

Beejal Gosai

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OBJECTIVE

To be a good psychologist and help as many as I could and play a small part in making their lives beautiful.

QUALITIES

- Extremely caring and compassionate towards people from all walks of life
- Knowledge of most of the techniques and strategies of counseling and assessment
- Understanding that what works for one may not work for others
- Excellent communication skills, both orally and written
- Organized and thorough in reports and analyses
- Ability to work with others, such as doctors, families, or other psychologists

EDUCATION

Degree	Institution	University/ Board	Year Of Passing	Percentage
M.A. Psychology (Hons.)	MMP Shah College of Arts And Commerce	SNDT University	2014	First Class Hons. - A+
B.A. Psychology	V.G Vaze's Kelkar College	Mumbai University	2011	Second Class
H.S.C. in Science	S.P.N Doshi Women's College	Maharashtra State Board of Secondary and Higher Secondary Education, Pune	2007	First Class
SSC	St. Mary's Convent High School	Maharashtra State Board of Secondary and Higher Secondary Education, Pune	2005	First Class

EXPERIENCE

Year	Institution	Role/ Responsibility
15 th May, 2018	Tata Institute for Social Sciences.	<ul style="list-style-type: none"> • Undergone rigorous training and supervision for counseling on topics of : <ul style="list-style-type: none"> ✓ Understanding Mental Health Disorders and Concerns ✓ Sexual and Reproductive Health related concerns. ✓ Gay Affirmative counseling and Practices ✓ Solution focused Brief Therapy ✓ Suicide Prevention and Intervention ✓ Working with Children and Adolescents ✓ Understanding Psychopharmacology and use of Psychotropic Medications and Referrals ✓ Working with Trauma and Child Sexual Abuse ✓ Working with Violence Against Women ✓ Body Image ✓ Substance Use and Addiction ✓ Working with Couples and Families ✓ Narrative Documentation and Writing • Counseling one on one sessions as well as group sessions and training for the corporate sectors like TCS and a couple more. • Planning and managing different sessions at a time. • Doing research work to provide the resources to the clients and also. • Maintaining records of cases taken. • Documentation of all the details of the case.
1 st May, 2017	Accenture	<ul style="list-style-type: none"> • Working as an EAP Consultant /Wellness Coach. • Heading the team of Wellness coaches and training them to take the trainings for different employee group. • Counsels and assists employees with issues affecting job-related performance and personal well-being.

		<ul style="list-style-type: none"> • Providing trainings in both work related as well as Personal issues faced by the employees. • Some of the work related trainings were taken on topics like – Career development, employee welfare, job loss, work relationship, work stress, retirement, and work place harassment. • Some Personal life related trainings were taken on topics like – Addiction, Relationship issues – family, parent – child, intimate, peers, economic crisis and many more. • Also work in a consultative role with managers and supervisors to address employee and organizational challenges and needs • Provide critical incident services/ red flag consultations. • Conduct the training and educational programs for the new hires and also the entire work force. • Taking care of their wellness in terms of mental And physical health.
8 th June, 2017 to 17 th August, 2018	Mulund College of Commerce	<ul style="list-style-type: none"> • Working as a consultant psychologist • Visiting Faculty for Industrial Psychology • Conducted life skill workshop for all the standards and also group sessions for the college students. • Conducting career counseling sessions for 12th and T.Y standard students. • Conducting different Psychometric tests • Planning and managing sessions for 3 day life skill workshop program for girls regarding “time management” • Conducting sessions for parents, teachers and staff. • Conducting one on one counseling sessions for pre-school students using game techniques. • Conducting one on one counseling sessions with parents and teachers/professors of the child concerned. • Documentation of each and every case in detail and submit it to the Principal. • Conducting psychometric assessments and therapies.

10 th April,2017	LANGUAGE'ist	<ul style="list-style-type: none"> Working as a Psychology teacher for students of 12th CBSE Board.
1 st September,2015	Abhyudaya, S.P.Jain Institute of Management and Research	<ul style="list-style-type: none"> Working as a Research Associate and Chief Psychologist Conducting open communications with students in psychological matters Providing training for the MBA students. <input type="checkbox"/> Conducting group sessions for MBA students <input type="checkbox"/> Coordinating academic aspect of mentoring in PGDM, <input type="checkbox"/> Starting from Hastantaran, mapping of PGDM students and Sitaras <input type="checkbox"/> Counseling MBA Students and Sitaras from slum areas and their family <input type="checkbox"/> Assisting in developing the course plan <input type="checkbox"/> Assisting in conducting cohort meetings , evaluations, feedback and research <input type="checkbox"/> Facilitating community ethnography <input type="checkbox"/> Interactions with the faculty <input type="checkbox"/> Help prepare any communication(external & internal) that is brochures and calendar <input type="checkbox"/> Help in feedback and research <input type="checkbox"/> Be owner of the class(a group of Sitaras) <input type="checkbox"/> Any other duties assigned from time to time <p>Abhyudaya is an innovative pedagogy that aims to develop leadership skills in management students (1.5 credit program for first year PGPM) and holistic development of bright underprivileged children of k-west ward of Mumbai.</p>
15 th July,2014 to 28 th December,2017	Lokmanya Tilak Municipal Hospital	<ul style="list-style-type: none"> Worked as an Oncology Counselor Communicating with medical professionals concerned with the patients. Working as consulting psychologist for Neuro developmental clinic in the campus(which was for 1 day only) Counseling patients, families and their caregivers. Conducting life skill workshops for group of children.

