

# TULIKA SINGH | 01.12.1994

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## ACADEMIC PROFILE

M.A. in Applied Psychology with Specialization in Counselling Psychology	Tata Institute of Social Sciences, Mumbai	69%	2016-18
B.A. (Hons.) Psychology	Indraprastha College for Women, University of Delhi	76%	2013-2016
Class XII (ISC)	Loreto Convent Intermediate College	94.75%	2013
Class X (ICSE)	Loreto Convent Intermediate College	89%	2011
NET	Qualified for Assistant Professor	98.97 percentile	2019

## MASTER'S THESIS

Topic	Religious beliefs among adolescents
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## PUBLICATION

Paper published in "University News - A Weekly Journal of Higher Education"	Topic - Religion and Adolescence: A Study of Beliefs, their Sources and the Associated Functions
Paper published in "International Journal of Indian Psychology"	Topic - Exploring Madness and Creativity through a Case Study on the character of "The Joker" in "The Dark Knight"

## WORK EXPERIENCE

Tenacious Bee (May, 2020 - Working)	Researcher
National P.G. College, Lucknow (September, 2019 - Working)	Guest Lecturer

<b>Indian Institute of Management, Lucknow (January, 2019 - August, 2019)</b>	Research Associate
<b>Podar International School, Indore (June, 2018 - July, 2018)</b>	Health Wellness Teacher and Special Educator

## INTERNSHIP

<b>Dr. Prerna Kohli &amp; Associates (April, 2018)</b>	<ul style="list-style-type: none"> <li>• Client intake</li> <li>• Blog writing</li> </ul>
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## FIELD WORK EXPERIENCES

<b>Observation Home, Umerkhadi (July, 2016 - March, 2017)</b>	<ul style="list-style-type: none"> <li>• Group sessions on following topics - strength assessment, anger management, assertiveness training, self esteem, and body image</li> <li>• Individual counselling sessions with children who had run away from their homes.</li> </ul>
<b>Sion Hospital (February, 2017 - March 2017)</b>	<ul style="list-style-type: none"> <li>• Observation of cases in the OPD</li> </ul>
<b>Bhartiya Mahila Federation (June, 2017 - September, 2017)</b>	<ul style="list-style-type: none"> <li>• Observation of cases of clients who reported problems of domestic violence.</li> </ul>
<b>Trucare Trust (November, 2017 - February, 2018)</b>	<ul style="list-style-type: none"> <li>• Group sessions on following topics - relationship amongst clients, importance of self, emotions, communication skills, and relapse prevention</li> <li>• Individual counselling sessions with clients suffering from addiction.</li> </ul>
<b>Bandra Family Court (November, 2017 - February 2018)</b>	<ul style="list-style-type: none"> <li>• Observation of client sessions</li> <li>• Taking intake of clients</li> </ul>

## VOLUNTEER WORK

<b>TalkOk (March, 2020 - Working)</b>	<ul style="list-style-type: none"> <li>• A self initiative to help and support people deal and cope with mental health issues through online and tele-counselling.</li> </ul>
<b>Paramhans Yogananda Society for Special Unfolding and Moulding (PYSSUM), Lucknow (June, 2014 - July, 2014)</b>	<ul style="list-style-type: none"> <li>• Assisted the special educators in imparting vocational skills to adults with intellectual disability.</li> <li>• Library cataloguing in the organization's centre for educating children with intellectual disability.</li> <li>• Presentation on "What is Counselling? Do's and Don'ts" for the organization's staff.</li> </ul>
<b>King George Medical University, Lucknow (June, 2015 - July, 2015)</b>	<ul style="list-style-type: none"> <li>• Observation in the OPD.</li> <li>• Conduction of tests (Vineland Social Maturity Scale, Senguin's Form Board Test, Raven's Progressive Matrices, Malin's Intelligence Scale for Indian Children, PGI Battery of Brain Dysfunction, Sentence Completion Test, Thematic Apperception Test, Metacognitions Questionnaire).</li> </ul>

## POSITIONS OF RESPONSIBILITY

<b>Relationship Manager</b>	Central Placement Cell, TISS
<b>Stage Committee Head</b>	Quintessence, TISS
<b>Vice Head Girl</b>	Loreto Convent Intermediate College

## OTHER DETAILS

<b>Languages Known</b>	Hindi, English
<b>Specialised Skills</b>	Atlas Ti, SPSS