

Rahul Singh

CONTACT

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PROFILE

A mental health professional seeking a position in the field of mental health, psychology and counselling. Passionate to serve people and help in improving mental health of those in need. Providing counselling services to a varied population. Another interest is in the field of education and teaching. Delivering guidance lectures for various psycho-social issues is also an interest area.

EDUCATION

Post Graduate Diploma in Guidance and Counselling **August, 2018 — May, 2019**

Dev Samaj College of Education, Panjab university

MA Psychology

July, 2016 — June 2018

Panjab University, Chandigarh

BA Applied Psychology Honours

July 2013 — May 2016

Sri Aurobindo College, University of Delhi

Senior Secondary Examination

April, 2011 — March, 2013

Government Sarvodya Co-Ed Vidyalaya, Paschim Vihar, Delhi

WORK EXPERIENCE

Sherwood Convent School, Mohali

February, 2019 — February, 2019

TRAINEE-COUNSELOR

- Worked towards identifying the sources of student's difficulties to help them become better adjusted in life.
- Underwent training with the school counselor.
- Exposed to students dealing with difficulties in various areas of life.
- Used various psychological tests on students To check their IQ.
- Planned interventions for students facing difficulties.
- Delivered guidance lectures on various psycho-social topics to adolescents.

TRAINING AND CERTIFICATION

- Career Counselling and Psychological testing workshop (SPD, RUSA- Rashtriya Uchchatar Shiksha Abhiyan)
- National seminar-cum-workshop on "Advances in Applied Sports Psychology.(Sports Psychology Association of India)
- National Seminar on Social Harmony and Well-being: Issues and Challenges
- Presented a paper in Second International and Fourth Indian Psychological Science Congress.(NAPS).(Relationship between Aggression and Creative Behavior)
- First International and Third Indian Psychological Science Congress- participation.

SKILLS

- Mentoring and Guidance
- Teaching and tutoring
- Good listening skills
- Problem solving and critical thinking
- Test and intervention planning
- An understanding of physiological, Emotional, Cognitive, Behavioural and Social Psychology.
- Knowledge of research Ethics.
- Microsoft Office

INTERESTS

- Managing events
- Travelling & trekking
- Community service
- Fashion blogging
- Sports