

PSYCHOLOGICAL COUNSELING ♦ CHILD PSYCHOLOGY ♦ CSR OPERATIONS

Dynamic professional bringing forth an array of skills encompassing **Psychological Treatment/Counselling and Child Psychology**, with a strong zeal to contribute to **CSR initiatives** focusing on Social Welfare & Community Service

PROFESSIONAL SUMMARY

- Gifted, compassionate, and empathetic professional dedicated to providing exceptional care and implementing **effective treatment plans for children, adolescents, and adults** experiencing difficulties
- Effective **motivator, communicator, and advocate** with an inherent ability to manage all types of personalities, diffuse stressful situations, proactively resolve issues, and meet and achieve challenging goals and objectives
- Exceptional training and development skills and expertise in the field of **academic curriculum designing, engaging and guiding trainees** with a vast and enriched experience
- Competency spans **shadow teaching** with the ability to assist teachers in developing and implementing **curriculum standards**, providing **classroom supervision**, assessing **individual needs**, and establishing **appropriate goals**
- Adept in handling **CSR initiatives**, with skills in **interactive communication at all levels**, with **social/community development** and **counseling** skills gathered during other assignments
- Highly skilled in corporate social responsibility programs, with the privilege of working across a diverse set of challenges within the **corporate sector like international organizations, start-ups, and non-profit organizations**

KEY COMPETENCIES

Human Behavior Analysis
Psycho Therapy & Counseling
Patient/Student Assessment
Crisis Intervention
Robust Convincing Skills
Childhood Behaviors Analysis
Social & Rural Outreach
CSR Program Management
Curriculum Management

Graduated master's degree from Brunel University, London specializing in **Psychological Sciences**

ORGANIZATIONAL EXPERIENCE

Intern – Psychology Department | Reliance Foundation Hospital

May 2018 – Jan 2019

- Worked under two doctors, Narendra Kinger (the **Clinical Psychologist**) and Priyanka Puri (the **Child Psychologist**)
- Assisted Dr. Narendra by taking notes during his sessions, taking patient history, and assisting him with conducting **psychometric tests and assessments**
- Assisted Dr. Priyanka by facilitating the conduct of **intervention activities with the children**, helping them complete the tasks assigned by her, assisting her in **research work** by conducting interviews and compiling information
- Spoke to the parents of children, took case histories, assisted them with other work around the hospital, and partook in **psychology education seminars** conducted by the hospital by preparing relevant media

Shadow Teacher | Starlit Ability Enhancement Services Pvt. Ltd.

Oct 2019 – Dec 2020

- Served as a blend between a child psychologist and a special educator
- Worked with children diagnosed with **ADHD and Autism**, and assisted them during school hours by guiding them through their daily classes
- Conducted **intervention activities** with them to help build skills needed to partake in everyday society
- Assisted with school work on weekends and accompanied the client to **occupational therapy**
- Conducted **therapy sessions** with the family of the child and collaborated with them in planning to help children develop
- Acted as the **first person of contact for the child** during any difficult times

Content Writer | Quantta Analytics

Dec 2019 – Feb 2020

- Created **content for their website**, collected **information on relevant media topics**, compiled said information for **white paper reports**, proofread other written work shared, and edited the same

Content Creator | Animals Angels Foundation

Mar 2021 – May 2021

- Created content for both their social media accounts as well as their website in the field of **animal-assisted therapy**
- Developed short articles for their website on both **animal-assisted therapy and other psychology-related concepts**
- Drafted **social media content** for Twitter, Facebook, and Instagram in the forms of pictures and videos

TRAINING & CERTIFICATIONS

- 200 Hours Teachers' Training Course in The Yoga Education (05/2021 - 07/2021)
- Personal Counselling Course at Xavier's Institute of Counselling Psychology (08/2019 - 11/2019)
- Social Research Methods Course through Sophia Centre for Women's Studies & Development (07/2018 - 03/2019)
- Psychological First Aid Course at John Hopkins University through Coursera (08/2018 - 10/2018)
- Creative Writing Course at St. Xavier's Institute of Communications (06/2018 - 08/2018)
- Science of Well Being Course at Yale University through Coursera (01/2020 - 03/2020)
- Social Norms and Social Change Course at the University of Pennsylvania with UNICEF via Coursera (03/2020 - 04/2020)
- Social Media Marketing Course through Influencer Network (06/2018 - 09/2018)

ACADEMIA

- **MSc - Psychological Sciences** | Brunel University, London 2022
- **BA - Psychology and Sociology** | Sophia College for Women 2020
- **ISC - Grade 12 - English, Psychology, Environmental Science, Biology, and History** | Jamnabai Narsee School 2017

AWARDS & ACCOLADES

- Honored with a Certificate of Appreciation by the organization 'Cope with Cancer' for donating hair to make wigs for cancer patients
- Bagged a Certificate of Active Participation on the 'EUMIND e-Journal Projects' for enhancing experiential learning of the students concerning teamwork, research methodology, interpersonal skills, and usage of interactive ICT tools; the e-Journal used: <http://ejournal.eumind.net/humanrights5> - EUMIND
- Got elected and served as the Club Secretary for the 'SSRI Club' and conducted events on mental health and women empowerment as the Club Secretary for the Students' Social Reform Initiative

EXTRA-CURRICULAR ACTIVITIES

- Volunteered for Mumbai University Social Service Unit – NSS, PETA Mumbai, Welfare for Stray Dogs, World for All – Animal Care and Adoption, Nanhi Kali, and Snehasadan
- Participated in the Organization Committee as USG of the Delegate Affairs team for Sophia College's MUN – MUNSOPHICAL during 2018 and 2019
- Attended the Harvard College in Asia Program held at St. Xavier's College Mumbai – HCAP in 2018
- Partook in India's first-ever Social Conclave held at NMIMS University Social Conclave in 2018

PERSONAL INFORMATION

- **Languages:** English, Hindi, and French (Basic)