

KRITIKA

Date of Birth : 22nd June 1990

Contact

Mobile : +91-9582581505

+91-9911620692

Mail: kritika.kapoor36@yahoo.com

Objective

To work with an esteemed organization which pro
and abilities which I have acquired from my subje
personality development, thereby directing my fut

Education

Degree	Board / University	
10 th	C.B.S.E. Board	
12 th	C.B.S.E. Board	
B.A. Hons.(Applied Psychology)	D.U.	
M.A. (Applied Psychology)	D.U.	
Post graduate diploma in Rehabilitation psychology	Maharashi Dayanand University, (MDU), Rohtak	
Post graduate diploma in Guidance and counseling	Jamia Millia Islamia University	

Projects/Papers Undertaken

- Masters Dissertation: To assess the level of stress in old age.
- Learnt disputation of irrational beliefs through a workshop conducted in college.
- To study the art work of children as a product of their environment.
- To study the everyday stress level of police officers.
- To study the stress level experienced by old age population.

Summer Training/Work Experience

- Four months of experience in teaching children from slums as a part of masters program
- Done one week counseling of students in a government school.
- Two months (01.06.2012 to 21.07.2012) of experience of short term training in Sir Gangaram Hospital .
- Two months training in **A Beautiful mind** clinic in Janak puri under the guidance of Ms. Kala Sengupta, Clinical Psychologist.
- Internship done for a week in Chetna neuropsychiatry and drug de-addiction centre.
- Worked in West Delhi psychiatry Centre, Janak Puri as a **Psychologist** under Dr. Aneesh Baweja for one year with children, adults and old age population.
- Worked as **Guidance counselor** in St. Marks Senior Sec. Public School for a period of eight months on contractual basis.
- Worked in Shah International school, Paschim Vihar as a **Guidance Counsellor**.
- Worked in GGSSS government school, Sultanpuri for a period of one year as an **EVGC** Counsellor
- Worked in Mount Abu Public School, Rohini as a **Guidance Counsellor** for a period of nine months.
- Worked in St. Thomas Sen Sec school, Faridabad as a **Guidance Counsellor** for a period of 4years from 2018 to 2022.

- Worked in Modern Delhi International School, Faridabad as a **School Psychologist** for a period of one year from 2023 to 2024.

SKILLS

- Hard working and motivated individual who likes to take new challenges, devoted and fully committed towards the assigned work, adaptive, friendly, patient, enthusiastic, compassionate and trustworthy, god fearing; and is willing to put an extra effort in learning new skills optimistically.
- Good computing skills on operating systems such as Microsoft Windows 7 & XP. Easy handling on Microsoft Office.
- **Reiki master therapist**, attained 3rd level (*Masters*) Reiki from Institute of Holistic Health
- **Relationship counselor**, course done from Institute of Holistic Health under the guidance of Dr. Neeru Kumar
- Training in self defence techniques by crime (women) cell, Nanakpura in graduation period.

Attended Workshops/Conferences/Talks

- Attended National Seminar on “ Aging Workforce is a resource. We can no longer afford to waste” at Department of Psychology, Applied Psychology Unit. University of Delhi, South Campus.
- Attended 2 day workshop on Rorschach projective technique
- Attended workshop on Forensic Psychology by Dr. Virendra Katpalia in graduation
- Certificate of honour by deputy commissioner of Police for Participating in Road Safety Training
- Workshop on Parenting by Dr. Aruna Broota
- Workshop on Satvik Movement by Ms. Subah Jain
- Workshop on Health and Food By Dt. Akriti Arora
- Workshop on Parents as equal givers in the upbringing of a child by Vision Institute of Advanced Studies (CRR).
- Workshop on Health and Happiness.
- Workshop attended on Mental Health by Dr. Sameer Parekh
- Workshop conducted on school students on the topic Anger Management

- Workshop attended on Career Opportunities and growth By Fortis mental health care department.

Also, I have my own set up as The Healing Hands wherein I provide online and offline psychotherapies, counselling services, Relationship counselling Reiki healing therapy, meditations, knowledge sessions (good thoughts and good food), Loving your own self. I have conducted workshops and guided over thousands of souls since last 10 yrs. to help them heal themselves. I believe in working on the core root cause of all sufferings and pain and using the Law of Attraction and universal principals to help souls get aligned with it.

Personal Details

Father' s Name : Mr. Sudhir kapoor

Mother' s Name : Mrs. Sangeeta Kapoor

Husband' s Name : Mr. Tarun Shridhar

Languages Known : English, Hindi

Permanent Address : 350/GH- 5&7, Paschim Vihar near Meera bagh. New Delhi- 110087.

Tel. : +91- 9582581505 and

: B-616, Sainik colony, sector 49,NIT, Faridabad.

Declaration

I, Kritika, solely declare that the above information is authentic as the best of my knowledge.

Kritika