Pooja Jain

Date of Birth: 25th February 1995

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Address: 55, Ram Mahal, Opp. Mahim Rly. Stn., Mahim West, Mumbai- 400016

Sex: Female

Educational Qualifications:

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| 10th Grade (SSC Board) | Canossa High School, Mahim | 2009-10 | 84.18% |
| 12th Grade (HSC) | R.D National College, Bandra | 2013-14 | 72.46% |
| B. A in Psychology | University of Mumbai | 2014-17 | B Grade |
| M. A in Psychology (Clinical) | VES College, Chembur | 2017-19 | B Grade |

Additional Qualifications:

1. Certificate courses in counselling from Heart to Heart Counselling Centre, India:

* Robert Carkhuff’s Model of Counselling in 2015.
* Advanced training program based on Rational Emotive Behaviour Therapy in 2016.

1. Certificate course in career counselling from Prafulta Centre for Psychological Wellness.

Experience:

1. Completed a 2- month internship at Thane Mental Hospital and Chhatrapati Shivaji Maharaj Hospital, Kalwa as a part of the M.A program.
2. Taught as a tuition teacher for school and under graduate students.
3. Interned at My Gym India as a fitness trainer for 3 months in 2013.
4. Currently working as a Career Counsellor for my own venture.

Papers Published:

1. Poster presentation on Perceived Control of Internal States and Psychological Wellbeing among College Students: Implications for Life Skills Training at the Indian Association of Life Skills Education (IALSE), 2017 held in Pune.
2. Dissertation on Body Image Concerns and Other Lifestyle Behaviours in Homosexual Men: A Qualitative Study, submitted to the University of Mumbai as a part of the M.A program.

Skills:

Proficient reading and writing skills in English, Hindi and Marathi. Empathic and a good listener, trained in assessment and writing psychological reports.

Hobbies:

Reading, dancing, travelling, socializing, exercising and watching documentaries.