



# SHREYA RAJ

## CONTACT

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## EDUCATION

May 2023

Masters Of Arts: Counseling  
Psychology

**Symbiosis College of Arts  
And Commerce, Pune**

June 2021

Bachelor of Arts: Psychology  
**St. Xavier's College, Ahmedabad**

May 2018

Higher Secondary School  
**Anand Niketan School,**  
Ahmedabad

April 2014

Middle School  
**Arya Vidya Mandir, Bandra West,**  
Mumbai

April 2011

Junior School  
**Sanskriti School, New Delhi**

## CERTIFICATIONS

1. Life coaching certification

## PROFESSIONAL SUMMARY

Compassionate and aspiring counseling psychologist with a familial background in the defense. Committed to promoting mental health and fostering a society that embraces emotional well-being with empathy and kindness. Seeking opportunities to utilize my organizational skills and dependable nature in effectively managing multiple priorities and contributing to team goals. Passionate about transforming the prevailing taboos surrounding mental health into an environment that is socially acceptable and supportive.

## SKILLS

Mental Health

Behavioral Health

Social Work

Psychological Services

Workshop designing and  
conduction

Individual and group Therapy

Client-centered therapy

Empathy and active listening

## WORK HISTORY

September 2023 - Current

**School psychological counsellor, Winmore Academy,  
Bangalore**

Delivered mental health counseling to students from UKG to grade 10, conducted AEP sessions for each grade and designed and conducted workshops on mental health for both students and educators.

May 2023 - August 2023

**Associate Special Educator cum counsellor  
PNC Cognitio School, Bangalore**

Providing classroom assistance and accommodations to promote learning included in Individual Education Plans. Working with special needs individuals and alongside working as counselor for ICSE board.

January 2020 - Current

**Blogger, Wix.com, Remote**

Blogs on mental health, lifestyle, emotional wellbeing and psychological healthcare

Possess a blogging website called Inner Pieces.

## LANGUAGES

### English

Upper intermediate (B2)

### Hindi

Upper intermediate (B2)

August 2022 - October 2022

**Counseling Student Intern, VGolden Sky Old Age Home**, Pune

Observed and concisely described client behavior and activities in medical context, advising on mental health concerns.

Managed documentation regarding patient care, treatment and incidents, completing with concise language for review and approval by licensed professionals.

Established and maintained reciprocal working relationships with clients, family members and other staff, contributing to team cohesion and comprehensive patient care.

January 2020 - December 2021

**Psychological Associate, Zifcare**, Ahmedabad

Created content for the mental health application, such as: podcasts, meditations and articles.

Collaborated with the founder to lend my voice for the audio content

Identified psychological, emotional or behavioral issues using information obtained from evaluation techniques and made basic psychological assessments

July 2021 - September 2021

**Marketing executive, The Josh Event**, Ahmedabad

Supervised influencers and artists during their content creation tasks and was part-manager for them. Along with that, volunteered to be the anchor in the organization's promotional activities all throughout the city.

January 2020 - February 2020

**Content writer, Love Heals Cancer**, Remote

Translation of cancer stories from English to Hindi, proofread and edit blog posts of fighters of almost life threatening cancer battles

August 2019 - October 2019

**Public relations Intern, Comet.GG**, Ahmedabad

Worked as a public relations intern, contacting potential business associates, promoting the gaming company via digital marketing.

January 2018 - January

2019 **Fellowship, Sauhard**

Working on youth development to promote and establish peace, harmony and equality by conducting discussions, debate sessions and theatre