

# Urvashi Manot

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 [LinkedIn](#)

## EDUCATION

Qualification	Institute/Organization	Year	Percentage / CGPA
M.A. Counselling Psychology	SNDT University	2018-present	8.00
B.A. Psychology	SNDT University	2015 – 2018	7.33
H.S.C.	Narsee Monjee College, Mumbai	2015	87.07%
S.S.C.	Dr. Sarvepalli Radhakrishnan Vidyalaya	2013	90.73%

## EXPERIENCE

### SCHOOL COUNSELLOR INTERM

(July 2019 – April 2020)

**Shree Amulakh Amichand International School**  
Mumbai, India

- Responsible for conducting counselling sessions with students displaying emotional or behavioural concerns.
- Obtained detailed Case History from parents.
- Conducted workshops and career counselling.
- Conducted group aptitude testing, IQ testing, career counselling and assessments.

### RECRUITMENT CONSULTANT

(2 Months)

**Intellectual Capital HR Consulting Pvt Ltd** - Mumbai, India

- Worked as a recruitment consultant.
- Sourcing candidates online, screening, calling, scheduling interviews, communicating from conception till the date of joining.

### MENTAL HEALTH INTERM

(1 month)

**Masina Hospital** - Mumbai, India

- Conducted group sessions for patients under psychology department.
- Filled MSE's of patients.
- Observed individual and family counselling sessions.

## SKILLS

- Counselling skills
- Communication
- Teamwork
- PowerPoint (Intermediate)
- Excel (Basic)
- Leadership

## INTERESTS

- Walking
- Reading
- Playing guitar

## PROJECTS

- Second rank in state-level research paper presentation.
- Third rank in inter-collegiate students' research competition.
- Took English lectures for 4<sup>th</sup> grade as part of college NSS (2015-16).
- Volunteering for ADAPT (2017-18).

## COURSES

- Advanced Certificate Course in Counselling in Schools, Drishti certified.
- Psychology at Work by University of Western Australia on Coursera, Coursera certified.
- Stanford Introduction to Food and Health by Stanford University on Coursera, Coursera certified.