

# Gayatri Prakash Vaidya

## *Clinical Psychologist*

+91 9175278180

[vaidya.gaayatri@gmail.com](mailto:vaidya.gaayatri@gmail.com)

## SUMMARY

---

A versatile trained professional with 19 years of experience in insurance, education, and mental health providing a special combination of knowledge and abilities. I provide a profound grasp of human psychology and behavior, with a focus on therapy for adolescents, individuals with emotional disturbances and old age. My outstanding listening skills and effective communication talents have made it possible for me to interact with people from a variety of backgrounds and offer helpful support. I have continuously shown throughout my work that I am passionate about assisting people, improving their lives, and producing quantifiable outcomes. I am an asset in a range of professional contexts because of my diverse background and commitment to personal growth.

## JOB OBJECTIVE

---

I am looking for a job where I can use my years of varied expertise to help people with counseling and assistance that is empathetic. My goal is to have a good influence by using my keen understanding of human behavior as well as my excellent communication and listening abilities and knowledge.

## EXPERIENCE

---

### 1. **TELEPHONIC COUNSELOR**

*Mar 2022 to Mar 2023*

#### **MANASMITRA FREE HELPLINE SERVICES**

*An Initiative Established and managed by Prayas Bhauddeshiya Vikas Sanstha. A dedicated helpline in Maharashtra to raise awareness about mental health. Collaborated with a team of doctors, psychiatrists, psychologists, and counselors to provide support to individuals experiencing stress, anxiety, and elderly individuals facing loneliness.*

#### **RESPONSIBILITIES:**

- Offering emotional support, empathic listening, and counseling to COVID-19 pandemic victims feeling stress, worry, fear and uncertainty
- Answering calls, replying to messages and guiding callers is part of the helpline service.
- Providing coping skills, stress management and mental health resources through the helpline to raise awareness.
- Identifying and helping crisis victims, particularly those at risk of self-harm or mental distress.
- Referring patients to mental health medical professionals or services as needed to ensure they receive care.
- Recording caller interactions to track support and help.

- Working with psychologists, doctors and counselors to provide holistic mental health assistance.
- Attending crisis intervention, mental health support and counseling training to keep updated.
- Self-care to preserve mental and emotional health while supporting others.
- Promoting a helpline and mental health awareness in the community.

## 2. **FOUNDER**

*June 2018 to Dec 2021*

### **AAKAR INITIATIVE**

*“AAKAR”: Explore Your Beautiful Asymmetry, was founded by Abhijeet Ekambikar (a working professional), Snehal Parab-Ekambikar (a psychological counselor), and Gayatri Vaidya (a psychologist) in 2018. Where I have contributed mainly to the design of workshops and faculty selection.*

*An initiative focuses on human well-being through group activities and spreading mental health awareness. Under this initiative, we did some experimental workshops and activities, like workshops named "Palak Vayat Yetana" for parents of adolescent age groups and "Nigarani" for parents of 0 to 8 age group children, use of supportive therapies like art therapy in corporates, and a webinar named "Bhavanik Svasthya Japatana" on mental health awareness.*

### **RESPONSIBILITIES:**

- Playing a key role in designing and structuring various workshops aimed at addressing specific well-being and mental health concerns.
- Participating in the selection and recruitment of faculty members or experts to lead workshops and activities within the initiative.
- Collaborating with co-founders and other team members to ensure the successful execution of activities.
- Contributing to the promotion of the initiative, workshops, and events through marketing and outreach efforts.
- Overseeing the financial aspects of the initiative, including budget planning and allocation of resources.
- Maintaining records and documentation related to the activities and events conducted under the initiative.
- Providing support and guidance to participants of workshops and activities to ensure they receive the intended benefits.
- Assessing the impact and effectiveness of the initiative and making improvements based on feedback.
- Actively advocating for mental health awareness and well-being, both within the organization and in the broader community.

