

RUKSANA SHAIKH

A-102, R.no 1, New Transit Camp, Mhada Chawl G.T.B. Nagar, Mumbai- 400 037

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PERSONAL INFORMATION

Marital status: Unmarried

Date of birth: 20th January 1995

Languages known: English, Hindi & Marathi

Hobbies: Reading, watching Turkish series, traveling.

EDUCATIONAL QUALIFICATIONS

COURSE	GPA	UNIVERSITY	YEAR
Masters In Clinical Psychology	2.50	S.N.D.T. Women's University	2018
Bachelors In Psychology	3	S.N.D.T. Women's University	2016
Higher Secondary in Home Science	3	Maharashtra Board	2012
Secondary School	3	Maharashtra Board	2010

OTHER QUALIFICATION

COURSE	MARKS	UNIVERSITY	YEAR
HTML & Adobe Dreamweaver CS6	60	S.N.D.T Women's University	2015
MS Office, Corel draw, Photoshop & Internet	60	S.N.D.T Women's University	2014

WORK EXPERIENCE

- Currently Working as a School Counsellor in Datta Meghe World Academy Airoli. Responsibilities are Administration of psychological tests, Individual counselling, conducting and arranging seminars/workshops for career counselling, life skills, awareness etc for teachers, non-teaching staff, parents and students, Group counselling and other mental health awareness workshops for pre – primary, primary and secondary section.
- Worked as, a consultant psychologist and school counsellor at Centre for Assessment Remediation and Therapy in Koperkhairne.
- Intern at Chhatrapati Shivaji Hospital, J.J Hospital and Thane Mental Hospital August 2017
- Diagnosed clients with psychological problems through observation, tests, interviews.

- Conducted independent psychological tests and prepares reports.
- Treated clients with psychological disorders.
- Worked with clients to help them to identify the root causes of their disorder.
- Tests includes Rorschach Inkblot Test, MMPI-2, House Tree Person, Kinesthetic Family Drawing, Bender Gestalt, WISC, WAPIS, Bhatia Intelligence test, Wechsler memory scale, Thematic Apperception Test, Kamath Binet Intelligence Test and Seguin form board test.

➤ Intern at Sion Hospital December 2017

- Provided psychological counselling, assessment and therapeutics to clients.
- Other duties include offering therapy for difficulties relating anxiety, depression, interpersonal problems.
- Counselling relatives of clients with emotional problems and their conditions.
- Psycho-educated clients and relatives of patients regarding the treatment and recovery.
- Followed up with clients who underwent counselling session.
- Other duties include offering therapy for difficulties relating anxiety, depression, interpersonal problems.
- Counselling relatives of clients with emotional problems and their conditions.
- Psycho-educated clients and relatives of patients regarding the treatment and recovery.
- Followed up with clients who underwent counselling sessions.

➤ **EXTRA CURRICULAR ACTIVITIES**

- Worked in an NGO “BRIGHT FUTURE”, Kurla from 1st January -31st March 2015.
- Volunteered for S.N.D.T Yuva Mahotsav Regional 2014.
- Having 1 year of teaching experience in S.K. Roy School (4th grade)
- Have volunteered in many events like fresher’s party, farewell party, teacher’s day, Republic day and Independence Day in college.

➤ **RESEARCH EXPERIENCE**

- Research on Relationship Between Perceived Social Support Resilience and Hopelessness Among Epileptic Patients

➤ **ATTENDED**

- Workshop on "study skills", "connectivity" & "relation power" by Mr. Jignesh Sanghvi held at Smt. Maniben M.P. Shah Women’s College on 10 February 2016
- Exhibition of World Dental Show at BKC on 18th October 2015.
- Seminar on “Sticky Issues in Counselling” held at Smt. Maniben M.P.Shah Women’s College on 4th September 2015.
- Workshop on “Goal Setting & Goal Achieving” by Mr. Jignesh Sanghvi held at Smt. Maniben M.P.Shah Women’s College on 29th September 2015.
- Workshop on “Time Management” by Mr. Jignesh Sanghvi held at Smt. Maniben M.P.Shah Women’s College on 13th August 2015.
- Workshop on “Gratitude” by Mr. Jignesh Sanghvi held at Smt. Maniben M.P.Shah Women’s College on 8th August 2015.
- Workshop on “Attitude and Anger Management” by Mr. Jignesh Sanghvi held at Smt. Maniben M.P. Shah Women’s College on 5th August 2015.
- 2 day workshop titled “Lead the Future” at Smt. Maniben M.P. Shah Women’s College on 10th & 11th March 2015.
- Seminar on “Child Malnutrition-Issues And Strategies” on 21st November 2014 at Dr. B.M.N College, Matunga.

- National level seminar on RESILIENCE at Smt. Maniben M.P. Shah Women's College on 25th August 2014.
- Seminar on Cyber Awareness by Mr. Sachin Dedhia (cybercrime investigator and ethical hacker) held at Smt. Maniben M.P. Shah Women's College at 14th august 2014.
- Seminar on "Packaging and Labelling of Food Products" at Maniben Nanavati, Vileparle on 4th September 2013.
- "DSM 5 – Revisions and Repercussions" organized by D'Souza Foundation and Mind Mandala, Mumbai, 26th June 2015.
- "National Level Psychology Symposium on Role of Forensic Psychology in Unravelling the Mysteries of Criminal Mind" organized by Institute of Forensic Science, Mumbai, 18th February 2015.
- "Psychodynamics and Défense Mechanisms" organized by D'Souza Foundation and Mind Mandala, Mumbai, 12th July 2017.
- Seminar on Cyber Awareness by Mr. Sachin Dedhia (cybercrime investigator and ethical hacker) held at Smt. Maniben M.P. Shah Women's College at 14th august 2014.
- Seminar on "Packaging and Labeling of Food Products" at Maniben Nanavati, Vileparle on 4th September 2013. "Annual teaching and learning symposium" organized by Dr. Y.A Matches Walla's Happy
- Minds Humanity Health Organization and Masina Institute of Psychotherapy and Behavioural Sciences, Mumbai, 2nd December 2017