<p>20th September to 16th June, 2015</p>	<p>Shree Ram Vidyalaya School Junior College</p>	<ul style="list-style-type: none"> • Worked as a consultant psychologist • Assisted the senior school counselor for group therapy sessions • Conducted life skill workshop for all the standards and also group sessions for the college students. • Conducting career counseling sessions for 10th and 12th standard students. • Conducting different Psychometric tests • Planning and managing sessions for 3 day life skill workshop program for girls regarding “Good touch and bad touch”. • Conducting sessions for parents, teachers and staff. • Conducting one on one counseling sessions for pre-school students using game techniques. • Conducting one on one counseling sessions with parents and teachers of the child concerned. • Documentation of each and every case in detail and submit it to the senior counselor and the Principal. • Conducting psychometric assessments and therapies. • Please note : Last two months were purely based on releasing results of the clients
<p>June 2014 to May 2015</p>	<p>Vruddhi Clinic and Research Foundation</p>	<ul style="list-style-type: none"> • Intern under the supervision of Psychiatrist Dr. Dhawal Modi, a veteran in the field of psychology. • Spent most of the days in building concrete research and content for the psychiatric cases. • Trained in life skills and was certified as life skill trainer. • Conducted life skills sessions for BMC schools . • Conducting different psychometric tests • Co-coordinating with the team leaders and principals of the schools • Planning and scheduling the life skill sessions for each week. • Preparing the modules on number of different subjects for life skill sessions. • Documentation of different cases given by schools and discussion on it before conducting

		<p>one on one counseling sessions with the selected students.</p> <ul style="list-style-type: none"> • Conducted one on one counseling sessions in the clinic. • Documentation of each case in detail and get it approved at every step by the seniors. • Assisting the Psychiatrist conducting sessions for severe psychiatric cases. • Accompanied the seniors for observing session of BMC students during conduction of group sessions.
7 th June 2013- 11 th May, 2015	MMP Shah College of Arts And Commerce	<ul style="list-style-type: none"> • Completing course work for Honors. • Making modules for psychological concepts and how can they play a role in early childhood development process. • Taking lectures for third and second year students of Psychology and Nursing departments. • Taking responsibility of 3 students that is helping them with academics and emotional stability. • Being a mentor for 2 mentees. • Teacher Assistantship, taking lectures for first, second and third year and at times for MA-1 which is also mentioned in my honors certificate. • Successfully submitted 3 book reviews and 4 movie reviews. • Scheduling and conducting life skill sessions for students of nursing department.
11 th April, 2013- till date. (only during holidays)	Mulund Charitable Trust	<ul style="list-style-type: none"> • Conducting grammar classes for 9th and 10th standard students and helping them in improving English. • Conducting voluntary counseling sessions for families of the students

ACTIVITIES and SKILLS

- Conducted over 50 Life skill workshops for childrens, children-parents and teachers in SMPR, J.J high school, Shree Ram Vidyalyaya to name a few in Central line. Have knowledge about shadow teaching.
- Certified as a Psycho Oncology Counsellor
- Participated in Psychofest Prakruti , Mental Health Week.

- Orientation course in “Basic skills in counseling and psychological assessment”
- Participated in “Learning Disability Program”
- Seminar on” school counseling and the modern child”
- Seminar on conducting and writing a good research paper
- **PROJECTS AND PRESENTATION:** Presented a dissertation on Body Image and Self Esteem in BPA Conference
- Certified **Life Skill Trainer**. Have undergone rigorous training in conducting life skill workshops and preparing modules for the same.
- Have undergone training in Child Psychology since my Masters.
- Certified **Oncology Counselor**. Have undergone training on different aspects of Oncology
 - causes, symptoms, counseling, palliative care and treatment.
- Administrative skills – planning and scheduling
- Computer Skills
 - Basic Microsoft office including Word, PowerPoint and publisher;
 - Internet including emails, Google drive.

P.T.O

Summary

My main objective is to be a good psychologist and help as many people as I can and make a small difference in their lives. I am trained in taking life skills workshop and also have taken sessions for patients under the supervision and have worked with many under privileged children and always had that aim in mind that it is my responsibility to improve their lives and do my bit. I have worked in charitable institution as a counselor to people from lower socio economic. It is my aim to especially help people in distress. My goal is to understand the behavior, motivation and feelings of my client. My immediate goal is to obtain relief for the client to his present problem and my long term goal is to make him a ‘fully functioning person

PERSONAL DETAILS

Date of birth : 05/02/1990

Known languages : English , Marathi, Hindi , Gujarati , Kutchi

Nationality : Indian

Marital status : Single

STRENGTH

I am a hard working person who is always ready to learn.