## 3. **SCHOOL COUNSELOR**

*Apr 2017 to Dec 2020*

### **STREE MUKTI SANGHATANA, PUNE**

*I worked with Stree Mukti Sanghatna, Pune, on its adolescent sensitization program called "Jidnyasa" as a school counselor for more than 3 years. This program is oriented towards school-going children (mostly 8th to 10th standards students), covering the confusion of love*

*attraction at this particular age, stress management, career, addiction, menstruation, sexuality and studies, sexual abuse, etc.*

## **RESPONSIBILITIES**

- Addressing emotional and psychological issues in 8th–10th graders through one-on-one and group counseling
- Organizing and coordinating group workshops and educational sessions on program topics.
- Recording counseling sessions, student progress and concerns addressed to measure program impact.
- Encouraging student support with school staff, parents and community groups.
- Maintaining student confidentiality and ethical counseling procedures.
- Learning about adolescent counseling best practices and attending appropriate training to improve your abilities.
- Evaluating program efficacy and suggesting changes.

### **4. CENTER DIRECTOR**

*Dec 2011 to Sept 2014*

#### **SPEAKWELL ENGLISH ACADEMY, MUMBAI**

*Being an owner, responsible to run the center smoothly by taking all the major decisions in every area and generating profit out of it.*

## **RESPONSIBILITIES**

- Knowing what needs to be done to make center profitable.
- Leading staff to achieve targets by providing proper guidance and planning.
- Making the best use of available resources to generate profit.
- Preparing sales and marketing strategies.
- Taking care of all the financial matters, center operations and recruitment.
- Coordinating with Head Office and other departments for Maintaining the quality and services.

### **5. CENTER MANAGER**

*May 2009 to Feb 2011*

#### **ST. ANGELO'S COMPUTERS LTD. MUMBAI**

*Monitoring all the day to day activities of the center by coordinating with other departments.*

## **RESPONSIBILITIES**

- To identify the walking and telephonic enquiries
- To identify improvement areas effecting Center activities.
- To implement action plan within stipulated time period and ensure service recovery.
- Continuous improvement and monitoring on basic Center activities.
- Coordinating with other departments for center activities.
- Maintain positive atmosphere between staff and students.

### **6. FINANCIAL ADVISOR**

*June 2004 to September 2010*

#### **MAX NEW YORK LIFE INSURANCE COMPANY, MUMBAI**

*To interact with clients and access their needs. My main motto is to make clients satisfy by giving need base solution.*

## RESPONSIBILITIES

- Prospecting and meeting clients through available resources.
- To provide the best solution to the client as per their requirements, after comparing the other brands in the market.
- Sorting client's queries on product, finance, insurance and services etc.
- To advise them in financial planning.
- Selling insurance product according to their need.
- Giving after sales service by maintains good relation with clients.

## VOLENTERRING DURING PENDAMIC (Covid-19) ---

- *A group of psychologists, medical professionals, and counselors established the free Helpline Service in March 2020, and I was a member of it. This organization was founded to support and raise awareness about COVID-19 via a helpline, and it has continued to promote mental health awareness and provide support throughout Maharashtra.*  
*During the lock-down period and even after the pandemic, I used to empathize with and listen to individuals who experienced stress, anxiety, fear, and uncertainty while remaining alone or away from their families.*

## HOBBIES ---

- **Writing:**  
As a counselor, I find comfort and self-expression through writing. Whether I'm reflecting on my experiences in a journal or writing articles about mental health, writing helps me process my emotions and share my insights.
- **Reading:**  
I am an enthusiastic reader and my preferred genres include psychology, self-help, spirituality and personal development. Not only does reading increase my knowledge, but it also improves my ability to empathize with the various experiences of my clients.
- **Mandala Drawing:** My creative outlet and form of mindfulness practice is mandala drawing. It allows me to relax, focus my thoughts, and express my creative side. Mandala creation is a therapeutic process that complements my counseling work by promoting inner peace and relaxation.

