

Kavetri Bhoj Rawat

Seasoned counselling psychologist, helping clientele with mental and personal well-being also achieve educational goals. Addressing diverse issues such as *anxiety, stress, depression, interpersonal relationships, adolescence and teen counseling, behavior, social acceptance* etc.

Meeting counseling program objectives by providing life skills lessons, academic guidance, mediation and counseling.
Sensitive to socio-emotional and behavioral needs of stakeholders abiding by confidentiality.

PROFESSIONAL EXPERIENCE

With 300+ of counseling cases over 2+ years of cohesive experience of multicultural, ethical and professional competencies in planning, organizing, implementing and evaluating comprehensive *school counseling program*.

Nominated coordinator for counselling for over 300 families of Army personnel deployed in Military Station hailing from multiethnic and diverse cultural backgrounds

School Counselor

Army Public School, Abohar

Oct'21 – Nov'23

Army Public School, Dinjan

Feb'17 - Mar'17

- Socio Emotional: Early identification of problem behavior and prevention of onset of psychosocial problems
- Academic Guidance: Helping students understand their learning needs and equipping them academic skills
- Career Guidance: Guidance in choosing career & vocational courses
- Collaboration with Stakeholders: For holistic development of children
- Health & Wellness Training: Conducting periodic sessions on mental health care, adolescence issues, healthy lifestyle choices and various mindfulness practices.

TRAINING WORKSHOPS

Conducted various grooming and training workshops involving target population of varied age & diverse professional/ educational backgrounds

- Method: Interactive Sessions, Lectures, Online workshops
- Target Population: House wives, Adolescents, Parents, Students, School Teachers
- Scope: Professional orientation, professional etiquettes and ethics, interpersonal skills, confidence building measures, skill development

CONTACT DETAILS

Phone: 06900247326

Email: kavetri@gmail.com

Instagram: kavetri_bhoj

ACADEMIC CREDENTIALS

MAPC: Counseling Psychology

IGNOU – 2018

Certificate in Guidance

IGNOU – 2022

POCSO trained
Handwriting Analyst
Diploma in Career & Education Counselling
(persuing)

PGDBA: Marketing

Symbiosis Centre of Distance Learning - 2011

B. Com (Pass)

Delhi University – 2006

ACKNOWLEDGMENTS

- APS, Dinjan
- APS, Abohar
- APPS, Abohar
- Parent's Appreciation

WORKSHOPS CONDUCTED

- Interpersonal Relationships
- My Personal Space
- Work Ethics
- Motivation
- Anti Bullying
- Personality Development
- Communication Skills
- School Decorum
- Work Life Balance
- Inclusive Education
- Adolescence & Puberty
- Aim High
- Anger Management
- Time Management
- Positive Parenting

INITIATIVES

- Established a dedicated counseling room with mirror therapy, Sensory wall in school premises, tactile teaching aid in school premises.
- 'Infinity' Aspire to Inspire an inter school discourse on mental health
- Nukkad Natak on Mental health
- Implemented various initiatives and practices towards establishment and refining of role of Counsellor in school
- Integrated learning with academic subjects for better understanding and correlation
- Implementation of Life skill curriculum and Mindfulness practices
- Executed TAT and PHQ-9 screening for teachers & students
- Communication skills workshop during summer camp
- "A Note" program to reach out to the management confidentially
- Aspiring & assisting children for various debate competitions, Command level Ethics Bowl, Inter school Ted-Talks, Emcee, etc
- Learnporium.Hub - an online afterschool enrichment portal for learning skills in an innovative way

SOCIAL SERVICE PROJECTS

AWWA Counselling Coordinator

- Nominated coordinator for counselling for over 300 families of Army personnel deployed in Military Station hailing from multiethnic and diverse cultural backgrounds

Skill Development Training

- Coordination of training initiatives for women
- Vocational skill development

Workshop on Interpersonal Relationships

- Lectures and interactive sessions for 'Block Didis' (Female representatives of Residential Blocks in Military Station)
- Improvement of interpersonal skills, confidence building measures, early identification & resolution/ addressal of problems of residents

CORPORATE EXPERIENCE

Over 8 years of experience in corporate marketing, brand reinforcement, business analysis, retail/marketing strategy and planning

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|---|-----------------|
| • Panasonic India Pvt Ltd
Product Manager - Headphones/Accy Business | May'13 - Jul'14 |
| • Sony India Pvt Ltd
Product Marketing Officer - CAV & IT Marketing | Jun'11 - Apr'13 |
| • Bose Corporation India Pvt Ltd
Senior Coordinator - Retail Division | Sep'07 - Jun'11 |
| • Samsung India Electronics Pvt Ltd
Strategy & Planning Officer | Sep'06 - Sep'07 |

WORKSHOPS ATTENDED

- An Approach to Understand the Gifted – Nov 21
- Counselling Process in Inclusive APS's – Jan 22
- Capacity Building Program for School Counsellors – Sep 22
- Empowering Child Well-Being: Tackling Anxiety & Depression – Dec 23

TECHNICAL SKILLS

- Diploma in Basic Computing

PROFILE PERSON

Date of Birth: Oct 5, 1985

Strength: Empathy, Amiable, Feedbacks