

# PRATYAKSHAA TEWARI

## ABOUT ME

A psychology major currently specializing in Counselling. Passionate about art, design, music and psychology. Loves to meet new people and connect to them through stories. Creative, flexible and likes working in a team.

## CONTACT INFORMATION

+7710835545

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## EDUCATION

School:

St. Dominic Savio College - 2012

La Martiniere Girls' College - 2014  
(Humanities)

2014-2015 • Jai Hind College, Mumbai University - Bachelor's in Mass Media

2015-2018 • Indraprastha College for Women, Delhi University - Bachelor's in Arts (Psychology & Philosophy)

2018-2020 • Tata Institute of Social Sciences, BALM, Chennai - MA in Applied Psychology (Counselling )

## EXPERIENCE

**2017 Nayi Disha School, Gurgaon**

Volunteer

Assisted in conducting survey research in slum area of Gurgaon, Conducted art classes for children

**2017 Extravaganza- Chapter 1- Inter school Competition**

Event coordinator

Organized the event, designed posters, arranged sponsors and events, handled public relations

**2018 Mehatava Special School, Chennai**

Intern (Counselor)

Worked closely with children with special needs, conducted group therapy sessions using the medium of art and music

**2018 Chettinad Vidyashram School**

Intern (Counsellor)

Conducted psychoeducation sessions, worked closely with children with intellectual deficits

**2019 Concern deaddiction centre**

Intern (Counsellor)

Conducted group sessions, took case histories and conducted individual sessions

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**2019      Santhome Men's Shelter, The Banyan**

Intern

Worked closely with men with severe mental illness.

Planned interventions and conducted group and individual sessions

## **WORKSHOPS AND SEMINARS**

- Gatekeeper's Suicide Prevention by Nelson Vinod
- SOLVE Model for Deaddiction by Dr Lakshmi Sankaran
- Anthropological Perspective on Global Health by Deborah Padgett
- Techniques of Art Based Therapy by Reshma Malik
- Gender Based Violence by Anjali Singhla
- Designing Regional Health Systems in India by Dr Nachiket Mor
- 2nd International Conference on Mental Health and Inclusive Development

## **SKILLS**

- Creativity
  - Empathy
  - Active listening
  - Basic computer proficiency
  - Management skills
  - Communication
  - Language - Hindi, English
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