## EDUCATION ---

- **Secondary School Examination, 1994**  
**Second Class**  
D.A.V. High School
- **High School Examination, 1996**  
**Pass Class**  
S.N.D.T. Women's University
- **B. Com Examination, 2000**  
**Second Class**  
S.N.D.T. Women's University
- **M.A. in Clinical Psychology, 2023**  
**First Class**

## SPECIALIZATION

---

- Completed certified course is **RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT)**, from Disha Counseling Center - Pune, in Jan 2016.
- Completed **DIPLOMA IN COUNSELLING & PSYCHOTHERAPY** from Disha Counseling Center – Pune, in March 2017
- Orientation of **COGNITIVE BEHAVIOUR THERAPY (CBT)**, from Astitva Psychological Counselling Center – Pune, in March 2023

## CERTIFICATION (Online Courses)

---

- Counselling clients affected by the COVID-19 pandemic - April 2020
- Anger Management Techniques That Actually Work – May 2020
- Certificate in Positive Psychology and Happiness – April 2020
- CBT Coach Practitioner Certification – May 2021
- Grief and Bereavement Counselling – June 2021
- Counselling Children & Adolescents – May 2020
- Professional Sleep Consultant Diploma – April 2020
- The Comprehensive PTSD Course – May 2020
- PSYCHOLOGY DIPLOMA: Anxiety & Panic Attacks – May 2022
- REBT Practitioner Certification - Beginner-Pro – June 2022

## SOCIAL MEDIA SKILLS

---

- **Build an Online Presence:**  
Use social media sites like Facebook, Instagram, and LinkedIn to develop a professional presence.
- **Networking with coworkers:**  
Getting in touch with other mental health specialists, therapists, and counselors in my area.
- **Content Creation:**  
Composing and sharing blog posts about mental health, self-care, development, and counseling methods. By using my blog, I can share my knowledge with an audience and demonstrate my skills. To reach a larger audience, I'm sharing my blog pieces on my social media accounts.
- **Sharing Testimonials and Success Stories:**  
To demonstrate the value of my therapy, I may share anonymized success stories or, with consent, testimonials from previous clients. For those who are in need, these stories can inspire and give hope.
- **Establishing Credibility and Trust:**  
Including information about my education, experience, and ties with organizations in my profile highlighting my dedication to ethical counseling procedures and confidentiality.

## PSYCHOTHERAPIES

---

- Rational Emotive Behaviour Therapy

- Cognitive Behaviour Therapy
- Grief- Therapy
- Art Therapy
- Cognitive Therapy
- Behaviour Therapy
- Family Therapy
- Group Therapy
- Supportive Therapy
- Person (Client) Centred Therapy

## INTERNSHIP ---

- **Dr. Arvind Panchanadikar, Psychiatrist, Pune**

**Internship Duration: 2 MONTHS**

During my internship with Dr. Arvind Panchanadikar, a distinguished psychiatrist from Pune, I observed over 20 clinical cases, gaining exposure to a wide spectrum of mental health conditions. These included individuals experiencing Anxiety Disorders, Depression, Schizophrenia, Addiction etc.

Throughout this experience, Dr. Panchandikar's praise for my punctuality, keen observation skills, and expanding knowledge in the field provided me with a strong sense of accomplishment and encouragement.

This internship not only broadened my understanding of these mental health conditions but also reinforced my commitment to making a positive impact in the field of mental health.

- **Harmony Health and Counselling Services, Pune**

**Internship Duration: 2 MONTHS**

I learned a lot about counseling and mental health during my internship at Harmony Health and Counseling Services. I learned about disorders like personality disorders, bipolar disorder, anxiety, and depression by visiting a number of institutions, including Chaitanya Rehabilitation Center, Unique De Addiction Center, Savali Foundation, and Rainbow Geriatric Day Care Center. I found dance therapy to be a really interesting technique, which expanded my perspective on various forms of therapy. I was able to observe approaches to counseling in person through role plays and counseling center visits.

The supervisor during my internship acknowledged my active learning and skill development in counseling, client interactions, therapeutic techniques, empathy, and professional progress. This strengthened my desire to work as a psychologist and have a positive influence on mental health.

**Thank you!**