

Riva Dhingra

Empath, creative, out of the box thinker, sharp grasper, good listener and team player.

riva798@gmail.com ✉

+91 9871563404 📞

New Delhi, India 📍

12 July, 1998 📅

linkedin.com/in/Riva Dhingra in

instagram.com/rivadhingra 📷

EDUCATION

PG Diploma in Counselling Psychology Indira Gandhi National Open University

2019 - Present

New Delhi

Courses

- PG Diploma in Counselling and Family Therapy

BA (honours) Psychology Aryabhatta College, University of Delhi

2016 - 2019

New Delhi; Scored CGPA 6.608

Courses

- BA (honours) Psychology

XII Senior Secondary (Commerce with Psychology) and X Secondary K.R. Mangalam World School

2013 - 2016

New Delhi

Courses

- Scored 92% in All India Senior School Certificate Examination (Commerce).
- Scored CGPA 8.6 in All India Secondary School Examination.

WORK EXPERIENCE

Sr Community Manager & Mental Health Advocate

Now&Me

11/2020 - 06/2021

Now&Me is India's largest community support Mental Health platform which allows users to share their feelings anonymously.

Achievements/Tasks

- My responsibilities include everything from engagement and moderation on the platform, creating conversations around Mental Health to providing a safe space and lending an ear for users to vent their feelings.

Clinical Psychology Intern MAX Super Speciality Hospital

07/2019 - 08/2019

New Delhi

Achievements/Tasks

- Worked under the Head Psychiatrist and gained knowledge and practical experience in the field of Clinical Psychology.

Human Resource Intern CP Plus (Aditya Infotech Ltd.)

12/2018 - 01/2019

Delhi

Achievements/Tasks

- Worked as a Human Resource manager under the CHRO and gained knowledge and work experience in Organisational Psychology.

Teaching and Counselling Intern U&I

08/2017 - 10/2018

Delhi

U&I is a non-profit organisation affiliated with Teach for India.

Achievements/Tasks

- Worked as an English teacher at the Udayan Care Centre (Delhi).

SKILLS

English Proficiency

Hindi Proficiency

MS-Power Point

MS-Word

Computer Networking

Communication Skills

Problem Solving

Team Work

Adaptability

Creative

Negotiation

Emotional Intelligence

Decision Making

Public Speaking

Editing

Social Media Content Creation

PROJECTS

Volunteer Counsellor & Project Spokesperson - Lioness Club (Delhi) (05/2014 - Present)

- Being an active volunteer and speaker at the Lioness Club, Delhi (District 32-1A2) during the Pandemic, I have actively taken part in several campaigns conducted by the Lioness Club for Covid-19 relief. My responsibilities include assisting counselling sessions, lending a listening ear, spreading awareness around Mental Health and organising campaigns for people in distress.

Human Resource Intern (07/2020 - 10/2020)

- Bob's Den is a cafe in Delhi where I worked in the capacity of a consultant and HR Intern. My work included recruitment, brand engagement, PR and design.

Jamghat (NGO affiliated with MAX Hospital) (07/2019 - 10/2019)

Volunteer (for refugees)- East West Rescue Hospital (Delhi) (07/2016 - 07/2019)

Teaching Volunteer - Rotary International (Delhi) (07/2017 - 08/2017)

Intern - WWF India (03/2017 - 04/2017)

Sales and Marketing Intern - Faagio (Delhi) (09/2016 - 11/2016)

ACHIEVEMENTS

Editor in Chief of Aryabhatta College's annual Psychology magazine - Psyche (2016 - 2019)

Vice House Captain, Student Council in High School (2014 - 2015)

Secured Merit benefit in Fit in Deutsch examination by Goethe-Institute (2013)

INTERESTS

Music, Art, Content Creation, Editing, Socialising, Reading, Helping others, Organising events, Gaining knowledge, Travel, Meditation, Swimming, Baking, Mental Health enthusiast.