

CONTACT

📍 Mumbai
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SKILLS

Rapport Building 
Communication Skills 
Critical Thinking 
Decision Making 
Problem Solving 
Analytical Thinking and Planning 

COMPETENCES

- Behavior Intervention Planning
- Individual Counseling
- Assessment
- Human Relations
- Conducting Life skill Session
- Research based Intervention

INTERESTS

- 🎧 Listening to Music
- 🖌 Sketching
- 📖 Journaling
- 👥 Spending time with Friends

DRASHTI GALA

M.A, Counseling Psychology

Looking to use my Masters in Counseling Psychology to cultivate a stimulating and supportive environment to allow the client at your esteemed institution to reach their fullest potential.

INTERNSHIP EXPERIENCE

● Children's Academy Group of Schools, Mumbai | July 2019 - March 2020

- Conduct Individual Counseling session for students on overcoming Emotional, Behavioral and Academic Problems.
- Conduct Parent and Teacher Session
- Vocational Counseling
- Conduct Life Skill Sessions
- Class room observation
- Assessment of Children

● Masina Hospital, Mumbai | Oct 2018 - Nov 2018

- Conduct Group Activities for in-house patients
- Observation of Individual Counselling Session
- Observing conduction of different Group Therapies

● Look Within Counseling & Training Center, Mumbai | May 2017 - Jun 2019

- Conduct Initial Interview of Clients
- Conduct Summer Camp Activities
- Learnt basics of Metaphor Analysis
- SOCH 2017- Mental Health Awareness

● Shri. Bhanbai Nensi Mahila Vidyalyaya, Mumbai | May 2017 - March 2018

- Conducting Group Activities on Communication, Interpersonal Relations, Concentration, Team Building.
- Conduction of Intelligence and Memory test

EDUCATION

- **M.A Counseling Psychology, Sem 1-3: A Grade**
M.M.P Shah College, S.N.D.T University, Mumbai | 2018 - Present
- **B.A Psychology, A Grade**
D.G Ruparel College, Mumbai University, Mumbai | 2015 - 2018
- **High School, 81%**
D.G Ruparel College, Mumbai University, Mumbai | 2013 - 2015
- **School, 78%**
M.K.V.V.I.V, CBSE Board, Mumbai | 2012 - 2013



Workshop on Study Motivation for 10th Standard kids.



Life Skill Session on Problem Solving with 7th Standard.



Rural Outreach Program at Wada, Palghar.

RESEARCH

Conducted a research on "Effect of Hardiness on Burnout and Subjective Well-being among Nurses" residing in Mumbai.

CO-CURRICULAR ACTIVITIES

- ✓ Volunteered for Mental Health Conclave 2020
- ✓ Mental Health Week Celebration 2020
- ✓ Volunteered for Psynergy (Department Fest)
- ✓ Diploma in French
- ✓ N.S.S Volunteer
- ✓ Participation in Maharashtra Utsav
- ✓ Conducted 25+ Street play on Swachh Bharat Abhiyan
- ✓ Participated in the Rural Outreach Program at WADA organized by the college

MY EXPERIENCE

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Role of Parents,

We know that parents have a huge role in a child's life, they impact the child's learning, behavior, coping style etc. One of clients was referred for poor academic performance; possible reasons of Intellectual Disability, Learning Disability, Language barrier, School Environment were ruled out. In one of the session the client narrated instance of Parental Neglect, which was then worked upon, the parents were suggested to spend time with the client, and it was seen that eventually the client's academic performance improved along with his overall functioning.

The case helped me thoroughly understand the effect parents have on their child, and how important parental attention is for a child, and how parental neglect can have different effects on a child.