaborated with faculty and staff to develop and implement mental health workshops and awareness campaigns, actively assessing and improving counseling services through the collection and analysis of client feedback and data.
- Mingout** Jan - Jul 2023
Consultant Counselor
 - Conducted **individual counseling sessions** for ~20 clients struggling with relationship problems. Developed and implemented **counseling plans** to help clients overcome their issues and improve their relationships.

Internship

- M-Power, Birla group** Jan - Mar 2022
 - Engaged in **weekly discussions** focused on clinical disorders, enhancing understanding of diagnostic criteria, treatment options, and patient experiences.
 - Presented on a selected disorder, delivering a **comprehensive overview** to the team, and showcasing effective communication and research skills.
 - Collaborated with a **dedicated supervisor to review and analyze** complex cases, providing insights and recommendations for therapeutic approaches.
- Thapar University** Jan - Mar 2021
 - Administered **standardized screening tools** to identify clients with behavioral health; understood and used 'Rational emotive behavior therapy' and 'Cognitive behavioral therapy'.
 - Evaluated the **effectiveness of counseling programs** and clients' progress in resolving identified problems and moving toward defined objectives.
 - Maintained familiarity with important programs and issues in the admissions and college counseling fields.